

Jump Start Your Metabolism By Fasting

Contributed by Skinny Myths Team

SKINNY MYTH: "To jump-start your metabolism, you should fast first."

Myth.

Fasting can sabotage your weight loss efforts in the long term by slowing down your metabolism and in the short-term by increasing your temptation to eat.

Severely restricting foods may result in feelings of deprivation and may lead to bingeing behaviors in some.

So, in fact, the more you don't eat, the more likely you are to overeat in the end, and when you do give in and inhale that donut, most of the calories you over-consume are quickly stored as fat.