

Rating the Advantages and Disadvantages of the 6 Most Popular Diets: How to Choose What's Right For You

A Practical, Step-by-Step Guide

You don't need to read all the books and dietary theories in order to choose the foods and the diet that's right for you and those you love. But there are some dietary issues that are potential pitfalls, and you need to know how to avoid them.

This paper is a step-by-step guide to choosing the right foods and the right diet, focusing on the practical problems that can arise and how to solve them.



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How This White Paper Will Help You

How much do you need to know about food and diets in order to make your wisest and best choice?

Fortunately, you don't need to read every diet book and study nutrition on a theoretical level to make a wise, healthy decision. But there are some common dietary issues that are potential pitfalls, and you need to know them to avoid them.

This paper is a step-by-step guide to choosing the right foods and the right diet, focusing on the practical problems that can arise and how to solve them.

Introduction

You've just decided to go on a diet and lose weight. Maybe you've made previous attempts to diet or it's your very first time. But, you decided to 'do it right' and go online, research what's out there, and take the time to make an informed decision, choosing the diet that's right for you. How will you know what's right? What do you really need to know to make the right choice?

You could spend months reading the best selling diet books or watch infomercials for the latest weight loss pills, potions and machines. Or, you could seek professional assistance. But, in most situations, that's not necessary to get yourself on a diet that will work for you.

You don't need to know everything there is to know about dieting to be successful. Fortunately, good common sense still applies.

In fact, eating food close to the way it's found in nature (e.g. baked potato instead of instant mashed potato), in moderate amounts and choosing some kind of regular exercise routine can be very helpful.

But there are some specific issues you need to be aware of. These issues can potentially turn into pitfalls that can stop your diet implementation in its track, stretch the time and expense of your weight loss on forever, even to the point of failure.

This white paper will guide you, step-by-step through each stage of a weight loss program. Along the way, we'll flag the problems you may run into and offer some suggestions for solving them.



Preliminary Planning: Assess Your Existing Condition First

Before you start any research on the most popular diets – even beginning to read about them – you need to start with a thorough assessment of your existing weight and health condition to determine how much weight you really want to lose.

You certainly want to identify any existing health conditions and other time and travel commitments you may already have in place, or you may be caught short by unexpected problems. And, you want to take advantage of opportunities to get started now that you feel driven to do so.

Weight loss can be complex. A symptom worksheet can help make sure you don't miss any symptoms or health conditions affecting your weight loss goals. You may use the symptom worksheet provided at: betterhealthusa.com/public/department5.cfm.

For more weight loss tips, see the "Successful Weight Loss Checklist", page 4.

Step One: Consider Your Weight Loss Options

The top challenge you face is making sure that you choose a diet plan that recommends foods you enjoy.

So the first step in your weight loss program assessment is to examine your present weight loss options. You need to consider any previous attempts you've made to lose weight and decide if there's anything else you have learned about dieting that you want to keep in mind when planning your choice this time.

The ideal diet is one filled with foods you enjoy and one you can imagine you'd be able to give a fair chance to work.

You'll soon see that the key question you will be asking yourself about each diet is this: Are there foods on this diet that I may have a hidden food sensitivity to that will impede my progress? The one thing common to every diet you study is that, with only one exception, none of them take food sensitivity into consideration when promising weight loss. As you continue your research, you will find that this is going to be a pivotal point to your successfully losing weight and keeping it off.

You should be very careful about ignoring the hidden toxic effect a perfectly healthy food may be having on your attempts to lose weight.

You should also watch out for self-initiated diet programs that don't offer ongoing support. A lack of support will also increase your chances of failure and turn your passion to lose weight into a disappointment and, in some cases, depression.

"It's really been wonderful. The weight comes off without really any big effort on my part. It's a new way of life for me, I'm extremely happy. My husband's thrilled with my new body, I'm just a new person."

- Charlotte N., Plantation, FL

"When I first started the diet, I was craving sugar and carbs. Within a short period of time, these cravings subsided and so did the anxiety I was feeling. I am amazed at how much better I feel when I eat this way...An important part of my success was the support I received from your physician nutritional counselor. Talking and emailing with him was both educational and a huge stress reliever!"

- Marie Leak
Phoenix, Arizona

BetterHealthUSA Successful Weight Loss Checklist

Your Weight Loss Goals

- How much weight do you want to lose?
- Over what period of time do you want to lose the weight?
- Have you thoroughly researched and chosen a diet that you feel confident will work for you?

