

# TOP REASONS YOU MAY NOT BE LOSING WEIGHT

## 1. Carbs are Too High

Your *carbohydrate intake may be too high*. Try to decrease your daily carbs limit. Also try to include coconut oil in your diet. Coconut oil consists of MCTs (Medium chain triglycerides), which are easily digestible, less likely to be stored by your body and are used for immediate energy. MCTs are converted in the liver into ketones, which helps you enter ketosis..

## 2. Protein is Too High or Too Low

Your *protein intake may be too high/ low*. Protein is the most satiating macronutrient and you should include high-quality animal protein in your diet. If you don't eat enough protein, you will feel more hungry and most likely eat more. Lack of protein can also lead to muscle loss. However, if you eat too much protein, the excess protein converts into glycogen and disrupts ketosis.

## 3. Carb Cheating / Carb Creep

*Carb cheating / carb creep* is another possible reason for weight loss plateaus. You have to be really disciplined and aware of all carbs you eat. It's a little nibbling here and there of the forbidden foods, leading to a carb creep, so make sure you count all carbs.

## 4. Too Many Calories - Yes, They Do Count

The reason could be way *too much fat and therefore calories* in your diet. Firstly, it's indisputable that all calories are NOT equal. It really matters whether you get them from healthy and satiating LCHF food or processed food rich in carbs. Fat contains twice as many calories as carbohydrates and protein, so it's important your fat intake lies between the recommended ranges. There is no diet that lets you consume "unlimited" amounts of calories and still lose weight. Calories from fat should amount to 60-75% of your daily intake and overeating is not going to do any good. When it comes to the overall calorie intake, it depends on your individual maintenance level and how active you are.

## 5. Too Many Low-Carb Treats

*You eat too many low-carb treats* that may interrupt ketosis or cause cravings. You should always treat them as occasional rewards and your diet should be based on real food (eggs, meat, leafy vegetables, cheese and some nuts). As a guideline, beware of chewing gums, mints or any medications such as cough syrup and others that may contain sugar or sweeteners.



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## 6. Snacking on Nuts and Dairy

One of the common mistakes people make is that some people *overeate dairy and nuts* when they are trying to lose weight. You may experience weight stalling or even weight gain not because nuts and dairy will kick you out of ketosis but because these foods are calorie-dense and easy to overeat (100 grams of macadamia nuts has over 700 kcal and over 70 grams of fat!)

## 7. You Are Close to Your Target Weight

Also keep in mind that *losing fat gets more difficult as you approach your ideal weight* — weight loss is not a linear process. In my own experience, if you need to lose a relatively small amount of weight like 5-10 pounds and your body weight is already at a healthy "natural" level, you will find it hard to lose more weight. The only way is to be careful about your calorie intake.

## 8. Short-Term Weight Gain and Fluctuations

You put on weight over a *short period of time*. This could happen if you had more carbs (even once!) than your daily limit (e.g. you went to a party). As you may know, there is a relationship between water retention and glycogen stores. If your body manages to store some extra glycogen, you also increase water retention. This happens literally from one day to the next. Don't panic, it's just water. Once you go back to your daily carbs limit it will take 2-3 days to lose the excessive water. Also, there are natural fluctuations related to hormone balance, especially in women.

## 9. Stress

*Stress* is a significant factor. When we are stressed out, our body produces a hormone called cortisol, which is responsible for storing fat round your stomach area (visceral fat) and makes weight loss more difficult. Try to relax, don't underestimate this factor. Find your own way to reduce it: try meditations, take a few days off work, go somewhere for a weekend or go for a walk.

## 10. Lack of Sleep

*Lack of sleep* and disrupted circadian rhythms may be the cause of your weight stalling. It may sound as cliché but sleep is and absolutely crucial part of fat loss: Maximum fat loss is only achieved with adequate sleep, diet and exercise. Try to fall asleep before midnight and sleep for 7-9 hours. I don't expect all of you can afford to sleep for 9 hours, but take it as a goal.

## 11. Leptin & Satiety

*Leptin and its satiety signaling* is another possible factor. Fat is hormonally active and it sends out leptin, a hormone that tells us when we've had enough. As you lose fat, there will be less fat cells to do the job. This does not apply just to low-carb, but any diet. The question is how significant this factor is. If you eat food rich in fat and protein, this can be minimized.

## 13. Too Much Exercise

*You exercise too much*. Overtraining could be as harmful as lack of exercise.