

## **Sick of counting calories?**

### **Here's why keto is the best diet for your weight loss!**

Already sick of your New Year's resolution diet? What if we told you that it's not your fault? In fact, most weight loss diets are unrealistic, causing stress, lack of sleep and eventual inconsistency. After all, counting calories is stressful enough as it is.

If you want to dodge a guilt trip by not worrying about counting calories, data suggests that a ketogenic diet is a great option for you. Before we dive into that, though, let's discuss why diets suck – according to science, of course.

Let's be real – all diets are restrictive. Whether we like it or not, the only way to lose weight is to limit ourselves from indulging in one of life's greatest pleasures – food. In fact, diets usually cause initial weight loss because they force you to give up so many calorie-rich foods (yum!).

Unfortunately, depriving yourself from certain foods for a long period of time causes the body to starve – which slows down your metabolism and makes it harder to lose weight.

Diets also take a long time before seeing any results, and it's just not realistic to deprive yourself of food for such a long period of time. Diets test your willpower in a way that just isn't sustainable – leading you to defeat and unneeded misery. After all,

isn't losing weight about being happy rather than being fit and miserable? The answer is yes.

So, is there *really* a quick, effective and realistic diet regimen that can help you lose weight before that high school reunion coming up?

Actually, yes. Consider a high-fat, very-low-carb diet. AKA, the keto diet.

The keto diet, which is a short-term weight-reducing solution, works by reprogramming the way your body breaks down and stores its fat.

Most of your body's cells actually prefer using blood sugar (glucose) as their main source of energy, which comes from carbs. Rather than providing this glucose from carbs, the diet focuses on getting 90 per cent of your daily calories to come from fat – which results in much faster weight loss compared with a calorie-reduction diet. It lowers blood sugar and insulin levels, and shifts the body's metabolism away from carbs and towards fat and ketones.

In other words, the keto diet forces your body to run on a different type of fuel.

“I recommend a ketogenic diet if you're looking as a short-term solution for quick results. In addition to reducing weight both rapidly and effectively, following a ketogenic

diet also may help improve blood pressure, blood glucose regulation and triglycerides,” says Liliana Gemini, head dietician at The General Toronto Hospital.

We recommend following the keto diet as a short-term solution to jump-start your weight loss journey because we want you to be realistic with what your body needs. Don't beat yourself up over enjoying that slice of cake after months of depriving yourself.

The keto diet, after all, should be a way to learn how to choose healthier sources of fat and protein in the long run. It is also a way to prepare your body to slowly decrease your portion sizes without feeling the need to binge eat after months of depriving yourself.

Once you start seeing the results of keto, prepare yourself to start choosing healthier sources of fat and protein in the long run, such as olive oil, nuts, avocados, fish and so on. Be realistic with your body and what it needs, and after your weight loss, switch to a healthier diet, such as the famous Mediterranean-style diet.