

"A vitally important book, destined to change the way we think about food."

—MICHAEL POLLAN, AUTHOR OF *IN DEFENSE OF FOOD*

"Gary Taubes is a brave and bold science journalist who does not accept conventional wisdom." —*THE NEW YORK TIMES*

GOOD CALORIES,



BAD CALORIES

FATS, CARBS, AND THE CONTROVERSIAL
SCIENCE OF DIET AND HEALTH

GARY TAUBES

Gary Taubes

**Good Calories, Bad Calories: Fats, Carbs, and the
Controversial Science of Diet and Health**



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For decades we have been taught that fat is harmful to us, carbohydrates better, and that the key to a healthy weight is eating less and exercising more. Taubes argues that the problem lies in refined carbohydrates, like white flour, very easily digested starches, and sugars, and that the main element to good health may be the sort of calories we take in, not the number. Known as "The Case Against Sugars, available now. destined to change just how we think about food,"" by Andrew Weil and ... by Michael Pollan, this groundbreaking book by award-winning science writer Gary Taubes displays us that almost everything we believe about the nature of a healthy diet is wrong. Don't miss Gary Taubes's latest book, an essential book," Yet not surprisingly advice, we have seen unprecedented epidemics of weight problems and diabetes.



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This is the most profound book about diet & This was supposedly one of the primary benefits of the diet and one of the main points of the book, but I was still amazed with the outcomes. He had also explained to cut out as much sodium from my diet plan as possible. I dropped her to a heart attack in 1995. That model was simple and made a whole lot of sense. Indeed, through the entire book, Taubes points out the lies, mistakes, misinterpretations and failed critical convinced that led to the existing dietary recommendations of a predominantly low-fat, high-carb diet. Within days, I started getting muscles cramps and dizzy spells, and saw my doctor about the problem. Rice, potatoes, flour (including cakes, loaf of bread, pasta, etc.), sugars, and other refined, easily digestible carbohydrates are changed into simple sugars in our digestive systems. This information is vital. This book is quite detailed. This is all simple high-school biology, and completely uncontroversial. Taubes, however, goes additional and cites study after study that implicate the recommended "healthy" low-fat, high-carb diet plans as a primary reason behind obesity, cardiovascular system disease, type 2 diabetes, hypertension, certain cancers and a whole range of various other health problems. I was aware that I was having a marked increase in short term memory problems, and my joints were getting so troublesome I was unwilling to accomplish the workout my doctor kept harping going to keep my pounds in order. I was on a long, domestic flight when We read an in-air travel magazine content by Taubes concerning this book back early 2008. I was very skeptical, because what he had written flew when confronted with what I had come to believe about health and diet plan, but I was intrigued because of the claims he made about the links between diet plan and hypertension. I really believe my mother would have remained her regular self until her passing if she was not given a statin and I also believe we might have had the joy of having her longer if any of us (including her doctors) got fully understood the implications of the carbohydrate laden low-fat diet she consumed for years. This is an unbelievable book that, for me, completely redefined what constituted a healthy diet plan." I assumed it had been irrefutably tested. Four of these are written by MDs - informed, well educated, science background people dealing with current research info. So I bought a copy of this book and read it from cover to cover. It had been a surprising revelation! This made a lot of sense to me, and so I started a diet that the book indicated will be healthier: one without starchy food, but with fish, meat, dairy products and vegetables. The Primal Blueprint: Reprogram your genes for effortless weight reduction, radiant health, and boundless energy It really is exhaustively researched, going back through dietary study for the past century. In other words, insulin acted as an anti-diuretic. The resulting excessive water increased blood pressure. Great but anticipate to struggle As a layman just interested about nutrition this has got to be the most challenging book I've browse in years but I also found it an extremely

