

High protein, high fat, low carbohydrate diets have become increasingly popular. But people are trading their health for temporary weight loss. As with other extreme diets, the weight bounces back—with interest—in most cases. These diets stress your body over the long run and have been associated with:

- Ketosis, a potentially dangerous condition associated with starvation

 - More rapid weight gain after initial loss

 - Water loss

 - Loss of lean body mass (muscle)

 - Heart disease

 - Increased LDL "bad" cholesterol after initial drop

 - Cancer

 - Kidney disease

 - Osteoporosis

 - Gout

 - Lethargy

 - Constipation

 - Irritability and depression

 - Elevated insulin levels after initial drop

 - At the cellular level, increased metabolism causes nutrients to be used at a faster rate, while

intake of vital nutrients is lower because of the severe restriction of fruits and vegetables.

Absorption of nutrients is impaired due to the high fat content of the diet.

Fats are prone to oxidation and the formation of free radicals.

Combined with the low fiber, nutrient, and antioxidant intake that characterizes these diets, there is increased DNA damage, inflammation, toxic levels of nitrogenous waste, dehydration, and impaired immune status for the body to contend with. That spells stress!

Don't stress your body and your mind in an attempt to control hunger and lose weight. Give your body what it needs. You can reduce your weight, feel great, and reduce the risk of disease by choosing fiber-rich plant foods. Fiber foods like whole grains, beans, fruits, and vegetables are your friends—not your enemies—when it comes to sensible, sustained weight loss!

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