

# Atkins: diet crazy or health nightmare?

How do you feel about the Atkins Diet craze?

"I'm a little skeptical. It doesn't seem like it would work. I'm a vegetarian so it doesn't really matter."



**Bryce Adams**

"A lot of my friends are on that diet and it works. I don't know what the long term effects will be on them."



**Melody White**

"I guess it's good for some people. But not good for those who can't stay off the junk food."



**Elizabeth Posvar**

"I eat home cooked meals. I think if you eat and work out, you'll stay fit."



**Elvis Chiles**

"I think that Atkins was worthless, because carbs are supposed to be good for you. They give you energy, right?"



**Stacy Trogdon**

## Carb cutting can yield quick results for dieters



**Shannon Armstead**

THE CLACKAMAS PRINT

The low-carb Atkins diet has brought about a lot of controversy, but many still adhere to it, and for good reason—it works.

As many know, Atkins is a high-protein, high-fat diet, and for this reason, it receives much bad press. "Fat" in food is often associated with fat on the body; however, there are many different kinds of fat and many ways to consume it.

The directions that Atkins gives for consuming fat certainly does not cause it to be packed on the hips, and new evidence suggests that it could also be helping dieters control their cholesterol.

According to USAtoday.com, a study was conducted by Dr. Eric Westman of Duke University on 120 overweight volunteers who were randomly assigned either low-fat or low-carb diets.

After six months, those on the low-carb Atkins diet had lost 30 pounds on the average, as compared to the low-fat dieters' average of 20 pounds. The cholesterol of those in both groups dropped slightly, but those on the Atkins diet had an 11 percent increase of HDL (the good cholesterol) and a 49 percent drop in triglycerides, whereas those on the low-fat diet had only a 22 percent drop in triglycerides and no change in HDL. This refutes the cries of Atkins critics that it is unhealthy.

Not only may Atkins be healthier than others, but dieters on Atkins can lose more weight more quickly than those on any other diet, making it one of the most efficient forms of weight loss.

Dieters can lose up to 10 pounds in the first week. This easier weight loss allows dieters to lose much more weight than they would if they were on a low-fat or low-calorie diet.

Other diets produce slow results. Dieters can also become easily discouraged with the small amount of unappetizing fare allowed and quit before they ever

reach their weight loss goals.

For instance, Dateline NBC recently aired a special on dieters who used different programs to lose weight in a 10-month period. One man, Gio, chose the Slim Fast plan—a low-fat, calorie-restrictive diet. Another participant, Rick, chose Atkins.

After 10 months, Rick had lost 100 pounds, more than any dieter and felt great. Gio, on the other hand, lost only 20 pounds. His closing remarks on the program were that he could not wait to go to IHOP and "order the whole left side of the menu."

Many who were unable to lose weight using other programs as well as many celebrities have found success with the Atkins diet, due to the fact that it leaves dieters feeling full and does not increase insulin, which stores fat.

Atkins dieters appreciate the option to eat as much cheese, meat and no-carb fare as they want—no counting calories and no worries, as long as they stay away from the carbs. If they want a hamburger, they just toss the bun.

For dieters, losing weight without starving or harming themselves is the bottom line, and Atkins is the perfect choice.

Dieters lose weight quickly and easily without counting calories or fat grams, while still retaining the opportunity to eat delicious and fatty, yet healthy foods.

## Health risks outweigh aesthetic improvements



**Ben Maras**  
OPINION EDITOR

The latest fad in our diet-obsessed society is the low-carb, high-fat Atkins system, and it is raising more than eyebrows; it's raising the mortality rate among dieters.

So far, two deaths have been linked directly to Atkins. One victim was a previously healthy 16-year-old girl who went on the Atkins diet for two weeks. One day, the girl collapsed and died of heart failure, ending her alleged weight problems once and for all.

Another was a 41-year-old father who went on the diet with no previous heart problems—little did he know that he would be signing his death warrant. He also collapsed suddenly and died of cardiac arrest.

Isn't it ironic that both died from the same ailment as the allegedly-obese Dr. Robert Atkins himself? It appears in this case that we have found the cure that kills the patient.

In their first week, Atkins dieters are documented to have lost up to 10 pounds. Further

analysis, however, shows that the first week's weight loss is all water weight, due to the intense dehydration that occurs upon starting the program. During the first weeks of the diet, the body goes into starvation mode,

because it is just that—starved. The body begins to metabolize fat instead of glycogen, causing metabolic rates to drop and making the body less efficient at burning the fat it does take in. As a result, dieters on this program will gain weight faster than before as soon as they quit.

