

Why Can't Women Diet Like Men?

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Dear Women!

How many of you have dieted or even thought about dieting, alongside a man in your life, be it a spouse, a sibling or even a group of male coworkers?

If you've done it, then you must've noticed how quickly the man sheds weight and gets that toned physique with minimal effort, while you struggle to lose even 1-2 pounds a week.

The result: you hit more plateaus than you can count, until it gets frustrating! This is the reason why most women have trouble losing weight, because they're trying to diet like a man.



Picture 1: This too shall pass!

Remember: You're not made like a man, so this doesn't work.

Weight loss isn't a "one size fits all" approach. In fact, you may find yourself facing weight struggles than other women. Some might be having difficulty tucking their tummy in, while others will be struggling with hip fat. Here are a few things you should keep in mind:

Get a Grip!

You become so frustrated by your lack of success and the stagnant state that depression starts building up. You search up and rely on online remedies from all and sundry web doctors and health "experts" such as:

- ✓ Surviving on only cabbage soup 24/7
- ✓ Gorging on nothing but meat
- ✓ Giving up everything in one food group
- ✓ Not eating at all
- ✓ Living off of only water, for as long as possible

It's all unsafe! It will only lead to an even bigger storage of fat (for survival) the minute you start eating normal foods again – because living on one of the extreme weight loss plans above is **NOT** a viable long-term option.

John Barban of [The Venus Factor](#) talks about this in one of his videos. He shares the touching story about his sister Lisa. He was able to morph his flabby body into a true work of art but, unfortunately, his sister didn't have the same results.

He saw her sadness and actually did something about it. Devising a comprehensive metabolism plan, he helped turn her weight loss switch "on."

For Barban, the centuries old "one diet fits all" weight loss program (for men) helped. But women are different – and no one was solving that one single issue – that one discrepancy that shattered the "one diet fits all" mindset.

The Biggest Loser – Doesn't Have to Be You!

Have you ever watched the reality show named **The Biggest Loser**? If you've struggled with dieting, then you must've watched an episode or two. Did the butt kicking speeches, given by the trainers, motivate you?

Maybe you thought that the 20-pound weekly weight loss numbers would help you. And it probably did, at first.

But that's when you realize even on that TV show, the men were able to lose WAY more than the women did.

It took John Barban *two years* to find the solution for his sister. When he did discover it, she lost 53 pounds in 5 months. That equals about 2.63 pounds a week. This is what a nice, healthy weight loss challenge is all about!

The secret to dieting isn't found in Jillian Michaels yelling in your face, or relying solely on cabbage soup.

Barban found in his research that weight loss in women is linked with a particular hormone in female body. When you literally go on a diet, by depriving yourself of certain foodstuff, your levels of that hormone escalate faster than a man's.

So now you know that it's not willpower, diet plan or an extreme exercise program. You're different from men and are empowered to devise your own weight loss regimen.

Empowered weight loss, therefore, means being informed and finding a solution. Looking at your husband or boyfriend and feeling like a failure because you're not losing weight the same way as they do, despite having similar diet plans, is not the way to do it.



Picture 2: Relying solely on Cabbage Soup does NOT lead to this!

Women Are Notorious for Yo-Yo Dieting

Have you ever see how when men and women “fall off the wagon,” the woman puts on weight at extreme speeds and in huge amounts compared to the man?

That’s all due to a woman’s specific hormones (discussed earlier). They signal your brain that it needs to slow the engine down to survive, so that you’re not only *not* burning fat, but storing as much extra fat as possible.

Your body knows that you were once eating ample amounts of food (and it liked it) and then stopped- and now you’re eating again. So it’s going to save up for a rainy day, as it has always done since the caveman era.

Yo-yo dieting is when your weight starts high, drops to a nice low level, and rises back up again, making it very dangerous for your body.

Yo-yo dieting makes it harder for you to lose weight again. The more you jump on and off the diet train, the more long-term damage you’ll end up doing to your health.

You’re probably fixated about your aesthetics – on how you hate the “cottage cheese” look on your thighs. But try and understand the big picture behind it!

Yo-yo dieting can:

- ✓ Increase your risk of developing heart diseases, cancer and developing diabetes
- ✓ Ruin your metabolism and arteries
- ✓ Flood your body with cortisol (the stress hormone)
- ✓ Raise your LDL (bad cholesterol)

And this doesn’t end here. If you’ve yo-yo dieted more than five times throughout your life, you’re now even more susceptible to all the above mentioned risks!

