

The GM diet....it's not a healthy lifestyle at all.....

Opinion

The GM diet is a weight loss dietary program developed by the General Motors Corporation to help keep their employees stay in shape. This diet program involves the consumption of specific foods for a period of seven days and it promotes for a rapid weight loss (4.5-7KGs) in seven days. This Diet Plan includes the intake of fruits, vegetables and starch only. The effectiveness of the GM diet should also be accompanied by a regular physical activity up to 10minutes every day, which speeds the body's metabolism.

Headache, excess sweating, hunger feeling, muscle pain, incessant thirst, dehydration, malaise and weakness, are the common side effects during the first days of this diet. But regular water intake between 8-10 glasses each day can help in reducing the side effects of this diet. People who go through GM diet are advised to avoid alcohol. This is because alcohol prevents the effects of the diet from taking place; in addition, Alcohol triggers water retention, which prevents individuals from getting rid of the excess fluids from their bodies.

I myself don't advise people to do GM diet because it's basically just a fad crash diet. In my opinion maintaining a healthy weight and learning healthy eating habits is much more important than losing the extra KGs rapidly.

Although People can lose weight and it's only for a week so there is no harm, but it's not a healthy diet or a healthy lifestyle that should

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be maintained beyond that week. I don't think too many people will learn to eat healthy by eating this way. So it's ok for somebody who wants to lose weight fast, such as: before a wedding or a specific occasion, but for the long term, people are better off skipping fad diets and just eating healthy foods.

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Conflict of interest

The author declares no conflict of interest.