

# The Top 10 No-no Yo-yo Diets

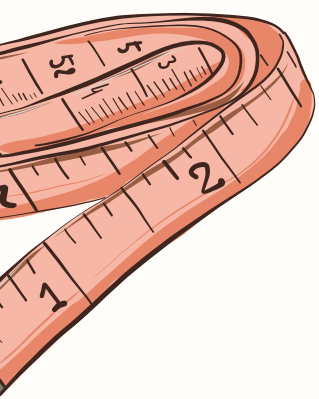
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**+ THE #1 DIET ANYONE  
CAN FOLLOW & ENJOY**

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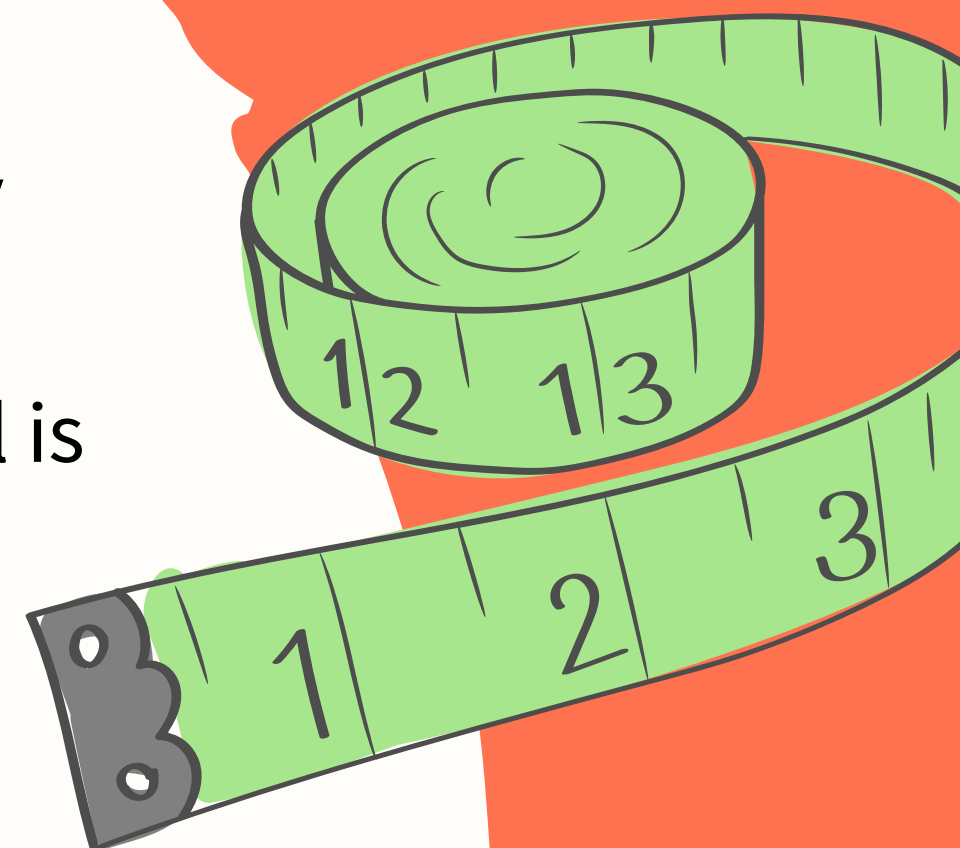




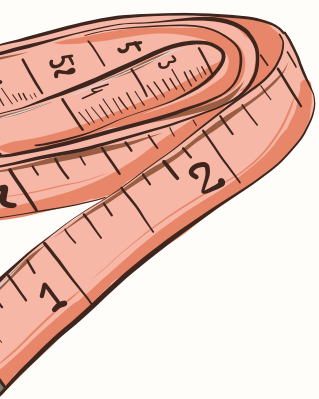
# Please note that...

I going to tell about 10 diets that after you might lose some weight could actually afterward make you gain more weight than what you lost and that has a very high potential to make you unhealthy and unhappy. You will learn about the wrong diets so that you won't be deceived anymore by all these trending diets that don't really work and that can make you sick, and so that you can learn about the best diet, which is also the easiest and the most pleasant.

There are popular diets known by their name but I won't mention any names. My goal is not to point fingers at those behind these diets, because they might have shared the best of what they know. The goal is that you learn how you can be slimmer, healthier, and happier.