insightful peak into real science. Rather, for someone like me, who would like to understand WHY points are the method they are, this is a prosperity of information regarding how we went down the wrong path as far as national nutritional health advice and who was behind everything. He cited research which indicated that hypertension was due to eating a diet abundant with easily digestible carbohydrates. What counts isn't the number of calories consumed, but their quality. It seemed that the mix of the dietary plan and my hypertension medication was offering me low blood pressure and dehydration symptoms. He halved my medication dosage, instructed me to buy a blood circulation pressure monitor, and to arrive off the medication completely if my symptoms continuing - but to check my blood pressure frequently. But every calorie restrictive program I tried simply left me starving and with only short-term weight loss. So very much for having to take the medicine for the others of my entire life. But other effects were happening if you ask me while I was upon this diet. I started slimming down (I was, I'll admit, somewhat obese when I started the dietary plan), yet I by no means felt hungry, and could seemingly eat just as much as I loved, without ever feeling distended or full. health ever written! Taubes' analysis also predicted that such a diet plan would do the next to my blood lipids: it would lower triglyceride levels, raise HDL ("good" cholesterol) levels and perhaps raise LDL ("bad" cholesterol). Over the course of a year, the blood function performed by my doctor backed this up: I significantly lowered my triglyceride amounts, significantly raised my HDL levels - both unequivocally good things - while slightly increasing my LDL levels. Taubes' studies got indicated that HDL amounts had a strong inverse correlation with cardiovascular system disease incidence (that's, the bigger the HDL amounts, the lower the risk of cardiovascular system disease), while LDL experienced a poor, positive correlation, so I wasn't too worried about the increase in LDL. So, it worked for me. However, this is not a book primarily about diet. It may be more accurate to say that it's a book about the research of diet, nourishment and health, and Taubes is pleased to acknowledge that people still should do a lot more research on the subject, but without any preconceptions. But, Taubes convincingly argues, it isn't just as well simplistic, it really is wrong. Profit, not our well becoming or the the survival of family farms matters to them. He certainly doesn't state to have all the answers, but he will put a lot of pseudo-scientific diet plan & Their influence on our government's plans at all levels is actually shocking. He convincingly argues that Ancel Keys' "lipid hypothesis" - that diet plans that are high in fat, and high in saturated fat specifically, cause cardiovascular system disease - not merely has no evidence to support it, but is usually contradicted by the data that is obtainable. I suggest it to everyone. I recommend this book! Reformed Health Care Worker I've worked well in hospitals or have been in a teaching

placement in health care since 1972. That entire period I marched to the unceasing drum of dietary-fat-and-cholesterol-lead-directly-to-heart-disease, right now called the lipid theory of heart disease. Both books possess at their core a focus on of total carbohydrate in a day around 70 mg if you want to lose weight. When I asked my doctor what I had a need to do to arrive off the medication completely, he explained there was nothing I could do and that I most likely needed it for the rest of my entire life. Then elements in my own existence led me to eventually question that ever present mantra. My own mother had her first coronary attack when she was simply 48 years older. Taubes can be painstaking in his initiatives to cite all of his resources and data. argumentative, irritable, forgetful, poor coordination and very depressed. Be well. What was even more puzzling was that she experienced never been someone to eat fatty foods or factors laden with cholesterol. Eye-opening Book Gary Taubes exposes the existing style of a "nutritious diet" as a fraud that is NOT based on sound science. I did understand she struggled with excess weight her entire life and hence was vigilant in consuming things low-fat, along with only using polyunsaturated oils for cooking. Nonetheless it is also true she had a problem with carbohydrates - they often were the majority of her diet. I completely believed the calorie consumption in/calories out style of dieting: that is, if you consume more calorie consumption than you expend, you will put on weight, and that you lose weight by expending more calories than you consume. 3 years ago, as my very own cholesterol nudged up a bit, but nonetheless within traditional normal range, I did not hesitate to adhere to my doctor's suggestion to begin a statin (Lipitor). If anything, I experienced I was getting prior to the risk of losing my entire life as my mom got. But also like her, I have a problem with my weight and like her I gravitate to carbohydrates. I was strictly avoiding all saturated fats and dietary cholesterol, food preparation with the supposedly "healthful" polyunsaturated oils and usually choosing fat-free of charge or low-fat milk products. In all that time in hospitals and health education we had a two other mantras - "a calorie is normally a calorie" and its corollary "calories in calories out" as the just method of weight management. Ultimately, I stopped taking the medication, and my blood pressure was routinely around 118/75. We developed, in those 3 years, various pains and aches, initially too varied to create a pattern. He clarifies the mechanisms that lead to these diseases, and punches holes in the recognized wisdom behind recommended "healthy" dietary guidelines. I came across myself getting irritable, less interested in lifestyle and feeling 0. This is a jaw dropping revelation if you ask me. D. @ 60. Out of frustration with both pounds and how crummy I was sense, I read a couple of food guidance books, and one, "In Defense of Food" started making sense if you ask me. Common book reviving calories vs." The writer already had an excellent track record of science journalism. Just imagine how startled I was while reading Gary Taubes

reserve to find out there hardly ever has been definitive reproducible research to prove the bond between consuming dietary saturated extra fat and cholesterol to the development of high bloodstream cholesterol, nor to cholesterol numbers being a directly predictive factor in cardiovascular disease mortality. It gets very boring. Then you came the true shocker.... It took comprehensive note taking and rereading to really understand but I found this to be a very rewarding process given the implication on your own health...the most consistent risk factor for developing heart disease, as far as diet plan is concerned, is the intake of carbohydrates. I was dumb struck. He also issues, then destroys, the assumption that all calories are created equal and that saturated excess fat is harmful. Life changing This is the book that set me on my low carbohydrate journey. I am not easily swayed, so that it is vital that you see that when someone makes such revolutionary counter-to-accepted-belief statements, they had better be able to back it up. Taubes publication has over 60 web pages of just reference sources. However, the study indicated that insulin also acquired other effects on your body, one of which was to cause the kidneys to reabsorb more water back to the blood stream. His book led me to some others that focused on carbohydrate dangers. cholesterol, fats and the harmful effects of statins. For those interested, here are a few recommendations: Natural Wellness & Weight Loss, Deep Nourishment: Why Your Genes Need Traditional Meals, The Statin Damage Crisis, THE PRESENT DAY Nutritional Diseases: And How to Prevent Them : Heart Disease, Stroke, Type-2 Diabetes, Obesity, Cancer, Cereal Killer, The Great Cholesterol Con: THE REALITY About What Really Causes CARDIOVASCULAR DISEASE and How to Avoid It and Such a diet raises blood glucose, which in turn raises insulin - to be able to convert that sugar to fat, thus reducing blood sugar, and storing the resulting fat in the bodies extra fat cells. I was in my own early 40's and didn't just like the sound of this at all! P. Agribusiness is also enormously influential in obtaining tests done, with their own highly lucrative contracts with research groupings, to "prove" that oils made from their excess harvest, that are inexpensive and highly profitable, should be part of our daily diet at the expense of traditional fats. The power the pharmaceutical market and the agribusiness is wearing such supposedly trustworthy organizations like the American Heart Association, the FDA and the NIH is not to be believed. So sad for all those. The food pyramid is completely wrong for heart health, weight reduction and avoiding type 2 diabetes. As I browse these books, I began to have hope about finally managing my very own weight. Taubes book is focused on arming you with appropriate facts, about making smart choices for your own nutritional direction. It is not focused on the use of statins (I came across that information in additional related books in the above list) - rather, he is making the idea that while we have been concentrating on fat as the reason for obesity, diabetes and heart disease, it has really been the change toward more carbohydrate and seed