If you’re panicking and scared of failing in yet another diet attempt, then relax and read below.

Barban helps women with [The Venus Factor](#). Watching his sister go through it, he initially created this system just to help his loved one. It’s now helping women worldwide in stopping the crazy diet train and focus on the long-term weight loss success instead.

Some women, **moms in particular**, have an even tougher time. If you’re a Mom, you wouldn’t trade it for the world. You love your kids. Barban reveals that women, who have been pregnant, have it *even worse* when it comes to their bodies storing fat for energy!

The Solution Isn't Starvation

Now don't throw away all the ice-cream from your fridge! You've already done that before – the overly restricted calories and the insane workout schedule. If you've already drained your body of energy, you can't even enjoy the weight loss even if you want to.

If you diet alongside a man in your life, then you might get carried away with your extreme desperation. You sit there watching him lose weight effortlessly, so you might even get down to 500 calories and a 2-hour workout.

You might see your hair start to fall out if you do this. This is because:

- ✓ Your muscles get weaker, not stronger
- ✓ Your blood pressure drops down to dangerously low levels
- ✓ You feel weak and can't muster up the energy to complete your daily tasks.

The Venus Factor is NOT about starvation and/or killing yourself on the treadmill. It's all about looking at one specific hormone in your body as a huge unused resource – and let Barban show you how he helped his sister tap into hers.

The system works over a 12-week timeframe. There isn't a horrid and rigid food restriction program involved- where you can't have this and that favorite food. That sets you up to fail right away, from the very beginning of the program.

You will find out which foods trigger fat storage. It'll come across as a pleasant surprise for you because all you think about is cutting down on donuts or chocolate but, in reality, the same foods might not lead to the creation of "fat stores" within your body. Therefore, understanding your body and what ticks that crazy hormone is essential!

The Venus Factor is all about the one thing: you have to *add* to your body to ignite your metabolism, rather than cut down from your body and let it wither. Think of it like firing up a grill – you have the coals and gasoline already there, but without the match, nothing will happen.

During all his research, Barban discovered an herbal connection that helps your body in using that hormone to fight fat. The instrument of weight gain can be used to lose weight, but most women don't even know that.

Like Spot Training for the Body

Spend about 5-10 minutes looking at your body in the mirror. Don't get carried away focusing on your face! Instead, identify the top two areas where fat piles up most. For most women, it's often the stomach, thighs, and/or buttocks.

There are no exercises that help you spot where you can lose weight in those specific areas. However, there *is* a way to shed fat in the places where your body likes to store it most.

Unlike men, every woman has a unique physical makeup that can help or hurt them whenever they follow one of those “one size fits all” programs. Hence, understanding your own body and those specific areas where you have a tendency to put on weight is essential!

Once you’ve signed up for [The Venus Factor](#), you will have a built-in virtual trainer that takes *your* specific data and particulars and creates a customized plan that works best for you. There are no weekly weigh-in meetings or budget-crushing frozen meal plans you have to purchase from your local center on a weekly or a monthly basis.

Barban’s Venus Factor is not intended solely to just target that female hormone and provide herbal tips. The plan points out the workout routines, not just for women, but for men too!

Looking at the whole diet and exercise industry, it seems to be focused solely on men. It’s like it was created for men, by men. Since time immemorial, muscle strength and physical fitness has always been associated with men, and everyone just assumed that women could apply the same concepts and get the same results.

We all know that’s not true!

A woman’s body stores and burns fat differently from that of a man.

That said, it means that while your husband might not have to deal with cottage cheese thighs or hip fat, he might have his own unique set of issues, like man boobs, bulging belly, double neck or flabby arms.

You have to go with a program that’s designed specifically for a woman’s hormones and body type. This program is, in essence, the same as those long, hard workouts that men like to do at the gym.

Such long, hard and strenuous workouts are **NOT** right for women. Yet, you’ve been putting your body through that year after year as you struggle to shed pounds and get that perfect celebrity figure back- that you so deeply desire.

It’s time for you to empower yourself and break away from all the physical fitness guidelines established and dominated by men!

Take full advantage of a natural, therapeutic and overall lifestyle-specific weight loss regimen, born out of one brother’s unconditional love for his sister.

Look into what John Barban did for Lisa, learn from his emphatic attitude, and motivate yourself with a burning desire to get in shape and then get the relief you need to help you stoke the fat loss fires once and for all.

Go to [The Venus Factor](#)