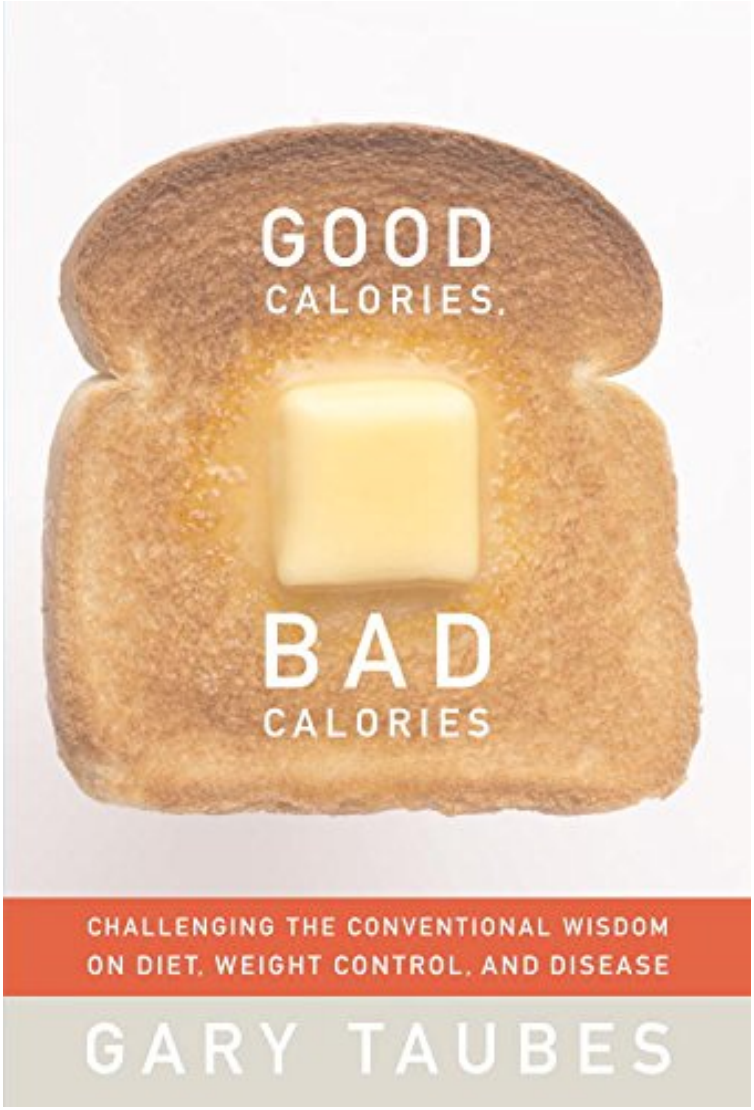
Good Calories, Bad Calories



Par Gary Taubes
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(Ebook free) Good Calories, Bad Calories

Par Gary Taubes : Good Calories, Bad Calories before purchasing it in order to gage whether or not it would be worth my time, and all praised Good Calories, Bad Calories:

Description :

Prsentation de l'diteurFor decades we have been taught that fat is bad for us, carbohydrates better, and that the key to a healthy weight is eating less and exercising more. Yet despite this advice, we have seen unprecedented epidemics of obesity and diabetes. Taubes argues that the problem lies in refined carbohydrates, like white flour, easily digested starches, and sugars, and that the key to good health is the kind of calories we take in, not the number. Called a very important book, by Andrew Weil and destined to change the way we think about food, by Michael Pollan, this groundbreaking book by award-winning science writer Gary Taubes shows us that almost everything we believe about the nature of a healthy diet is wrong.Don't miss Gary Taubes's latest book,The Case Against Sugar, available now.ExtraitPrologue: A Brief History of BantingFarinaceous and vegetable foods are fattening, and saccharine matters are especially

