

Re: [RANT] Re: Study says 'Glycemic Index' diet DOES work

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From: VBH (VBHSpamTrap_at_hotpop.com)

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PJx wrote:

> *I agree.*

>

> *Kat is either just plain stupid or just hasn't done his/her*

> *homework.*

Done your homework on diabetes? Its a far more complex problem than just dropping carbs.

Atkins is an extreme. There are more approaches to life than just the extremes. And if you believe that extremes are the only way to approach all problems, then you do not have an appreciation of those problems. It may work for you but it is not the solution to everybodys problems.

A reduced or low carb diet seems to work for diabetics wheras there is a theory that no carb and atkins can cause the tolerance for carbs to fall even lower meaning that any intake of carbs can shoot through the roof.

If this is correct, then aktins could make diabetes worse. From my experience it seems to happen in the short term.

Nice of you to suggest that if someone wants to avoid the risk of making a chronic condition worse, then they are stupid.

Diabetics who wish to retain control and prevent complications are forced to be careful with carbs and generally reduce their intake. It is not a choice. There are those of us who wish to retain the use of some foods in such quantities managed so that they do not cause problems. Give up chocolate for life? No thanks. But I know exactly what choc I can eat and how much, when in order to remain nicely within my personal safe limit.

Finally, I don't see Kat claiming that Atkins is a bad thing. He/She specified that they were a firm believer in a low carb diet with the implication that it was for their specific circumstances. The only thing that they DID say about atkins was that they were not a firm believer in it. They did not say that they were against it at all.

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That's an entirely different thing. Its like confusing agnostics and
atheists. A lack of belief in something is not the same as a belief
against something.

VBH

T2/UK/A1c 5.8/ 1000Met/Dx Oct-03