



AL SEARS, MD
HEALTH

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Stay Mentally Sharp By Giving Your Brain this “Taboo Nutrient”

Contrary to popular belief, memory lapses and fuzzier thinking are not inevitable consequences of age. If it's been a long time since you've felt at the top of your mental game, it could be that you've been starving your brain of the nutrients it needs. And if you follow a low-fat diet, you could be making the matter worse.

Today, I'll show you how low-fat diets can rob your brain of the capacity to master new information, concentrate, recall details, even appreciate humor and beauty. I'll also reveal a few simple, highly effective changes you can make to your diet to regain a “buff” brain.

From now on, the only thing you should be forgetting is your days of slow, dull, and confused thinking.

Why You Don't Want a Low-Fat Brain

Before the advent of modern agriculture, men ate the meat, fat and organs of wild animals, as well as other naturally fatty foods like eggs, seeds, and nuts. Your brain evolved to depend on certain nutrients found in these foods, including some that are found only in animals. Yet many “healthy” western diets today lack the very nutrients your brain uses to rejuvenate itself.

Principal among these missing elements are essential fatty acids.

You may be surprised to learn that over 60% of the weight of your brain is fat. Your brain needs fat to build and maintain its enormously complex network of fibers. These delicate fatty connections are essential for you to perform with precision, quickness, and agility. Yet, caught up in the low-fat hysteria, most doctors ignore these important facts.

A Brain is a Terrible Thing to Waste Away

About a year ago, a patient named RJ came in for a routine visit. He is an entrepreneur in his mid-50's and is usually pleasant and cheerful. But that day, he seemed to be down. When he relayed this story, I understood why.

At a company party RJ tried to introduce a key investor to an associate when he began fumbling for the name. Finally, the investor had to introduce himself. RJ had forgotten the man's name, even though they had met three times before.

“It was one of those moments when I wished I could just run and hide.” RJ said. “How can I expect investors to have confidence in me if my mind keeps fizzling out?” This was an important moment in the future of his business, but RJ's aging brain got in the way.

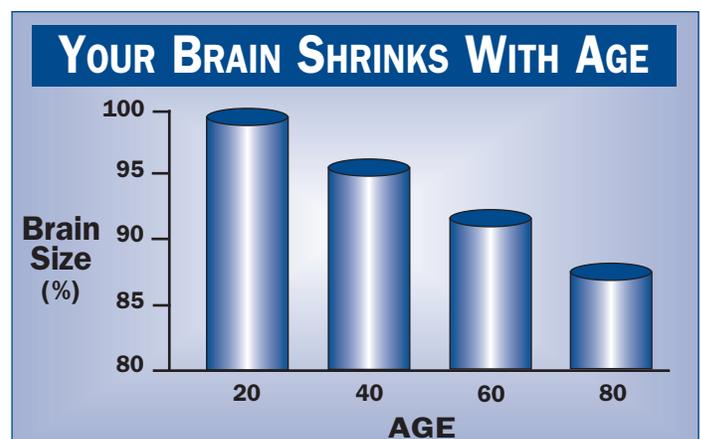
Many people have experienced moments like RJ's. Losing your cognitive function is one of the most upsetting symptoms of aging. You can accept going gray or developing wrinkles around your eyes, but it's much more difficult to accept that your brain is aging too.

Let me explain how your brain ages and why brain aging is linked to nutrients in your diet, especially certain kinds of fats.

Deconstructing Your Brain

Your brain consists of specialized cells called neurons. Neurons transmit electrical and chemical messages between each other through chemicals called

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Your Heart Medication Could Be Tripling Your Risk of Heart Attack!

If you have high blood pressure or chest pain, your doctor probably prescribed a nitrate-based heart medication. A new study shows these drugs actually **more than triple your risk of having a heart attack!**

If you have ever had chest pain, you know how scary it is. You see your doctor wondering if you are going to die. He runs some tests and doesn't tell you much. But if he's like most doctors, he hands you a prescription.

