

What Has Dr. Shook Been reading?

Protein Power by Michael R. Eades, M.D. and Mary Dan Eades, M.D.
Bantam Books 1998

Michael and Mary Dan Eades are medical doctors from a small midwestern town who specialize in weight loss. They were fascinated by the discovery of a best selling diet book from the 1800's that restricted carbohydrates.

After contemplating the chemistry and physiology of this apparently miraculous diet, they formed the "mini-hypothesis" that excessive carbohydrate consumption isn't good. Why? Because carbohydrates raise blood sugar levels which in turn raises insulin levels in the body. They studied medical literature from all over the world and consistently found elevated insulin levels associated with obesity, heart disease, high blood pressure and adult onset diabetes. From there they formed the working hypothesis that excessive carbohydrates lead to excessive insulin, which leads to obesity, heart disease, high blood pressure and diabetes.

They tested a diet restricting carbohydrates and supplying sufficient protein. The results were rapid, dramatic and pretty much uniform. Blood pressure dropped, cholesterol levels fell, weight decreased.

So they wrote: *Protein Power*.

I looked over the sample meal plan; Lots of vegetables and a modest amount of fruits, water, fish, chicken, eggs, beef, nuts, quality fats and even a glass of wine with dinner. Good food is good food.

The diet plan is broken down into three stages. The first phase is designed for people concerned about obesity, high blood pressure and heart disease. This phase has the strongest restrictions on carbohydrates. They repeatedly encourage the dieter to work closely with their health care provider. The second phase allows for more carbohydrates and the third phase even more.

Throughout all stages, the Eades encourage the dieter to exercise restraint when offered sugar, ground grains and starchy vegetables. The importance of getting sufficient protein, drinking water, taking vitamins and exercising is also stressed.

I do have a few concerns about this book. First and foremost: Someone out there is not going to really read the book, skipping the part about eating lots of vegetables and drinking lots of water. They will eat only fat and protein thereby throwing their body into a state of ketosis, damaging their kidneys and becoming very sick.

Second, the section discussing fats and essential fatty acids may not be entirely valid. It would take much more space than I have available here to explain. Call me and I will elaborate.

Finally, while I was delighted that they encourage the dieter to exercise, I was disturbed that the directions for lifting weights included working up speed until one is "...snapping that weight up briskly through out all the sets". This "snapping" sounds like a good way to injure oneself. I suggest you keep your chiropractor's phone number in your billfold.

I must stress that any diabetic or a person prone to diabetes should not eliminate carbohydrates from their diet or consume excessive fats.

Bottom line, eat your vegetables, get plenty of good protein, drink clean water, exercise regularly and show restraint with the white foods (sugar, flour and potatoes).

Next I'll be reading Ann Louise Gittleman's new book *Eat Fat, Lose Weight*.

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