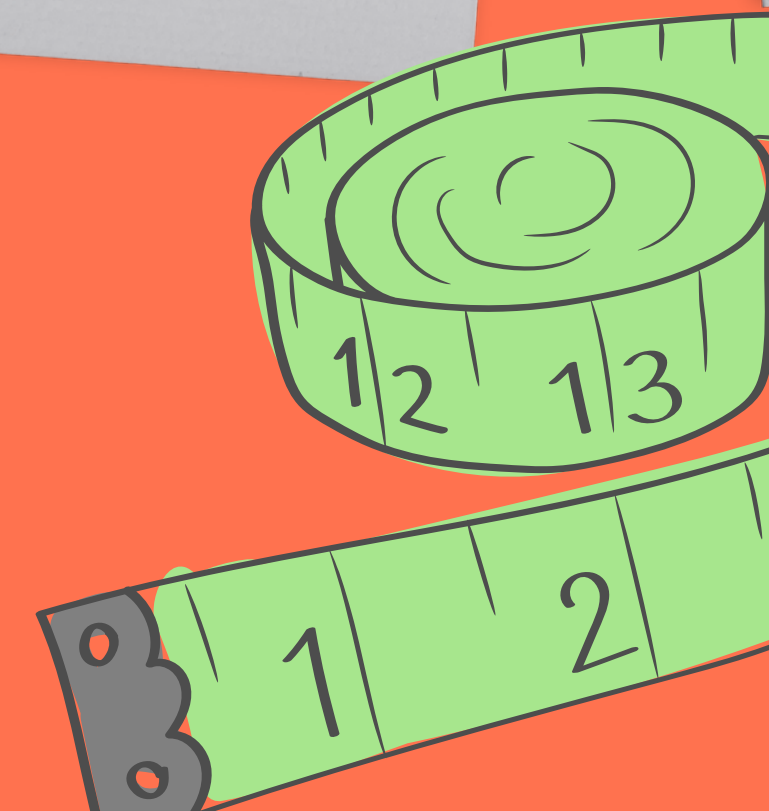




# These diets can help you loose weight...

## ... BUT,

- ✗ They are not healthy (you might feel weak, and not even have the energy to do a simple workout, and you might even develop major diseases)
- ✗ They are very restrictive, severe, and inflexible
- ✗ And these diets are not even pleasant... and honestly, food should be pleasant.
- ✗ They can be costly
- ✗ They have a high failure rate in the long term, 9/10 of the people actually gain the weight back or even more weight
- ✗ Weight gained back = Yo-Yo effect





# Here are 2 major definitions for the diet:

- The kinds of food that a person, animal, or community habitually eats.
- A special course of food to which one restricts oneself, either to lose weight or for medical reasons.

The majority of the time people follow this second definition and restrict themselves in an unpleasant way. If it is for medical reasons and recommended by your doctor, you should do it of course. But if it is to lose weight, your definition should become the first one, your diet should be pleasant and should become a habit, a part of your lifestyle.

Also, I want to mention that if you have any medical issues, you can send me an email at [coachannelaure@gmail.com](mailto:coachannelaure@gmail.com). I can help you improve your diet and lifestyle in a pleasant way, while you also work with your doctor.

So let's get started, I'll tell you about these wrong diets, so that you can be empowered to, later on, follow the right diet that is pleasant, healthy, and durable.



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The information presented this course, website, document, and /or message is intended for general informational purposes and cannot answer personal health-related questions or problems. The information presented here should not be used to diagnose, treat or cure any medical condition or problem. If you are experiencing any health-related problems, please consult your health professional or emergency medical personnel.

The information presented here should not be considered medical advice or imply that any personal action should be taken. You should first discuss any physical, lifestyle, and dietary changes with your health or medical professional.

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# Wrong diet #1

## High Protein Diet

Our body needs protein, and I talk about it during my coaching session. I also share how you can have the best kind of protein that is better absorbed by your body and doesn't have side effects.

But too much protein, especially of the wrong protein can have the following consequences:





# Wrong diet #1

## High Protein Diet

May lead to:

- Kidney damage
- Liver damage
- Cancer
- Heart disease
- Stroke
- Osteoporosis
- ✗ Yo-yo effect