Lyndon B. Johnson also had the problem of chest pain. He had taken his prescribed nitrate medication before he dropped dead from a heart attack. LBJ was only 64.

Many of my patients come to me because they aren't having success with the conventional approach. Patients who come to me on nitrates complain of feeling older than they should, weak, and drained. The first thing I do is explain what those nitrates are doing to their heart. Then, I give them safe alternatives to the harsh medication. In this letter, I'll share with you the same advice I give to my patients.

The Problem with Nitrates

Millions of Americans take nitrate-based medications. In fact, doctors have prescribed them for over a century, telling patients it will relieve their symptoms. Yet what they never tell you is that they actually damage your heart. It's time to stop the cycle, and move toward safer alternatives to archaic drugs.

COMMON NITRATE DRUGS	
Nitroglycerin	Isosorbide
Nitro-Bid	Isoptin
Nitrostat	Isordil
Nitro-Dur	Ismo
Imdur	Dilatrate
Nitrolingual	Minitran

Nitrate-based medications such as Nitroglycerin, Isosorbide, and Nitro-Bid are prescribed for chest pain. Others nitrates like Isoptin, Isordil and Minitran are prescribed to lower blood pressure. Your doctor may give you tiny tablets that you place under your tongue or pills to swallow or patches you wear on your skin.

See the chart below for some of the most common nitrate-based heart medications.

Do nitrates relieve chest pain and lower blood pressure? Absolutely. They do this by temporarily opening blood vessels to allow blood to flow back into the heart. But they accomplish these tasks at a high price.

Nitrates damage the sensitive lining of the heart called the endothelium. The endothelium is composed of a single layer of thin, flattened cells that line internal body cavities. The damage causes the endothelium to stop functioning normally. We call this endothelial dysfunction. People with endothelial dysfunction often suffer from heart attacks.

Now, a recent Japanese study has proven the true damage of nitrates. Researchers studied over 500 participants for almost 4 years. Subjects who took nitrates on a regular basis were 2.4 times more likely to have a major cardiac event than those who didn't take nitrate drugs.¹

Researchers found that the nitrate drugs not only damaged the heart lining; they accelerated any damage already present in the heart.

Safe Alternatives to Nitrates

With nitrate-based medications, an enzyme in the body breaks down the nitrates to make nitric-oxide molecules. Nitric oxide (NO) opens blood vessels in the body. However, this benefit is often outweighed by the damage done by nitrates. Fortunately, nitrates aren't the only substances that cause the release of NO in the blood. Safe supplements have the same effect, without the damaging consequences.

HEALTH CONFIDENTIAL FOR MEN

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- **L-arginine:** The most important of these supplements is L-arginine. L-arginine is a precursor to NO. This accounts for its ability to cause blood vessels to dilate. As you take L-arginine orally, NO in your body increases. The increased levels of NO open blood vessels gradually and more gently than nitrate drugs.

In contrast to nitrate drugs, L-arginine actually helps remedy endothelial dysfunction. The *International Journal of Cardiology* published a study, proving this.

Scientists split subjects with endothelial dysfunction into two groups. One group took L-arginine, while the other took a placebo. Researchers found that those who took the L-arginine had a measurable improvement in the health of their endothelium. The placebo group had no significant change.²

- **Taurine:** Taurine is an amino acid that protects against endothelial dysfunction and endothelial cell death. Taurine also causes vessel dilation. Scientists have seen the benefits of taurine in the lab. Researchers have found that taurine protects the heart lining through its antioxidant properties. It can actually prevent endothelial cells from dying.³
- **Folic Acid:** Folic acid is an important supplement. It lowers levels of toxic substances that irritate the heart's lining. Less endothelial irritations equate to a reduction in cardiac events.

In one well-done study, researchers examined 75 participants with coronary atherosclerosis. Half of the participants took folic acid, while the other half took a placebo. Those who took folic acid showed significant improvement while those who took the placebo had did not. The researchers concluded that "folic acid supplementation significantly improved endothelial dysfunction..."⁴

- **Vitamins C and E:** Both Vitamin C and E have antioxidant effects on the endothelium. The vitamins protect the lining from damage. They do this by blocking the oxidative stress caused by irritants like nitrates. Take a mixture of tocopherols and tocotrienols (kinds of vitamin E) for the best protection.

