

The WAR on The Santa Claus Diet - SUGAR. Re: Sixty seconds on ... the war on sugar

In an effort to move attention off the proven causes of coronary artery disease (CAD) [1-3] onto something else – viz. SUGAR – which can sell books; proponents of the LowCarb and Ketogenic diets have been attempting to misdirect people to buy their diet books for decades by convincing them that the problem is SUGAR.

While proponents of the LowCarb-KETO diets – who are happy to sell you their latest diet book(s) – focus on the health risks associated with non-insulin dependent diabetes mellitus; their suggestion that it is the elevated insulin resulting from diabetes, caused by too much SUGAR in the diet, which is the sole cause of the inflammation causing CAD, demonstrates either a complete lack of understanding of the "Inflammation and Heart Disease Theory" [1] itself or a complete disrespect for the people they are misleading - cavere emptor. No one has ever suggested that a diet high in SUGAR is a way to improve your health [4] – particularly heart health.

By focusing on SUGAR alone, people are being told that if they simply avoid SUGAR and associated carbohydrates, they will lose weight. From a merely biological perspective, the concept of excluding the primary pathway, which has evolved for energy metabolism from food in humans, is gravely unconscionable and from a medical perspective arguably malpractice.

The simple perspective that losing weight is all one needs to do – the primary focus of too many who think that merely losing weight will reduce their heart disease and associated comorbidities like type 2 diabetes - would invoke the continued use of The Tapeworm Diet.

Yes, the over consumption of SUGAR and refined carbohydrates is not nutritionally beneficial for humans; however, it has never been recommended by serious physicians and scientists studying the health consequences of our diets [5-7] – merely those selling LowCarb-KETO diets.

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