



# SpecialtyHealth

SPECIALISTS IN MANAGED HEALTHCARE & PREVENTION

In 2005, the nutritional component of our wellness program was floundering. Two fine men had both lost over 100 pounds. To my complete astonishment, they had both gained it all back and then some! What in the world was going on?

I was just as depressed as they were. The low fat, high carb (count the calories) traditional approach clearly wasn't working, and important Lipid numbers were also disappointing. I was desperate, reading everything I could find and asking questions. Luckily, I talked to Dr. Tracey Green, Nevada's State Health Officer and now a trusted colleague.

Dr. Green recommended that we get to know Mr. Gary Taubes and his work. This turned out to be wonderful advice. Gary's third book, *Good Calories, Bad Calories* (2007, AA Knoph NY) changed everything for SpecialtyHealth. I was completely hooked by the end of Chapter 1, "The Eisenhower Paradox." Here were IKE's physicians, hiding the truth from the President of the United States, who had suffered a heart attack! President Eisenhower was clearly getting worse on a low fat diet!!! We weren't the only ones who couldn't make it work. Chapter 13 on "Dementia, Cancer, and Aging" was such a revelation and so well written. I asked a friend who is an Oncologist to review the Cancer section and two Neurologists to review the Alzheimer's and Dementia work. These physicians were every bit as impressed as was I and became Gary Taube's acolytes.

We first invited Mr. Taubes to Reno as a wellness speaker on October 14, 2010. For three nonstop hours, Gary kept 90 attendees mesmerized, as he presented *Why We Get Fat and What to Do about It*. That was a remarkable night. Since then, Gary has become a very close friend and a mentor. He has been back to Reno two more times -- once with Dr. Thomas Dayspring (December 2011) when we filmed Wellness videos 1 through 7. These totally spontaneous videos represent some of the most exciting work ever done at SpecialtyHealth.

Work done with Gary and five other physicians and friends on Alzheimer's disease has received national attention (videos number 26 thru 30). I was thrilled to be in the audience when Gary was the featured speaker at the Annual National Lipid Association (NLA) meeting in Phoenix this year. He did such a nice job. Gary Taubes is making a huge difference to the health of our nation. History will be kind to Gary Taubes

Of all the work Gary has done, my personal favorite is a top 10 list that he published in *Good Calories, Bad Calories* (page 454). The list is important as Gary tells you exactly what he thinks. After all the research and all the work, he is willing to stake his reputation on this list. Last week I asked Gary what he would change on that list now, five years later. He very kindly reviewed and updated the list so now we can date it July 11, 2012. The list is presented below, I think you will find it most helpful.

Thank you,

E. James Greenwald, MD

## **GOOD CALORIES, BAD CALORIES**

### **Top Ten List: Gary Taubes, Author**

1. Dietary fat, whether saturated or not, is not a cause of obesity, heart disease or any other chronic disease of civilization.
2. The problem is the carbohydrates in the diet, their effect on insulin secretion and the hormonal regulation of homeostasis -- the entire harmonic ensemble of the human body. The more easily-digestible and refined the carbohydrates, the greater the effect on our health, weight and well-being.
3. Sugars -- sucrose and high fructose corn syrup specifically -- are particularly harmful, probably because the combination of fructose and glucose simultaneously elevates insulin levels while overloading the liver with carbohydrates.
4. Through their direct effect on insulin and blood sugar, refined carbohydrates, starches, and sugars are the dietary cause of coronary heart disease and diabetes. They are the most likely dietary causes of cancer, Alzheimer's disease, and the other chronic diseases of civilization.
5. Obesity is a disorder of excess fat accumulation, not overeating and not sedentary behavior.
6. Consuming excess calories does not *cause* us to grow fatter any more than it causes a child to grow taller. Expending more energy than we consume does not lead to long-term weight loss; it leads to hunger.
7. Fattening and obesity are caused by an imbalance or disequilibrium in the hormonal regulation of adipose tissue and fat metabolism--fat synthesis and storage exceeds the mobilization of fat from the adipose tissue and its subsequent oxidation. We become leaner when the hormonal regulation of the fat tissue reverses this balance.
8. Insulin is the primary regulator of fat storage. When insulin levels are elevated, either chronically or after a meal, we accumulate fat in our fat tissue. When insulin levels fall, we release fat from our fat tissue and use it for fuel.
9. By stimulating insulin secretion, carbohydrates make us fat and ultimately cause obesity. As a general rule, the fewer carbohydrates we consume, the leaner we will be.
10. By driving fat accumulation, carbohydrates also increase hunger and decrease the amount of energy we expend in metabolism and physical activity.