

THE LOWDOWN ON A POPULAR FAD DIET

“Dr. Atkin’s® Diet Revolution” is one of the most popular diets in the United States today despite concerns from many physicians on the potentially dangerous side effects such as heart disease. Dr. Keith-Thomas Ayoob from the Albert Einstein College of Medicine in New York says it like this: “In my experience, unless you’re willing to throw out decades of research, you cannot ignore that diets chronically high in saturated fats are linked to heart disease.” Ayoob is also a spokesman for the American Dietetic Association.

Dr. Atkin’s® Diet Claims:

- “Carbohydrates provoke hunger causing you to overeat and gain weight”
- “Carbohydrate is the “fat producing hormone”
- “Eliminating Carbohydrates and increasing fat & protein will result in weight loss without the food cravings”

Reality with Atkins® Diet:

- Rapid weight loss occurs due to water, rather than fat loss
- Loss of lean body tissue which decreases metabolic rate
- Loss of B-vitamins, calcium and potassium
- May result in fatigue, nausea, dehydration, dizziness, headache, mental confusion, sleep problems and bad breath
- High protein diets work temporarily because calorie intake is low
- Weight is regained when the diet is discontinued
- Long-term risk of kidney problems, heart disease & osteoporosis