Nitrates are dangerous. And they should be obsolete with supplements like L-arginine available. If you are taking nitrates, talk to your doctor about the alternatives. In the meantime, protect yourself from nitrate's harm by taking Vitamins C, E, and folic acid.

Also, check your C-reactive protein and homocysteine levels. As their levels rise, your chance of having a heart attack does too.

- 1 Circulation Supplement II *Circulation* 2002 Nov; 106(19): Preliminary Abstract 1494
- 2 Lekakis J. et al., Oral L-arginine improves endothelial dysfunction in patients with essential hypertension. *Int J Cardiol* 2002 Dec; 86(2-3): 317-323
- 3 Wang J. et al., The beneficial effect of taurine on the prevention of human endothelial cell death. *Shock* 1996 Nov; 6(5): 331-338
- 4 Title L. et al., Effect of folic acid and antioxidant vitamins on endothelial dysfunction in patients with coronary artery disease. *Am Coll Cardiology* 2000 Sep; 36(3): 758-65

HEALTH BRIEFS

Men At Greater Risk for Eye Cancer

The incidence of eye cancer has increased almost 300% for men over 60 in the past 25 years. That's according to a recent issue of the *American Journal of Ophthalmology*. The good news is that eye melanoma (a form of skin cancer that grows in the eye) is preventable. To keep your risk low, wear sunglasses and a hat or visor every time you are in the sun since rays from the sun prompt tumor growth. Also, eat plenty of colorful fruits and vegetables. The antioxidants in these foods help fight cancer. You should also take a multivitamin everyday.

Sleep Loss Affects Men the Most

The Endocrine Society recently announced a new study which shows that lack of sleep affects men more seriously than women. Researchers at Pennsylvania State University analyzed 25 healthy men and women for 2 weeks. The first week, the subjects slept 8 hours a night. The second week, the subjects only slept 6 hours a night. Researchers tested the participants' blood throughout the 2 weeks. They found that when men got less sleep, levels of tumor necrosis factor rose. Tumor necrosis factor is a protein associated with heart disease and high blood pressure. The less men slept, the more they had risk of disease. Read the May issue of *HCFM* to learn about the best supplements for sleep, and easy methods for falling asleep.

Stay Mentally Sharp

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neurotransmitters. This process allows us to think and remember. The connections between neurons are central.

You can think and remember more agilely:

- ▶ The more connections you have between neurons
- ▶ The quicker signals are transmitted between neurons
- ▶ The better the circulation in your brain

Your brain is continually learning. It does this by forging new connections between neurons, and increasing the speed at which signals travel through the brain. Each time you learn a new word, see a new face, or smell new food, your brain makes connections.

As we age, our brains change. Connections dull, and our minds become less agile. At this point, our brains come to depend even more on nutrition to aid in thinking, remembering, and mood. We now understand that our brain function endures only if we eat the right nutrients.

Three Principal Reasons for Loss of Brain Power

Why do brain capacities decline in most of us as we age? As we age, our brain encounters 3 major problems.

- 1) **The brain shrinks**, impairing neurons and dulling connections between neurons
- 2) **Levels of neurotransmitters decline**, slowing, marring and reducing messages
- 3) **Brain circulation decreases**

The Hormone Factor

Although you can't get hormones nutritionally, hormones also play a vital role in brain health. Sex hormones like testosterone can affect mood and memory. Two even more important hormones that enhance memory are DHEA and pregnenolone. (In fact, the brain produces pregnenolone, along with the adrenals.)

These hormones stimulate the brain and keep it sharp without a "wired" feeling. They also help to synchronize the firing of messages through the neurons, aiding in mental clarity.

Both DHEA and pregnenolone are prohormones. This means they are the pre-cursors for other sex hormones. As with most hormones, the levels of DHEA and pregnenolone drop with age.