so.In sugar-growing countries the negroes and cattle employed on the plantations grow remarkably stout while the cane is being gathered and the sugar extracted. During this harvest the saccharine juices are freely consumed; but when the season is over, the superabundant adipose tissue is gradually lost.Thomas Hawkes Tanner, The Practice of Medicine, 1869William Banting was a fat man. In 1862, at age sixty-six, the five-foot-five Banting, or Mr. Banting of corpulence notoriety, as the British Medical Journal would later call him, weighed in at over two hundred pounds. Although no very great size or weight, Banting wrote, still I could not stoop to tie my shoe, so to speak, nor attend to the little offices humanity requires without considerable pain and difficulty, which only the corpulent can understand. Banting was recently retired from his job as an upscale London undertaker; he had no family history of obesity, nor did he consider himself either lazy, inactive, or given to excessive indulgence at the table. Nonetheless, corpulence had crept up on him in his thirties, as with many of us today, despite his best efforts. He took up daily rowing and gained muscular vigor, a prodigious appetite, and yet more weight. He cut back on calories, which failed to induce weight loss but did leave him exhausted and beset by boils. He tried walking, riding horseback, and manual labor. His weight increased. He consulted the best doctors of his day. He tried purgatives and diuretics. His weight increased.Luckily for Banting, he eventually consulted an aural surgeon named William Harvey, who had recently been to Paris, where he had heard the great physiologist Claude Bernard lecture on diabetes. The liver secretes glucose, the substance of both sugar and starch, Bernard had reported, and it was this glucose that accumulates excessively in the bloodstream of diabetics. Harvey then formulated a dietary regimen based on Bernards revelations. It was well known, Harvey later explained, that a diet of only meat and dairy would check the secretion of sugar in the urine of a diabetic. This in turn suggested that complete abstinence from sugars and starches might do the same. Knowing too that a saccharine and farinaceous diet is used to fatten certain animals, Harvey wrote, and that in diabetes the whole of the fat of the body rapidly disappears, it occurred to me that excessive obesity might be allied to diabetes as to its cause, although widely diverse in its development; and that if a purely animal diet were useful in the latter disease, a combination of animal food with such vegetable diet as contained neither sugar nor starch, might serve to arrest the undue formation of fat.Harvey prescribed the regimen to Banting, who began dieting in August 1862. He ate three meals a day of meat, fish, or game, usually five or six ounces at a meal, with an ounce or two of stale toast or cooked fruit on the side. He had his evening tea with a few more ounces of fruit or toast. He scrupulously avoided any other food that might contain either sugar or starch, in particular bread, milk, beer, sweets, and potatoes. Despite a considerable allowance of alcohol in Bantings regimenfour or five glasses of wine each day, a cordial every morning, and an evening tumbler of gin, whisky, or brandyBanting dropped thirty-five pounds by the following May and fifty pounds by early 1864. I have not felt better in health than now for the last twenty-six years, he wrote. My other bodily ailments have become mere matters of history.We know this because Banting published a sixteen-page pamphlet describing his dietary experience in 1863Letter on Corpulence, Addressed to the Publicpromptly launching the first popular diet craze, known farther and wider than Banting could have imagined as Bantingism. His Letter on Corpulence was widely translated and sold particularly well in the United States, Germany, Austria, and France, where according to the British Medical Journal, the emperor of the French is trying the Banting system and is said to have already profited greatly thereby. Within a year, Banting had entered the English language as a verb meaning to diet. If he is gouty, obese, and nervous, we strongly recommend him to bant, suggested the Pall Mall Gazette in June 1865.The medical community of Bantings day didnt quite know what to make of him or his diet. Correspondents to the British Medical Journal seemed occasionally open-minded, albeit suitably skeptical; a formal paper was presented on the efficacy and safety of Bantings diet at the 1864 meeting of the British Medical Association. Others did what members of established societies often do when confronted with a radical new concept: they attacked both the message and the messenger. The editors of The Lancet, which is to the BMJ what Newsweek is to Time, were particularly ruthless. First, they insisted that Bantings diet was old news, which it was, although Banting never claimed otherwise. The medical literature, wrote The Lancet, is tolerably complete, and supplies abundant evidence that all which Mr. Banting advises has been written over and over again. Banting responded that this might well have been so, but it was news to him and other corpulent individuals.In fact, Banting properly acknowledged his medical adviser Harvey, and in later editions of his pamphlet he apologized for not being familiar with the three Frenchmen who probably should have gotten credit: Claude Bernard, Jean Anthelme Brillat-Savarin, and Jean-Franois Dancel. (Banting neglected to mention his countrymen Alfred William Moore and John Harvey, who published treatises on similar meaty, starch-free diets in 1860 and 1861 respectively.)Brillat-Savarin had been a lawyer