Are foods toxic to your particular system making you fat?

A toxic reaction to an everyday food could be key to your weight problem if...

- You retain lots of water.
- You exercise, diet and still can't lose weight.
- You lose weight and can't lose past a certain point.
- You have food cravings and engage in binge eating.

Step Two: Advantages and Disadvantages of The Six Most Popular Diets

The next step in your weight loss assessment is determining which popular diet is the one you feel you are most likely to follow.

As in Step One, your goal here is to study information which is readily available to you so you can systematically plan what you want to do in order to maximize your chances of successful weight loss and maintenance.

If you're like most people, you'll probably find one of the most popular diets will resonate with you and you won't have to struggle with guidelines. Each diet provides a framework for success.

ATKINS DIET

Possibly one of the most controversial fad diets around, the Atkins Diet is famous for its carbohydrate-restricting rules.

Developed by the late Dr. Robert C. Atkins, this diet is a very high-protein one and allows virtually no carbohydrate, particularly during the initial stages. By cutting out carbohydrates dieters' bodies will go into ketosis – a state where the body begins to burn off its stores of fat because it thinks that it is being starved. As the initial two weeks of the diet are very restrictive where carbs are concerned, dieters will find that the initial weight loss can be very rapid.



The diet works on the notion that weight gain is caused, not by fat intake or food portions, but by the way our bodies deal with the breakdown of carbohydrates, in particular processed and starchy carbs such as bread, potatoes or pasta.

Potential Pitfall #1: Hidden poisons in everyday foods cause weight gain

Hidden toxic reactions to everyday foods can contribute to weight problems in surprising ways – starting with water retention. Laboratory testing has shown that partially digested food can easily pass through a compromised intestinal lining (“leaky gut”) and get into your bloodstream; ultimately ending up in your tissues causing irritation and inflammation. Your body responds by retaining water to dilute the effect of the toxic reaction. As long as you keep eating foods causing these toxic reactions, you will continue to retain excess water weight.

You could decide to ignore this factor for the time being, and go back to it once you've chosen your diet.

But postponing or completely ignoring toxic reactions that may occur from eating one or more of the foods on whatever diet you choose is not really a viable solution either. It will mean that even sticking closely to your diet, the weight may not come off, as you continue to eat a food that is toxic to your particular system. Dieting is a headache in itself for most people. And, once you decide to follow a proven diet, you want to do all that you can to guarantee your success.

There is a solution. You can begin your diet without getting yourself tested for toxic foods and see if the diet works. If, within a set amount of time you are not achieving your goals, you could get tested. This enables you to begin dieting today and postpone getting yourself tested. And, let's face it. Some people do have excellent outcomes carefully following each and every one of the diets we review in this white paper.

ATKINS DIET (continued)

After the first couple of weeks, the Atkins Diet provides a maintenance program, which involves gradual re-introduction of some carbohydrates into the diet in order to maintain the weight loss. The carb intake, even at this stage, is much lower than most people are accustomed to.

During the initial period, this diet can be very difficult – particularly for people that are used to large quantities of carbohydrate in their daily diets. The sudden drop in carb intake can have a variety of side effects. Common ones during the first few days are: dizziness, nausea, headaches, and faintness. Another, rather unpleasant, side-effect is bad breath, which is caused by the body going into ketosis.

The Atkins Diet is great for those that love the thought of a fry-up every morning. Bacon, eggs, sausage...fried, baked, grilled...it doesn't matter – they are all recommended on this diet. Cheese, butter and cream are also very low or no carb products and they are also recommended on this diet. But what do all of these things have in common? They are all high in saturated fat.

Although this condoning of saturated fat-laden foods is, for many people, the equivalent of a child being given the free run of the local sweetshop, dieters are often wary about whether it is wise to pump their bodies full of so much saturated fatty food.

Potential Pitfall #2: Internal inflammation may dramatically affect your weight control

Some chemicals involved in toxic reactions to everyday foods may inhibit metabolism. Prostaglandin E2, which is also released, inhibits the body's ability to burn fat stores. These food toxicities may therefore, diminish your body's ability to burn fat, a process known as lipolysis.