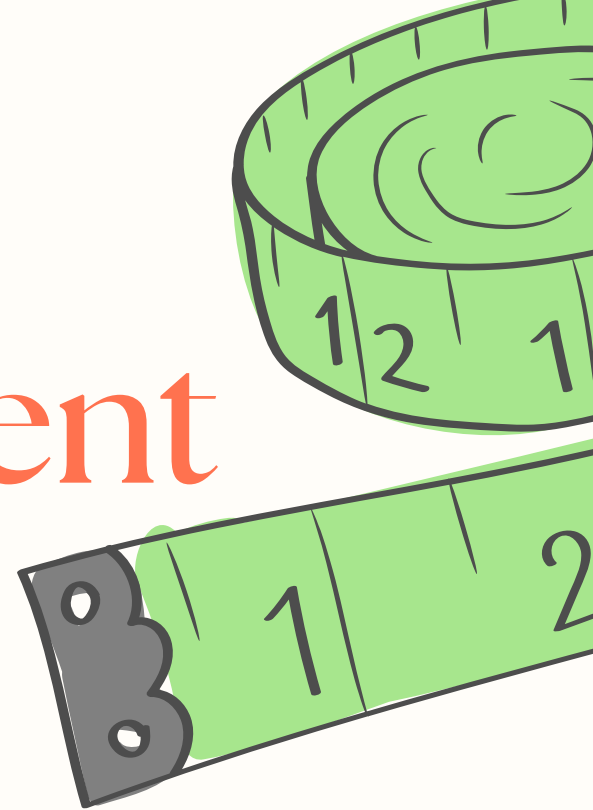




# Wrong diet #2

## Meal Replacement Shakes

Meal replacement shakes can seem like a good option to lose weight. After all, they are convenient and well-marketed so you might be thinking that they probably work. But should we trust even the best-marketed product? Not only these meal replacement shake can end up being costly, they can have bad consequences on your health, but you might end up gaining back all the weight you have lost, or even more. Let's see what can be the consequences of such a weight loss option:







# Wrong diet #2

## Meal Replacement Shakes

- They're Not as Nutritious as You Think
  - They Can Cause Weight Gain
  - Lack of Nutrition
  - Blood Sugar Spikes
  - Increased Risk of Diabetes
  - They Can Contain Harmful Ingredients
  - They Can Cause Digestive Issues
- ✗ Yo-yo effect

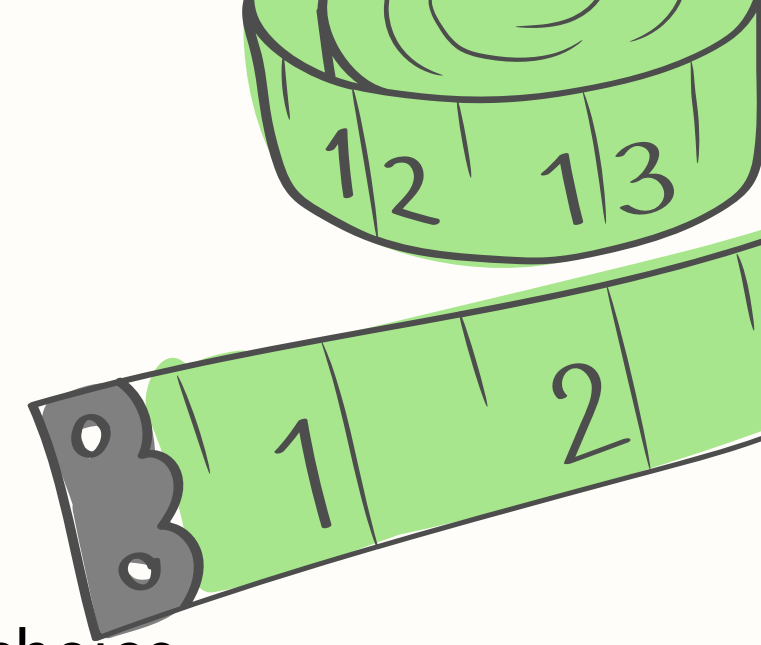


# Wrong diet #3

## Low Carb

Eating too many carbs is indeed not a healthy choice, especially if it is of the wrong carbs.

One of the primary reasons that people go on low-carb diets is for weight loss. And while it is true that you will likely lose weight on a low-carb diet, there are some potential side effects to be aware of. First, when you drastically reduce your intake of carbs, your body will go into a state of ketosis. This is a natural process that occurs when your body doesn't have enough carbs to burn for energy, so it starts burning fat for fuel instead. While this can lead to weight loss, it can also cause some unpleasant side effects, such as bad breath, headaches, and fatigue. But not only that. It can have other major health impacts on:



