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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Fad Diets can Kill!**

**By Dr. Donald A. Miller**

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Everything you read about diets should be "taken with a grain of salt". If something seems too good to be true, or not plausible, seek other sources, or ask at <http://mayoclinic.com>.

You probably have heard about "anorexia", self-starvation, or "bulimia", binge eating followed by laxatives and/or induced vomiting. These disorders often affect females with poor self image. Death can result.

You might not realize that some fad diets are also deadly to health or to life. Any diet that focuses on just a few foods, or mostly water or juices, except under personal medical supervision, can damage critical organs and nerve tissues beyond repair. Don't willfully make yourself into a starvation victim.

Be cautious when reading about such things as "macrobiotic" diets. "Macrobiotic" is a combination of two words, created to mean great / long life achieved through diet of whole grains, vegetables, beans, limited quantities of animal foods. Some fanatics have taken this to mean nothing but grains and water. The "brown rice diet" is an example that has caused deaths.

Don't expect "the grapefruit diet" to do much more than supply you with a lot of vitamin C. You had better continue eating proteins, fruits, vegetables, fiber foods.

As I wrote in my diet eBook,  
If calories burned are more / less than calories ingested,  
weight will be lost / gained. Physics can NOT be turned off.

By the way, as you can read on their web site, posted  
August 22, 2003,

"Mayo Clinic diet: It doesn't exist.

A number of so-called "Mayo Clinic diets" have surfaced over  
the years. None of these originated at or are endorsed by  
Mayo Clinic."

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\* Diet with FACTS, not Fat-Burner MYTHS. \*

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For more pages in this health series, send blank email to  
snips@easyhealthdiet.com

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including two eBooks available through Amazon.Com. More health information can be found at his web  
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## **Fad Diets & Weight Loss**

**By [www.NegativeCalorieFoods.com](http://www.NegativeCalorieFoods.com)**

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A diet may be a fad diet or a healthy diet. People often start a fad diet for fast  
weight loss. They do not realize that quick weight loss and a fad diet is not the  
answer for their weight problem. They may lose weight initially but that may not  
be permanent. The fad diets recommend to eat a certain group of foods and  
eliminate some foods or a group of foods from the diet. Such diets are not without  
a danger. Some of the fad diets are:

Grapefruit Diet : This diet recommends to eat only grapefruit.

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Low Carb Diet : This diet recommends to eat foods low in carbohydrates.

Low Fat Diet : This diet recommends to eat foods low in fats or eliminate fats in diet.

High Protein Diet : This diet recommends to eat only protein rich foods, eliminating carbohydrates

Note that these diets recommend to eliminate some food groups that are essential for a healthy body. These diets may offer only a temporary solution and are not based on the recommendations of the food pyramid. On using a fad diet, you may lose weight fast, but later on you may again gain weight and your body may be deficient in many nutrients that can develop health problems.

A good diet should provide all the major nutrients including dietary fibers, carbohydrates, proteins, good fats, minerals, and vitamins. The best way to tackle overweight and obesity problem is to eat a balanced diet and do some physical exercise daily.

You should not start any diet if it does not allow any major group of the food pyramid. The negative calorie diet is based on negative calorie foods that include vegetables, fruits, legumes, lentils, and beans, so it allows all the major nutrients in the diet necessary for good health. By eating these foods, you will never feel hungry and you will never gain weight. If you remain physically active and eat these foods, you will drop pounds permanently.

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For more information, visit the web site

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