

Re: Mediterranean diet recipes

Source: <http://sci.tech-archive.net/Archive/sci.med.cardiology/2004-09/1002.html>

From: Zee (*fresh~horses_at_despammed.com*)

Date: 09/12/04

Date: 11 Sep 2004 18:50:06 -0700

Bob (this one) wrote:

> *Dr. Andrew B. Chung, MD/PhD wrote:*

>

> > *Zee wrote:*

> >

> > > *Andrew*

> > >

> > > *I am already losing the weight I gained due to disability caused by my*

> > > *reaction to statins. I eat less than I would like, and I exercise*

> > > *aerobically. For me, it's both components that do the trick.*

> > >

> > > *But to your point: weighing food has been around for a long time.*

> > > *Weight Watchers became a household word on this way of apportioning food*

> > > *so we know the method works.*

> >

> > *Weight Watchers has not ever had folks weigh everything substantial that*

> > *they either eat or drink. Moreover, they presently do not have anyone*

> > *weigh anything.*

>

> *Of course they did and do. They specify portion size so that caloric*

> *content can be predicted and controlled. It's all about calories with*

> *them and they use the indices of caloric content per unit of weight as*

> *their final criterion.*

>

> > > *So nice to see someone doing it for free.*

>

> *Well, not exactly doing it correctly, whatever the price. Free is only*

> *a bargain when it has value. This spurious "diet" is a guaranteed bit*

> *of nonsense, proven repeatedly and not countered with any hard data*

- > *from Chung. Just his shrill pronouncements and the attacks of his*
- > *lapsack MU_dpak.*
- >
- > > *All for the glory of my heavenly Father, whom I love with all my*
- > *being :-)*
- >
- > *Love. For a sufficiently skewed version of "love."*
- >
- > *And a good bit of personal aggrandizement...*
- >
- > *Remember when Chung said that his silly diet was out there in the*
- > *"public domain" as though his spamming groups with it somehow brought*
- > *it to the attention of the real doctors?*
- >
- > >> *Eat less move more*
- > >
- > > *The moving is neither necessary nor sufficient for weight loss when*
- > *someone*
- > > *is eating excessively.*
- >
- > *Now it's not "exercise is meaningless" but it suddenly has acquired*
- > *conditions. <LOL> Like it used to be that suckers on his 2PD should*
- > *use "common sense" and now should consult with their doctors. <LOL>*
- > *Bad medical advice is bad medical advice, even when it changes to*
- > *suit*
- > *the lawyers...*
- >
- > *Bob*

Well technically speaking I guess exercise isn't necessary for weight loss. To some point. For some person. Then even that person will plateau.

But for me it is. In the last 24 days I have lost 11 pounds although I've been limiting my food severely I didn't lose until I beat back a little problem and am now power walking for 25 minutes a day. Then sitting here with my feet packed in ice. Who cares. When will your website be up? With *your* recipes?

Zee