I suggest looking at your hormone levels with your doctor and having your levels monitored regularly.

Your brain shrinks as you grow older. What's more, research has shown that the problem is worse in men.

The shrinking starts in adulthood. Researchers believe that the average brain shrinks 2% per decade. This means that at 80, your brain will be 12% smaller than at 20.¹

Another side effect of aging is the reduction of neurotransmitters in the brain. The two main neurotransmitters that decrease are acetylcholine and dopamine. These two chemicals are crucial for neuron communication. A lack of these chemicals causes messages to travel slowly, to break, or to stop traveling all together.

The brain also loses some blood circulation as it ages. Blood brings nourishment to cells, and keeps the cells functioning. Without good circulation, your brain works less effectively.

Building Brain Power

Many doctors prescribe drugs or supplements like ginkgo to older people with lagging brain performance. Yet neither of these solutions gets to the root of the problem.

Prescription medicines will not reverse brain aging. They mask symptoms, or create even worse side effects. These potential side effects include anorexia, insomnia, nervousness, headache, depression, hypertension, anxiety, tachycardia, Tourette's syndrome, abdominal pain, dizziness and arrhythmias.

As for ginkgo, it's fine for short-term use. It will temporarily improve blood flow and give you a boost of clarity. However, I don't like to take ginkgo long-term because the effect is not sustained.

A more lasting solution, without harmful side effects, is to make sure you give your brain the nutrients it needs.

Give Your Brain the Fats It Needs

Essential Fatty Acids such as omega-3 fatty acid, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are essential to high brain functioning. Lack of these fatty acids can cause a number of brain dysfunctions, including aggression, memory loss, depression, and learning disabilities.

Because your brain is made of fat, its structures require fatty acids for proper functioning, repair and maintenance. Here are just a few of the important functions of fats in the brain:

- **Making myelin:** A membrane called myelin covers your neurons. Myelin is composed of fat. Myelin protects the neuron and helps messages move through them quickly.
- **Making new connections:** With the help of fats, neurons reach out to one another to make new connections.
- **Receiving signals:** The membrane that receives messages is almost entirely made of fat.

Fat? You're at Bigger Risk for Gum Disease and Blindness

As if heart disease, cancer, stroke, and diabetes weren't bad enough, researchers have recently found that obese people have a greater risk of losing their teeth and vision too. The *Journal of Periodontology* recently published a study that found that obese people have significantly higher rates of periodontitis, an infection that affects the gum and bone tissue in the mouth. In a separate study, Harvard researchers studied 261 patients for an average of 4 1/2 years. They found that the bigger your waistline, the more likely you are to have vision loss due to age-related macular degeneration. The good news is that exercising a few times a week cuts your risk of macular degeneration by 25%.

Fish Is Eye Food?

You know that fish is good for your heart and brain. New research shows it's also good for your eyes. A study of over 4,500 people between the ages of 60 and 80 was conducted by the National Eye Institute. Researchers found that docosahexaenoic acid (an element found in fish oil) supports the nerves in the retina. They also found that people who ate 2 servings of fish a week were 50% less likely to develop macular degeneration (a common eye problem related to age) than those who ate no fish. A separate study of 32,000 subjects by Harvard's Schepens Eye Institute found that fish oils also offer protection from dry eye syndrome, a condition that can damage the cornea. Eat good quality fatty fish like salmon or sardines a couple times a week to keep your eyes in top condition.

Many people get little to none of these essentials from their diets. Eat fish, animal meat, and eggs. For better amounts, you can take a supplement. Sometimes you can find fatty acids together in a supplement. To prevent deficiency, I recommend 200mg daily. If you are trying to reverse an existing deficiency, increase the dose to 1000mg per day.

■ **Phosphatidylserine (PS)** is a type of fat that is vital to accurate brain functioning. Your body makes PS. It appears in all cells, but is highly concentrated in brain cells. Its job is to house neurotransmitters and regulate their release. It has a hand in releasing and producing the two important neurotransmitters: acetylcholine and dopamine. PS also plays a role in maintaining the health of neurons.

