

PREVIEW_ Franziska Spritzler - Q&A (San Diego 2017) 1

Questioner man: I don't know if you get this a lot, but many people who start on low carb, they lose a lot of weight, and then the last few pounds can be a little bit stubborn. This is the case, can you tell us about new experience, kind of the top reasons and if you have some tips about that?

Franziska Spritzler: Yeah, so the question is people lose a lot of weight at the beginning and the kind of the last few pounds are the most difficult to lose. And it's true, sometimes you lose the first 50 pounds much more easily, or maybe even the first 20 pounds more easily than the last 10.

Basically once you've lost a certain amount, the metabolism can slow down... It depends on how you're doing the low-carb ketogenic diet too, increasing your activity so that you have more muscle mass and burn more calories.

There's a lot of little tricks you can do, usually changing things up. Some people have found a benefit by switching and doing some intermittent fasting at least a couple of times a week. Or just trying different things and different things work for different people.

There's no really one-size-fits-all when you hit a stall, but the important thing to do is to keep going, because look at how much you've already gone, you've already done most of your journey and then you don't have much longer to go.

It may take a while, but you will get there and just try to keep people motivated. I know it can be tough, it really can, especially when they feel they're doing everything right. But I think doing little tweaks like that, changing around your timing of meals can really be very beneficial.