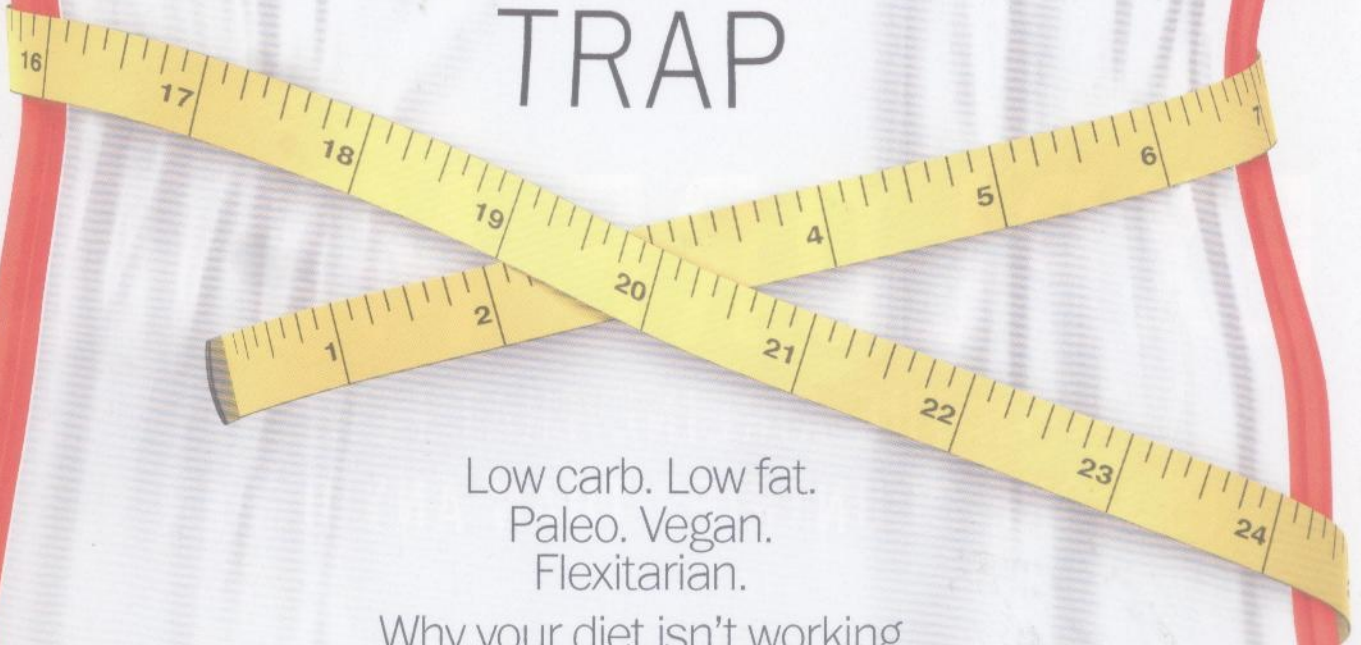


TIME



THE WEIGHT LOSS TRAP

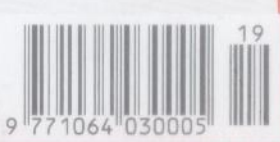


Low carb. Low fat.
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Flexitarian.

Why your diet isn't working

By Alexandra Sifferlin

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▲ Syrian refugee **Taimaa Abazli**, holding baby **Heln**, stares out the door of her apartment building in Polva, Estonia, on April 20. "It's better that Heln won't remember any of this," she says.

Photograph by **Lynsey Addario**—Verbatim for TIME

ON THE COVER: Illustration by **Brobel Design** for TIME