

Re: A calorie is NOT a calorie!

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- *From:* "TC" <tunderbar@xxxxxxxxxxxxx>
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I did not say anything about carbs. But since you bring it up.....

The laws of thermo are always quoted by mainstream medical people as the final word and proof positive that calories are all when it comes to weight management in humans. The laws are written in stone, as are the ten commandments, so are the laws of thermo. And to question the application of the laws of thermo to fat management in humans is akin to a heathen questioning the existence of god in religion, and liable to create the same kind of extreme reaction. There is but one nutritional god and calories is He.

The real question is how is it possible for the same number of calories to have different weight ramifications in different instances, regardless of whether the issue is types of fat or types of carbs. There have been studies showing these kinds of mathematical paradoxes with carbs and now with fats.

It is time to understand that quality of foods is the much greater influence on weight than quantity of calories ever has been. There is no biological mechanism that can monitor and react to calories directly. There are biological mechanisms that react to quality and quantity of carbs directly and now we know that there is something that causes differing reactions to the quality of fats.

Both of these paradoxes, carbs and fats, illustrate clearly that calories are not a practical system for predicting weight gain or loss in humans. And my guess is that we will see a similar situation with quality of proteins.

FACT: 95%+ of low calorie diets fail.

TC

outsor@xxxxxxxxxxxxx wrote:

Ah, whatever was going on it had nothing to do with carbs, which were held equal and the kind of fat varied. So the real question is why some fat sources cause greater fat storage and retention than do other types. Fat contains a lot of water which is why weight loss involves liquid loss

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especially in the first period of loss. So the question here is why should the saturated fats cause retention and not the less saturated forms. The answer will have nothing to do with the 2nd law but with different metabolic paths.

"I think that a couple of people may care that there is yet another exception to the direct application of the laws of thermodynamics to human weight maintenance.

Yet another piece of scientific evidence that says that calories are not the final word on fat storage or fat loss in humans.

Calories mean squat."