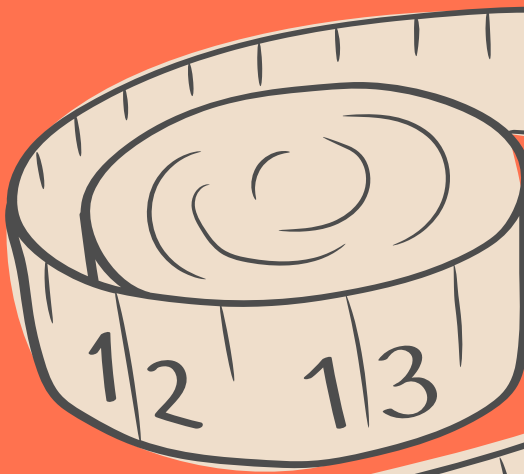


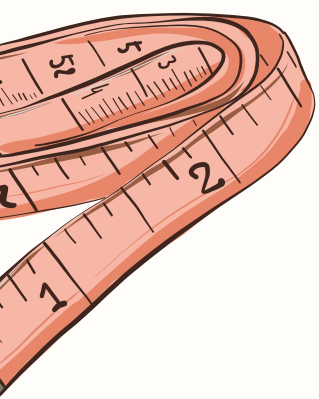
The Top 10 No-no Yo-yo Diets

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

Anne-Laure

www.coachannelaure.com

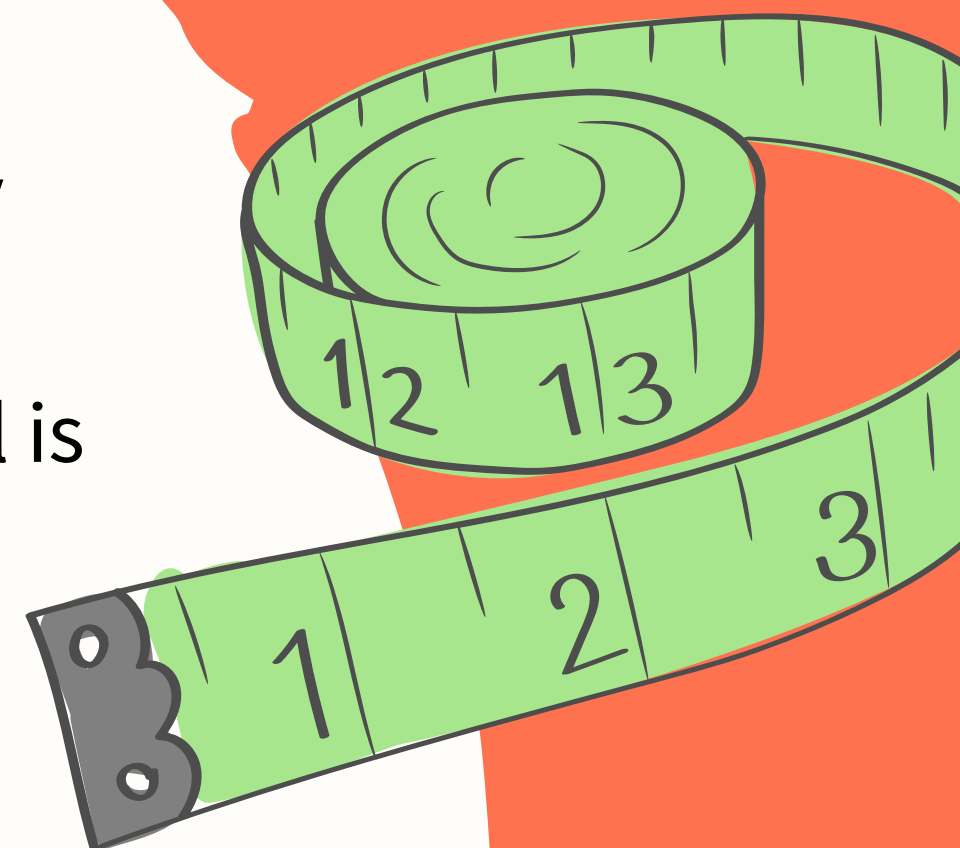


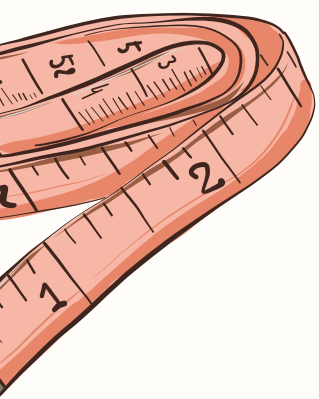


Please note that...

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.

