

# Why Diets Don't Work

One diet does not work for everyone.  
If it did, there would only be one diet, right?

Typically, when we hear the word "diet" we conjure up images of a long list of foods we have to avoid. That's because this is how most "diets" work. According to the dictionary, there are two definitions of diet:

- ① the kinds of foods a person, animal or community habitually eats (for example, vegetarian, vegan or paleo diet);
- ② a special course of food to which one restricts oneself, either to lose weight or for medical reasons.

When I refer to the word "diet" I mean it in the "abundance of foods enjoyed because they support an individual's health" context, not a restrictive "you can't eat that" diet or "you can only eat 1200 calories a day" diet.

# Diets And Why Most Dont Work

**M Lipman**



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