As we age, we need more help from PS. We need more neurotransmitters, and we need to maintain the health of brain cells. PS supplementation can make the difference.

Neurology published a well-done study proving that PS supplementation can restore cognitive function. The study involved 149 volunteers between the ages of 50 and 75, all of whom had reported some memory impairment due to age.

Researchers gave the subjects either a regimen of PS or a placebo for 12 weeks. The subjects underwent computerized and neuropsychological performance tests throughout the trial.

PS subjects had an improvement in learning and recalling names, face recognition, remembering telephone numbers, remembering misplaced objects, and concentration. Some subjects began to improve in as little as 3 weeks.³

The only nutritional source of PS is animal brains. Not many of us eat animal organs, but supplements are available. There are two types of PS supplements; those that originate from cow brains and those that originate from soybean lecithin. The supplements are equally effective. However because of the recent scare of mad cow disease, *do not take the supplements derived from animals*. I recommend taking 100-200 mg of the soy-derived PS a day.

Other Vital Brain Nutrients

■ **Acetyl-L-Carnitine (ALC)** is another exceptional brain supplement. ALC provides a range of brain protection, improving mood and memory. Acetyl-L-Carnitine is an active form of the amino acid, carnitine. Among ALC's most vital assets, is its ability to protect the brain from damage due to poor circulation.

Researchers have found that ALC protects brain cells from damage even when blood flow is temporarily blocked.⁴ Animal models show that ALC keeps the cell energy going even when there is little or no blood flow for short amounts of time.

ALC also protects against neuron damage. ALC helps

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Stay Mentally Sharp

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injured nerve cells to repair and function normally again. ALC is also a natural precursor of acetylcholine and directly increases the release of acetylcholine. I recommend taking 250mg of an ALC supplement daily.

■ **Coenzyme Q10 (CoQ10)** is fundamental to the production of energy in brain cells. You can think of mitochondria as the “engine” of our cells. They produce the high energy demanded by an active brain. CoQ10 is essential to the production of this energy. CoQ10 is highly concentrated in healthy brains.

Not only does CoQ10 help to create cell energy; it also protects the cell from byproducts of that energy. Every time a cell makes energy, it also makes dangerous free radicals. Free radicals can wreak havoc inside a cell.

Free radicals can damage the mitochondria, and cause the cell’s engine” to stall. But CoQ10 destroys these free radicals before they can damage the cells.

CoQ10 is highest in the meat, fat and organs of animals. But modern domesticated livestock has only 1/10th the CoQ10 of wild game. Taking CoQ10 supplements will increase the levels of CoQ10 in your blood and brain cells. For optimal brain function and for protecting your brain from free radical damage with age, I recommend taking 100mg of a CoQ10 supplement daily.

■ **Vitamin B12** is another brain booster. Vitamin B-12 plays a role in creating and maintaining the protective coating around neurons. This coating is called myelin. Not only does myelin protect the neurons; it also helps to conduct messages. As vitamin B-12 levels drop, myelin’s effectiveness plummets.

People with B-12 deficiencies often develop mental

Are You Depriving Yourself of Brain Power?

Rate the severity of each symptom: **0-None 1-Mild 2-Moderate 3-Severe**

Section A

- Difficulty with attention/ focus
- Depression
- Dry skin
- Allergies
- Fatigue

- Aggression/ hostility
- Poor memory
- Dandruff
- Frequent urination
- Irregular heart rhythm

- Irritability
- Reading difficulty
- Dry eyes
- Joint inflammation

Section A Total: _____

Are You Eating The Right Kinds of Fats?

