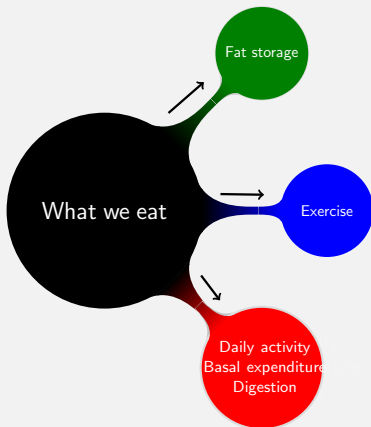
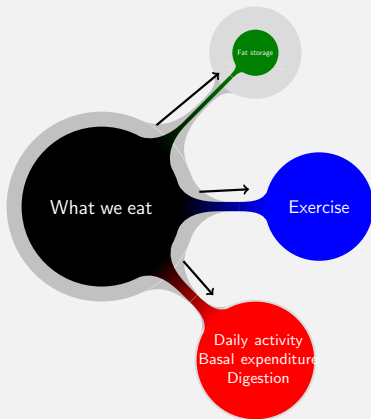


The first law of thermodynamics says that the income energy of the body always matches the outcome energy:



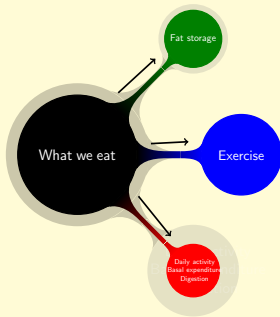
The conventional wisdom says that if you eat less and exercise more you will accumulate less fat:



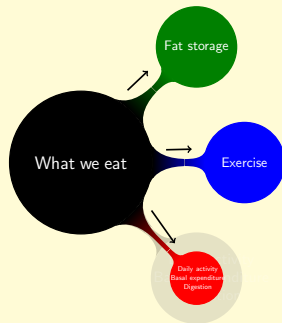
Reality says that if you exercise more and eat less (but of the wrong food) you will find yourself in one of these two scenarios:

- ① You are always hungry (exercise and carbs make you hungry) and finally you withdraw the diet. **You don't lose weight.**
- ② You manage to defeat hunger with a lot of willpower, but your body slows down its metabolism. You lose weight (less than expected because your carbs are still signalling your body to store fat) but as soon as you eat normal again your body will regain all the lost weight (or even more). In the long term **you don't lose weight.**

While on restricted-calories low-fat diet you lose weight but your metabolism slows down:

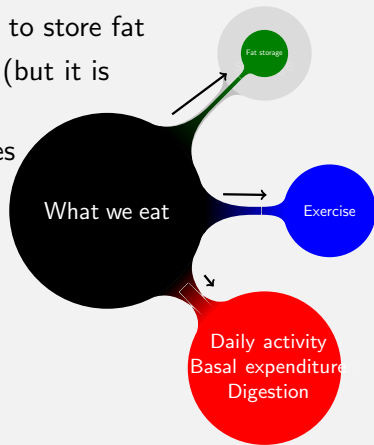


When eating normal again your slow metabolism makes you regain the lost weight:



If you eat low-carb:

- ① Your metabolism is increased
- ② Your hunger decreases (so it is possible that you eat even less than before)
- ③ You don't signal your body to store fat
- ④ You don't need to exercise (but it is good for your health)
- ⑤ Your overall health improves



The first law of the thermodynamics is always fulfilled. Low-carb diets don't defy it, but they are based in the evidence that different kinds of food make your body behave in different ways.

The type of food you eat is more relevant than the total amount of calories:

“a calorie is NOT a calorie”