

# Why diets are pointless

In the 21st century obesity has developed into a catastrophic problem for human society, affecting every culture and every country. The WHO already calls it the biggest epidemic in human history.

There are nations where **fifty percent** and more of the population are obese. And it is no longer a problem of the **industrialized nations**, but is spreading like a bush-fire into even the developing countries.

The question we need to ask is **WHY?**

- Why is nearly every second person fat?
- Why do we seem to be powerless to stop it?

The answer seems to be simple enough: Obesity is supposed to be a mere question of the balance of energy. Simply eat less, and lose weight. This was the standard formula in the 20th century and was based on the seemingly logical conclusion:  
reduced calories = weight loss

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## Numerous publications have appeared on this subject

Thousands of books were written about calorie reduction, numerous videos, diets from the 0-diet to the 600-calorie-diet, or the eat-the-half-method. The message was still the same, "eat less!", and the bottom line was: eat less and lose weight.

This was the root of the whole problem. For we forgot one very simple fact: **human being are not machines and do not follow thermodynamic rules.**

When we eat less, we regulate the usage of energy, and the basic metabolic rate decreases.

To put it simply, the less we eat, the more economical our bodies become. The result is, we lose a few kilos at the beginning of a diet, then our weight

stabilises, and slowly but surely, the yo-yo effect sets in.

Diets all end up with the same results

All the weight we lost comes back, and a few kilos on top. We all know this effect. How many diets have you tried, from extreme fasting cures to counting calories or the five-meals-a-day diet? They all reach the same dead end, the yo-yo effect, accompanied by feelings of frustration and anger.

Let us be honest, what has the last century full of diets, or better still, a century full of five minuscule meals a day brought us? Nothing but a world in

which humans were never as big and fat as they are now.

In spite of all the research and money spent in this field one simple but elementary fact was forgotten, and that is our past and where we came from.

Human physique has changed only slightly in the last 50,000 years.

The human spirit has developed with breathtaking speed, and soon we may even inhabit the moon. Technologically, we have reached a zenith where machines do most of our work, but **our bodies are still those of primitive man.**

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## Life is ruled by rhythm

In the course of evolution our bodies have learned to burn less when food was not available. This was the reason why our ancestors could survive over the long cold winters. It does not mean



that they ate less, but their life was a pendulum between fasting and feasting. They stored nothing but when food was plentiful after a successful hunt, they ate as much as possible. Life was ruled by the rhythm of times in which they ate nothing and times when they feasted bountifully.

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## This is not a book about dieting

If you have bought it hoping you will find a well-regulated, exactly prescribed diet plan, then close it again.

This book is intended to be a guideline to a new life-style and to an essential change of life. These changes involve the paradox that we are not advancing, but rather retreating back to our earliest roots.

You will be amazed at how gripping and complex this word „retreat“ can be.

Forget everything you have learned about diets and come on a journey back to your roots and to yourself.

**Making your dream come true is up to you**

*Medical warning: If you are suffering from medical problems, e.g. high blood pressure, diabetes or cardiovascular diseases, or if you are taking medicines for these conditions, please consult your General Practitioner before beginning with this concept.*