

Re: A calorie is NOT a calorie!

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- *From:* "TC" <tunderbar@xxxxxxxxxxxx>
 - *Date:* 14 Jun 2006 12:19:40 -0700
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Jim Chinnis wrote:

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Jim Chinnis Warrenton, Virginia, USA
jchinnis@xxxxxxxxxxxx

That figure came from studies in the 1970's before the low carb "craze" of the late 1990's and early 2000's. Do you have any scientific data that says that this failure rate also applies to low-carb diets? Or are you just guessing? Or wishing? Or hoping?

TC

I knew people on Atkins in the late 60s. They've remained fat all their lives, with brief slimdowns here and there. Ever since the 1960s, low-carb has been one of the diets on the short list of popularity.

I guess that is all the scientific proof needed. You knew people on atkins in the 60s.

Re: A calorie is NOT a calorie!

I'm unwilling to look up cites right now, so just say I'm making up the fact that (at least!) 95% of weight-loss diets fail over the long haul, as well as that most people are fat.

Unwilling? Lazy shit. Then shut the f**k up. Mind your own beeswax.
Unwilling!

I agree that low carbing, done right, will result in weight loss over the months or maybe longer with the right unflagging motivation. I follow a reduced carb diet myself and have done so for years. And my weight is good. But low-carbing is only part of the reason for my success, and it's no panacea.

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Jim Chinnis Warrenton, Virginia, USA jchinnis@xxxxxxxxxxxxx

Low carbing is the only "panacea" that actually works. Except for dangerous abject nutrient deprivation like that advocated by the vegan cults. If you can remove all the processed and refined manufactured crap from your diet, you will maintain a reasonable state of weight and health. Real food. Real fresh whole food. Real meats from healthy animals. Eat real food and you will be healthy and thin(ner).

TC

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