

If you have done more diets than you can count and no matter what you try, you just keep seeing that scale go down a bit but then it keeps increasing, this is for you.

My name is Dina Merhbi. I'm a Body Balance Coach and today I'm going to be sharing with you what 99% of the people out there of all the coaches certified and not certified are telling you that you have to do, which are complete myths in terms of actually losing the weight.

And I cannot wait to share this with you today. So, the reason why this is really dear to my heart because I've been in this business for 18 years and my aim is to really help women and men build a healthy relationship with food and a healthy relationship with their body without dieting, without endless hours at the gym, and honestly, without the endless hours of meal prepping.

So, let's get started.

**The number 1** myth that a lot of diets, a lot of coaches are telling you out there is that carbohydrates make you fat. Okay. Carbs do not make you fat.

Your body is not like: 'Oh, here it is slice of bread, let me go store it or you know how they say 'A minute on the lips. A lifetime on the hips.' That does not exist. The thing that makes us gain weight is just having a higher intake of calories in our day but as well it has about activity level, about sleep, about so many different things.

Because carbs do not actually turn into fat as soon as you have any type of carb. You need carbohydrates to function for your performance, for your focus, but did you know, and I'm sure you're gonna find something in there that relates to you, whenever you went to a restrictive diet, whenever you cut out carbs, what happened when you opened that door?

When you had one slice of bread, when you had pasta, when you had a cookie, it felt like you were not able to close that door anymore and this is what happens when you believe that carbs will make you fat and you banish them from your diet as soon as you open up that door, you'll be eating carbs and you'll be maybe tripling the amount. And you're gonna catch up with all the missing carbs that you missed out on the diet and this is what is keeping you overweight.

So, it's not the carbs, it is a loss of control of carbs that can sometimes be an issue but while we over-consuming carbs? Because we have all these dieting industries telling us that carbs are the devil and it's not.

**Number 2**, the big thing is fat makes you fat. No . No. Fat does not convert to fat. Remember, it is having a high intake of calories where your body is not able to use it that it will store it as fat as a reserve.

Because if you cut fat from your diet, you actually gonna have malnourishment because you're gonna be missing some vital vitamins that actually needs fat to get absorbed, like vitamin A,

vitamin D for your bone, E and vitamin K. So, all these vitamins, you need some fat to actually absorb them. So if you cut off the fat, you're not absorbing those vital vital nutrients.

But as well, fat is used to insulate our system, to protect our organs and again it's all about balance, prioritizing the balanced fats, which is your fish, your organic meats, your nuts and it is being careful, not cutting, but being careful about all those trans fats, those processed fats that very often might make your body very sluggish.

So, carbs do not turn into fat, and fat does not turn into fat.

So, if you're joining here LIVE, give me a like, say hey right under and if you're watching the replay, join the #replay. The more you comment below, the more we can get this message out there to help those people that are struggling with the weight, struggling with all this dieting nonsense and actually be free from food.

So, let's go to **number 3**.

Your body is a calculator but it isn't a calculator. Let me explain.

There isn't that concept of 'calories in = calories out'. So, you're gonna see a lot of plans telling you that if you cut this amount of calories or if you bring in this type of exercise, you're gonna be losing an X amount of weight per week. Okay? But if it was that easy, you don't think it would be that easy to actually calculate? But your system is not that easy.

We cannot, in terms of a formula, calculate what your body needs because everybody is very different. Every person's metabolism is different, and your metabolism does fluctuate with age, with stress, with fitness, with lack of sleep.

So, so many things can affect metabolism. So, if you're going for an app and you calculate your calories and you're calculating what the machine is telling you that you're burning calories and something doesn't make sense, it is because your body is not a mathematical equation that you can calculate. This is where the false truth is.

But I'll give you at the end of the 5 things that I'm gonna give you today to help you create some clarity.

**Number 4.** This is a big thing maybe mostly in terms of the fitness world right? 'No pain. No gain.'

You know you need to push through, it needs to be a struggle, when you're feeling that pain then you're doing, you're on the right track. You know I'm at a level that I don't feel like having pain. I believe there's a different way of creating my success.

You don't have to hustle. You don't have to spend hours cooking and meal prepping and heading to the gym, because did you know that when you bring that pain factor in your system, it actually increases your stress level. And did you know that when you increase

your stress level, you'll actually release cortisol hormone and cortisol hormone, that is released with stress, equals increased fat storage WHERE? In the belly area.