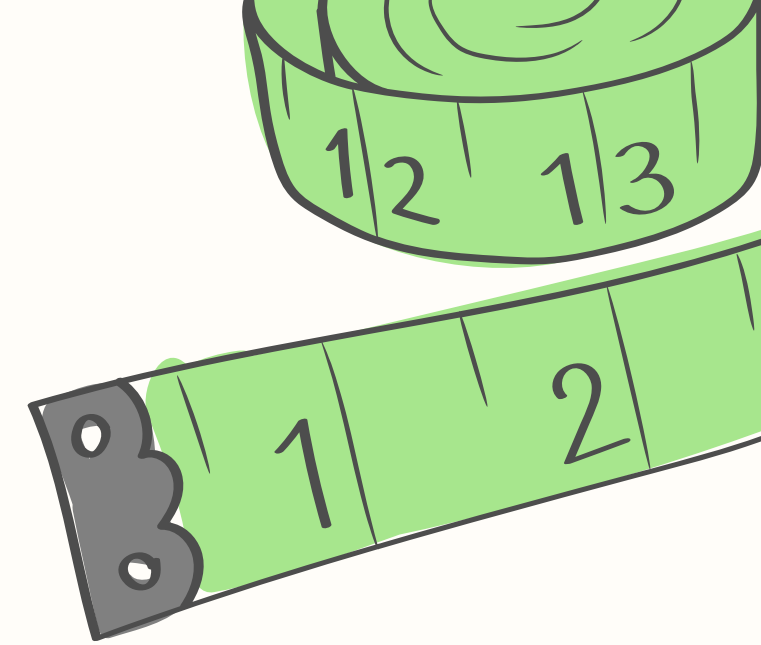


# Wrong diet #3

## Low Carb

- May create problems with blood sugar
- Can increase the amount of bad cholesterol
- Can lead to kidney damage or failure
- Digestive Issues
- Can cause constipation, headache, bad breath, muscle cramps, rashes, and general weakness...

✗ Yo-yo effect



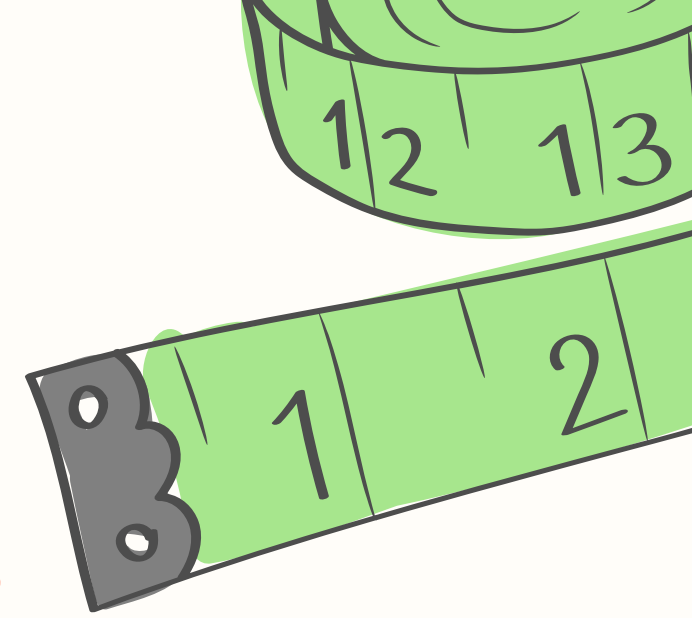


# Wrong diet #4

## Microwavable Meals

## & Other Processed Foods

Microwavable meals are considered processed foods. Let us first learn about what exactly are processed foods. The IHSFNA gives a good definition of processed food: Processed food is any food that's altered during preparation to make it more convenient, shelf-stable or flavorful. Some foods are much more processed than others. A bagged salad or pre-cut green beans technically count as processed, but it's only minimally processed because its natural state hasn't changed. In other words, it looks pretty much the same as you'd find it in nature. A microwavable dinner, on the other hand, is considered heavily processed (also called ultra-processed) because they've been chemically altered with artificial flavors, additives, and other ingredients. Here are the harmful effects of what we will call "highly processed food".



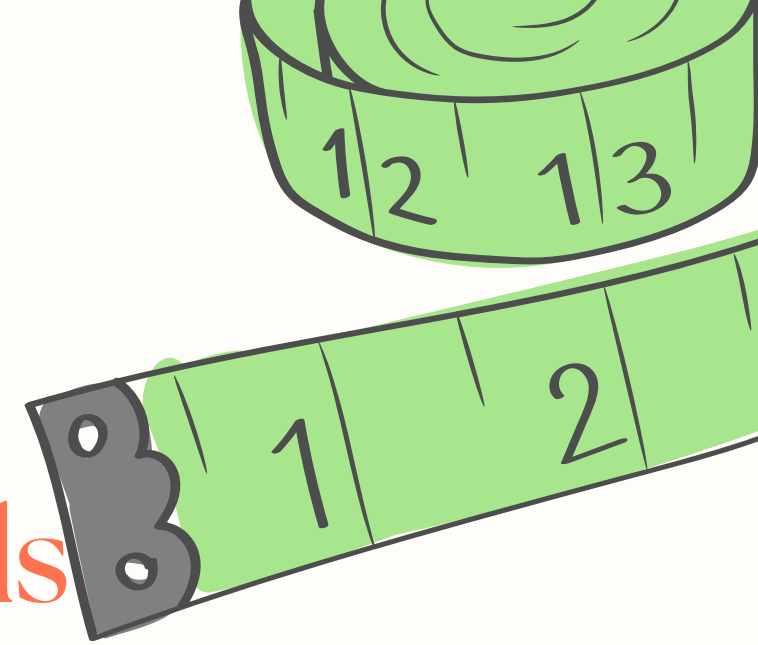


# Wrong diet #4

## Microwavable Meals & Other Processed Foods

- can be high in calories
- can be high in sodium
- are generally low in fiber
- can be high in sugar
- can be high in unhealthy fats
- may contain harmful chemicals