and gourmand who wrote what may be the single most famous book ever written about food, The Physiology of Taste, first published in 1825.* In it, Brillat-Savarin claimed that he could easily identify the cause of obesity after thirty years of talking with one fat or particularly fat individual after another who proclaimed the joys of bread, rice, and potatoes. He added that the effects of this intake were exacerbated when sugar was consumed as well. His recommended reducing diet, not surprisingly, was more or less rigid abstinence from everything that is starchy or floury.Dancel was a physician and former military surgeon who publicly presented his ideas on obesity in 1844 to the French Academy of Sciences and then published a popular treatise, Obesity, or Excessive Corpulence, The Various Causes and the Rational Means of Cure. Dancels thinking was based in part on the research of the German chemist Justus von Liebig, who, at the time, was defending his belief that fat is formed in animals primarily from the ingestion of fats, starches, and sugars, and that protein is used exclusively for the restoration or creation of muscular tissue. All food which is not fleshall food rich in carbon and hydrogenmust have a tendency to produce fat, wrote Dancel. Upon these principles only can any rational treatment for the cure of obesity satisfactorily rest. Dancel also noted that carnivores are never fat, whereas herbivores, living exclusively on plants, often are: The hippopotamus, for example, wrote Dancel, so uncouth in form from its immense amount of fat, feeds wholly upon vegetable matterrice, millet, sugar-cane, c.The second primary grievance that The Lancets editors had with Banting, which has been echoed by critics of such diets ever since, was that his diet could be dangerous, and particularly so for the credibility of those physicians who did not embrace his ideas. We advise Mr. Banting, and everyone of his kind, not to meddle with medical literature again, but be content to mind his own business, The Lancet said. When Bantingism showed little sign of fading from the scene, however, The Lancets editors adopted a more scientific approach. They suggested that a fair trial be given to Bantings diet and to the supposition that the sugary and starchy elements of food be really the chief cause of undue corpulence.Bantings diet plays a pivotal role in the science of obesityand, in fact, chronic diseasefor two reasons. First, if the diet worked, if it actually helped people lose weight safely and keep it off, then that is worth knowing. More important, knowing whether the sugary and starchy elements of food are really the chief cause of undue corpulence is as vital to the public health as knowing, for example, that cigarettes cause lung cancer, or that HIV causes AIDS. If we choose to quit smoking to avoid the former, or to use condoms or abstinence to avoid the latter, that is our choice. The scientific obligation is first to establish the cause of the disease beyond reasonable doubt. It is easy to insist, as public-health authorities inevitably have, that calories count and obesity must be caused by overeating or sedentary behavior, but it tells us remarkably little about the underlying process of weight regulation and obesity. To attribute obesity to overeating, as the Harvard nutritionist Jean Mayer suggested back in 1968, is as meaningful as to account for alcoholism by ascribing it to overdrinking. After the publication of Bantings Letter on Corpulence, his diet spawned a c...Revue de presseGary Taubes's Good Calories, Bad Calories is easily the most important book on diet and health to be published in the past one hundred years. It is clear, fast-paced and exciting to read, rigorous, authoritative, and a beacon of hope for all those who struggle with problems of weight regulation and general health--as who does not? If Taubes were a scientist rather than a gifted, resourceful science journalist, he would deserve and receive the Nobel Prize in Medicine.-Richard Rhodes, winner of the Pulitzer PrizeIf Taubes were inclined to sensationalism, he might have titled this book The Great Low-Fat Diet Hoax. Instead, he tackles the subject with the seriousness and scientific insight it deserves, building a devastating case against the low-fat, high-carb way of life endorsed by so many nutrition experts in recent years. With diabetes and heart disease at stake as well as obesity, those experts owe us an abject apology.-Barbara EhrenreichGood Calories, Bad Calories is a remarkable accomplishment. From a mountain of diverse scientific evidence Gary Taubes has drawn an amazingly detailed and compelling picture of how diet, obesity, and heart disease link togetherand how some of the worlds most important medical researchers got the story colossally wrong. Taubes proves, I think beyond doubt, that the dietary advice weve been given for the last three decades by the federal government and the major medical bodies rests on, shall we say, a slender empirical base.Charles C. Mann, author of 1491A brave and bold science journalist . . . Taubes does not bow to the current fashion for narrative nonfiction, instead building his argument case by case . . . much of what Taubes relates will be eye-opening.-The New York Times Book A watershed . . . Deeply researched and profoundly unsettling, the book proposes a seismic paradigm shift that could well undo our perceptions about the relationship between food and health. It could also literally change the way you eat, the way you look and how long you live . . . an unwavering challenge to conventional thinking . . . Taubes most elegant and surprising arguments examine long-held assumptions . . . lucid and lively.-Star TribuneFascinating . . .

Mr. Taubes has a gift for turning complex scientific principles into engaging narrative.-The Wall Street JournalA watershed . . . Deeply researched and profoundly unsettling, the book proposes a seismic paradigm shift that could well undo our perceptions about the relationship between food and health. It could also literally change the way you eat, the way you look and how long you live . . . an unwavering challenge to conventional thinking . . . Taubes most elegant and surprising arguments examine long-held assumptions . . . lucid and lively.-Star TribuneFascinating . . . Mr. Taubes has a gift for turning complex scientific principles into engaging narrative.-The Wall Street JournalBound to stir renewed debate . . .-Miami HeraldHis major conclusions are startling yet surprisingly convincing . . . his writing reflects his passion for scientific truth . . . offers plenty of food for thought.-Chicago Sun-Times I think this is a very important book. Ive been recommending it to my medical colleagues and students. There are some very big ideas in this book[Gary Taubes] has done a meticulous job of showing that many of the assumptions that are held by the conventional medical community simply rest on nothingIts very important to get these out to the medical community because a lot of the ways we try and prevent and treat obesity are based on assumptions that have no scientific evidence.-Dr. Weil, speaking on Larry King Live