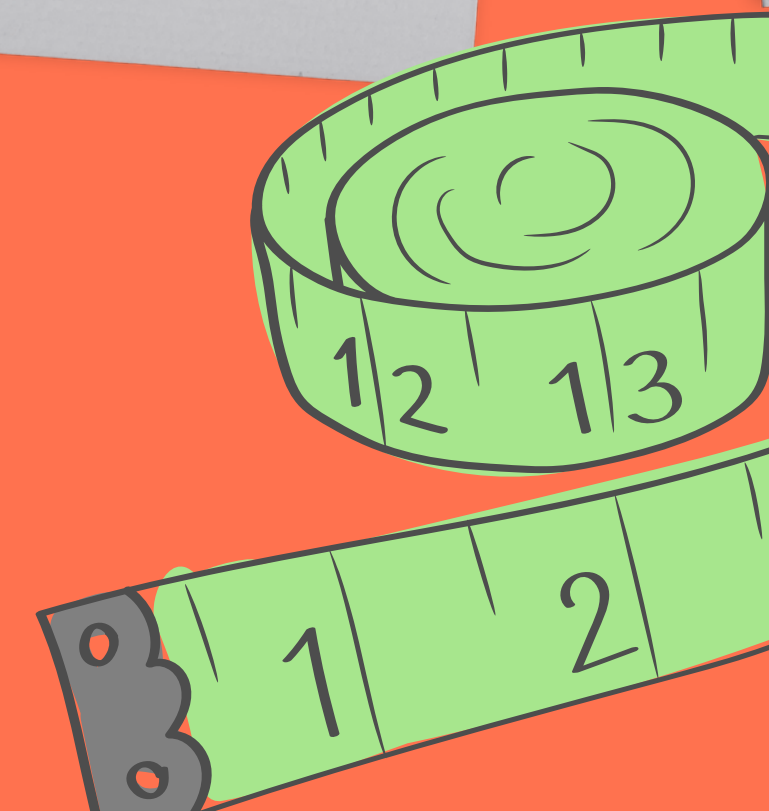




These diets can help you loose weight...

... 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. 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.

Disclaimer

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.

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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

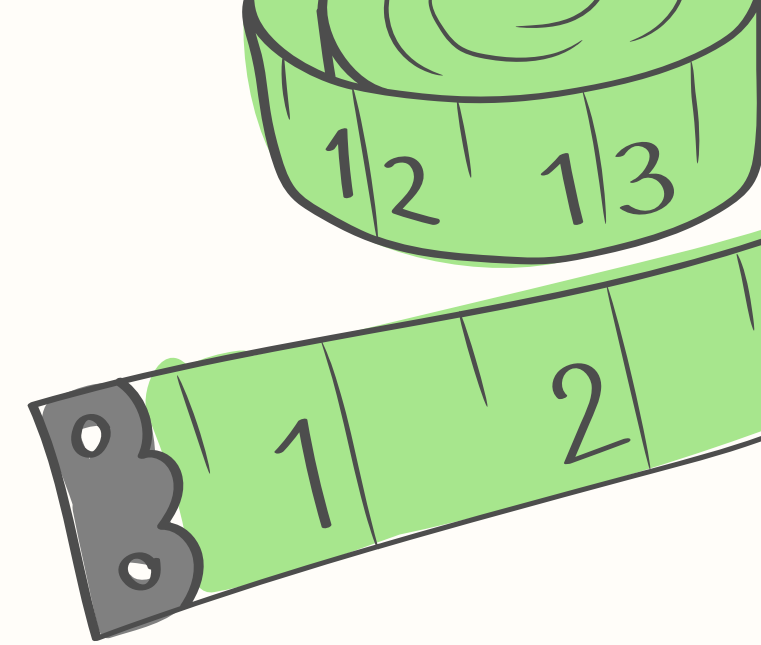
- They're Not as Nutritious as You Think
 - They Can Cause Weight Gain
 - Lack of Nutrition
 - Blood Sugar Spikes
 - Increased Risk of Diabetes
 - They Can Contain Harmful Ingredients
 - They Can Cause Digestive Issues
- ✗ Yo-yo effect