Rate how often you eat each food: **0-Never 1-About once a month 2-About once a week 3-Most Days**

Section B: Unnatural Fats

- French fries
- Pastries (doughnuts, cake, cookies)
- Mayonnaise

- Chicken nuggets
- Candy

- Potato/tortilla chips
- Margarine

Section B Total: _____

Section C: Brain-building Fats

- Cold water fish (salmon, cod, mackerel, sardines,
- Eggs

- Other oily fish (tuna, sardines anchovies, herring)
- Almonds, Brazil nuts, walnuts

- Flax or Fish oil supplements
- Pumpkin seeds

Section C Total: _____

Score Your Brain Power:

Determining how you score with brain building fats is easy. Simply add the totals of sections A and B and subtract section C. Now that you have your total, compare your score to the chart below. I just squeezed by with a score of 8.

$$\text{_____} + \text{_____} - \text{_____} = \text{_____}$$

Section A Section B Section C Overall Total

Greater than 20: You are suffering from extreme brain starvation!

14-20: Your brain is markedly depleted of vital fats.

9-13: You are losing some brain function. Your brain needs additional fats.

Less than 9: You are the well-nourished exception! Keep eating fish, eggs and nuts.

disorders. B-12 is essential for the upkeep of nerve cells. The toxic byproduct homocysteine destroys neurons. B-12 lowers the amount of homocysteine present in the body.

Like CoQ10, the only nutritional source of B-12 is animal meat. *Warning:* If you are a strict vegetarian, you will develop a vitamin B-12 deficiency. I recommend taking 500mcg of Vitamin B-12 daily.

Restore Essential Fats and Nutrients to Your Diet, and Your Brain Can Thrive Again

Ignore failed low-fat advice. Instead, make sure you are eating the right brain-building fats. Also, try to get quality protein with every meal. Plan your meals with meat and brain fats being the most important aspects.

This way you will get a little extra of the fats and other nutrients you need to build and retain a sharp mind. Take supplements to boost the doses of these nutrients if you aren't getting enough from your diet.

1 American Foundation for Aging Research: *Neurobiology of Aging Information* "What Physical Changes Happen to the Brain?" www.infoaging.com

2 Coffey, C. et al., Sex Differences in Brain Aging: A Quantitative Magnetic Resonance Imaging Study. *Archives of Neurology* 1998 Feb; 55: 169-179

3 Crook, T. et al., Effects of phosphatidylserine in age-associated memory impairment. *Neurology* 1991 May; 41(5): 644-649

4 Calvani M. et al., Attenuation by acetyl-L-carnitine of neurological damage and biochemical derangement following brain ischemia and reperfusion. *Int J Tissue React* 1992; 21(1): 1-6

Mad Cow Scare and Your Supplements

Mad Cow disease should affect the way you take supplements. The recent case of Mad Cow disease in Canada proves that the disease has traveled to North America. Bovine Spongiform Encephalopathy (BSE) is the technical name for Mad Cow disease. It is a degenerative disease that affects the nervous system of cattle. BSE is fatal in cattle. Humans can contract the disease from cattle. BSE causes a deadly brain illness in humans. There have been some reported cases of people contracting the brain disease from supplements containing ingredients derived from cows. Read the labels of all supplements you take. Whenever possible, choose supplements with ingredients that are not derived from cow or any animal.

MEMOS FROM MY CLINIC

Low Testosterone Causes Heart Disease?

Dear Dr. Sears, I have read your articles about how important testosterone is for men's health. Are there any other health problems associated with low testosterone (besides no sex drive)?

Lindh, Fallbrook, California

Yes, there are many other health problems definitively associated with low testosterone levels. Low testosterone not only causes a lack of libido, but also leads to memory lapses, poor mood, excess fat stores, and lack of energy. Now we have recently discovered that low testosterone levels in men may play a role in heart disease and diabetes.

Researchers at Osaka General Hospital in Japan found that men with very low testosterone levels are more likely to have clogged arteries and suffer from heart disease.

The researchers also reported that men with diabetes tend to have lower testosterone levels. This makes sense

because testosterone is one of the hormones which helps the body to manage insulin (which regulates sugar in the body).

This research proves the importance of testosterone to a man's overall health. You should ask your doctor to check your level as part of your annual exam.

Fad Diets Exposed

Dr. Sears, I agree with your view of good nutrition. But I'm having trouble convincing my brother that popular weight-loss diets are a waste of time. He tries every diet he sees on television or that enters his e-mailbox. Can you give me any kernels of knowledge that will help to prove my point? Thanks in advance.

