

## Weight Loss - The Low Fat Diet Deception

Written by {ga=doris-temple}  
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By Doris Temple

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Weight loss is greatly hindered by the low fat diet.

The interesting thing about fat that you may not realize is that you need fat in your diet. That is because fat contains essential fatty acids. They are essential because your body cannot produce them. They must be obtained from your diet.

Essential fatty acids are used by every body system. Yes, even the central nervous system. So when you cut out fat from your diet, the body takes on a defensive mode. It isn't getting fat, so it certainly won't want to give up any of the fat you are carrying around in your mid-section.

By cutting fat out of your diet, you are basically ensuring that you have a hard time losing weight. But, the fat you actually need is what you want to supply.

CLA has been researched and shows excellent results for weight maintenance. It also assists in weight loss. It makes sense. When you give the body the nutrients it needs, it will then balance itself. And in this case, that means it would allow weight loss.

This nutrient also acts to tone muscles. So you lose weight and your muscles tone. Sounds good to me! I have benefited from both effects (1) weight loss and (2) toning muscles.

Natural source CLA is obtained from pasture fed cattle. In fact, 500 percent more conjugated linoleic acid is present. You want the animal raised pasture fed (weather permitting).

Other natural sources are whole milk, butter or lamb. And again, you want these products from pasture fed animals.

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Conjugated linoleic acid is also available as a supplement. You can find it in most health food stores. Tonalin (registered trademark) CLA is of high quality.

You can have success in your weight loss goals by knowing the facts on low fat diets and ensuring that you get the nutrients your body needs. Then your body will naturally adjust itself to a healthier weight.

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Article by Doris Temple

Doris Temple created <http://mom-going-organic-sensibly.com> to fill the need for unbiased information. The Website provides information about organic food, products and healthy nutrition. Sign up for a free monthly email newsletter (ezine) to get the answers you need and keep updated: [www.mom-going-organic-sensibly.com/ezine-signup.html](http://www.mom-going-organic-sensibly.com/ezine-signup.html)