
fast diets Slim Fast Diets

Posted by Lisa Garrett - 2008/11/19 09:10

Hello, I'm following the Slim Fast diet at the moment, has any one else tried it? Also, how do you stop being starving between meals?? Lisa (trying VERY hard at the moment)....

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Posted by nuval - 2008/11/19 09:10

Lisa, my advice to you is to get shot of the Slim Fast and latch on to Weight Watchers. Get yourself off to a meeting near you and get started PDQ. You will lose weight but not feel hungry. I promise you will not starve with WW. Good luck, and keep reading the posts on this NG.

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Posted by kat >^.< - 2008/11/19 09:10

Lisa, dieting isn't the answer, so the slimfast gimmick won't help you keep it off. I read their stuff years ago (eat less, exercise more, drink slimfast) and if you take out the drinks, that really is the deal. However! If you follow a smart eating plan, like weight watchers (although you do not HAVE to sign up

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Posted by Carol Schmidt - 2008/11/19 09:10

The way you stop starving between meals (and putting your body into starvation mode so that your metabolism slows and you lose weight even slower) is to throw away the Slim Fast and learn how to eat normal food normally, on a program like WW. Aim to learn new ways of eating and a new way of life for the rest of your life, not for a few weeks of attempted dieting with an artificial product that brings billions to its corporate manufacturer and which will almost inevitably lead to rapid regain of anything you lose, plus more. Lisa, I do believe you're trying VERY hard at the moment, but you might as well be carrying water in a sieve. Diets don't work. Lifelong changes in eating habits do. Just as hard to accomplish, but at least you could be munching on carrots and rice cakes and having a nice salad and a no-points thick soup and maybe some WW jello and a whole lot of other good-for-you between meal snacks built into your total program. You wouldn't be starving any more and you'd be losing weight more effectively with long-range hope of keeping it off.

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Posted by Penny - 2008/11/19 09:10

Stop starving between meals? Eat a REAL MEAL!! Slim Fast is not a meal. Are you going to drink Slim Fast for the rest of your life? Weight Watchers shows you how to eat real food, all the food you really love. Just in the right portions. Give it a try, you will love it Penny One who removes a mountain, begins by carrying away small stones -Chinese Proverb
Joined WW 01.04.01 Start Weight229.6 Current 04.10.01.....198.2 Total #'s Gone.....31.4
July 1st goal.....190

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Posted by Melissa - 2008/11/19 09:10

I was on slimfast before I started Weight Watchers, with no success. I was always hungry for food, not thirsty for something to drink. Weight Watchers has an awesome program. I can't imagine being on any other program. Always, Melissa 166.4 start weight 6 weeks ago 155.8 current weight 133 goal weight

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Posted by Mike - 2008/11/19 09:10

Slim fast should be banned. You can learn to count calories and eat instead of drink those calories. Eat a sensible dinner, that's a laugh! How can you figure a sensible dinner when you're brain damaged from lack of solid foods. What bothers me the most, is those people that lose weight(not on slimfast, I can guarantee that) and go on TV promoting it, for a paycheck! Slimfast=Optifast Optifast was the liquid diet Oprah was on, which ultimately led to failure. There are no shortcuts, just setbacks! Michael J.

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