As with all diets, there are both advantages and disadvantages to the Atkins Diet. These include:

- This diet promotes rapid weight loss
- The diet enables dieters to eat unlimited protein-rich and fatty foods
- The Atkins Diet has been proven
- This diet is not as time-consuming and expensive as some of the other popular diets

Disadvantages include:

- The diet is very restrictive in nature
- The diet condones high consumption of saturated fats
- This diet can cause bad breath, nausea headaches (particularly in the initial period)
- The diet, by default, cuts out many valuable nutrients

ATKINS DIET (continued)

Another disadvantage is that this diet relies heavily upon proteins from meat, fish and dairy products. It is therefore a no-go area for vegetarians. There are also concerns about the effect of such high levels of protein and fat upon vital organs such as the heart and the kidneys.

The Atkins Diet, and others like it, goes against the nutritional advice and information that has been pumped out over the years: the thought of a diet so rich in fat and so low in carbs has horrified many nutritionists and yet it has been proven to work. However, there are still concerns amongst professionals about the long-term effect that diets like this may have.

This diet has been around for quite some years, although its popularity has soared in the past decade. Thirty years ago, when Atkins first published his diet book, the American Medical Association stated that it was "...potentially dangerous" and "...biochemically incorrect." However, according to Dr. Kevin O'Brien, a cardiologist at the University of Washington, "...people lose more weight on an Atkins diet, and their cardiovascular risk factors, if anything, get better."

The Atkins Diet has become a hot topic worldwide over the past few years, and there are many resources and support groups available over the internet where dieters can seek advice about various issues relating to the diet.

With its massive celebrity following and frequent presence in the news, the diet will probably continue to be a controversial issue for years to come. Any dieters that have any concerns at all about following such a strict eating plan should always consult their doctor beforehand.

Dieters who have allergies or sensitivities to grains, wheat and yeast could do very well on this diet as it is extremely restrictive with carbohydrates and does not accommodate much in the way of bread or pasta, especially during the crucial initial period.

However, some of the main sources of protein in this diet are eggs and fish, both of which are commonly related to food allergies. Dr. Atkins did recommend testing to ensure no adverse reaction to foods such as these before embarking upon this diet. This will increase the effectiveness of the diet as well as reduce any health risks.

Potential Pitfall #3:

Food allergies lead to food addictions and binging...

One study found that partially digested compounds in common food allergens act similarly to morphine-like opioid drugs (Lancet, Oct 27, 1979). Eating the wrong food can actually produce a temporary "high," but when the feeling wears off, you crave the same food in order to get another euphoric "fix."



SOUTH BEACH DIET

The South Beach Diet was developed by Dr. Arthur Agatston, and it was originally designed to help his patients with heart and cardiovascular problems. However, whilst his patients were on this diet, Dr. Agatston realized they also began to lose weight...so the South Beach Diet was born and quickly became a hit in the USA.

Like other fad diets, the South Beach Diet involves cutting down radically on a particular food group... our old friend, the carb. Although Agatston states that: "The South Beach Diet is not low carb. Nor is it low fat", dieters will see for themselves that it is actually both of these things. Carbohydrates are restricted to what Dr. Agatston calls 'good carbs'. These are carbs found in foods such as whole grains, fruit, and vegetables. The diet also encourages the consumption of unsaturated fats.

The South Beach Diet is far more balanced than, say, the Atkins Diet. For a start, it doesn't encourage the consumption of saturated fats. It also allows a higher carbohydrate intake, although this is still much lower than most people are used to.

In other words, this diet does not prohibit all carbs, but encourages the consumption of 'good carbs'. Likewise, it does not condone the consumption of all fats like the Atkins Diet, but recommends unsaturated fats that can actually be good for us.

The South Beach Diet works in three phases. The first phase is a very strict period and lasts for the initial two weeks of the diet. Here, dieters are prohibited from consuming a variety of foods, including dairy products, breads, cereals, pastries, potatoes, pasta, starchy foods, some vegetables, all fruit, and more. However, weight loss during this period is likely to be rapid – up to thirteen pounds.

The second phase of the diet is a little more lenient and dieters are able to re-introduce some of the prohibited foods from phase one. During this second phase, weight loss slows down and the phase lasts until the dieter has reached goal weight. Weight loss during this second phase normally drops to 1-2 pounds per week and should fall steadily as long as the diet is adhered to.

The third and final phase of the diet, according to Agatston, is not the phase of a diet but a new way of life which should last forever. Again, this phase re-introduces some more of the prohibited foods, although they must be eaten in moderation. Following the guidelines once this phase is reached should ensure maintenance of the weight loss.

This diet will require a great deal of willpower, especially from carb-lovers. There is always the danger of lapsing back into old eating habits and increasing carb consumption without even realizing it.