Robin John Guesse, Woodstock, Georgia

I don't know which specific diets your brother followed. If he watches television, reads magazines, or surfs the internet, he's bombarded with hyped-up diets.

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Memos From My Clinic

(Continued from page 7)

I'll address some of the popular diets readers ask me about most frequently.

I have 4 problems with the most popular weight loss approaches:

- ▶ Most are ineffective. They will not make you lose weight.
- ▶ If you do lose weight, you cannot keep it off. Studies show over 90% of people who lose weight through dieting eventually gain 100% of the weight back.
- ▶ Many create serious nutritional deficiencies.
- ▶ They all fail to differentiate good weight — like muscle, bone and internal organs — from bad weight, like excess fat.

Here is a list of some of the most popular diets:

■ **The Hollywood Diet:** This one often appears in television commercials. The idea is to only drink this diet “juice” for a few days and you’ll lose weight. This is basically based on starvation. You may lose weight, but probably only because you are dehydrated. You’ll lose only water weight. As soon as you eat or drink anything, you’ll gain the weight back. The occasional fast is not dangerous. But dehydration will make you feel like hell and can be dangerous.

■ **Weight Watchers:** Weight Watchers uses a point system to rank food based on calories and fat. First of all, it’s a pain in the butt to track points. More importantly, most proteins are higher in “points” under this system so dieters are discouraged from eating them. This is basically another failed low-fat approach. Results are short-term at best, and you should never be duped into skipping protein.

- ▲ Protein enables the body to lose fat efficiently
- ▲ Protein maintains muscle, heart and brain
- ▲ Protein lessens metabolic decline with age
- ▲ Protein controls appetite

■ **The Cabbage Soup Diet:** The gimmick here is to temporarily eat only cabbage soup to cleanse your system and shed pounds. This one is floating around the internet

and may appear in your mailbox. The danger with this diet is obvious. No cabbage soup recipe can provide your body with the nutrients it needs. Any weight loss is due to starvation and malnutrition. Cabbage-soup dieters often feel weak and lightheaded. Not to mention, when you do eat again, your body will try to put on extra fat preparing for the next time you starve yourself.

■ **Calorie Counters:** Somewhat similar to Weight Watchers, you count and record calories eaten and control total calories. But, again, it doesn’t so much matter how many calories you eat. The key is where the calories come from because this determines what your body will do with the calories. Let’s say you snack on a candy bar and a soda. The sugar and insulin make you feel tired so you take a nap. Someone else eats the same amount of calories, except they eat fish and spinach. They feel charged and play fetch with their dog for 30 minutes. Who do you think would lose more fat?

■ **Eat Right 4 Your Blood Type:** The “break-through” here is that you should eat a specialized diet according to your blood type. Creator Dr. Peter D’Adamo believes that blood types are evolutionary “markers,” and your blood type determines which foods are best for you. This is just bad science. Blood types evolved hundreds of thousands of years before agriculture and modern foods were available. Therefore, we all ate the same hunter-based diet regardless of our blood types. If you have this book, you can get some use out of it. Just follow the high protein Type O diet regardless of your blood type.

■ **Slim Fast** is one of the most foolish dieting fads. The recommendation is to have two of their “diet shakes” and one “sensible meal a day.” The problem is that these shakes are mainly sugar. They are nothing but “refined junk”. These shakes will not give you the nutrients you need to stay healthy. You will burn off muscle and turn to flab. You’d be better off to diet on Snickers bars.

As a rule, true healthy eating is sustainable. But these fad diets are impossible to stay on long-term. So be wary of diets that:

- ▲ Have little scientific evidence to support their claims
- ▲ Claim rapid weight loss
- ▲ Have you eat only one food or recipe
- ▲ Involve pills that rely on “chemical reaction”
- ▲ Make large claims too good to be true

★ Coming Next Month ★

A New Approach to Prevent Prostate Cancer

The Surprising Truth About Fast Food

European Supplement Defeats Depression and Physical Pain