

Fad Diets and Diabetes

Sifting Through the Myths for Better Health



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Fad Diets

- Acai Berry Diet
- 3 Day Diet
- Cabbage Soup Diet
- HCG
- Negative Calorie Diet
- Hollywood Diet
- Apple Cider Vinegar Diet
- Sacred Heart Diet
- The Alkaline Diet
- The Baby Food Diet
- The Clean Program
- The KE Diet
- Beverly Hills Diet
- Grapefruit Diet
- Tapeworm Diet
- 17 Day Diet
- Atkins Diet
- Dukan Diet
- Paleo Diet
- Liquid Amino Acid Diet
- Zone Diet
- South Beach Diet
- The Blood Type Diet
- The Pil-Sook Diet

What is a fad diet?

- Rapid weight loss.
- Quantities and limitations.
- Specific food combinations.
- Rigid menus.
- No need to exercise.



Lose 1 pound of FAT per day!

(SAFE Effective NATURAL WEIGHT LOSS!) *EASY AS 1... 2... 3...*

Are you serious about losing weight? You can virtually melt away your FAT without strenuous dieting or excessive exercising. This is the best weight loss secret to come along in years - when you're talking about FAST EFFECTIVE weight loss.

—HOLD ON!!!—

You might be afraid the "solution" will be worse than the problem, but let me assure you, it's not! When you schedule an appointment you're going to receive something that NOT only helps you lose weight, but also helps your appearance, your face, your complexion and even your body structure.

Listen, I am a regular practicing doctor in Davis County, and I love helping people, just like you, lose that stubborn weight, without dieting, and then how to keep it off - permanently.

Safe & Easy!

My exclusive weight loss management system is completely **SAFE** and has been proven to work. It is based on scientific principles that cause a most immediate changes and is strictly administered along common sense protocols.

Here's what most people don't understand. When you're heavy, you lose your strength, vitality, and you can become feeble. And on top of that you can age prematurely because your "fat" cells clog your body's vita organs. That will change after you start utilizing this system. You may be like some people who have lost their figure due to this "fat" clogging weight gain.

The problem is, most overweight people are unable to find a simple, easy to follow system to reduce their fat and then keep it off. Even their coordination, daily movement and attractiveness are destroyed with this weight gain. That will all change when you start using this system.

Here is what I can do for you.

CALL the office NOW! You won't have to make any radical changes in your lifestyle with this program. ... have surgery, or take any harmful drugs.

Your treatments are private and you will start to lose 1-2 pounds per day, depending on your size, age, condition of your body and follow through.

You will consult with me personally for follow up and questions. Once you've reached your desired weight, you'll have your shape back, have more energy, and you'll have your self-esteem back.

Doesn't get any better than that!!

Get Rid Of YOUR FAT Now!!

"I've lost 24 pounds since I started Dr. Kunzler's program and it's fast and easy. Wow, 4 inches off my waistline, and more off my hips. It's amazing."

Melissa A. - Layton, UT

Reserve your spot today. Call the office now to have access to this amazing weight loss technology. (17 spots available!)

Rebalance Weight Loss
CALL (801) 896-9210 TODAY!

What is a fad diet?

- Recommendations that promise a quick fix.
- Dire warnings of danger from a single product or regimen.
- Simplistic conclusions drawn from a complex study.
- Recommendations based on a single study.
- Statements refuted by reputable scientific organizations.



What is a fad diet?

- Lists of “good” and “bad” foods.
- Recommendations made to help sell a product.
- Recommendations based on studies that aren't peer reviewed.
- Recommendations from studies that ignore differences among individuals or groups.

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Hello High School Body!**

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Clinical Strength Weight Loss Supplement

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What's **"The Secret"** that Makes Apidextra One of the Best Diet Pills that Work Fast?

Goals



- To decrease the risk of diabetes and cardiovascular disease by promoting healthy food choices and physical activity leading to **moderate** weight loss that is **maintained**.



Goals



The Goals of MNT that apply to individuals with diabetes:
Achieve and maintain:

- a. Blood glucose levels in the normal range or as close to normal as is safely possible.
- b. A lipid and lipoprotein profile that reduces the risk for vascular disease.
- c. Blood pressure levels in the normal range or as close to normal as is safely possible.
- d. To prevent, or at least slow, the rate of development of the chronic complications of diabetes by modifying nutrient intake and lifestyle.
- e. To address individual nutrition needs, taking into account personal and cultural preferences and willingness to change.
- f. To maintain the pleasure of eating by only limiting food choices when indicated by scientific evidence.

Reputable Sources of Information

- www.eatright.org
- www.choosemyplate.gov
- www.health.gov/dietaryguidelines
- www.niddk.nih.gov
- www.diabetes.org
- www.joslin.org
- www.heart.org
- www.cancer.org
- www.aicr.org
- www.mayoclinic.com
- www.hsph.harvard.edu/nutritionsource
- www.intuitiveeating.org
- www.centerformindfuleating.org
- www.quackwatch.com



Types of Fad Diets



**THE KE/HCG/VLCD DIETS
BABY FOOD DIET
CLEANSING
MEAL REPLACEMENT DIETS
THE ALKALINE DIET
THE PALEO DIET
LOW CARBOHYDRATE DIETS
GF DIETS
NATURAL SUPPLEMENTS
GLYCEMIC INDEX**

The KE Diet/HCG/VLCD



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DIET

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CONSULTATION
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1 855 5KE DIET

- Lose up to 20 lbs in 10 days
- Doctor supervised
- Over 150,000 successes in Europe
- Now available in USA for the first time

Watch the Video

The Baby Food Diet



- Is it realistic?