The advantages of the South Beach Diet include:

- The diet is fairly balanced after the initial strict phase
- The diet does not rely on high levels of saturated fat
- There is no calorie or fat counting on this diet
- The diet encourages regular meals and snacks

The disadvantages of the diet include

- The diet is very demanding for those that are accustomed to carb-rich diets
- This diet can work out to be quite expensive and time consuming
- Lapsing into old eating habits may result in speedy weight gain...this has to be a new way of life

SOUTH BEACH DIET (continued)

Dr. Agatston recommends that dieters who do lapse and end up putting some of the weight back on should immediately switch back to phase one for a short while in order to lose the excess weight again.

Like most fad diets, the South beach Diet has already amassed a celebrity following and has received mixed reviews from dieters. Many people state that it is simply an updated version of the Atkins Diet, but others claim that it is a far more balanced diet that is simply based upon the same theory. One thing that this diet undoubtedly does do is to educate dieters in eating the correct food to reduce heart disease and high cholesterol levels.

Dr Agatston also claims that the diet not only helps with long-term weight loss if followed properly, but does what it was originally developed for – decreases the chances of heart disease and cardiovascular problems in those that follow it. His recently released book, ‘The South Beach Diet’, provides a mine of information regarding his theories and the diet in general, as well as an impressive collection of tailored

recipes for followers of this diet to try. He also lists the foods that should be avoided and enjoyed through each phase of this diet.

On the whole, the South Beach Diet is balanced and healthy. Cindy Moore, R.D., Director of Nutrition Therapy at the Cleveland Clinic, Ohio, stated that the South Beach Diet “...really does meet several criteria for a health-promoting diet” and that “...it appears to be scientifically based.”

However, because there are no real long-term prohibitions of certain food groups (e.g. even bread is allowed back into the diet by the second and third phases) it is important that dieters ensure that they have no common food allergies such as wheat or yeast in order to gain maximum effect from the diet.

Dieters that succeed in losing weight during phase one, but then find the weight creeping back on during phases two and three may well find that they have allergies to one or more of the foods that have been re-introduced.

Potential Pitfall #4:

Opioid chemicals may increase appetite and decrease metabolism

Research in the New England Journal of Medicine, 1997, vol. 337, reported that excessive amounts of partially digested food allergens increase appetite and decrease metabolism. Unfortunately, the more you continue eating the wrong foods (which could be perfectly healthy foods, just not properly digested), the more likely you are doomed to never win at losing weight.

ZONE

The Zone Diet, created by Dr. Barry Sears, is based around consumption of the correct ratio of carbs, fats, and protein. According to Dr. Sears, sticking to the pre-calculated ratios will help to control insulin levels, which in turn will speed up the fat burning process within our bodies.

The theory behind this diet is that the daily calorie intake should be split into a 40/30/30 ratio. This means that 40% of the daily calorie intake should be made up of carbohydrates, 30% of the daily calorie intake should be made up of protein, and the remaining 30% should be made up of fat. The amount of food eaten is also an important factor in this diet, and dieters are encouraged to carefully assess and monitor their food portions.

The Zone Diet also allows for two snacks per day. Dr Sears’ book on this diet gives a listing of foods that can be enjoyed, both at mealtimes and as snacks.

ZONE (continued)

Although this diet does not cut out carbohydrates, it demands that the 40% of carbohydrate-rich foods that are consumed each day are 'healthy' carbs such as those found in fruit and vegetables. Bread and pasta lovers will be disappointed to know that the diet does involve avoiding starchy carbohydrates such as those found in bread and pasta.

Like many other similar diets that involve a massive reduction in a certain food groups, this diet by default ends up robbing dieters of some valuable vitamins and minerals that are healthy and good for us. Also by default, calorie intake is reduced whilst on this diet and this is possibly the main cause of the weight loss rather than the 40/30/30 ratio.

One of the advantages of the Zone Diet is that, unlike some of the other fad diets, it does allow for some carbohydrate intake in the eating plan even if it does place restrictions in terms of the type of carb-rich foods that are eaten. For dieters that thrive on carbohydrates, this is good news. It means that they can continue to consume reduced levels of carbohydrate at every meal.

However, reviews from many people that have been on this diet relate mainly to the time and effort involved in working out portions and ratios. It seems that this diet is time consuming and not really practical for

people who lead busy lifestyles. Jan McBride, M.D., who published a scientific analysis of this diet, stated that: "...the Zone formula is extremely complicated."

