

>> Rona Brynin: Okay, last thing we're going to talk about some of the fad, well I don't know that I'd call these fad diets, per se, but these are some of the popular diets out there. One are the low-carb diets. The most popular one being the Atkins diet. These are very low-carb diets. And the premise behind this is that to store glycogen in your body, remember we store it in our liver and muscles, for every gram of glycogen we store, it requires three grams of water. So when you go on these low-carb diets, these really low-carb diets that only allow maybe 20 grams of carbs a day, you're going to lose a lot of water weight, particularly in the beginning. But if you're not eating carbs, what are you eating? Well you're eating a lot of protein, a lot of fat. And this is, these are real extreme diets. You do lose a lot of muscle tissue in this diet. You're eating a lot of fat from animal products that's not all that great. The research on these diets is mixed. People get a lot of health problems from it. Again, you're losing a lot of water weight, and then you get off the diet and you can't sustain such a low-carb diet. You get off the diet and then you gain all the weight back. The problem with such real low-carb restriction is it can lead to ketosis, which we talked about in chapter six I believe it was, or five. Where you're, because you have no, you have very little carbs, you're burning fat. Which sounds nice, but you burn it incompletely for energy. And it causes ketone bodies, which can cause all kinds of health problems. Carbs, remember, are our main source of fuel. So without the carbs you're going to probably feel tired. You're taking a lot of animal fat. It can cause constipation and headaches and halitosis, which is bad breath, from the ketosis, muscle cramping. It's not the most nutritionally sound program, which is why people usually get off of it. They start not feeling good. Other low-carb diets besides the Atkins diet. The zone diet is not that low-carb as the Atkins diet, it's a little bit better. Sugar busters, South Beach diet, the Nutrisystem. Again, Nutrisystem, your buying, you're spending so much money on buying this food, it is a low-carb diet. When you get off of it, okay, first of all, you spent a lot of money, you get off of it, now you don't know how to eat or cook or anything because you've been buying boxed meals. So again, I really cannot stress enough changing your lifestyle. Learning and working with a nutritionist and learning what to eat for good health as well as weight loss. These low-fat diets have come and gone a long time ago. The Pritikin diet. Dr. Dean Ornish. We now know that low-fat diets are just not healthy. We need fat for our memory, for our cells, for so many things in our body. Hormone production. That these are just not healthy. And then there's all the novelty, these are the fad diets. Like the liquid diet, the grapefruit diet, the cabbage soup diet, the you know, what was that? Maple syrup and cayenne pepper lemon diet, something. You know that you go on a few days. The Beverly Hills diet. You know, there's so many. Again, this is not for a long-term lifestyle change. Oh, this is funny. Is this fiction or nonfiction diet book? Because if you go to the bookstore and you look around, there are hundreds of diet books. So. Lastly we have the meal replacements, these are like Slimfast, typical lone, where you would eat, instead of eating a meal, you would drink these Slimfast for your meals. You know if you look at the ingredients, a lot of not-great chemical ingredients, a lot of chemicals and artificial sweeteners.

So you know, they work if I guess in the short-term you can lose weight if you replace your meal with that. But I don't find them healthy. And again, you're missing a lot of nutrients. It's a dead food in a can and you're not learning how to eat healthy. So if any of you would like some, you know, more personalized attention on weight loss, please feel free to either email me or come by my office during my office hours. I'd love to help you guys. Okay, that's the end of this long chapter.