

Re: LOSING (WATER) WEIGHT (THE ATKINS WAY)

Source: <http://sci.tech-archive.net/Archive/sci.med/2004-08/3677.html>

From: Nashville Pete (poremskinospam_at_comcast.net)

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Date: Mon, 30 Aug 2004 09:59:22 -0500

"magnulus" <magnulus@bellsouth.net> wrote in message
news:LABYc.39208\$N11.38755@bignews5.bellsouth.net...

>

> "Nashville Pete" <poremskinospam@comcast.net> wrote in message

> news:9vKdnf6z66wjdKzcRVn-ig@comcast.com...

>> Dr., please read this week's (Late August 2004) Medline post on Low Carb

>> nutrition. You need to bring yourself up to date with the latest

research

>> before you post this this kind of stuff under your name.....FOR SHAME!

>>

>>

>

> Fatkins diet makes you lose water weight and your breath stinks and you

> give off a bad odor (smell like rotting flesh or death, to me). How

> pleasant.

> Ketosis is also dangerous because the body will start digesting lean
muscle

> mass eventually. Ketosis also occurs in people with anorexia nervosa.

> Prolonged ketosis might also produce endorphins and painkillers, producing

a

> "high". People might feel great but they are screwing up their bodies.

>

> My mom is on this retarded diet (so is my dad). She is now on

cholesterol

> lowering drugs. She really hasn't lost much weight, either, despite
eating

> all those bunless burgers. If it causes weightloss at all, it is small,

> and due to caloric restriction. People would be much better off to eat

> whole-grain rice and breads instead of indicting carbohydrates as evil.

The

> brain, after all, must live on carbs, it cannot feed off protein at all.

>

> A study just showed that drinking or eating grapefruit lowered insulin

> levels in overweight individuals (and the people lost 3 lbs on average

> without changing anything else). This flies in the face of Fatkins

wisdom

> that fruit raises blood sugar.

>

> *There is also little evidence that being overweight, but not obese, is*
> *very bad for society in the long run. The moderately overweight do not*
have
> *decreased life expectancy, for instance. People should be more worried*
> *about eating good, healthy food, than losing weight, IMO (especially since*
> *weight loss in women often leads to eating disorders). Cut out the*
junkfood
> *and sugary soda pop, not the whole wheat bread.*

>

Here are some recent results:

Journal Watch Cardiology

July 9, 2004

Time to Take Low-Carb Diets Seriously?

Posted 08/10/2004

Summary

In two randomized trials, researchers compared low-carbohydrate diets with low-fat diets to assess effects on cholesterol levels and weight loss.

In a 24-week study, 120 overweight, hyperlipidemic adults (mean BMI, 34) were randomized to eat a low-carbohydrate diet (starting at <20 g/day of carbs, plus nutritional supplements) or a low-fat diet (<30% of daily energy from fat, <300 mg of daily cholesterol, and intake of 500–1000 kcal/day less than usual). Both groups received exercise recommendations and support at group meetings. The retention rate was significantly higher in the low-carb group than in the low-fat group (76% vs. 57%). By 24 weeks, low-carb dieters had fared significantly better than low-fat dieters in mean weight loss (–12.0 kg vs. –6.5 kg), triglyceride change (–74 mg/dL vs. –28 mg/dL), and HDL change (+5.5 mg/dL vs. –1.6 mg/dL); LDL changes were similar in the two groups.

In another study (a 1-year follow-up of previously reported 6-month results; Journal Watch Cardiology Aug 8 2003), 132 severely obese adults (mean BMI, 43; about half with hyperlipidemia, about 40% with diabetes) were randomized to eat a low-carb diet (<=30 g/day of carbs) or a conventional calorie- and fat-restricted diet (intake of 500 kcal/day less than usual, <=30% of calories from fat). Both groups received support at group meetings. At 1 year, the low-carb and low-fat groups did not differ significantly in retention rates (69% and 63%) or mean weight loss (–5.1 kg and –3.1 kg). However, low-carb dieters fared significantly better than low-fat dieters in changes in mean triglyceride levels (–58 mg/dL vs. +4 mg/dL), HDL (–1 mg/dL vs. –5 mg/dL), and hemoglobin A1C (–0.7% vs. –0.1%); LDL changes were similar in the two groups.

Comment

Results from these studies should mitigate concerns about adverse lipid effects of low-carbohydrate diets, and even suggest some benefit. Some caveats are that dropout rates were high (particularly among low-fat dieters in the shorter study), dietary adherence was suboptimal, and (in the longer

