

Weight Loss for carnival, a “Nightmare” or good

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For decades we know that masqueraders and fete attenders have to look good in their costumes and clothes . Especially those who invest in pieces that expose most of the body parts. Months before the carnival dates people start exercising more, restraining their diets.

Obviously giving general health tips at this point of time is overrated because once you open any media website there is a link about health.

Nowadays you even get spam mail in your inbox with health tips.

What those health tips don't contain is medical information on what happens to the body when you restrain it suddenly. People are not aware of what happens to the endocrine system and digestion when the diet changes suddenly and when exercising rigorously without consulting a physician first could do.

Sudden Dietary changes without proper details can lead to yo-yo effect, disturbance of the automatic defence system, dehydration and lack of energy.

Physical activity could get more challenging and at the worst breathing problems and sudden heart failure could occur.

What if someone has elevated cholesterol, atherosclerosis and a trainer in the Gym decides to go hard on such a person. They drop on the floor unconscious and then suddenly the poor diet is to blame.

Also restrictive diets disturbing the hormonal balance can lead to depression and behavioural issues.

Aggression and a short fuse at work or home could be the case.

Overcome the dangers of a poor diet is what the body is very good in doing, but what happens next time time you eat back a normal meals. The body restores all loss fast and the body stores more than before.

Seeing 50 % of dieters after 5 years they look like they are 10 years older and 4 times less active.

Seek professional help to control your health condition when you are interested in the change of diet.

Go gradually and don't crash the body with little calories.

Train for the first 2 – 3 weeks moderately and control episodes of fatigue and dizziness.

Performance the next day at work is important to keep the job.

Drink enough fluid to replenish the system and eat proper from the food chart.

Restrict complex carbohydrates, eat on time and eat enough proteins.

Sleep enough and limit the use of alcoholic beverages. Alcohol doesn't make the party better; it makes the people in the party act “happier”.



Daily Beverage
Recommendations:
6 Glasses of Water



Wine in
moderation

