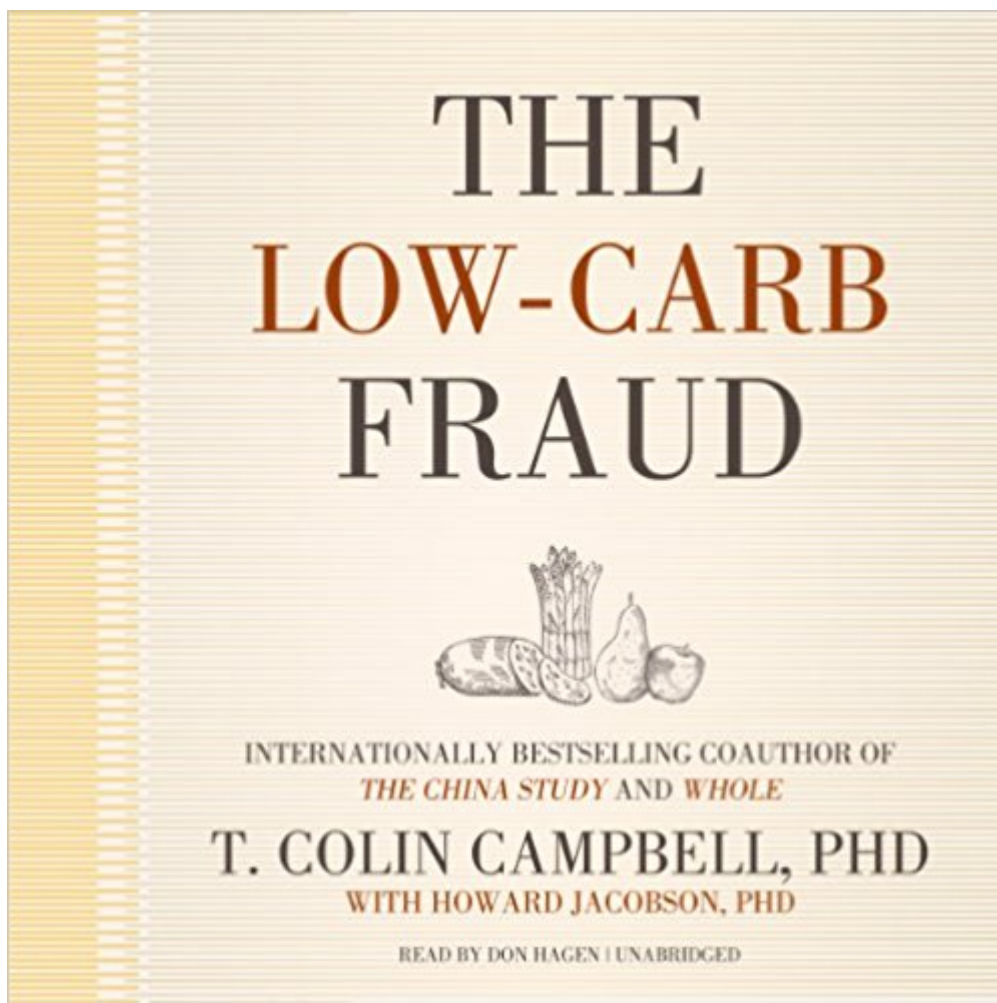


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# The Low-Carb Fraud



## Synopsis

[Read by Don Hagen] If you're considering a low-carb diet, read this book first. It will change the way you think about what you eat -- and how you should be eating to lose weight and optimize your health, now and for the long term. -- By now, the low-carb diet's refrain is a familiar one: "Bread is bad for you. Fat doesn't matter. Carbs are the real reason you can't lose weight." -- The low-carb universe Dr. Atkins brought into being continues to expand. Low-carb diets, from South Beach to The Zone and beyond, are still the go-to method for weight loss for millions. These diets' marketing may differ, but they all share two crucial components: the condemnation of "carbs" and an emphasis on meat and fat for calories. Even the latest diet trend, the Paleo diet, is -- despite its increased focus on some whole foods -- just another variation on the same carbohydrate fears. -- In *The Low-Carb Fraud*, longtime leader in the nutritional science field T. Colin Campbell outlines where and how the low-carb proponents get it wrong: where the belief came from that carbohydrates are bad and why it persists despite all the evidence to the contrary. The foods we misleadingly refer to as "carbs" aren't all created equal, and treating them that way has major consequences for our nutritional well-being.

## Book Information

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## Customer Reviews

T. Colin Campbell, PhD, has been at the forefront of nutrition research for more than forty years. His legacy, the China Study, is the most comprehensive study of health and nutrition ever conducted. Dr. Campbell is the author of the bestselling book, *The China Study*, and the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University. He has received

more than seventy grant-years of peer-reviewed research funding and authored more than three hundred research papers. The China Study was the culmination of a twenty-year partnership of Cornell University, Oxford University, and the Chinese Academy of Preventive Medicine. Howard Jacobson, PhD, is an online marketing consultant, health educator, and ecological gardener from Durham, North Carolina. He earned Masters of Public Health and Doctor of Health Studies degrees from Temple University, and a Bachelor of Arts degree in history from Princeton. Howard cofounded VitruvianWay.com, an online marketing agency, and is a coauthor of Google AdWords for Dummies. When Howard is not chasing groundhogs away from blueberry bushes or wrestling with Google, he relaxes by playing Ultimate Frisbee and campfire songs from the 1960s. His current life goal is to turn the world into a giant food forest.