✗ Yo-yo effect

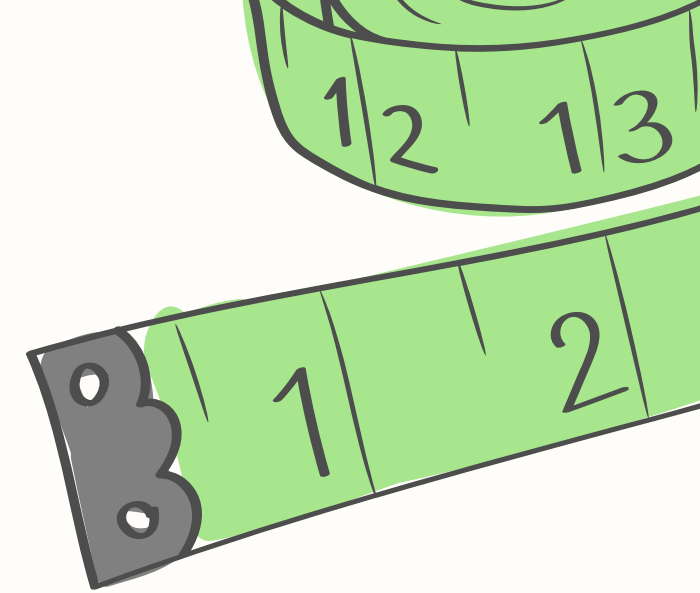




# Wrong diet #5

## No Salt Diet

When it comes to salt, it is known that too much of it is not good but not enough of it isn't healthy either. You should consult a doctor if needed. As mentioned earlier I can refer you to a good holistic health doctor who offers phone consultations. But you need some salt. We lose salt when we pee, sweat, during our menstruations and even when we cry!!! At the hospital, they give saline (which is simply salty water) to patients to hydrate patients. Here are the risks of a zero-salt diet:

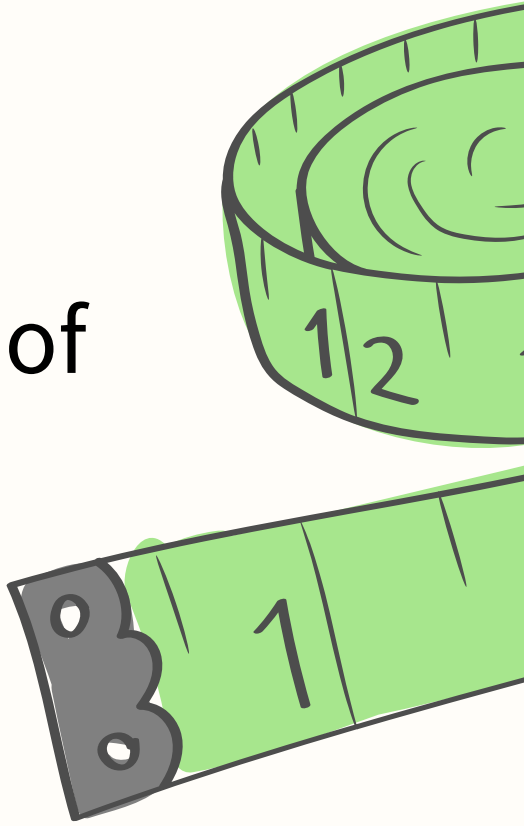




# Wrong diet #5

## No Salt Diet

- Surprisingly it can increased Risk of Heart Disease
- Increased Risk of Kidney Disease
- Dehydration
- Muscle Cramps
- Gastrointestinal Issues
- Death
- Increased Risk of gastrointestinal problems

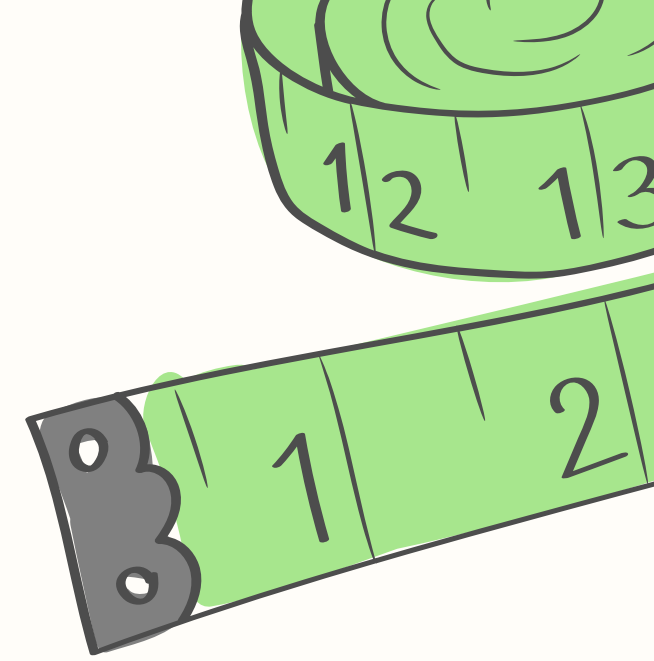




# Wrong diet #6

## High Fat Diet

The right fat can be very healthy, and I explain this during my coaching session. But too much fat, especially the wrong fats can cause the following health issues:



