

## The Different Types of Diets Available

**Is the diet you are on Right for You?** Australians are gaining weight at increasing speed, at the same time products and diets for weight loss are taking off all around us with great marketing claims for quick results. However an important and serious problem with many big name diets, is that they fail to factor in that people's individual biochemistries and different optimum metabolisms.

Let's review some of the most popular diets today.

**High Protein Diets** (Atkins)-These diets recommend huge amounts of Protein in the diet (up to 70% in the form of fried meats, eggs and dairy) Many of the popular books which support this diet are gimmicky, and often, lack adequate scientific referencing. Excessive protein consumption, particularly animal protein, is very acidic and inflammatory causing. Many high protein diets are also far too lax on exercise, which is an important aspect of a healthy body and lifestyle.

**Low fat diets** A diet rich in natural foods will be a naturally high-fat diet! Good, beneficial fats are an essential part of life. Without them, we could not survive. Fat also adds satiety to our meal--a feeling of being full. Fat-free and low-fat foods are one of the reasons some people over-eat carbohydrates, which is a major cause of obesity. Studies show Triglyceride levels go up in low fat diets due to elevated insulin levels, which increases the risk of heart disease, rather than lowering it as previously claimed. On the contrary, a diet rich in good fats such as Omega 3's and Extra Virgin Coconut oil have been recently proven to assist in Fat Loss and general health of the body.

**The South beach diet**- Made famous by celebs such as Jennifer Anniston.

The promotion of "good" carbohydrate in these diets are incorrect, promoting both white grain breads and excessive fruit consumption. This advice can seriously impair the health of people with gluten sensitivity. It is also a prescription for disaster for the large number of people who have high carbohydrate sensitivity and struggle with controlling their insulin. The [recommendation of Aspartame \(Splenda,artificial sweetener\) widely recognized as a Health Hazard is neurotoxic to the brain and has been](#) linked to a wide range of diseases such as cancer and diabetes.

**Counting Calories, Points and Frozen meals** These diets are based on the theory energy in, energy out (Eating no more than you are burning). As simple as it sounds, the body is far too intricate as hormonal imbalances, suboptimal Liver function, and poor digestion are just a few things that can alter our biochemistry creating problems in our energy exchange & potential weight loss. These foods are highly processed, with added chemicals, salt & sugars to add flavour, resulting in lack of quality vitamins and minerals important for the function of enzymes and many other body functions.

*The outlined Diets are "one-size-fits-all" diet that ignores the fact that we have different genetic requirements for optimal health ... "one-size-fits-all" diets **never** work long term. Some people require a higher carbohydrate diet while others are more suited to the lower-carbohydrate, high-protein diet to suit their unique biochemistry.*

Bridget prefers the Zone principles (30% protein, 40% carbs, 30% good fats) as a general diet. Ketodiet (50% protein, 20% carbs and 30% good fats) for weight loss and some of the others depending on the goal.