This diet could be ideal for those people who are allergic to grains, wheat, or yeast. Because the nature of the diet involves cutting out these food groups anyway, sufferers of allergies to them will be able to diet with confidence in the knowledge that the recipes and meal suggestions will not include things like bread and pasta.

However, an adverse reaction to fruits (such as citrus fruit) is not uncommon, and as stated previously this diet is rich in both fruit and vegetables. It is therefore worth having tests to identify any potential food allergies such as allergies to fruit or vegetables, prior to starting this diet.

By identifying any allergies, dieters will be able to eliminate food from their diets accordingly. By doing this, their eating plan will be far more effective and will have no adverse effect on their health. This diet, as with all diets, can be greatly enhanced by ensuring that the foods that are right for your body are included in meal plans rather than ones that may make the plan ineffective or even be harmful.

The advantages of the Zone Diet include:

- The diet teaches good eating habits such as portion control and sugar reduction
- The diet does allow for a fruit and vegetable-rich diet
- Dieters report that cravings for processed carbs begin to disappear after a few days
- This diet can help with rapid weight loss for a special occasion

The disadvantages of the diet include:

- Rapid weight loss: although this is also listed as an advantage, most habitual dieters will know that rapid weight loss is often swiftly followed by rapid weight gain
- This diet is not practical for many people, and some report that it is difficult to fit around their lifestyles
- This diet can be very time consuming and expensive to follow
- The restrictions on this diet involve cutting out some valuable vitamins and minerals

THE SUGAR BUSTERS DIET

This diet was developed in the 1990s and works in a similar way to the Zone Diet. It was developed by a group of professionals: Samuel S. Andrews, M.D., Morrison C. Bethea, M.D., Luis A Balart, M.D., and H. Leighton Steward, MSc and CEO of a Fortune 500 energy company.

Like the Zone Diet, the Sugar Busters Diet recommends that daily calorie intake is split into a 40/30/30 ratio. However, unlike the Zone Diet, where the higher 40% ratio is made up of carbohydrate, the Sugar Busters Diet recommends that 40% of daily calorie intake is made up of fat, 30% is made up of protein, and the final 30% is made up of carbohydrate.

The theory behind the Sugar Busters Diet is that sugar is toxic to our bodies and can cause an increase in insulin. This then causes weight gain. It particularly discourages consumption of refined sugars such as those found in cakes and sweets. The authors claim that, although the body does need certain amounts of insulin, too much of it can be bad for the health and that this diet will ensure that insulin levels are kept at a low, healthy level.

The diet also prohibits foods that are highly ranked in the Glycemic Index (GI). This is an index that rates all food by the effect it has upon the insulin levels in the blood. GI prohibited products in the Sugar Buster Diet include potatoes, pasta, and some vegetables.

The Sugar Busters Diet does encourage the

consumption of meat, poultry, unsaturated fats, dairy products, and fruit/vegetables. Like all other diets, there are pros and cons to this diet.

The Sugar Busters Diet does encourage dieters to exercise as well as drink plenty of water, which is important in any diet. The writers of the diet claim that this diet discourages – and is in fact wary of – saturated fats, not only because they can cause weight gain but because of the effect they can have upon vital organs, in particular the heart. They also advise that all meat should be lean and should have the fat trimmed off it. Plenty of high fibre food is also encouraged in this diet, although some high fibre foods, such as bananas, are prohibited because they also contain high levels of sugar.

However, nutritionists argue that their claim that sugar is toxic to the body is complete nonsense and that, although sugar has no nutritional value and counts as ‘empty calories’, it is in no way toxic. They also argue that this diet, although it has its advantages, cuts out far too many nutrients that are essential to our health, as well as healthy foods like potatoes and bread. There are also concerns about the high levels of protein encouraged in this diet. A review and analysis was carried out on the diet, led by UK Professor of Medicine and Clinical Nutrition at the College of Medicine, James Anderson, M.D. The study was published in The Journal of the American College of Nutrition.

Advantages of the diet include:

- The diet helps to eliminate consumption of refined sugar
- This diet does not involve calorie counting
- The diet cuts out many foods that are unhealthy and encourages exercise along with the diet

The disadvantages of the diet include

- The diet also eliminates some valuable minerals and nutrients
- This diet is not suitable for vegetarians
- Weight loss is probably down to the automatic calorie reduction and not the 40/30/30 ratio
- The diet restricts some fruit and vegetables, which are essentially healthy for us

THE SUGAR BUSTERS DIET (continued)

Anderson stated that Sugar Busters was one of several diets that condoned "...almost double the recommended daily allowance" of protein. He went on to say that: "This high protein load may lead to kidney damage."