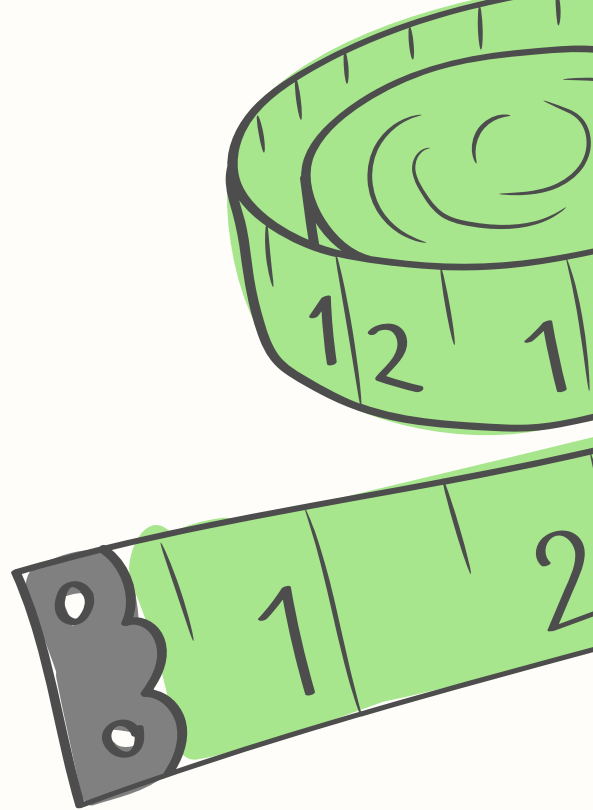


# Wrong diet #6

## High Fat Diet

May lead to:

- High cholesterol
- Weight gain
- Digestive problems
- Increased risk of cancer
- Inflammation
- Diabetes
- Heart disease
- Cancer
- Kidney problems





# Wrong diet #7

## No Sugar Diet

It is true that too much sugar and of the wrong kind of sugar can lead to obesity and diseases. But our bodies need sugar in order to function well. Our body converts sugar and carbohydrates into glucose that supplies energy. During my coaching session, I explain what sugar is good and can be consumed in moderation. A no-sugar diet is so restrictive that you can not even eat fruits. It is indeed sometimes necessary to follow such a diet for a few days for health reasons such as combating cancer. But if not a no-sugar diet can have some downsides. Let's learn more about some of them:

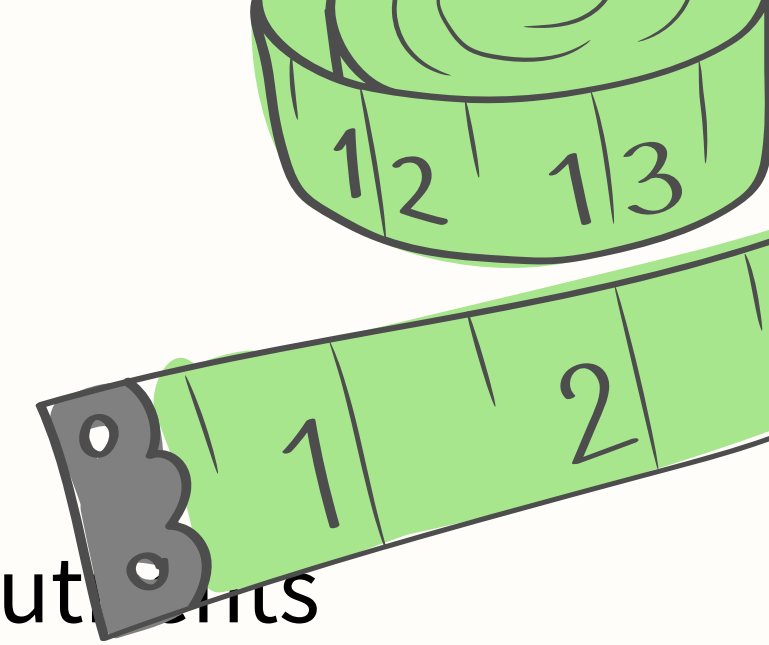




# Wrong diet #7

## No Sugar Diet

- You may miss out on important nutrients
  - You may end up eating more unhealthy foods
  - You may become obsessed with food
  - It can be hard to stick to a no-sugar diet
  - A no-sugar diet is not necessary for most people
  - You may gain weight in the long-term
  - Your mood may suffer
- ✗ Yo-yo effect





# Wrong diet #8

## Smoothies "only" diet

Smoothies can be an awesome addition to a diet, and they are also good if consumed for a few days. I explain it more in detail during my coaching session.