I was very disappointed in this book by Colin Campbell. First, let me say that I read and liked "The China Study" (Campbell), "The Starch Solution" (McDougall), "How Not to Die" (Gregor), and "Prevent and Reverse Heart Disease" (Esselstyn). I have been eating Whole Foods Plant Based for nearly a year and have lost over 90 pounds and feel great. So I'm a convert to this way of life. However, this book is misleading, a huge missed opportunity, and a rip-off, in my opinion. First, the book is tiny. I've attached a picture of the physical book, which is smaller than a normal book in dimensions and extremely thin on top of that. Yet it's priced, in paperback and kindle, like a regular book. I actually listened to the audio book, which was astonishingly short, only a few hours. More important: is its failed promise and missed opportunity. I listened to this book on the way to a family reunion, hoping to get some talking points. I did low carb for about six years (I'd always lose 20 pounds and then just sit there and eventually go off, gain it back, repeat ad nauseum). Nearly all my family is on low carb and they think it's the healthiest way of eating. So I was hoping for some evidence to convince them otherwise. You won't find it here. Essentially what this is is Campbell's refuting (ie ranting) against "Good Calories, Bad Calories" by Gary Taubes. As a top US researcher who was involved in many of the findings and committees that Taubes quotes and/or denigrates, I can understand Campbell wanting to set the record straight. Furthermore, I'd read "Good Calories, Bad Calories" years ago, and it's very convincing. I was glad to see a rebuttal made and found Campbell's points interesting and good to know, though they did come off as pretty biased. Essentially the argument Taubes makes is that "the government recommended low fat, so everyone did that for years and it only made us fatter and sicker". As Campbell points out, very few people truly ATE low fat at that time, despite government recommendations. And what the government actually suggested (which was a compromise) was 30% fat, which is still "high",

according to Campbell. Furthermore, studies that Taubes quotes that compare "low fat" to "low carb" aren't truly "low fat" (like 30%) so the results are meaningless. And the carbs Taubes villifies are refined carbs (extracted sugars and starches), not whole grain complex carbs. Next, Campbell has a brief chapter debunking the Paleo idea. In sum: there's little proof ancient man was primarily meat-based. It's more likely our ancestors ate like chimps do today. That's all well and good so far, but that's where this tiny book ends. There is so much missing that should be in a book called "Low Carb Fraud". If I handed this book to a loved one, it would come across as a biased rant. There's no ACTUAL EVIDENCE here, which is what I needed.

1. Campbell says problem carbs are refined carbs, like sugar. Complex carbs like those found in whole grains are very healthy. But he throws that out there and then never presents any arguments or evidence to support this. At all. Not even anecdotal, like "the Mayans ate sweet potatoes and the healthiest Chinese consume large quantities of rice". There is just nothing to support this POV in this book.
2. Consuming such large amounts of animal protein and fat are unhealthy. This, too, is passed over as a given. Again, no evidence is presented whatsoever to support this claim. How is this convincing to anyone? It's almost a grumbled aside.
3. Low fat. Campbell repeatedly complains that TRUE "low fat" is 10% of calories not the 30% of calories most studies use as their standard, therefore those studies are meaningless. Okay. So then how does a 10% fat diet fare? Is there any evidence that it's a good thing? Why do we need to go that low? What's wrong with fat exactly? No explanation is given. This is not addressed at all!
4. Well then, what about people who have actually done low carb for long periods? Any evidence, or even anecdotal stories, about its dangers? What's so bad about it exactly? Nope. Nothing. Excuse me!?? I'm sorry. I thought this book was actually going to make an argument against low carb eating. Apparently not. I realize that Campbell, and others writers, have written on these topics, but I'm not going to hand someone an entire library. This material should have been summarized and presented in a clear, conclusive way in this book, perhaps if only in an effort to make it book length. We NEED a book that fully addresses and clears the "low carb" question once and for all, something that will at least make low carbers think hard. Something, I dare say, like Taubes "Good Calories, Bad Calories". In that sense, Taubes has trounced Campbell soundly.

Finally, to the business and marketing folks and Campbell himself. This feels like a lecture Campbell gave that was hastily put into book form to make money off the WFPB hype. Next time, maybe try making it an actual book.

Short and concise, it details how the biased pseudo-scientific case for low-carb and Paleo diets is built and why it's just plain wrong. Coming from a nutrition researcher with a half-century career, I

think I can trust this.

A very short book and an excellent introduction to Dr. Campbell's other important books. I have read all of them and will read anything this excellent and very knowledgeable epidemiologist writes. I have personal experience as well. Eating his recommended way, I have gone from 235 pounds on a 5 ft 1 in frame to 121 pounds. I had been testing prediabetic for years and now my blood sugar and other values are completely normal. I stride around like a teenager whereas before I had x-ray verified need for replacement of both hips, both knees, and both ankles. I had severe osteoarthritis such that each step was very painful. I now work all day on my feet and have no pain at all. I have saved Medicare (i.e., US taxpayers) at \$50,000/per joint replacement a whole lot of money. It is also predicted that at the current rate that these types of degenerative "old-age" problems are now occurring much younger such that it will take all of the gross national production to just pay for this so-called "health" care. We all need nutrition care and it is Dr. Campbell's nutrition, not the government-subsidized nutrition of meat, dairy, and grain.

Easy read

Dr Colin Campbell's work has been a life changer for me. This book helps to consolidate the ideas presented previously and avoid being misled or confused by the tons of commercially motivated diet pitches that we keep hearing about.

This simple and short book cites some interesting studies about how Low Carb studies have fudged the numbers. There are some interesting facts/assertions concerning the negative effects of animal based proteins on the hormone systems of the body.

Usual high standard

Excellent! It was just what I was looking for. Great service too! Thank you very much for the great experience!

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