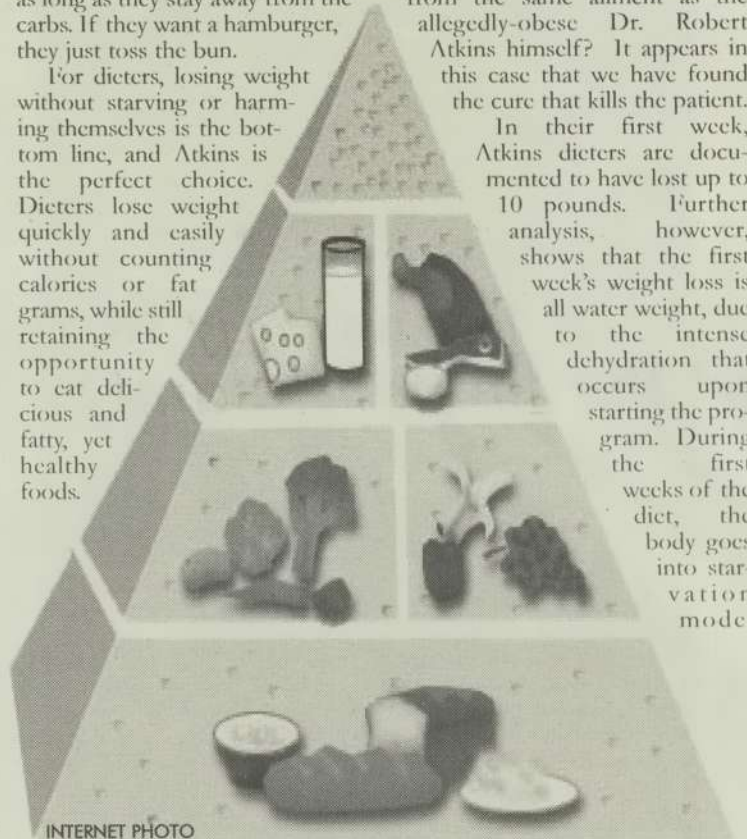
The Atkins diet has been denounced by dietitians and doctors for this very fact. Some hospitals have even gone as far as banning Atkins among patients. The diet causes massive dietary imbalances, which, in the short run, can produce bad breath, dehydration, constipation and extreme mental and physical fatigue.

When polled, 42 percent of Atkins dieters reported a loss of energy. Thirty-one percent also reported an inability to concentrate, as well as 22 percent that reported kidney problems and 20 percent that reported heart problems. Studies have also linked the diet to osteoporosis and cancer (namely cancer of the breast, colon and stomach).

So with all these negative side effects, how did Dr. Atkins possibly come to the conclusion that this diet was healthy? However he did so, what is known of his methods is now grossly outdated. His research from 1957 through 1975 was conducted with very small numbers of people (as few as seven) with no control group, and for as short a time as 14 days.

One final point that must be addressed is the flawed logic of dieting. The idea of nearly starving oneself to lose weight is preposterous. Once someone gets off the Atkins diet, back come the pounds. What is the answer?

It's what doctors and dietitians have been saying since long before Atkins, and probably will say for years to come: eat a balanced diet and get some exercise. Don't cut out those sinfully delicious treats completely, just don't eat them every day. Eat some vegetables every now and then, and go for a walk or two. Unlike Atkins, this is a diet program that one can follow for life ... without cutting it short.



## Chiefs' Corner: Tattoos should reflect Christian faith



**Cory Price**  
Co Editor-in-Chief

Contrary to the belief of some, tattoos can be a permanent declaration for a Christian to show faith in God.

Nothing is wrong with Christians getting a tattoo, but two questions must be answered. First, what is the purpose of the tattoo? Second, is it honoring God or an earthly possession?

I have two tattoos. A cross over my heart symbolizes my personal commitment to God. It is a permanent reminder of where God will always be, no matter where I go in life.

On my right forearm is the Greek letters Alpha and Omega based upon the book of Revelations which states, "Christ is the Beginning and the End." Intertwined with Alpha and Omega is a chain of thorns. These thorns represent the pain and torment Jesus suffered for my sins. This tattoo publicly shows my baptism in Christ; it is a personal display of the life that I have chosen to live.

There are many arguments against tattooing one's body, though none of them have any solid basis. Everyone interprets the Bible differently. Leviticus 19:28 says, "You shall not make any cuts in your body for the dead nor make any tattoo marks on yourselves: I am the LORD."

Those against tattoos see this as a direct argument for their case. However, history explains this passage differently. It speaks about the pagans of the time who were creating idols of their bodies. If we are to

take this verse literally, then every person who has a tattoo, piercing or anything else of their bodies, needs to remove them and create a body that is free of alterations.

The actual history of tattooing dates back to the Aborigines, who used tattoos to symbolize achievements in their faith. Tattoos of today hold a new purpose. Falling far from their past, tattoos have become a mainstream, pop culture thing to do.

How silly and stupid have humans become? The world is at the point where the only way to show love is by tattooing a lover's name on one's body. Someone with such a marking, though, is going to wake up someday, look at that name and realize it was a stupid, permanent mistake.

Girls are getting butterflies tattooed on the small of their backs. Men get the image of a naked woman imprinted on their bicep.

These kinds of idolatry are what the Bible warns Christians against.

First Corinthians 6:19-20 talks about a Christian's body being a temple to the Lord, that it should be kept pure and glorifying to Him. Many Christians and non-Christians alike slam these words in my face, saying the verses are proof that tattoos are a sin. The people that shout this are basing their claims on outdated views that are no longer pertinent.

I look down every morning at my arm and my chest and smile, knowing what life I have chosen to live. My tattoos are a permanent way to keep myself on the path of righteousness.

So don't criticize a Christian for having a tattoo of Jesus, but instead point and laugh at a guy who has the name of a past fling imbedded on his back. And ladies, remember that during pregnancy, that tattoo will spread like pancake batter on a hot skillet.

**THE CLACKAMAS PRINT**  
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The Clackamas Print is a weekly student publication and is distributed every Wednesday except during finals week.

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