But there is a trend of drinking only smoothies for many days, and here are the risks of doing this:





# Wrong diet #8

## Smoothies "only" diet

- You might Miss Out on Important Nutrients
- You May Not Be Getting Enough Fiber
- You May Be Drinking Too Much Sugar
- The Blending Process Can Destroy Some Nutrients
- You May Feel Hungry Soon After Drinking a Smoothie

✗ Yo-yo effect





# Wrong diet #9

## Food Abstinence

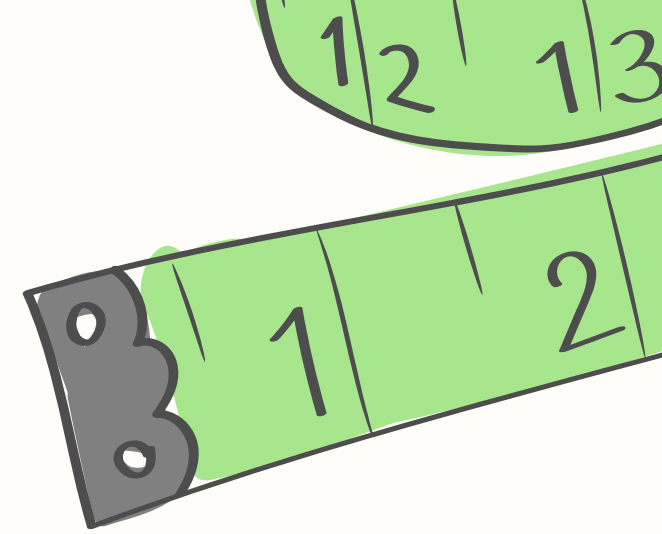
Food abstinence can be good if you plan to fast. By definition, fasting means to voluntarily abstain or eat very little food for a period of time for religious or health reasons.

Fasting has many advantages for spiritual, physical, mental, and emotional health.

Scientifically speaking fasting has been shown to promote blood sugar control, help fight inflammation, improve heart health, help in weight loss, help in cancer prevention, and even in some conditions to help to fight against cancer.

Scientific data also tells us that fasting help to clear the “brain fog” many of us often have, and improves memory, learning, and alertness.

Furthermore, regular fasting helps to keep the brain healthy. In fact, fasting could delay diseases such as Alzheimer’s, Parkinson’s, and Huntington’s.





# Wrong diet #9

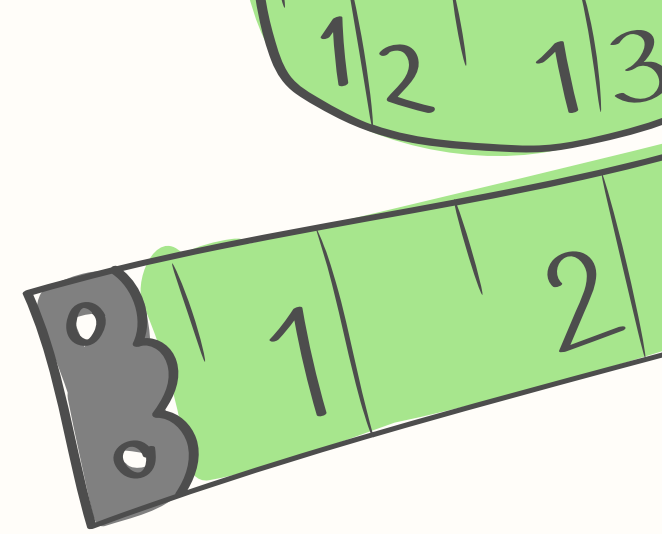
## Food Abstinence

Fasting can be done with one kind or a combination of simple foods such as fruits, vegetables, seeds, and nuts. It can also be done by drinking simple foods made into juice or smoothie.

We can also fast without eating anything but only drinking water.

Some people have been led by God to fast without water for many days and I believe God indeed sustained them. But fasting for more than 3 days becomes risky. Consult a doctor before performing any kind of diet change including intermittent fasting. I can refer you to a great medical missionary doctor who offers phone consultation if needed, you can contact me.