So, if you feel that throughout the years you are gaining more weight around the belly area, it is probably due to the fact that you've done a lot of yo-yo your dieting and whenever you're going through big changes in your life, which is a big stress, and you maybe you push through many things, you might actually have a high cortisol level that is making you gain weight around your waist. So, high cortisol does equal in increased fat storage around the belly area.

So, 'no pain, no gain', let's get that concept out of the window.

Now, this is a big one (**number 5**), okay? Remember your body is very smart. Your body just wants to survive, okay? So the big thing a lot of people say is that if you're hungry, it is a sign of weight loss. False, False and false.

Maybe when you did your first diet, I remember my first diet I was eight years old, I wasn't that you know hunger phase, but my body was still very young and immature so it didn't understand what that meant. So, it still kept burning the same amount of calories and that's how I was able to lose weight in my first diet. But as you get older, as your body is becoming stronger, and your body, it doesn't want to do any harm to you, all it wants is to survive.

So your body, whatever stressor you're gonna be bringing in, which is a hunger (hunger is a stressor), your body thinks you're going in a famine state which means the body panics, it releases hunger hormones, it releases, it neglects actually your fullness hormones, were you feel like you're a bottomless pit, and this actually decreases your metabolism. So, when you're hungry and you're famished, your body is actually gonna decrease your metabolism, and it's gonna gain weight much faster. That's why when you deviate from a diet and you've been hungry and no pain no gain and all that stuff, you're gonna say 'Like oh my God, it took me so long to lose that weight but I gained it so much faster and more. And the reason why you gain it so much faster and more is because of that, because your body is going through that famine state which is something that you wanna get away from.

So, if you really wanna know, in terms of what are the things that you need in terms of getting rid of those myths and if you're joining live give me high give me HEY right below. I love to connect to my viewers. And remember if you're watching the replay, #replay would be amazing. So, hi, Kamil HI for joining live.

So, if you have an unhealthy relationship with food, if you're suffering from emotional eating, binge eating, okay? If you have no idea how to eat for your body.

**Number 1:** you want to balance your blood sugar which means whenever you're eating your meals and your snacks, you need to find a healthy relationship with your carbs, and your proteins and your fats. So, this is covering point 1 and point 2.

**Number 2:** Your body is not a mathematical equation. By tuning in, by bringing that mindful eating, once you're done from that starvation mode, your body is actually gonna be telling you when it's hungry and when it's full. It is that smart. You are born with that system. We just need to work and get into it to understand what your system is.

**Number 3:** Slow down. You know without mindful eating but you need to slow down the pace that you're eating without distractions because when you're eating and you're distracted, you can actually finish a whole bag of chips and not even realize it.

**Number 4** and this is huge, okay? huge. Where you are right now, you need to see what is in your reality that you can bring in an improve So it's always focusing on one thing at a time. When you were a baby, you didn't go from doing nothing to running. You went to crawling, you went to walking, you went to running, to biking. So there is a process. So giving your body that time to process.

**Number 5:** And this is a big thing okay and I'm not saying this because I am a coach but I am saying this because I am a coach. I've seen so many people struggle with this for so long because they're trying to do it on its own. But remember what happens, and this happens with everybody right, when you have a problem, you're so in it, right? You're not able to see OUTSIDE and being able to have that outside perspective by a certified health professional, somebody who's been in this business for more than 10 years, and that has a holistic approach that is able to help you work with your body and not give you this one type of meal plan to follow This is what you need because accountability and support is key. Because when you get that support, you will get there 10 times faster.

So, I really hope this gave you a bit of an eye opener that if you're not, you know, you're failing at the dieting, you're gaining the weight, it has nothing to do with you. It has to do that you haven't found that right plan that is aligned to you.

So, on that note I posted some amazing freebies right below: my free guide to give you an idea of what is the foundational work to bring in and as well, if this is resonating with you, if you've being follow me for a long time, I have three amazing ways to actually work with me and you can join at any with the 3 programs. So, join in, comment below, message me if there's any questions.

So, on that note, I wish you a beautiful and a balanced day. Dina Merhbi here, Body Balance Coach, giving you true information to help you conquer your goals once and for all.

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