

Stopping Lipotrim after the first week: a short summary of refeeding

If you stop the Lipotrim diet in the first few days, then most of the weight you have lost will have been glycogen and water and you will put it straight back on as soon as you eat normal foods again. If you have done more than 2 weeks then there will be fat loss, as well as the water loss. If you decide to stop, you need to restrict certain foods for a few days so that you don't regain excess water weight. It is important that foods like bread, pasta, fruit and cereals are avoided in the first few days.

The complete refeeding paperwork will be supplied at your first follow-up visit to the pharmacy. It is important. Study it and understand what to do before you stop your diet. Refeeding properly after any weight loss diet will prevent unnecessary weight regain. Failure to refeed properly can result in a large gain in water weight. The principle is: If carbohydrate foods are reintroduced gradually in a specific order, over a period of days, the glycogen and water will return to a normal and modest level without excess fluid weight gain.

Refeeding is a week long. You will need some formula during this week, but it can be either standard strict Lipotrim formula or the Maintenance formulas. This is the best time to try the maintenance formulas and free samples are available from Howard Foundation Research by calling the Lipotrim freephone helpline 0800-413735

Keep these points in mind. First day after Total Food replacement is high protein (such as chicken, fish or tofu) – small amount of carbohydrate (such as salad greens) low fat. Second day a larger amount of high protein and complex carbohydrate foods (such as salad greens) - low fat. Third day is high protein, modest amounts of complex carbohydrate (such as potato or beans) - low fat. Fourth day is high protein, complex carbohydrate, small amounts of cereals, fruit and other simple sugars - low fat. The rest of your life is low fat and weight under control. Calories do count.

The reasons

The primary source of fuel that the body uses for energy is its blood sugar. When that blood sugar gets low, the body has reserves of sugar which are stored in a complex molecule called glycogen. Glycogen is stored in the body bound to a great deal of water. When we change the amount of glycogen in the body we change the amount of water. Glycogen and water are heavy. Changes will effect our weight a great deal and in a very short time span. A few simple facts about glycogen will help you to understand how to prevent unnecessary weight regain after total food replacement. (See complete refeeding paperwork.)

It is possible to overfill the glycogen stores so that they contain more than the normal levels - athletes do this and call it "carbohydrate loading"

Athletes shun carbohydrate foods to deplete their glycogen stores and then eat pasta (carbohydrates). This gives them a larger reserve tank of easy fuel for endurance exercises such as marathon running. If you eat a lot of carbohydrate foods right after dieting you will accomplish the same thing. Extra glycogen that you will not burn up in a few hours of exercise. Extra water that will stay as long as the glycogen (until the next diet or marathon type exercise). Extra weight on the scales that cannot be distinguished from fat weight, makes you depressed and inclined to eat in despair. This

excess weight regain is unnecessary, but will happen unless you refeed properly when you stop dieting.

JAN2005