

Metabolism

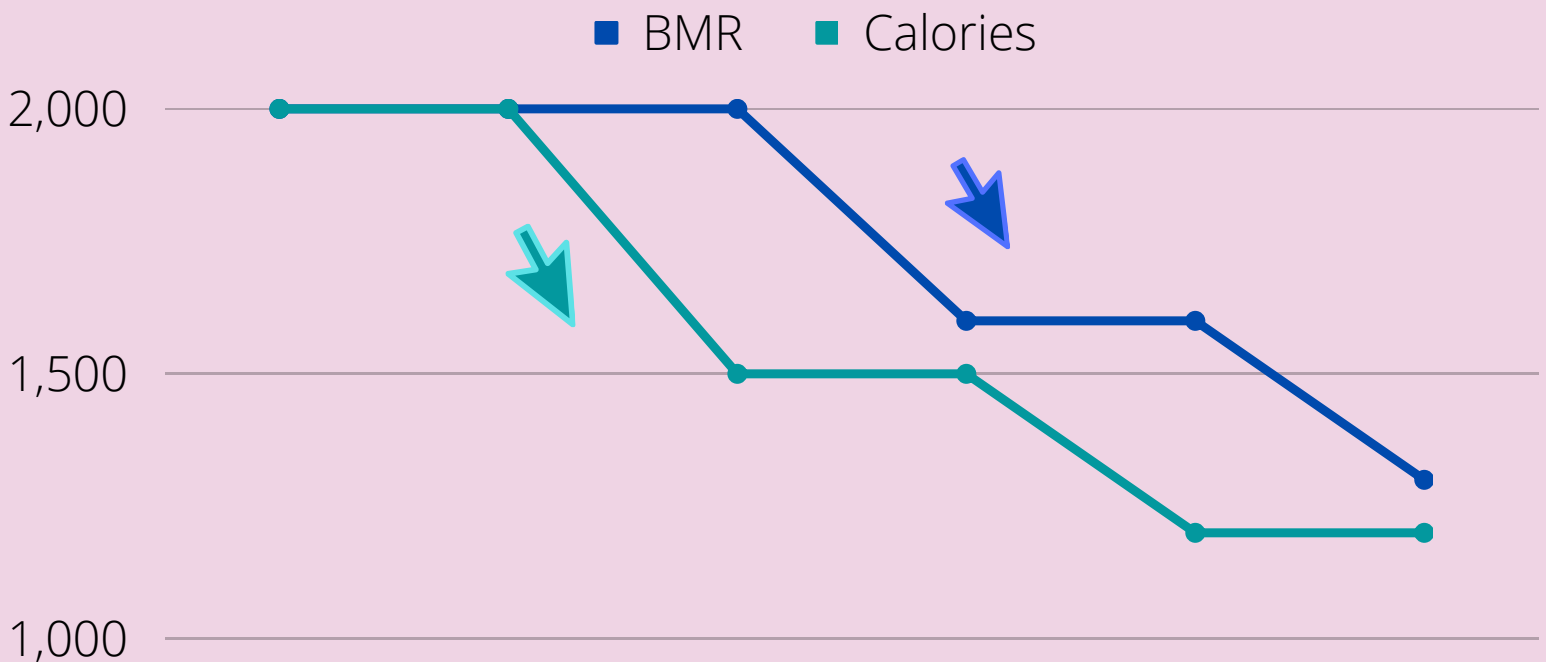
The concept of "calories in calories out" is flawed. It is not that simple.

Our bodies are complicated "machines" that are not so easily manipulated. Here's what happens when we create the "calorie deficit" so many diet plans/healthy lifestyles suggest.

****NOTE: Numbers are arbitrary and being used for example purposes only**

We will start with our Basal Metabolic Rate (BMR) which is the amount of calories our bodies need just for basic life sustaining functions (beating heart, breathing, etc).

When we eat sufficient calories for our body's needs, we have balance.



When we decrease our calorie intake, our body responds by decreasing our BMR. Our body will stop using energy for things like menstruation, growing hair, normal heart rate, maintaining circulation in hands/feet, and higher mental functions like concentration.

With each decrease in energy (calories), our bodies will react in order to maintain homeostasis (balance).