



THE REALISTIC  
TRANSFORMATION  
WEIGHT LOSS JOURNEY

# 20 Reasons Diets Do Not Work

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END THE PAIN  
OF  
FEELING LIKE  
A FAILURE

by Terina Edwards

Welcome and thank you for your interest in this topic. My name is Terina and I developed the Realistic Transformation Weight Loss Journey after I realised that I wanted a permanent solution to my weight issue. I know that the Realistic Transformation Weight Loss Journey is the answer you have been looking for because I have lost the weight and kept it off for the first time in my life. I had weight loss surgery over 20 years ago and although I lost over 80 kilos on that journey I did not keep it off. Over the years I regained the weight and the pain that goes with weight regain. Thanks to the way of eating I developed I have now lost over 60 kilos and kept it off, that really is me on the front cover, the orange top is me before the weight loss surgery, although I did get bigger than that. The other one was taken a few months ago.

What a lot of people fail to realise is that the weight is not the only issue we deal with, we also deal with the emotional pain and the agony, the battle in our head, the body shaming, the way society sees us as a problem and a failure. I decided that I no longer wanted to be seen as a walking weight problem. Obese people are viewed as people who cannot control their eating, and whilst that may be true for some people, it is not true for everyone. They may be on medication that causes weight gain or have thyroid issues or other medical problems which makes maintaining normal weight ranges difficult.

I wasn't one of those people who ate unhealthy foods, in fact there are times when I could stand in front of a cake store window and put on weight just by looking at the foods. I have a savory tooth rather than a sweet tooth, so creamy cakes never really appealed to me. It was more potato chips, cheese, nuts, and pizza that was my undoing!

The other reason you can have confidence in me is because I was put on my first diet when I was 4 and stayed on them for 40 years, so you can be confident that not only do I know that diets don't work, I also understand the vicious cycle we live in. It's also why you can be confident that the Realistic Transformation Weight Loss Journey works. It is not a diet it does not involve restricting certain foods, nor is your success defined by your scales. What we do look at is finding food that you love and that will support your weight loss goals in a way that you can sustain for the rest of your life.

So let's look at 20 reasons diets don't work:

1. They are not sustainable
2. They can trigger weight gain
3. They can trigger binge eating leading to more weight gain and emotional problems
4. Focus on restriction
5. Slow your metabolism down making losing weight even harder
6. They do not teach you new eating habits or help you break old habits that lead to the weight gain
7. They are based on old science of burning more than you eat, time has proven this false
8. They take an all or nothing approach, the weight starts to fall off but will stop or slow down, increasing the likelihood of you breaking the diet.
9. You develop false beliefs about the role of food in your life
10. Success is determined by the scales which makes you focus on food, not the real issues you are dealing with
11. The fad diet industry relies on you regaining the weight so you will go on another diet
12. They do not promote body acceptance and promotes personal failure instead
13. They promote body shaming and make it acceptable
14. They are expensive and often you are eating different meals to your family and become unaffordable. Most diet plans are focused on making profit not weight loss.
15. Takes a toll on your mental health every day
16. Food has no moral value but foods become seen as "good" or "bad" and this can be transferred to how we see ourselves – when we lose weight we have been good, when we put on weight we are bad
17. They rob you of enjoyment of food and are no fun. Food can often become the enemy when it is not. In a world of starving people how can food be bad?
18. Slow your metabolism down and constant dieting can make your fat cells larger!
19. Increases production of the hunger hormone Ghrelin whilst reducing the amount of energy you burn in a day.
20. Cutting down your caloric intake will kick the anti-starvation mechanisms in our body which then regulate weight and will store any food you eat so you do not starve.

And a bonus reason diets don't work:

21. Weight loss is determined by your gut health, if you eat calorie dense processed foods you will not have good gut health and won't lose weight no matter what you do

That bonus point is a very important point, one that I take very seriously. The Realistic Transformation Weight Loss Journey supports you to transform what you eat, offers education around why we need to eat and why what we eat matter, as well as help you to commit to this journey for the rest of your life, ending your battle with your weight. Dieting is not the way to lose weight even though we have been taught the opposite through the media who wants to promote a product to make profit. If dieting worked we would not have a global pandemic of obesity. We also would not have all the health issues associated with obesity such as Diabetes Type 2, high blood pressure and cholesterol and many other chronic health conditions all associated with our lifestyle choices.

My passion is now to help others to experience what it feels like to lose weight and keep it off. In the beginning this was about losing weight, but all these years later it is now more about how I feel. I feel amazing, I can buy great clothes and look great in them, I can go to the gym and smash my personal bests and do strength training, I can get up and down off the floor without embarrassment, and the energy I have is amazing.

I want to help you to rediscover the enjoyment of food again so that you and your family eat the same meals so there are no expensive special foods or shakes and so on to buy. We eat amazing food that is enjoyable and the envy of many people. Most people see me eating amazing foods that I make myself and ask me how I lost so much weight eating these foods. The secret is the type of food I eat and the role that food plays in my life, I have improved my relationship with food dramatically, I no longer practice 'emotional eating' where instead of facing my emotions I eat to make myself feel numb, or if I am bored I stand at the fridge or pantry looking for food when I am not hungry.

So, if you can relate to any points I've made and The Realistic Transformation Weight Loss Journey is something you would like to do, end your battle with weight, then my offer is a straight forward one. I have a 12 week on line group program that helps you to start the transformation, you get life time access to a private client group where I do all my webinars and post the majority of the information that assists you. You also will have access to a community of support which is vital to your success. The community is made up of people who like you want to lose the weight for good and are transforming their way of eating and their life and are feeling amazing! We are all committed to losing weight and keeping it off and living our best life yet. This takes effort, time and commitment but it is worth it to finally get those results you've dreamt of for years!

Please message me or email me [terina1@myself.com](mailto:terina1@myself.com) and I can send you more information. If you are ready to transform your way of eating and commit to the process I want to work with you!

Cheers

*Terina*

