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Looking Good Feeling Great Weekly Newsletter Issue 34

Welcome valued clients to the 34th in our series of weekly newsletters. Each week we will examine different aspects of exercise, nutrition and goalsetting.

Protein Only Diets; Do They Work?

A client recently contacted me regarding a certain diet she had read about. I won't mention the diet by name, but there are quite a few out there that rely on the same premise. I'll repeat the information here, for the benefit of other clients.

The diet calls on the practitioner to eat only protein for the first three days. After this, they are allowed to eat a very small portion of carbohydrates at breakfast, whilst continuing with the high protein diet.

The "carb detox" phase takes place within those first three days. Let's just clear up a point first. Carbohydrates are the preferred fuel source of the body. They are no more toxins than fuel is a toxin to your car. The body does not need to be rid of them. But before I mount my high horse, I'll explain what happens in this phase.

When the body is deprived of carbohydrates, it will turn to glycogen (fuel stored in the muscles). Once this is exhausted, it will turn to protein (muscle) and fat as a fuel source.

This is the Ketosis phase and normally happens within three days of carb deprivation. During this stage, many people report headaches, inability to think clearly, dizziness and irritability, as the brain transfers from burning carbs to a new fuel source.

Once this phase is complete, the body is allowed a small portion of carbohydrates per day, probably so that the brain can resume business as usual.

Obviously, this diet will result in weight loss, since your body has no alternative but to consume itself. But participants will feel awful in the meantime. Don't drive your car or make any important business decisions while entering Ketosis!

Do protein only diets work? Yes. Do I recommend this diet for those wanting to lose weight? No. To learn why, read on....

Weight Loss and Health; Are They the Same Thing?



As the obesity epidemic grows ever more prevalent, people are urged by their doctors to drop a few (or more than a few) kilo's.

When unhappy with their weight, people often feel desperate and willing to try anything. Promises of near instant weight loss are enough to tempt most people and so many diets flourish.

But are these diets healthy? The one described above certainly isn't. Here's why:

The body requires a ratio of carbs, fats and proteins for healthy operation. This ensures it receives all the vitamins, minerals, fibre and other essential components necessary for smooth operation.

When a diet cuts out one large chunk of the macronutrients, the body cannot happily keep running. We've already discussed what happens to the brain when deprived of carbs, but let's focus on another problem.

We receive fibre (essential for healthy bodily function) from the same sources we receive carbohydrates from. Cut out carbs, you cut out fibre. Result? Expect things to slow down considerably.

So what's the answer? The answer is not to cut out any of the food groups, but to limit overall calorie intake. That way the protein/ fat/ carb ratio will stay the same, allowing the body to run as per usual, whilst losing bodyfat.

20km Walk

After the recent success of our 12km walk, we will be upping the distance to 20km. The walk will start from Wentworth Falls, following a trail 10km down into the valley to the Kedumba Farming Ruins. Participants will have spectacular 360 views of cliffs, 1900's building and kangaroos. The walk will then backtrack the 10km to the parking lot. If interested, please inform Denver or I so we can distribute equipment lists.

We hope you have enjoyed the information carried out in this issue. Here at 'Looking Good and Feeling Great' we aim to provide our valued clients in the Penrith area with nothing but the best in customer service and results. If you have any feedback on future issues feel free to email or contact us on the details below: