The United States has popularized numerous diets in the last 40 years.  There are so many and all have different benefits and risks. With my family history, in my lifetime thus far I have experimented with most of these diets.

Below I have outlined the basics of many fad diets. If you would like more details, go to the resources to find out more.

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**Macrobiotic diet**

This diet was started by George Ohsawa in the 1930's and was then expanded upon by Michi Kushi.  It takes in principles of Zen buddhism looking to balance the yin and yang principles. It encourages eating with the seasons and  consuming whole foods. It is founded on the principles of a slower lifestyle with meditation and eating a diet primarily of whole grains, fruits and vegetables. Often the pots you use and how you cook are factored into macrobiotic cooking. Food should be cooked in glass or wood and not be cooked in electric ovens.  Some of the concerns about the diet is that it may be harmful to health with possible formation of severe nutritional deficiencies.

**South Beach Diet**

**Raw Food Diet**

**Mediterranean diet**

**Paleo

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**Atkins**

Dr. Robert Atkins was a cardiologist who came up with his revolutionary diet plan about a low carbohydrate diet starting in 1972. HIs diet promotes limiting carbohydrate intake and instead eating   fish and animal proteins, some dairy, and vegetables.  Back when the medical system was promoting a low fat diet with high carbohydrates, he realized that your body would turn carbohydrates into sugar which led to further cravings and hunger and thus overeating. This led to a greater risk of Diabetes and heart disease.  He promoted this new eating plan which did not become popular until the 90's.   He found that people had less cravings and hunger and had more energy while losing weight.

https://www.atkins.com/how-it-works

**Zone Diet**

The zone diet was started by Barry Sears over in the late 80's to decrease diet related inflammation. The idea is to help people lose weight while eating a balance of protein, fat and carbs.  The diet consists of 3 meals a day and 2 snacks. Carbohydrates are limited to vegetables and very small amounts of other sources of carbohydrates. Red meat and egg yolks should be minimized and the diet instead favors the intake of lean proteins. It encourages the consumption of vegetable fats such as nuts and olive oil while limiting that of animal fats.

The diet recommends eating within 1 hr of waking up and then at least every 5 hrs.  Snacks should be eaten before bed.

It is not clear from expert studies if this ratio of fats to proteins to carbs is so important although the low carb diet is shown to help with weight loss.

https://www.zonediet.com/the-zone-diet/
<http://dietsok.info/overview-of-the-zone-diet/?utm_source=bing&utm_medium=cpc&utm_campaign=m5r103_d&utm_term=zone%20diet&utm_content=zone%20diet>

**Dean Ornish’s diet for the reversal of heart disease**

Dean Ornish is a physician who first came up with a plan involving diet, lifestyle, state of mind and exercise to help reverse heart disease.  He started it in 1993 and by 2010 was able to get medicare to reimburse medical groups aiding patients in reversing heart problems with his plan.

His approach involves not only diet but also activity level, stress levels, and how much love and support you have in your life as factors involved in the reversal of heart disease.  The main idea behind the diet is one without animal products, processed or packaged foods, and little to no sugars or alcohol.  Aside from the diet, his plan has evolved over the years to recommend 20-30 min exercise every day as well as meditation, yoga, and relaxation techniques to manage stress.

It is believed to work for those with heart disease. The diet is low in fat, high in carbohydrates which have a high fiber content. The downside is that It requires a lot of work and planning and is quite restrictive.  It may lead to some deprivation of vitamins and nutrients and may require many supplements.

https://www.ornish.com
<https://www.webmd.com/diet/a-z/ornish-diet-spectrum-what-it-is>

**China Study**

The China Study was a book published in 2005 written by Colin Campbell and his son, Thomas Campbell.  They conducted research in various counties in China in the 1970's.  The people in the study were put on either an animal based diet or a vegan diet. 10 years later their blood work was compared evaluating for a predisposition for cancer or heart disease based on the diet consumed.  The results were overwhelmingly in favor of a vegan diet in the prevention of heart disease and cancer.   Their studies showed that eating an animal based diet predisposed you to these various diseases while a vegetable based diet did not manifest in any of these disease.

The China Study By Colin Campbell and Thomas Campbell

**Volumetrics**

 A diet started by Barbara Rolls, PhD based on eating the same quantity of food but just those with a lower calorie content to decrease the total amount of calories taken in daily.   The diet does not avoid any food products but encourages limiting processed foods, those with high fat or  high sugar  content. Women should drink at least 9 cups of water and men at least 12 cups daily.  The diet includes physical activity as well.  The goal is a decreased intake of 500 to 1000 calories daily.

**Gluten Free Diet**

This diet is self explanatory in that it excludes gluten in the diet. It was started for those patients diagnosed with celiac disease, an autoimmune disorder where gluten triggers immune factors that destroy the intestinal lining thus disrupting the absorption of many nutrients. Gluten is found in grains such as wheat, rye and barley.

Many people are gluten sensitive now and are unable to digest gluten .  Others have gluten allergies and are unable to eat it as well. Their symptoms include bloating, abdominal pain, diarrhea, constipation.  Some report brain fog, rashes, fatigue, headaches, general pain, numbness and tingling and much more.  The best way to test for this is to either eliminate gluten completely and watch for resolution of symptoms or try a gluten challenge test where a large amount of gluten is consumed over a couple of weeks after a period of elimination and symptoms are noted.  There has been a surge in gluten free foods as a result of the large number of people who are intolerant. Currently 1 out of 133 people are intolerant to gluten today versus 1 out of thousands in the 1960's.

The rise in Celiac Disease and non Celiac gluten sensitivity may be attributable to the hybridization of wheat in the 1960's. The old varietals of wheat that were most common included: Einkorn, Emmer, Spelt, and Dinkle.  New wheat cultivars have a thinner husk which is easier to remove and less work. The dwarf version is what is often cultivated today for its "naked-wheat"  which has a thinner husk compared with the ancient cultivars.  This makes the husk easier to remove to get to the kernel and allows for less work and greater productivity.   These dwarf versions are also resistant to lodging or falling over and rotting.  These new varietals also had higher gluten content making the bread fluffier.

The resultant wheat is hybridized and chemically mutated.  Digestibility was never examined in the process of exploring increased production.  Aside from the hybridization of wheat, the actual process of making bread has also drastically changed to speed up the process.  Sourdough bread was the type most commonly made and the process took at least 24 hours. The time it took allowed for the breakdown of certain proteins and amino acids.  This time it took to make the sourdough allowed yeast and bacteria to aid in making the bread more nutritious and digestible.

https://underwoodgardens.com/whats-wrong-with-our-wheat/
https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/gluten-free-diet/art-20048530

**Ketogenic Diet**

 This is a diet that encourages consumption of fat and proteins rather than carbs. After a few days of low carb intake, your body goes into ketosis where it burns fats and proteins because there are no carbs present for quick energy.   This leads to weight loss.  There are some thoughts that it may help with epilepsy, heart disease, brain disease and acne but more studies are needed to prove this.  There may be less production of insulin which is needed to store sugar as energy which is no longer present.  This may help with other diseases as well, like cancer, in slowing the growth of some cells.  It may decrease hunger as protein/fat intake may decrease hunger as well.  It also raises good cholesterol and lowers bad cholesterol which decreases risk of hardened arteries and heart disease.  Also of great importance, the lower insulin levels may lower cholesterol production thus reducing heart disease risk.  Acne worsens with higher insulin levels as well. This lower insulin may decrease acne as well.  The low carbs also lower blood sugar and improve diabetes however one must be cautious with diabetes as ketone production can be dangerous with diabetes and you produce ketones when you burn fats rather than carbs.  High levels of insulin can affect PCOS so this diet may help control nad improve PCOS as well.  The possible side effects of this diet are constipation, indigestion and low blood sugar. Rare complications include kidney stones and acidosis.

