

4 Strange Diets to Avoid

Diet and weight loss ideas are all over the internet and other media's. There are some legitimate diet and weight loss programs. There are also some very strange diet and weight loss ideas. It has become clear that when battling the bulge some people will stop at nothing to lose weight. Here are a few of the strangest diet and weight loss ideas on the internet.

A lot of the new fad diets insist that you eat only one thing. The cabbage soup diets swears you can lose 10 pounds in a week if you can stomach eating cabbage soup and nothing else for an entire week. There are many variations of this diet that include everything from grapefruits to chicken soup. Eating only one item does not make for a healthy diet and weight loss program.

A new fad right now is the Jesus diet. There is no biblical justification for this diet. It basically proclaims that the followers of this diet and weight loss program eat only raw foods, not including meat, and fast at least one day per week. Plus you are only allowed two meals per day and each meal cannot go over 1-2 pounds. This diet isn't exactly unhealthy but maybe they figure if you have no energy you can't get to the food anyway. This is defiantly not a diet for anyone who wants to do anything but sleep.

Okay this one is not for the faint of heart. Famous women like opera singer Maria Callas and supermodel Claudia Schiffer are alleged to have tried the tape worm diet. Pills that contain tape worms are ingested. The tape worms live in the intestines and help consume the food you eat. You are always hungry but never gain weight no matter how much you eat. This one is defiantly not healthy and a little on the extreme side. Somehow eating worms for diet and weight loss just doesn't seem healthy.

Here's a diet and weight loss idea for those who really like breathing. The breatharian diet allows you to reach a higher spiritual plane where food is not necessary. No food is allowed ,only air. I guess no one ever told them man cannot live by air alone. Need I say this one is unhealthy and just completely off the wall.

The only healthy diet and weight loss program is watching what you eat and exercising. Following these strange and dangerous fad diets may help you lose weight but what happens when you eventually go off the diet, sometimes you end up gaining more than you lost. The whole idea of diet and weight loss is to be healthier, so why risk your health with fad diets that can often be dangerous.

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