

# Broken Silence

Volume I Number 3

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*Happy New Year!*

Did you make a resolution to lose weight this year? Looking back, how many times have you made this resolution before? If you have dieted many times, and find that, regardless of the amount of weight you lost, you always seem to gain it back, you are a victim of **Diet Failure Syndrome**.

It's not that the diets fail to help you lose weight. In reality, the equation is as simple as it was when they taught it in third grade: energy in and energy out are like a balanced see-saw. If one end of the see-saw gets out of balance, the other end shows the effect. Just as the heavier child makes the see-saw go down on his side and up on the other, if you increase your intake, you gain weight. If you increase your exercise, you lose weight. All diets work, as they all reduce intake by one means or another, and most recommend exercise as well, though it is not required to exercise to have a diet work; the exercise just helps the see-saw.

The reason diets work *and then fail* is that it takes 60-90 days to lose weight, but 90-120 days to control the Yeast Beast (*Candida*). Diets are designed to help you control your intake so you lose weight. Most diets involve the reduction of sugar and starch as both are high calorie, low nutrient items. This will lull the Beast into a sort of submission. but end the diet, and try to treat yourself to some of the old foods, and the weight seems to leap back on, going higher than it did before you dieted.

If you've read Issue Number 1, *Binary Dieting*, you already know that the trick is to do the Beast control along with the diet to make your loss permanent. This year, as you start your new diet, make it your last. If you haven't already read *Beauty and the Yeast Beast*, maybe it's an after Christmas present you should treat yourself to! To order your copy, go to <http://beautyandtheyeastbeast.com> now!