

WLOM Health Newsletter

February 2013

10 Diets That Just Don't Work!!!!

Food is essential for life. It's also vital for happiness and feeling good about oneself such as the global tradition of sharing food, such as with one's family at dinnertime, with friends on vacation or going out for a meal with colleagues at work. This means that food can either help connect people or divide them, and one feature of unhealthy eating patterns or fad diets they cause isolation because they're so drastic. The hallmark of a lot of fad diets popularized in the last few years is that they reduce or increase the intake of a macro nutrient – fats, carbohydrates and proteins—to the extreme. You can't take any one of these away to a significant level for a significant amount of time...it's not healthy.

Losing weight may be the only goal of these diets for many people. Nevertheless, many of these diets simply don't work for an extended period of time. When we say "work," we mean losing the pounds slowly and methodically and being able to maintain your ideal weight without relying on excessive calorie restriction, complicated menus, expensive pills or dramatic

food limitations. It means finding a lifestyle change that you can embrace. If you are one of many people in search of more information on the dos and don'ts of dieting read on to learn about 10 diets that don't work.

10: The Acai Diet

The acai (pronounced ah-sigh-ee) berry, once a no-name fruit from the Amazonian palm, has in recent years soared into the world's nomenclature for its health benefits. It's been promoted for its high antioxidant content and its ability to improve digestion, detoxify the body and slow down aging. It's also become popular as a dietary supplement to promote weight loss.

The acai diet became popular after Dr. Nicholas Perricone praised the berry's high antioxidant on the TV show. There isn't an exact regimen for this diet, but the idea is to incorporate these supplements into your daily routine. Keep in mind that the supplements aren't regulated and unfortunately, acai's health benefits, particularly those of weight loss, haven't been scientifically proven.

9: Atkins Diet

Is this just an excuse to eat bacon all day? Not exactly, but the diet works by requiring people to drastically reduce their consumption of carbohydrates and replace them with protein, whether its bacon, cheese or eggs. The idea is that overweight people tend to eat too many refined carbohydrates or empty calories. Without carbohydrates, the body will then begin burning the fat that they initially produced.

However, nutritionists and doctors are concerned about a couple of aspect of this diet. The first is a process known as ketosis – where the body burns it own fat stores as energy. The harmful side effects can be halitosis,



constipation and even kidney and liver damage (unless the person consumes lots of fluids), since these organs have to work overtime to process the elevated levels of protein. Finally, carbohydrates have always been a part of a building block of a healthy diet that leads to sustained energy and healthy brain function. Without carbohydrates, you may be skinner, but not necessarily healthy.

8: Dukan Diet

Attack, cruise, consolidation and stabilization are the beginning stages of the Dukan Diet. These may sound more like the phases of a naval battle than those of diet, but they convey one point: fat is the enemy and you're going to obliterate it. Here's how it works: over a decade ago, a French physician named Pierre Dukan realized that if a person's food consumption is restricted to mostly lean protein, the pounds fall away. Yes, this may sound similar to the Atkins Diet. As with Atkins, nutritionists and doctors warn that by eliminating carbohydrates and restricting other foods, such as vegetables and fruit, you're also restricting your nutrient intake. Besides nutritional deficiencies, you may also end up with bad breath, fatigue and kidney problems. The bottom line is that while you may end up a few pounds lighter; don't expect to maintain this weight unless you've always preferred eating pork and oat bran.

7: Blood Type Diet

Perhaps this diet sounds feasible since it mentions one of the body's most basic biological components in its title—blood. Don't be fooled, though; there's no proof that this diet works. To be fair, it hasn't been disproved either. Health and wellness was the primary focus of this diet, and weight loss was a nice side effect, if you're able to master the food restrictions.

The diet is based on the notion that food intake should be determined by blood type (A, vegetarian; B, a balanced omnivore diet; AB, combination of food groups in moderation; or O, high protein), and that food proteins are digested differently depending on these various blood types. Thereby, health problems can result from eating food that's not well matched to your specific blood type.

6: Cookie Diet

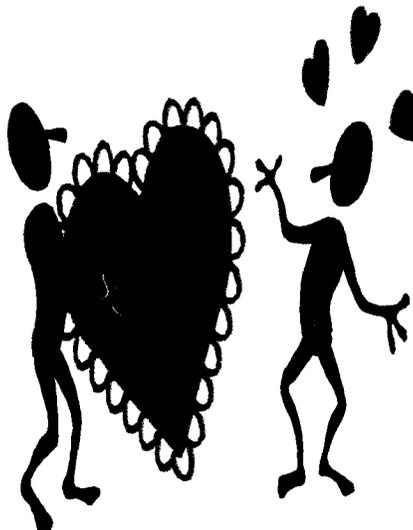
Dr. Sanford Siegal, the inventor of this program, baked up his own version of a cookie, complete with fiber and essential amino acids, as a replacement for breakfast and lunch. All you need to do is eat four to six cookies each day, eat a dinner made up of lean proteins and vegetables and voila! You're on your way to shedding pounds... at least for the short amount of time you find cookies an enjoyable meal replacement.

One problem: Be wary of any diet that pushes the benefits of eating only one type of food or restricting your diet to a few items. While you may be able to drop the pounds in a couple of weeks, you'll feel unsatisfied and be hungry frequently.

5: The Master Cleanse

This is one of Hollywood' hottest diets. The only problem? This concoction of lemon juice, maple syrup and cayenne pepper was never intended as a weight loss plan. Instead, it was created as a body detox system to bring the body's pH balance from an acidic state to an alkaline, or healthy state.