Here are some risks of long food deprivation:



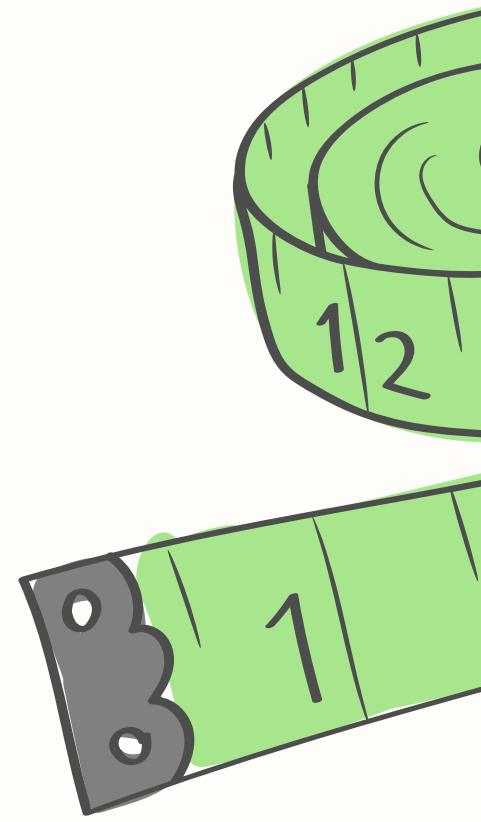


# Wrong diet #9

## Food Abstinence

- Nutritional Deficiencies
- Difficulty Concentrating
- Mood swings
- Hair loss
- Skin problems
- Weight Gain (tendency to overeat after the abstinence)
- Irregular menstruation

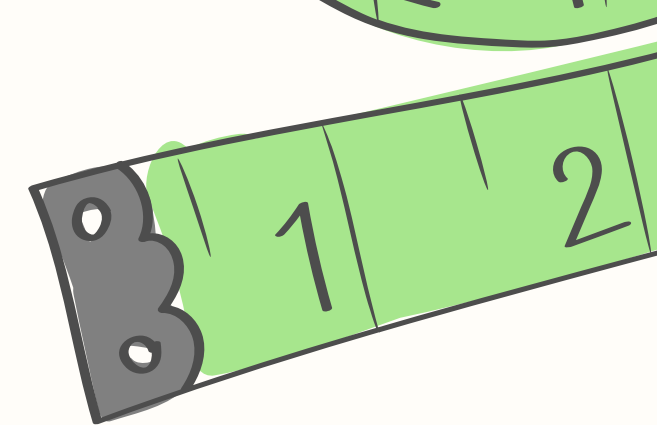
✗ Yo-yo effect





# Wrong diet #10

## Salads "only" diet



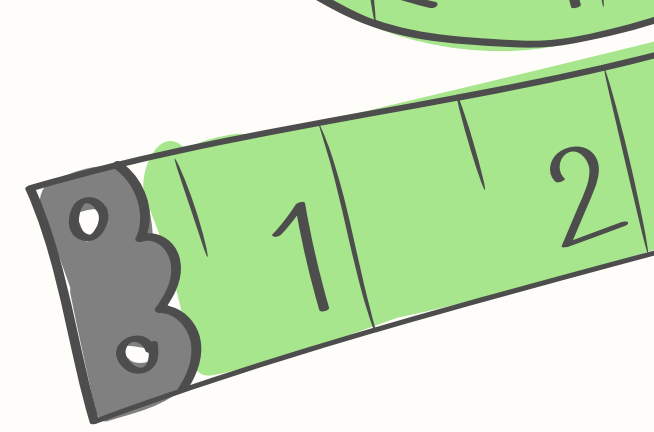
Before getting started on the topic of salad, **I want to mention something to avoid confusion.** I have met a lot of people wanting to lose weight and going on a "salad diet" that basically only includes things like lettuce, tomatoes, cucumbers, and bell peppers; without any dressing. If this kind of salad is a side dish it's great, but if it is the dish itself and it is eaten that way for days, then change must be brought. I love salads, and I generally call them "**gourmet salads**" vs. "**common salads**". When I make salads, they are packed with vital nutrients and include good proteins, good fats, and good carbs. I also often change ingredients and recipes so I and my family can obtain a variety of nutrients and so that the salads don't become boring, and I always add a simple but delicious and healthy dressing so that it tastes yummy.





# Wrong diet #10

## Salads "only" diet



Studies have found that salads not only promote weight loss but can also reduce the risk of developing unhealthy diseases such as heart disease and diabetes. Eating salads regularly that include raw foods as well as good carbs, protein and fats can help keep your body running efficiently, leaving you feeling full and energized.

I have included a helpful downloadable document to help you make delicious and healthy salads.

Please keep in mind that I am not talking about what I call "gourmet salads", but only about "common salads". If you are on a "common salad" diet, consider the following points:





# Wrong diet #10

## Salads "only" diet

- You Might miss Out on Important Nutrients
- You May Lose Weight Unhealthily
- You May Become Anemic
- You May Develop Kidney Stones
- You might not Get Enough Calories
- You might not Get Enough Protein and fat
- You May Become Bored with Your Diet
- You May Develop an Unhealthy Relationship with Food

✗ Yo-yo effect







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