Wrong diet #3

Low Carb

- 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

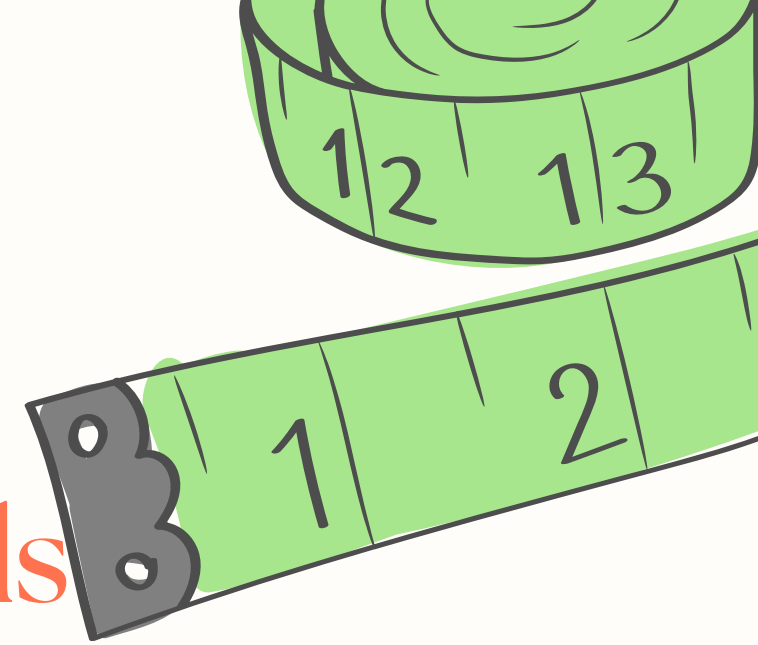


Wrong diet #4

Microwavable Meals & Other Processed Foods

- 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

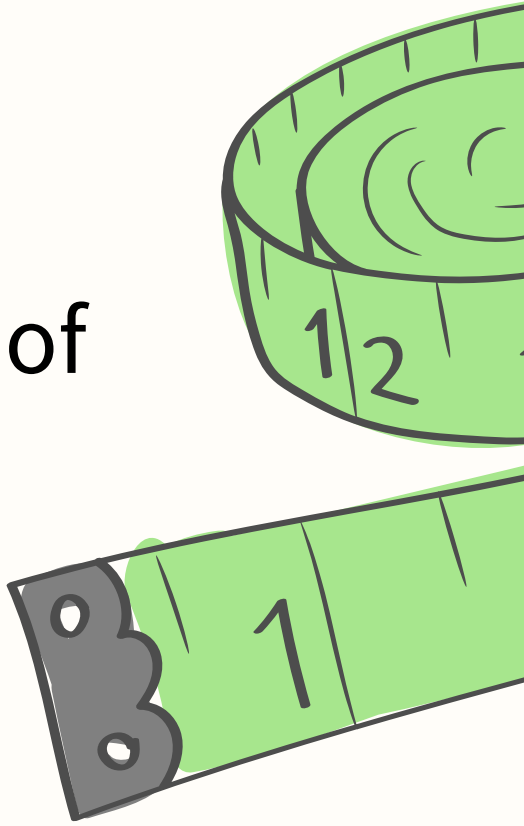
✗ Yo-yo effect



Wrong diet #5

No Salt Diet

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

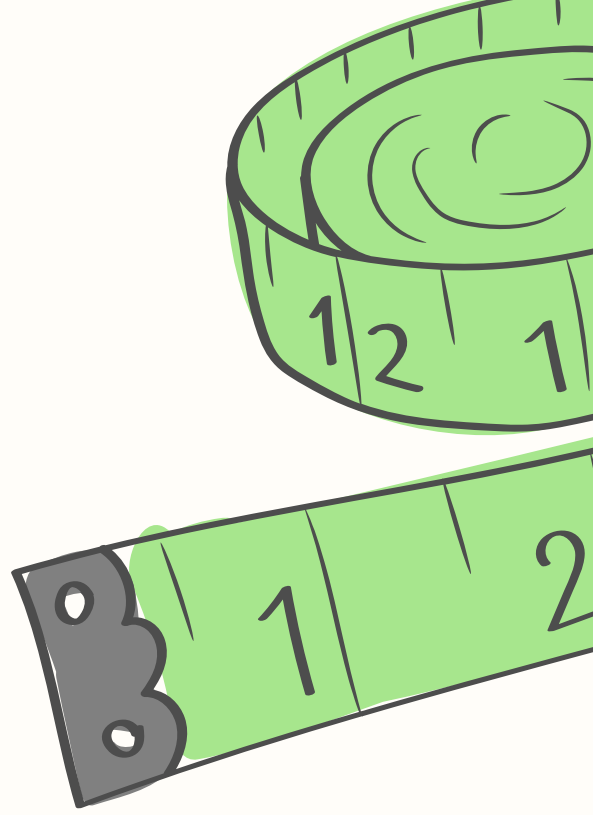


Wrong diet #6

High Fat Diet

May lead to:

