

# Re: Question for the nutrition science folks re. Atkins

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*Source:* <http://sci.tech-archive.net/Archive/sci.med.nutrition/2005-04/msg00727.html>

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- *From:* [szasz@xxxxxxxxxxx](mailto:szasz@xxxxxxxxxxx)
  - *Date:* 29 Apr 2005 15:37:45 -0700
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TC wrote:

- > s...@xxxxxxxxxxx wrote:
- >> I need to know that I can do bad stuff every once in a while, or I'm
- >> not going to stick with this diet. Psychologically more than
- > anything.
- >> I don't think I believe in Dr. Atkins' idea of "carbohydrate
- > addiction"
- >> as some disease process akin to alcoholism or something, but I do
- >> believe people can fall into bad habits – in my case, some bad eating
- >> habits which I'm trying to arrest.
- >
- > Your carbs cravings are proof of the addictive nature of refined carbs.
- > Some people look at addictions as a disease.?!

I don't look at addiction as a disease. I frankly think there's a lot of problems with the disease metaphor of addiction, and I think it's a particularly glaringly weak part of Dr. Atkins' book. Just my opinion. I can explain more if you like – as a psychologist, I'm \*packed\* with professional opinions on this issue.

Yeah, so I crave grains. I only have been eating them for the past 25 years. I've been using computers for recreational purposes of the past 20 years. If you took that away I would crave it as well. Doesn't mean there's a disease going on.

- >
- >
- >> I really want better habits, not to become an ascetic.
- >
- > No problem. That is what low-carb is about. better habits.

That's what I've been told...

Re: Question for the nutrition science folks re. Atkins

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>>  
>> What's everyone's best guess – if I keep the Induction phase short,  
> and  
>> climb up the "rungs" of the Atkins OWL ladder fairly quickly (e.g.,  
>> adding back nuts, berries, whole grains back) and stay away from  
the  
>> candy bars and Franken-foods for the next 6 months, is this a safe  
> diet  
>> to be on?  
>  
> If you do Atkins, do Atkins. 2 weeks induction.

I can do that. I think one of the best parts of induction is that it's  
like food boot camp for me. I've ditched the candy bars and the booze,  
which already makes me feel a lot better. I'm on day 7 and my workout  
intensity is basically back where it used to be.

I have no desire to return to my candy bar habit, but I do miss the  
booze. I know, one more week and I can do some Grey Goose vodka again  
if I like (yum).

>  
>>  
>> I don't want to lose muscle mass preferentially. I also don't want  
to  
>> be hurting myself by ingesting all of this fat.  
>  
> You won't on both counts.

Again, that's what Dr. Atkins says... I feel nervous putting my  
health in the hands of a deceased diet guru. But I'm doing it, so I  
might as well stick it out.

>  
>>  
>> Maybe this was a bad idea. This is the first diet I ever have tried  
> and  
>> of course I choose the weirdest one.  
>  
> It was a good idea.  
>  
>>  
>> Anyways, I'm in the cranky phase of this diet. Take what I'm saying  
>> with a grain of salt.  
>  
> Same with anything you hear in this thread.  
>  
> TC

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- **References:**

- ◆ **Question for the nutrition science folks re. Atkins**
  - ◇ From: szasz
- ◆ **Re: Question for the nutrition science folks re. Atkins**
  - ◇ From: Stacey Bender
- ◆ **Re: Question for the nutrition science folks re. Atkins**
  - ◇ From: szasz
- ◆ **Re: Question for the nutrition science folks re. Atkins**
  - ◇ From: TC

- Prev by Date: **Re: Low-carb diets work with more fat or protein**
- Next by Date: **Re: Just say no to poop!**
- Previous by thread: **Re: Question for the nutrition science folks re. Atkins**
- Next by thread: **fluorides**
- Index(es):
  - ◆ **Date**
  - ◆ **Thread**