Dieters that have tried this eating plan have given mixed reviews. Many said that the diet was easy to follow and provided them with plenty of energy as well as promoting a feeling of being full. However, on the downside, many dieters stated that the plan was difficult to stick to on a long-term basis, and could be quite time-consuming trying to find out about hidden sugars in everyday foods.

This is another diet that may be suitable for those that suffer from allergies to ingredients found in starchy, carb-rich foods like bread, as these are already eliminated from this diet.

However, this diet does encourage consumption of proteins found in food such as fish, nuts, and eggs. As three of the most popular allergy-related foods, it is important that dieters are aware of any allergies to these and other recommended foods on this eating plan to ensure that they will get the best out of the diet without endangering their health.

WEIGHT WATCHERS

Healthy eating plans are highly recommended by many diet and nutritional experts. The Points Diet, in particular, is a well-balanced, very easy and convenient way for dieters with busy lifestyles to lose weight healthily without having to count calories or fat content.

With the Points Diet, Weight Watchers gives all foods and fat/calories content a point value. Dieters are weighed on a weekly basis and then advised on how many points they should aim to consume per day for the coming week. Dieters are also provided with a list of everyday foods and their points value, as well as a chart giving a points value for fat and calorie contents for foods that are not on the pre-pointed list. This allows them to quickly and easily 'point up' all of the food that they eat on a daily basis and make a note of



the food and the total points they have consumed each day (this is done using a 'food tracker' which all weight watchers are advised to use in order to log their daily food consumption). As everyday food has already been pre-pointed by Weight Watcher, dieters are able to get on with concentrating on their daily lives without having to worry about reading food labels and calculating fat and calories.

The Weight Watchers Points Diet does not exclude any food group or type at all during any period of the diet. And, it's not so much a diet as a re-education of eating habits – a concept made all the easier by the inclusion of all food groups within the eating plans. The theory is that, as long as you stay within your points limit for the day or the week, you can eat whatever you like.

WEIGHT WATCHERS (continued)

So, junk-food lovers will be happy to know that they can still partake in a McDonald's or a bag of chips if the fancy takes them. However, beware as you will probably spend your points for the whole day on just one meal. Dieters can look upon their allocation of points as money. They have a certain amount of 'money' each day, but it has to last them the whole day so they must spend it wisely. The diet isn't overly strict, however. If there is a special occasion and more points are required, dieters can save points from the day before and use them to go out with.

By nature, this diet is very nutritious and balanced. Dieters are able to include carbohydrates, proteins and fats in their eating plan. Also, because they have to stick to their points levels, dieters will find that they will be opting for lower fat foods anyway to stay within their points limit, so the diet, by default, does not encourage consumption of large quantities of saturated fat. Alice Lichtenstein, a professor of nutrition at Tufts University, states that: "Any diet plan is a way of helping people limit their calorie intake, but it's important that it also allow for optimal nutrient intake. This program attempts to achieve that."

Weight Watchers also offer face-to-face support to dieters in the form of weekly meetings. Here, you can meet with the Team Leader for advice and pep talks as well as meeting other dieters for support and encouragement. More often than not, the Team Leader is someone that has previously had weight

problems and has managed to resolve them through adopting the Weight Watchers lifestyle. This gives additional support and encouragement to attendees at these meetings, as they are able to see the result and hear about the ups and downs from someone that has gone through it all and come out smiling. These meetings are also an opportunity for dieters to be weighed as well as iron out any problem areas. The tracker, on which dieters are encouraged to log the food and points they have consumed each day, is also taken along to the meetings. This can then be used as a tool to identify any potential problems. If, for example, a dieter has lost weight one week and then put weight on the following week, looking through the trackers for the two week period can help to identify any changes in food consumption that may have contributed towards the weight gain on the second week.

Although this diet as very balanced, it can post something of a problem for dieters who are unsure of whether they have any food allergies. Because the diet is non-restrictive and includes all food groups, there are many more things within the diet which dieters may be allergic to.

It is wise to get a simple test done and check whether you have any allergies to the everyday foods on this diet. It is then possible to devise a plan that does not include foods that could cause a reaction, thus gaining maximum effect from the eating plan.