Cleansing can help people reset their eating routine if they've gotten into bad habits. And while it may make them feel good, cleansing shouldn't be used as a diet plan. It can't be maintained and the weight will return along with regular food consumption.



4: The HCG Diet

People will go to great lengths to lose weight quickly, no matter how painful or madcap the plan. Here's the proof: The HCG diet involves daily injections or supplements of human chorionic gonadotrophin (HCG) – a pregnancy hormone that's been approved as an infertility treatment but shows little evidence that it helps people lose weight. The hormone coupled with intense calorie restriction is at the heart of this diet. Sadly, severe calorie restriction can have deleterious health effects, including the inability to fulfill one's nutritional needs. Also, HCG's irritability and male breast enlargement.

3: Raw Food Diet

This vegan diet promotes the consumption of organic and natural foods such as fresh fruits, coconut milk, natural foods, seaweed, dried fruits, grains, beans, nuts and vegetables. There are definitely people who can consume raw food for extended periods of time and be fine and healthy. But most people find it extremely restrictive and have a hard time getting enough vitamin B12 and vitamin A. The

reason for this is that some nutrients such as lycopene (an important antioxidant for prostate and blood health that's found in tomatoes), aren't available until the food is cooked. The same goes for the iron food in leafy greens.

2: Zone Diet

One of the more effective and less controversial fad diets, the Zone Diet calls for you to maintain a fixed ratio of proteins (30%), carbohydrates (40%) and fats (30%). This makes it easy to follow. Even so, nutritionists fear that the Zone promotes eating high amounts of saturated fat, which can be harmful to your cholesterol and can lead to heart disease over a long period. This diet also completely ignores the fact that people may still get hungry and lack energy.

1: The Paleolithic Diet

This diet goes by many names: the Paleo Diet, the Caveman Diet, the Stone Age Diet or the hunter-gatherer diet. Whatever your preference, this eating plan is based on the food consumed during the Paleolithic era that ended about 10,000 years ago. This means that the suggested foods can be hunted, fished or gathered. This includes foods such as pork, seafood, eggs, fruits, nuts and vegetables. Foods to avoid include grain, legumes, dairy products, salt, refined sugar and processed oils. The only downfall to this diet is that once again the food limitations make it difficult to maintain. There may also be problems with receiving all the necessary nutrients derived from legumes, whole grains and reduced-fat dairy products.

Happy Birthday

Troy Williams	Feb. 8
Ty McLeod	Feb. 19
Tom Favell	Feb. 25
Harriet Shabaquay	Feb. 26
Clayton Morrison	Feb. 27

Recipe of the Month

Slow Cooker Cheesy Chicken and Potatoes

What U Need!

- 1 large green pepper, chopped
- 1 lb red potatoes, very thinly sliced
- 1 tsp. paprika
- 8 small bone in chicken thighs, skin removed
- 1 can condensed cream of chicken soup
- ¼ tsp velveeta, cut into ½ inch cubes
- 1 tbsp Worcestershire sauce
- ¼ cup chopped fresh parsley

Make It!

- Place peppers in slow cookers sprayed with cooking spray; top with potatoes. Sprinkle with paprika over chicken. Place 4 thighs in slow cooker; cover



with soup and remaining thighs; Cover with lid.

- Cook on low 6-8 hours (or high 3-4 hours)
- Use slotted spoon to transfer chicken and vegetables to platter; cover to keep warm. Set slow cooker on high heat. Add Velveeta and Worcestershire sauce to reserved liquid in slow cooker; stir. Cover with lid, cook 5 minutes. Stir until Velveeta is completely melted and sauce is well blended. Spoon over chicken and vegetables; top with parsley.

FYI.....

- Family Fish Derby – February 18th

Eco- Living Tip

During the winter, close shades and blinds at night to reduce the amount of heat lost through the windows.

Health Fact

Your eyes are always the same size from birth but your nose and ears never stop growing. When babies look up at you with those big eyes, they're the same size that they'll be carrying around in their bodies for the rest of their lives. Their ears and noses, however, will grow throughout their lives and research has shown that growth peaks in 7 yrs cycles.

Quote of the Month

Your body hears everything your mind says.

- Naomi Judd



February 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Food Bank Open Fitness Rooms 4-5 Judo Classes for Youth 5-8 pm	5 Tot Time – Dryden 10-11 a.m Beading 3-3:30	6 Judo Classes for youth 5-8	7 Open Fitness Room 4-5 Beading 3-3:30 Open Gym 4-6 Volleyball 6-8	8	9
10	11 Open Fitness Room 4-5 Judo Classes 5-8	12 Tot Time 10-12 Beading 3-3:30 Open Fitness 4-5	13 Couples Valentine Dinner 4-6 Judo For youth 5-8	14 Beading 3-3:30 pm Open Gym 4-6 Kids Bake Night 4-6	15	16
17	18 Family Fish Derby	19 Tot Time – Dryden 10-11 Beading 3-3:30 Open Fitness Room 4-5	20 Food Bank Judo for youth 5-8 Elder's Supper 4-7 Movie Night 6:30-9	21 Beading 3-3:30 Parents & Tots Supper – Learning Centre 4-6 Open Fitness Room 4-5 Open Gym 4-6	22	23
24	25 Open Fitness Room 4-5 Judo for Youth 5-8	26 Tot Time – Dryden 10-11 Beading 3-3:30 pm Open Fitness Room 4-5 Parenting Workshop 5-6:30	27 Cooking for life classes 4-6 Judo for youth 5-8	28 Beading 3-3:30 pm Open Gym 4-6		