https://www.webmd.com/diet/ss/slideshow-ketogenic-diet

**SCD**

This diet was intended to help people with crohn's disease, ulcerative colitis, celiac disease, cystic fibrosis, diverticulitis and chronic diarrhea. The theory as that certain foods are inflammatory to the gut which can lead to generalized inflammation.  Certain foods composed mainly of monosaccharides are easier to digest in the intestine. Complex carbohydrates (poly and disaccharides) are more difficult to digest and feed harmful bacteria in the gut propagating the problem.  The purpose of this diet is to starve the harmful bacteria and decrease inflammation in the body thus leading to overall improved health.

From my own perspective of recommending this diet to patients, I have only had one patient follow this diet to the best of their ability using the website to avoid what are coined as "illegal foods" and instead only consume "legal foods". As a result, I have seen patients heal from pain in a matter of days after ending consumption of foods deemed inflammatory.  I would highly recommend this diet to anyone willing to try it for inflammatory conditions in the gut but also anywhere in the body.

http://www.breakingtheviciouscycle.info/p/about-the-diet/
 Specific Carbohydrate Diet by Dr. Sidney Valentine Haas

**GAPS diet**

Dr. McBridge based her diet on the Specific Carbohydrate Diet. Her diet is about eating limited foods, primarily fermented vegetables and bone broth soups to heal the gut lining. She feels there is an imbalance in the gut ecosystem which leads to various intestinal and neurological health problems such as ADD, ADHD, Dyslexia, Depression, Schizophrenia, Autism, Dyspraxia, Epilepsy.  She theorizes removing foods that damage the gut lining and replaces them with nutrient dense foods that are healing to the gut.

IN her protocol, one begins, if able, with the introductory GAPS diet lasting 3-6 weeks and then progresses to the full GAPS diet. The introductory diet begins with bone broth soups and fermented vegetables and gradually progresses to add egg yolk, olive oils, avocado and some nut butter pancakes or breads.  The full GAPS diet progresses to include the introductory foods as well as certain non carbohydrate foods. It coincides with foods allowed in the specific carbohydrate diet and may be required for about 1-2 years to fully heal the gut. There is a system and program which outlines the details of how to follow this diet and prepare foods as well as when to return to the introductory diet. There are food allergy tests and other signs to look for when not tolerating certain dietary changes.  Along with the diet, it is encouraged to take probiotics (such as bio-kult), essential fatty acids (seed nut blend 2:1 omega 3:6, higher ratio EPA to DHA), vitamin A (cod liver oil), digestive enzymes (betaine HCl with pepsin) and vitamin and mineral supplements.

http://www.gapsdiet.com
 Gut and Psychology Syndrome by Dr. Natasha Campbell-Mcbridge, MD.

**Sugar and Heart Disease**
The Hidden evidence

The Sugar Research Foundation (SRF) now known as the sugar association. paid $6500 back in 1967 which is about $50,000 in today’s money to hide the fact that sugar contributed to heart disease but instead place the blame on saturated fats.  Coca Cola paid millions to hide this evidence and candy bar companies also feigned incorrect data leading to the belief that sugar and candy were far from bad for us to consume.    Money dominated then and still does today.  1

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https://www.nytimes.com/2016/09/13/well/eat/how-the-sugar-industry-shifted-blame-to-fat.html

Dr Garth Davis, author of Proteinoholic: How Our Obsession with Meat is killing us and what we can do about it.
https://responsibleeatingandliving.com/favorites/garth-davis-md-proteinaholic/

https://thekindlife.com/blog/2013/06/dr-neal-barnard-pcrm-preventing-cancer-with-a-vegan-plant-based-diet/
Dr. Neal Barnard

Dr Esselstyn- prevent and reverse heart disease
http://www.dresselstyn.com/site/

Dr. Greger
https://drgreger.org

FOrks over knives

Wasted

Ted Talk  and "Deep Work" by Cal Newport
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