

# HEALTH MATTERS

## Low-Carb Diet Trumps Low-Fat

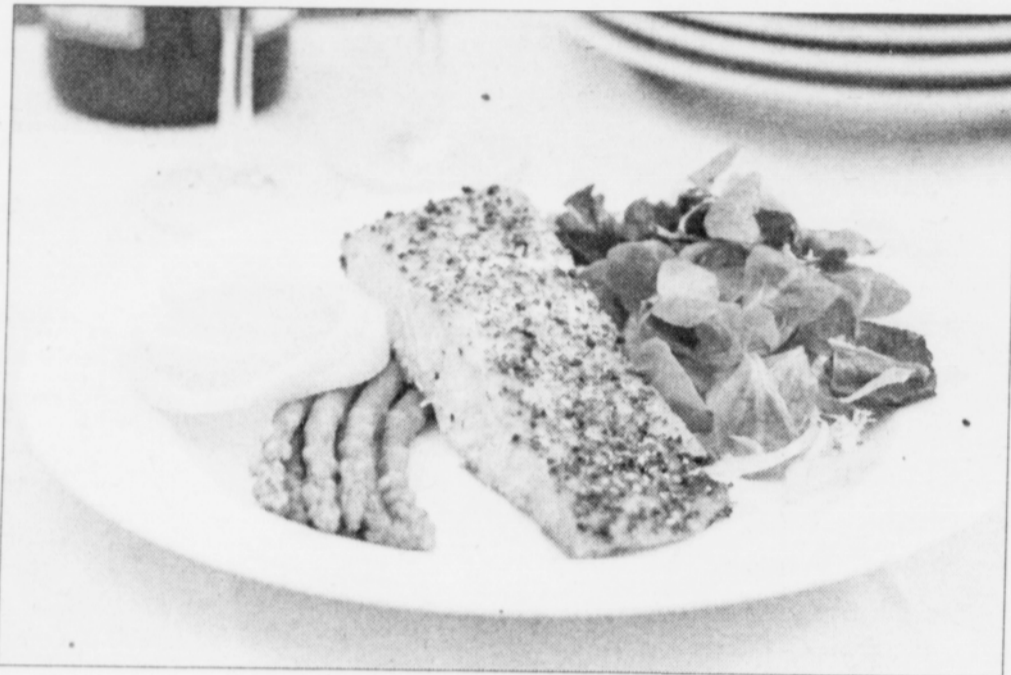
Bringing boost in 'good' cholesterol

(AP)—Over the long term, a low-carb diet works just as well as a low-fat diet at taking off the pounds — and it might be better for your heart, new research suggests.

Both diets improved cholesterol in a two-year study that included intensive group counseling. But those on the low-carbohydrate diet got a bigger boost in their so-called good cholesterol, nearly twice as much as those on low-fat.

In previous studies, low-carb diets have done better at weight loss at six months, but longer-term results have been mixed. And there's been a suggestion of better cholesterol from low-carb eating.

The latest test is one of the longest to compare the approaches. At



A meal consisting of fish, salad greens, vegetables and fruit is an example of a low-carb diet.

the end of two years, average weight loss was the same for both — about 15 pounds or 7 percent.

The key difference was in HDL, or good cholesterol: a 23 percent increase from low-carb dieting compared to a 12 percent improvement

from low-fat, said Gary Foster, director of Temple University's Center for Obesity Research and Education, who led the federally funded study.

He said the low-carb boost is the kind one might get from medicines

that improve HDL.

"For a diet, that's pretty impressive," Foster said.

The findings, published in *Annals of Internal Medicine*, are based on a study of 307 adults, two-thirds of them women. Participants were obese but didn't have cholesterol problems or diabetes.

Half followed a low-carb diet modeled after the Atkins' plan and half went on a low-calorie, low-fat diet. All attended group sessions to help them change bad eating habits, get more active and stick to their diets.

The volunteers had periodic checks of their weight, blood, bone density and body composition. After two years, there was no major differences between diet groups, except in good cholesterol. Why the low-carb diet had a bigger effect on good cholesterol isn't known, the researchers said.

As low-carb plans became popular, experts feared the diet would drive up the risk of heart disease because it allows more fat. The latest results suggest those concerns are unfounded, Foster said. In the

low-carb group, there was an early rise in "bad" cholesterol, the kind that builds up in arteries. But after two years, both groups ended up with similar improvements to bad cholesterol.

The study's strengths include its size, length and its multiple locations — Denver, Philadelphia and St. Louis, said Dr. William Yancy, of the Durham VA Medical Center in North Carolina.

"These are results we should have a lot of confidence in," said Yancy, who has done similar diet research but was not involved in the study.

Foster, the study leader, said dieters should be less concerned about which diet to use, and focus on finding the support or technique — like writing down what they eat — that keeps them on track.

"It doesn't make a difference for weight loss how you get there," he said.

With the current obesity epidemic, more than one way is needed to attack the problem, Yancy said.

"Both of these are options. These diets work," he said.



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

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#### Part 17. Understanding Pain:

#### Why do you have it? How can you get rid of it?

**Q:** My friend constantly takes pills. I've tried to convince her to see a Chiropractor. Can you make any suggestions?

**A:** You might try asking your friend this: "If you heard a fire alarm going off in the middle of the night, would you call the Fire Department or would you

Yank the wires out of the wall and calmly go back to sleep?" You see, pain is your nervous system's fire alarm. Pain pills may alleviate the pain but will do nothing to take the stress off the spine and ner-

vous system. When the body yells, "Fire!" and you experience pain; it is trying to get your attention that it is being injured. When there is stress in the nervous system, this is a serious problem.

The nervous system controls every other function of the body and left untreated can cause ill-

health in other areas of the body as well. Our specialty is finding the cause of your problem and taking care of it, painlessly, without drugs...Just as nature intended. If you suffer from pain, stop pulling the alarm wires from the walls. Together, we can put the fire out...for good!

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## Three generations share a birthday



Lidia Selleck (from left), her mom, Irma Castellanos, and her newborn daughter Sarah Victoria Selleck, share a birthday at Providence St. Vincent Medical Center. Also pictured is Aaron Selleck, the baby's dad.

What are the odds of a grandmother, mom and daughter sharing the same birthday?

That's what happened to a Beaverton family at Providence St. Vincent Medical Center.

Grandmother, mom and new baby Sarah Victoria were all born on the exact same day of the year — Aug. 18,

Little Sarah Victoria arrived quite suddenly. Her mother, Lidia Selleck, was walking across the parking lot following a routine doctor's checkup. As she walked to the car, her water broke.

The Aug. 18 date was not expected. Sarah was not due until Aug. 29!