



**The FACE WEIGHT LOSS PROGRAM NEWSLETTER #2**  
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**Does it matter what diet you're on to lose weight or are all diets the same?** Medical professionals used to believe that the inability to lose weight was related almost exclusively to noncompliance with the diet. **A recent study in May of 2007 from Harvard researchers showed that biology is definitely involved in how much weight loss some dieters are able to achieve.**

In a study comparing the weight loss of a group of dieters on a low fat diet vs. participants on a low carbohydrate diet, **there was a subgroup of people who lost five times as much** as the average weight loss for the majority of participants in the research study. How was this possible?

**The researchers have concluded that the rate of insulin production after eating varies among people and is key to achieving successful weight loss..** Fast insulin producers will be the most successful on a low carb diet, rich in vegetables, whole grains, fruits, legumes and no refined carbohydrates such as white bread and sugary breakfast cereals. In addition, they will be less successful on a low fat diet that replaces the fat with refined carbohydrates.

This information is very helpful for those people struggling to lose weight, and finding that the popular low fat foods and diets are not getting the results they are hoping for.

**The connection between the rates of insulin production and eating particular foods is measured by the glycemic index.** The body will produce more insulin quicker after eating foods with a high glycemic index. Foods with a lower glycemic index are recommended for fast insulin producers. Foods with a high glycemic index tend to be highly processed foods, low in fiber and high in sugar. Low glycemic foods generally include whole grain foods, vegetables, and meat and fish and eggs. Of course, our favorite foods may often have a high glycemic index, and we still need to figure out how to balance the desire for those foods with the goal to lose or maintain weight loss.

At **The FACE WEIGHT LOSS PROGRAM** we want to help you use the best and newest medical and nutritional information along with our expertise on motivation and behavior to find answers to the challenges of losing weight.

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