oil consumption going back 60 years. I was longing for a more simple reply on the nice and bad calories.) Simultaneously, Taubes pointed out that blood sodium amounts, which typical wisdom claimed caused the that excess water (again, without a great deal of evidence to support it), was quite easily regulated by the kidneys and passed out of the body in urine. He enables you to connect the dots for yourself. If instead you would favour help with an application for redesigning your nutrition, two of the books I listed are better for that, particularly "Deep Nourishment" by Dr. Shanahan, or Mark Sisson's "Primal Blueprint". It never occurred if you ask me to talk to "Where is the hard evidence? It feels as though the author included each and every nutrition study he found and he often doesn't connect the study to his broader point. I have also gradually tapered off, after that stopped my Lipitor. I will not know my laboratory numbers for several months until my next check up, but I can report that my own body aches possess lessened, I have even more energy, my short-term memory space is better and my depressed feeling has vanished. I purchased two extra copies of Taubes reserve and will be giving them to both my Family Practice doctor and my Endocrinologist. In turn, this glucose enters our blood streams and raises our blood sugar. I had been recently diagnosed with hypertension (high blood circulation pressure) and my doctor acquired place me on a course of medication to take it under control. Good luck to you. Nothing in my own medical care education lead me at fault any of that on statin medicines. Information I uncovered left me shocked about how exactly manipulative Big Pharma is really as far as pressuring doctors to use their drugs, (complete with "incentive" packages that may only be compared to flat out bribery) about how they fund their own studies and then reach interpret their own leads to be certain they are favorable, and/or they can choose to fail to publish anything negative. S. - An eye-opening Dvd and blu-ray is "Meals Inc." that lays out the case for how we as citizens are in the mercy of only a small number of agribusiness companies. If those suggestions are right, he asks, why are we viewing this explosion in obesity, hypertension and type 2 diabetes diagnoses? health claims to the sword - and he explains why. (Among the medicines in my blood circulation pressure medicine was a diuretic, so it clearly worked by reducing the quantity of water in my own bloodstream.. Would recommend! Must read This book includes a tremendous wealth of information and is a must read for all who make an effort to understand key tenets of macro nutrient metabolism and nutrition. It must be essential read for public health officials and for doctors. It is usually disheartening to learn how utterly misguided has been the advice given to us for all these years. Author describes in detail a million nutritional studies. Love this issue but put me to sleep. This reads just like a research paper. Using these suggestions, I dropped 25 pounds in 11 weeks, without feeling hungry, and Personally i think excellent. He lists the reality and move on to the next study. Then I continued to

read about the abundance of details revealing "healthy" seed oils, such as for example corn, safflower, sunflower, soy and canola, demonstrated no proof lowering either cardiovascular disease itself or the mortality price from cardiovascular disease. It's probably ideal for a medical/diet professional, academic or college student but not for the average individual trying to educate themselves. He could possess made his point better with half the background data. One whole chapter is devoted merely to how our anatomies manufacture and use insulin and the strain that excess carbohydrate places on our bodies, leading ultimately to insulin level of resistance and lastly type 2 diabetes. I needed to understand and believe the technology behind low carb to be able to truly have the ability to quit sugar and Personally i think so much better right now for having completed so. Two additional books were mentioned within that one, so I moved on to one of them - "Good Calories, Bad Calories. Carbs debate. Describes the various interpretations of the technology and how the nutritionists and cardiologists may have gotten it wrong. Bought the hardcopy long ago, delivered copies to my sisters, today bought the kindle edition. But I hardly ever stopped to think about that. Since high bloodstream sugar is harmful and fatal if not addressed, our bodies respond by making insulin which causes that blood sugar to be changed into fat and stored in our fat cells. In her seventies she was placed on a statin for elevated cholesterol and became somebody I barely recognized; It is maddening how the public provides been duped into believing a low fat, high carb diet is healthy. This book basically changed my life and how I think . prevent disease through what we eat or don't eat. It really is a game changer. I actually was hoping for a far more simple solution on the good and bad calories This was just an excessive amount of information for me personally. But Taubes isn't offering "program" as such. I just don't have time to read through this entire reserve to get the answer. This publication is not an easy read, but it will change your perspective on what constitutes a nutritious diet, why/how we in fact lose weight &.. This book basically changed my life and how I believe about food. It's refreshing, objective, and eye starting. Taubes also demonstrates that in all likelihood saturated fat, definately not being unhealthy, is in fact an essential component of our diets.



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