



How to lose weight without going hungry: LCHF and Heart Disease

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Just to be clear!



- We are not physicians: clinical psychologist & registered dietitian
- This is education and social support, not medical advice.
- Be sure to consult with your doctor before making major dietary changes, especially if you are on medications for diabetes.

What we've been told

- To lose weight, dietary fat is to be kept as low as possible
- Increased fat and cholesterol levels lead to heart disease
- Weight loss only results from reducing calories, increasing exercise, or both
- Therefore, the only way to lose weight is to follow a low-fat diet and increase exercise



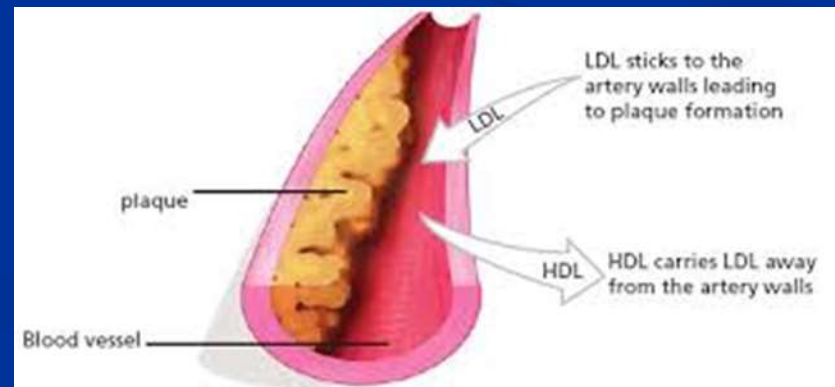
What we know now

- Fats and cholesterol are not all bad
- People feel full longer when the foods they eat contain some fat
- Carbohydrates convert to body fat easily
- Cutting carbs forces your body to burn fat
- Fats & proteins do not convert to body fat easily
- It's easier to stay on a low-carb diet long-term because hunger is not a problem



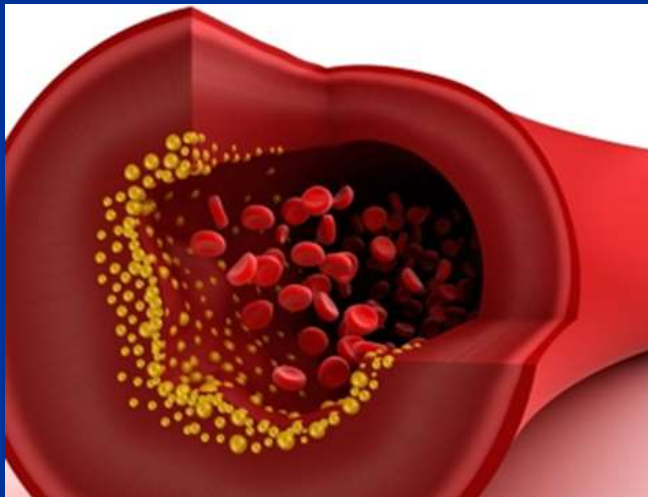
Lipid Hypothesis

- A. Cholesterol and/or fat in the diet leads to cholesterol and/or fat in the blood;
- B. Cholesterol and/or fat in the blood causes plaque formation in the arteries and, consequently, heart disease; and, therefore
- C. Cholesterol and/or fat in the diet causes heart disease.



Cholesterol Recommendations

Total Cholesterol	Under 200
HDL (Healthy)	Over 45
LDL (Lousy)	Under 100 (or under 70)
Triglycerides	Under 150
TC/HDL ratio	Under 4.5



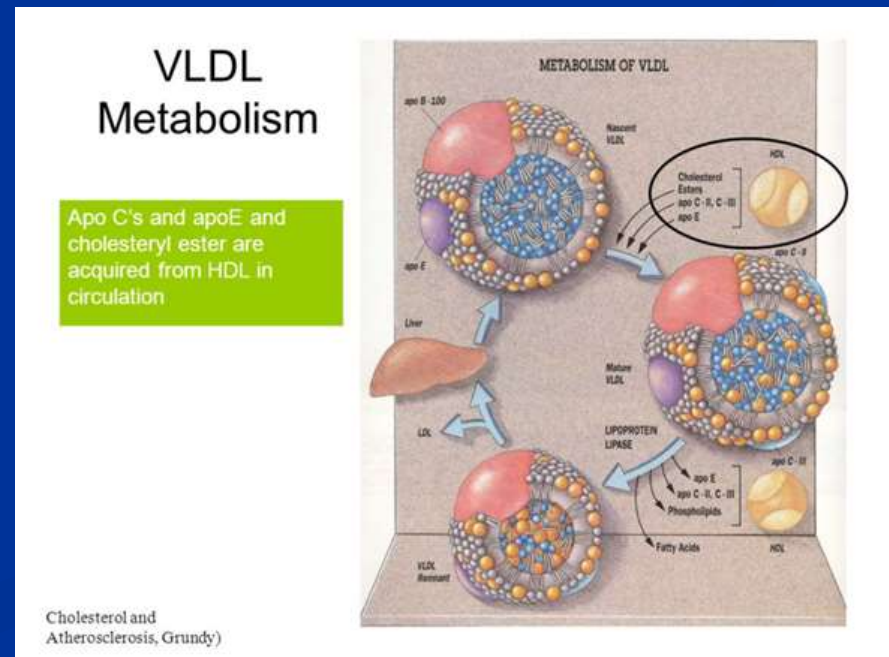
National Cholesterol Ed Program

- If LDL is over 70:
 - Saturated Fat under 7%
 - Dietary Cholesterol under 200mg
 - Increase fiber
- Triglycerides are increased by sugar and alcohol.



Actual Effects of Diet on Cholesterol

- Saturated fat increases:
 - Large fluffy LDL
 - HDL (healthy)
- Dietary cholesterol has no effect!
- Sugar increases:
 - Small dense LDL
 - Triglycerides
- Sugar decreases:
 - HDL



Heart Disease and Inflammation

Chronic low-grade inflammation is intimately involved in all stages of atherosclerosis, the process that leads to cholesterol-clogged arteries. This means that inflammation sets the stage for heart attacks, most strokes, peripheral artery disease, and even vascular dementia, a common cause of memory loss.



Hypertension

Sodium vs. Carbs



Several earlier studies indicate an association between plasma insulin level and blood pressure independent of weight.

Int J Obes 1981

Metabolic Syndrome

- A large waistline. This also is called abdominal obesity or "having an apple shape"
- A high triglyceride level
- A low HDL cholesterol
- High blood pressure
- High fasting blood sugar



All are related to Insulin Resistance
Worsened by high refined grains/sugars
intake.



Low-carb web sites

- www.DietDoctor.com
- www.AuthorityNutrition.com
- www.DiagnosisDiet.com
- www.LivinLaVidaLowCarb.com
- www.DitchTheCarbs.com
- www.ZoeHarcombe.com
- www.WheatBellyBlog.com
- <http://LowCarbDiets.About.com>