

Re: Kwasniewski style low carb diet helps iron overload

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Book Reviews: Wolfgang Lutz MD– Life without Bread

Wolfgang Lutz MD– Life without Bread: Low Carb Apologetics
Reviewer: Todd Moody (Philadelphia, PA USA) – July 29, 2000

Life Without Bread is an important addition to the growing body of literature on the benefits and importance of low-carb diet. Written by Christian Allan, Ph.D., and Wolfgang Lutz, M.D., the book is based on Dr. Lutz's experience using carbohydrate restricted diets with thousands of patients for over 40 years. It is also based on extensive research in the medical and scientific literature, and provides ample references. The book presents a more or less unified theory of how high (and even "moderate") levels of dietary carbohydrate cause or exacerbate various health problems, and how carbohydrate restriction can help people to recover from those problems. Although obesity is one of the problems, this is not primarily a weight-loss book. There is only one short chapter on weight loss. Other chapters deal with heart disease, gastrointestinal disorders (e.g., Crohn's disease and ulcerative colitis), auto-immune disorders, and so on. There is also discussion of dietary carbohydrate from the perspective of humanity's adaptation to the conditions of the long Pleistocene era. Life Without Bread accomplishes a number of important things. First, it collects a body of evidence for the low-carb way of eating that is carefully thought out, and based on sound research and extensive clinical experience. Second, it debunks the pervasive cholesterol neurosis that has made much of the developed world phobic about fats. This is very important, since there are still relatively few scientists willing to put their reputations on the line in opposition to the cholesterol theory of heart disease. Allan and Lutz join their ranks. Third, it offers good arguments for the positive virtues of saturated animal fats, perhaps the most maligned dietary suspects of the past 100 years. The authors are careful to distinguish levels of support for their claims; when they are somewhat speculative, they say so. They also point out some of the limitations of the low-carb program, and do not claim it to be a panacea. Fourth, they refute the many lame and ill-informed criticisms of low-carb diets that one encounters again and again in the popular (and, unfortunately, sometimes also in the scientific) literature — such as the claim that these diets harm the

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kidneys or cause muscle wasting. For anyone who wants to gain a clearer understanding of the benefits of low-carb diets, or to explain them to someone else (such as a family physician, perhaps), this book is a valuable resource.

(2) Wolfgang Lutz MD– Life without Bread: Good lifestyle book in low-carb field

Reviewer: health desi (LA CA) – September 30, 2005

This is a good book with solid low-card evidence. It is not a weight loss book but rather a health maintenance book. The information is somewhat dated but still useful. Recommended for people interested in low carb but concerned about more extreme examples in diet books.

Wolfgang Lutz MD– Life without Bread: Excellent Review of Evidence Supporting Low Carb Diets

Reviewer: Robert Crayhon (Reno, NV United States), March 5, 2002

For most of human history, humankind never ate a diet that contained more than 40% carbohydrates, according to the most recent scientific research (AJCN March 2000). Is it any wonder, then, that for the past 12 years in the US, low carb diet books have ruled the roost? If high carbohydrate, low fat diets were the way to go, then Ornish and Pritikin books would be topping the charts. They're not. Atkins, Eades, and Sears are the nutrition celebrities, because they in their different ways have given people a diet that suits their genetic heritage: one low in carbohydrates. As a practicing nutritionist, reducing carbohydrate intake in my patients has consistently been one of the most effective ways to help them reduce weight, blood levels of triglycerides, uric acid, and even blood pressure. I am glad that one of the most esteemed figures in the field of low carbohydrate nutrition, Wolfgang Lutz, MD, has finally put a book together along with the brilliant Dr. Allen. This, along Loren Cordain's The Paleodiet are the two to read if you want the most sensible approach for healthy, low carb eating backed up by mounds of scientific evidence. Note: recent research has shown that meat eaters and vegetarians lose kidney function at the same rate, according to an 8 year study. Also, the leading cause of kidney failure is diabetes, which we all know is a disorder of carbohydrate metabolism. In Health and the Rise of Civilization, Mark Nathan Cohen PhD shows cultures eating pounds of meat per day, with no adverse effects ever noted on their kidney function.

Wolfgang Lutz MD– Life without Bread: Real doctor, real science, real patients

Reviewer: The Mad Doctor – August 10, 2005

The story of a German doctor (MD) who put himself on this diet in middle age based on his health problems common to his age and his own scientific reasoning. His own results were quite good. He applied the diet successfully to a wide variety of patients with success. He gives

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an interesting history of the low carb diet as do many books in this genre. His theory on the catabolic–anabolic hormone balance is quite interesting. Living this diet is rather simple and effective. The allowed carb level is more liberal than Atkins and hence easier to follow. I was far from perfect per carbs, but kept at 90 grams most days, figuring that my large body size of 230# could handle it. I lost fat and felt good. More energy, better sleep, better mood. And without the Atkins side effects (poor sleep, carb craving, thirst, excess urination, rotten fruit breath). I got out the old biochem book and searched the actual scientific literature. It adds up on all counts. This is one diet that you can actually do, enjoy and benefit from.

Wolfgang Lutz MD– Life without Bread: this is a GREAT book!
Reviewer: Gary E. Dempster (california) – March 25, 2005

This is great book, that will explode many of the myths in your head about what is "good" and "bad" for your health. Contrary to many of the reviews written here, I did not find it "overly technical" at all, in fact it was very easy reading and I read it in a couple of days. The dietary recommendations are very simple to follow, and all recommendations are backed with rock–solid evidence, and most importantly, the evidence is based ON REAL LIFE EXPERIENCE OF ACTUAL PATIENTS unlike so many other books out there. This must have been an amazingly brave book when it first came out... in 1968! It is still a pioneering work, and if you are interested in learning about low–carb diets with an open mind this is really a must–have for your collection. HIGHLY RECOMMENDED. btw, the "72 carb/day" recommendation is based on their studies of how many carbs/day diabetics can consume without affecting their blood sugar, and is also how much carbs per day the brain needs to run on (the brain cannot run on fat). that explains the figure. they explain this and everything else very thoroughly in the book.

Wolfgang Lutz MD– Life without Bread: A life changing book
Reviewer: Susan Siemers (Midwest) – March 5, 2005

This book will help the reader to understand why we need to increase good fat (including saturated fat) and reduce carbohydrates in our diet. The authors carefully outline the science and follow it up with many case studies. After 15 years as a vegetarian, my hypoglycemia had gotten steadily worse until I found myself having to eat every two hours or so – not out of hunger, but to control the shakes. I read this book while travelling to England on a business trip. I got off the plane and had bacon and eggs for breakfast, no toast. Amazingly, I was able to go nearly five hours before hunger struck. The change was immediate! I have continued to eat protein and fat, limiting carbs for the most part to under 100 g. per day, and the difference in how I feel is all positive. The push for polyunsaturated fats and low fat diets and the revision of the old "food wheel" to the pyramid heavy on carbohydrates correlates with an INCREASE in obesity and diabetes. So why is that carb–loaded low–fat diet good for you?

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