Advantages of the diet include:

- The diet is nutritionally balanced and does not exclude major food groups
- The diet is suitable for vegetarians
- This diet easily fits in with bust lifestyles
- The diet makes it easy to eat out
- Support is offered to people on this diet

The disadvantages of the diet include:

- The weekly support meetings can work out quite expensive over time
- Weight loss is much slower than with other, more restrictive diets

MEDITERRANEAN DIET

Health professionals unanimously opine that in comparison to North European and American diets, the Mediterranean diet is healthier. Over the years, the Mediterranean diet has gained popularity as a tasty, heart-healthy alternative to low-fat eating. High-carbohydrate foods including bread, pasta, rice, couscous and polenta; fruits, vegetables, nuts, seeds and legumes; olive oil; and dairy foods such as cheese and yogurt comprise the traditional Mediterranean diet. Fish, poultry, eggs and sweets are consumed once a week whereas red meat is consumed only once a month. In effect, the consumption of monounsaturated fats instead of saturated ones is encouraged in the Mediterranean diet.

During recent researches, scientists have outlined the benefits of the Mediterranean diet, which include improving longevity and reducing the risks of heart disease and cancer. Particularly, incidence of cardiovascular diseases is significantly decreased since the traditional Mediterranean diet delivers not less than 40% of total daily calories from fat.

According to a study, the individuals between 70-90 years of age living in 11 European countries and adopting a Mediterranean-type diet had a more than 50% lower death rate who adopted a Mediterranean-type diet and other healthy lifestyle habits.

Nearly 20% of all deaths in European countries occur due to cancer. However, in the Mediterranean countries the death rates are considerably low. Incidence of breast cancer varies more than fivefold worldwide, which in any case is attributed to dietary habits. Significantly, cases of breast cancer are lower in Mediterranean countries when compared to countries in western or northern Europe or the United States. Apart from heart diseases, Mediterranean diet rich in vegetable oil, nuts and fish also helps in preventing diabetes and gallstones.

In order to keep healthy and to ward off diseases, Mediterranean nutritionists suggest that an individual perform regular physical exercise, drink six glasses of water a day and have a moderate consumption of wine. Those who do not consume alcohol, purple grape juice is recommended to compensate for red wine since it offers the same heart health benefits.

How Does Toxic Food Testing Work?

Immuno Laboratories, a federally licensed blood laboratory has developed a test known as the Immuno 1 Bloodprint™. The test is highly scientific and meticulously developed over more than two decades. For the laboratory, the test is complex, but for you it is simple: A licensed phlebotomist, nurse or physician draws your blood and you are free to go in ten minutes.

At the lab, they have special micro titer plates with tiny wells that hold 115 different food antigens (cellular level of foods). Lab technicians pipette your blood serum on to the various food antigens. With laser-like beams of light, a special micro plate reader measures precisely which foods are blending with your system and which foods are toxic to your system.

A comprehensive report detailing your toxic foods is generated, including your personal wallet-size list. Sometimes people find that while they may only have a few food toxicities, these make up foods they eat regularly. Therefore, if you are allergic to pasta and you eat it four or five times per week, you could be poisoning yourself four or five times per week.

The most notable point to make here is how much better you'll feel. Some people rid themselves of lifelong chronic conditions like excess weight and water retention (which, in our experience is almost always linked to food toxicities).

Some people feel a tremendous boost in energy, sex drive and a general increase in mental acuity. Others notice that their constant irritability is gone (yes, foods can dramatically affect moods).

Ongoing support includes diet advice, food counseling, even recipe ideas to keep your meals tasty (and now healthier than ever before for your particular system). For more information on getting tested, contact us using the link below.

<https://www.betterhealthusa.com/public/40.cfm>

Step Three: Plan Your Weight Loss Budget

Now that you've gone through the preliminary planning and information gathering of Steps One and Two, you can begin planning your financial investment in weight loss.

Hopefully, examining your existing situation has helped you identify areas of your weight loss goals that will assist you in making the best possible choice.

By pinpointing and eliminating foods that may be causing a toxic reaction within your particular system, you now know what's been missing from every popular diet. This can go a long way to keeping your investment in weight loss within reasonable limits while achieving your objectives.

But you also need to watch out for hidden costs related to whatever diet you choose such as pre-packaged foods. These conveniently packaged meals and even their healthy accompanying canned drinks and handy snack bars are often filled with ingredients that may be toxic to your particular system.