Cleanses



- Cleansing programs
 - Comprehensive
 - Expensive
- Instructional websites
- Soups-Shakes-Juicing-Fasting



A synergistic blend of gentle-cleansing herbs and other natural botanicals scientifically formulated to help support the body's natural ability to remove toxins and impurities.

Meal Replacements



- **Low in calories**
 - 800 to 1000 cal/day
- **Shakes, bars, cookies, soups**
 - Include one meal (non-starchy vegetables and meat)
- **Takes the guesswork out of eating**
 - Monotonous
 - Can be expensive

- **Examples:**
 - Slim Fast
 - Isagenix
 - Cookie Diets
 - Medifast

The Alkaline Diet



- **Recommendations that make sense**
 - Increase fruits and vegetables
 - Decrease sodium
 - ✦ Both improve the K/Na ratio



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MEMBERS

SHOP PALEO

REGAIN YOUR BIRTHRIGHT: HEALTH, FITNESS, ENERGY AND MENTAL CLARITY.

Grass-produced meats, fish, fresh fruits, and non-starchy vegetables are the key.

[More Paleo!](#)

“Welcome to the original site for The Paleo Diet, your lifelong plan to optimize health and well being.”

NEW YORK TIMES BESTSELLING AUTHOR

LOREN CORDAIN, PH.D., THE WORLD'S LEADING EXPERT ON PALEOLITHIC DIETS AND FOUNDER OF THE PALEO MOVEMENT

The Paleo Diet, the world's healthiest diet - is based upon eating wholesome, contemporary foods from the food groups that our hunter-gatherer ancestors would have thrived on during the Paleolithic era, or Stone Age. [Learn More...](#)

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Paleo Diet



Eat	Don't Eat
Grass produced meats	Cereal grains
Fish/seafood	Legumes (including peanuts)
Fresh fruits and vegetables	Dairy
Eggs	Refined sugar
Nuts and seeds	Potatoes
Oils (olive, walnut, flaxseed, macadamia, avocado, coconut)	Processed foods
	Salt
	Refined vegetable oils

Low Carbohydrate Diets



- **Examples:**
 - Atkins
 - Eco-Atkins
 - ✦ (vegetarian Atkins)
 - Dukan
 - Medifast
 - South Beach
 - Protein Power
- **Why low carb?**
- **Portion distortion**
- **Caution with low carb diets**



2000 calorie diet, grains



- **6 oz per day:**
 - 1 slice of bread (1 oz); one regular bagel can = 4 oz equivalents
 - ½ English muffin (one whole muffin = 2 ounces)
 - ½ cup cooked oatmeal
 - ½ cup cooked rice
 - ½ cup cooked pasta
 - 1 6" flour tortilla

Reference: www.choosemyplate.gov

Patient Talking Points



- **Weight/height**
- **Times and duration of physical activity**
- **Diabetes medications**
- **Weight goals**
- **Age**
- **Laboratory values**
 - cholesterol, triglycerides, kidney function and A1C
- **Personal preferences**
- **Other medical issues**
- **Cultural background and lifestyle**

Reference: www.joslin.org

Low Carbohydrate Diets



- **High carbohydrate diet:**
 - Greater than 45% of total calories.
- **Moderate carbohydrate diet:**
 - 26-45% of total calories.
- **Low carbohydrate diet:**
 - Less than 130 g/d or less than 26% of a nominal 2000 kcal/d diet.
- **Very low carbohydrate diet:**
 - Less than 20-50 g/d or less than approximately 10% of the 2000 kcal/d diet.
 - ✦ Generally, although not always accompanied by ketosis.

Gluten Free Diets



- Who needs a gluten free diet?
- Is gluten free healthier?
- How the gluten free diet can negatively impact diet.



Herbs, Botanicals, and Natural Supplements in the Treatment of Diabetes

- Fenugreek
- American Ginseng
- Cinnamon
- Prickly Pear Cactus
- Oat Bran
- Chromium
- Magnesium
- Selenium
- Alpha Lipoic Acid
- Coenzyme Q10 (CoQ)



Glycemic Index



- The glycemic index diet is the general term for weight loss diets that are based on a person's blood sugar level.
 - Some diets use the glycemic index/load as their basis
 - ✦ The Zone Diet
 - ✦ Sugar busters
- Can be used to guide a person to choose whole, less processed/refined foods.
- Portion size, ripeness of the food, how the food is processed, other foods eaten in combination are important factors on glycemic load.

Fad Diets: More to Discuss

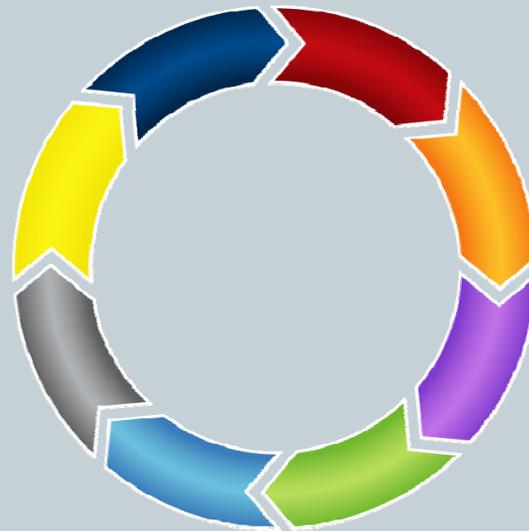


WEIGHT CYCLING
BINGE EATING

Weight Cycling



- **Weight cycling-what it is**
- **Side effects**
- **Mental health implications**



Binge Eating and the Psychological Effects of Dieting



- **HONOR your body, HONOR your health**
- **The guilt-binge cycle**
- **Mental health and the relationship with food**
- **Stress and diabetes**



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