

LOW FAT DIETS

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Low-fat diets appeal to people who are happiest with a diet that emphasizes fruits, vegetables, grains, legumes, and salads while reducing or eliminating fatty meats, cheese, oil-based salad dressings, cooking oil, nuts, avocados, etc. This is a wonderful, healthy way to live for many people. However...

However, there are two big dangers. Some people on low fat diets find that they are hungry all the time, and others have trouble managing their blood sugar. (Some diabetics do very well on low fat diets; others fail miserably. If you are diabetic, test yourself to learn which diet works best for you. Your doctor can help.) More important, low fat diets have a lower success rate than low carb diets. Regardless, low fat works for many people. It might be best for you.

Dr. Nathan Pritikin was the first author to popularize the Low Fat lifestyle and Dr. Dean Ornish is perhaps the best known advocate today. Ornish takes a holistic approach to weight loss. He says that you need to change your entire approach to wellness instead of simply going on a diet. On his new website, The Ornish Spectrum (<http://www.ornishspectrum.com/>) he writes:

If you indulge yourself one day... eat healthier the next.

If you forget to exercise one day... do more the next.

If you don't have time to meditate one day... do more the next.

So you can't fail.

This is the philosophy taught by VWI. The big difference: Ornish is convinced that a low fat diet is the only path to good health. VWI considers this idea to be unscientific dogmatism. We believe that if you are obese, any eating plan that (A) gives you good nutrition and (B) you can live with forever is vastly superior to the way you are presently living. You need a healthy eating plan that works for you, not for your doctor.

One last fact. We searched www.amazon.com for two topics: 'Low Fat Diets' and 'Low Carb Diets'. Not counting books of recipes, there have been six or eight successful new books on low carb diets written during the last ten years. No successful books have been written about low fat diets except for the books written by Dr. Dean Ornish. Barnes and Noble is even less encouraging for Ornish followers: the second best-selling book about low fat diets is called "The Low Fat Diet Hoax" and the fourth best seller is "How I Gave Up My Low Fat Diet and Lost 40 Pounds".

Again, for many people, the Low Fat approach is a life saver. Purchase one of Ornish's books, learn about the lifestyle, and give it a try.

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