The good news is that you don't need them. There's a much more economical answer by choosing whole, natural foods offered in most restaurants at their salad bars. And, readily available in fresh and frozen portions always found around the exterior of your supermarket.

The best news is that by eliminating foods that cause toxic, water retention and weight gain effects, you won't be wasting money on slowly poisoning yourself! The same money you spend on foods and dining out can be spent on different choices that are in harmony with your system.

Step Four: How Do I Know The Immuno 1 Bloodprint™ Works?

This Immuno 1 Bloodprint™ is not new or untested product. Doctors worldwide have been recommending this to their patients since 1978, successfully helping even when all previous attempts have failed. The innovative doctors have found pinpointing the right foods using the Immuno 1 Bloodprint™ proves to be their 'secret weapon' when it comes to solving and resolving nagging, chronic symptoms and conditions including lasting weight loss.

What do physicians and their patients who use this testing say?

"I am approximately 70 days into my four-day rotation food plan. I have eliminated all foods that I tested positive to and would like to share my results with you.

As well as a 10-pound weight loss, I have had an increased level of energy, particularly upon waking. I would usually feel tired even though I had slept 7-8 hours.

It is always satisfying when, as a doctor, you can help your patients. It is also satisfying to be able to help yourself. It is certainly not easy giving up some of my favorite foods but the results are worth the effort."

– Peter P. Alongi, D.C.
Chiropractic Physician,
Fort Lauderdale, Florida

*"I was very surprised by the results and my list of food sensitivities after taking the **Immuno 1 Bloodprint™**. And, I would have never guessed it would include coffee and milk, which is something I enjoyed everyday in my cafe lattes.*

My major complaints included energy levels and weight gain. Well, after eliminating my positive foods, I have lost 14 pounds and my energy levels have significantly increased!"

– Beth Benson
Scottsdale, Arizona

When you are ready to take a serious look at the Immuno 1 Bloodprint™, here's your next step...

Call or email Missie 954.691.2500, extension 6807 or Missie@immunolabs.com and ask for a free consultation on the Immuno 1 Bloodprint™. Missie will be happy to discuss your specific needs and answer any questions you have. There's no obligation to buy. You won't be bothered by high-pressured telemarketers. You'll just get straightforward information to help you make the best decision about your diet and ideal food planning. You'll get complete information on testing, DVD support materials, plus all the features and benefits and most important, you'll be able to ask questions and get straight answers.

If you would like to hear real-life examples of what people are achieving with the Immuno 1 Bloodprint™, check out www.betterhealthusa.com where you can view video clips and read additional letters.



Physicians who use this testing report...

"I was pleased to discover that everything you claimed would happen did! In particular, my digestion and energy levels have definitely improved. I have also learned that your company is the originator of many assays for food allergy testing. The accuracy of your testing proved itself, coming up with different recommendations and clinical results that I have not received from other labs. Simply by removing the "offending" foods, the burden is taken off of the digestive and immune systems.

*As Leonardo da Vinci once said, "If you do not rest upon the good foundation of nature, you will labor with little honor and less profit." How true when applied to accurate food allergy testing. What great advice for all physicians. I would highly recommend that ALL physicians and their patients contact Immuno Labs to get their **Immuno 1 Bloodprint™**."*

– Robert Friedman, MD,
Specializing in Preventive Medicine
Santa Fe, New Mexico

"As a physician, I have always taken pride in my health. However, throughout my education as a naturopathic physician, I suffered from chronic headaches and hypoglycemia despite my very healthy lifestyle. I attempted to find answers within my fields of expertise and finally was tested for allergies. I found that I was sensitive to 28 foods! After eliminating those foods, I have not had any headaches; my energy and endurance has improved, and I lost five pounds. I never thought I could feel so good. Thank you Immuno Labs for doing such comprehensive work."

– Payson Flattery, ND, DC
Redmond Center for Integrated Medicine
Redmond, Oregon

Are food toxicities preventing you from achieving your ideal weight?

If you answer "Yes" to three or more of these questions, toxic food testing may be the missing component enabling you to lose weight and keep it off.

- Have you dieted repeatedly?
- Do you need to lose more than 20 pounds?
- Do you retain large amounts of fluids?
- Do you engage in binge eating?
- Are you often tired?
- Do you suffer from diarrhea or constipation?
- Do you suffer from joint or muscle pain?
- Do you experience anxiety and mood swings?



Learn more about this complete system: Testing, online support and deluxe set of DVDs



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"The Right Food Is Your First and Best Medicine"™