Weighing the Issues

- Low-carb diets
- Drop ten pounds this year
- A different way of life
Seven Reasons a Low-Carb Diet is Wrong

1. **Heart Disease Risk Increases**
   Risk of heart disease is increased greatly on a low-carbohydrate, low-fiber diet that is high in animal protein, cholesterol and saturated fat. All three raise serum cholesterol, particularly LDL or “bad” cholesterol. A high meat intake may excessively increase homocysteine levels and iron stores in the body. There is growing evidence that high levels of both may increase the risk of heart disease.

2. **Cancer Risk Increases**
   The risk for many cancers is likely to increase when most fruits, vegetables, whole grains and beans are eliminated from the diet.

3. **Gout**
   An excess of uric acid in the body causes gout. This excess can be caused by an increased intake of foods high in purines, which are broken down into uric acid in the body. Meat, poultry, nuts, seeds, eggs and seafood are all fairly high in purines.
Seven Reasons a Low-Carb Diet is Wrong Continued

4. Rising Blood Pressure with Age
   Blood pressure will likely increase with age on a typical low-carbohydrate diet. This is partly because a high-carbohydrate, high-fiber diet includes more fruits, vegetables, whole grains and non-fat dairy products. These foods, all high in magnesium, potassium and calcium, were the mainstay of the DASH diet, which was shown to lower blood pressure. Additionally, low-carbohydrate diets do not restrict salt intake, the main reason blood pressure rises with age.

5. Poor long term weight control
   There is no metabolic magic in the low-carbohydrate diets. Those who continue to lose weight after the first week do so because they decrease calorie intake. Greatly limiting the number of foods that people are allowed to eat reduces their food and calorie intake. But a reduction in variety most often leads to boredom and cravings over the long run.

6. Kidney stones
   Both uric acid and calcium oxalate stones are more likely to form on a high protein, ketogenic diet, than on a high carbohydrate diet with more fruits and vegetables.

7. Osteoporosis
   Over time, excess protein intake, especially from animal sources, increases the loss of calcium in the urine which may contribute to osteoporosis.
Adding 15 minutes of moderate exercise, (e.g., walking briskly for about one mile) to your daily schedule will use up 100 extra calories per day. Maintaining this schedule would result in an extra 700 calories burned per week, or a loss of about 10 pounds in one year, assuming your food intake stays the same. Chances are, you have heard people talking about how there is not enough time in the day to be active or they’ve listed another reason not to exercise. Let’s take a closer look at and address common myths about exercise.
Do You Have a Goal to Lose 10 Pounds This Year?

- **Myth 1: Exercising makes you tired.** As people become more physically fit, most feel physical activity gives them even more energy than before. Regular, moderate-to-brisk exercise can also help you reduce fatigue and manage stress.

- **Myth 2: Exercising takes too much time.** To condition your heart and lungs, regular exercise does not have to take more than about 30 to 60 minutes, three to four times a week. If you don’t have 30 minutes in your schedule for a physical activity break, try to find two 15 minute periods or even three 10 minute periods.

- **Myth 3: All exercise gives you benefits.** Regular and continuous activities such as brisk walking, jogging or swimming improve the efficiency of your heart and lungs and burn off extra calories. Other activities may give you other benefits such as increased flexibility and muscle strength, depending on the type of activity.
Losing weight isn’t as simple as changing your diet. In order to maintain a healthy lifestyle consider the following:

• **Increase Physical Activity.** To lose weight you should be getting a minimum of 60 minutes of physical activity five or more days a week. To maintain a healthy weight you should be getting at least 30 minutes of physical activity five or more days a week.

• **Eat a Nutritious Diet.** Make sure you are getting a nutritious and low-fat diet that you can live with. Starvation and fad diets don’t work. Eating right is the only way to maintain weight loss.

• **Stay Hydrated.** Keep yourself hydrated to maintain a healthy weight. Aim for eight, 8 ounce glasses each day.

• **Get Rest.** A good nights rest can aid in weight loss!