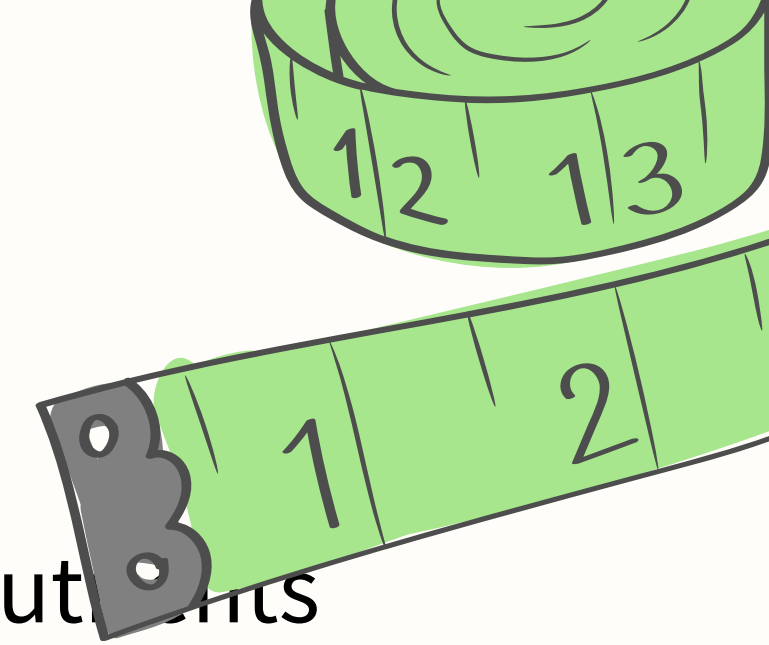
- High cholesterol
- Weight gain
- Digestive problems
- Increased risk of cancer
- Inflammation
- Diabetes
- Heart disease
- Cancer
- Kidney problems



Wrong diet #7

No Sugar Diet

- 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

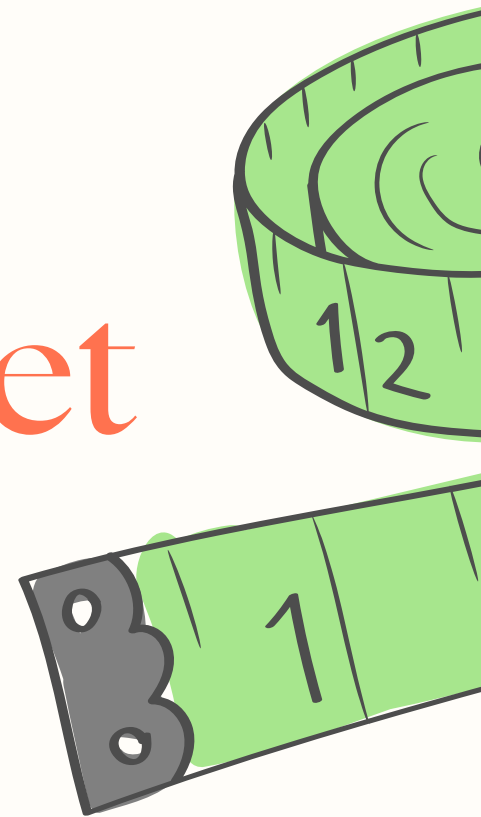


Wrong diet #8

Smoothies "only" diet

- 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

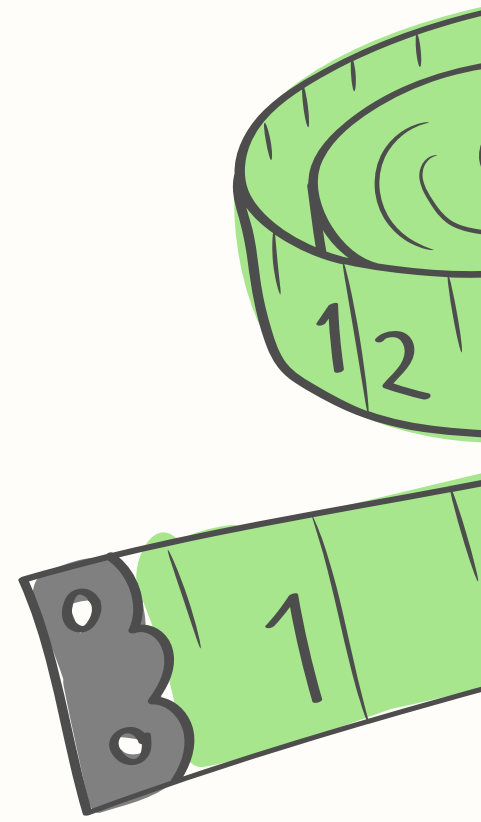
✗ Yo-yo effect



Wrong diet #9

Food Abstinence

- 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

- 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**

