

**In this Issue:****Cholesterol:** The truth about this vital substance.**Stalls and Plateaux:** Get the fat lose going again**Recipes from Peru:** Chicken in pepper sauce etc.**Website survey:** Your votes led to some surprising results.

The Health Newsletter for Low Carbohydrate and High Protein Dieters

February/March 2006

# DOCTORS ORDERS

## HOW DRUG COMPANIES DECEIVE DOCTORS

by Shane ellison

Following doctor's orders has become synonymous with danger. Every year, FDA approved drugs kill twice as many people as the total number of U.S. deaths from the Vietnam War.[1] Death by medicine flourishes because deceit, not science, governs a doctor's prescribing habits. As an ex-drug chemist, I witnessed this first-hand.

This deceit comes in many forms. Medical ghostwriting and checkbook science are the most prominent.

Doctors rely on peer-reviewed medical journals to learn about prescription drugs. These journals include the Lancet, British Medical Journal, New England Journal of Medicine and the Journal of the American Medical Association. It is assumed that these professional journals offer the hard science behind any given drug. This assumption is wrong. Medical journals can't be trusted thanks to medical ghost writing.

Medical ghostwriting is the practice of hiring PhD's to crank out drug reports that hype benefits and hide negative side effects. Once complete, drug companies recruit doctor's to put their name on the report as authors. These reports are then published in the above mentioned medical journals.[2] The carrot for this deceitful practice is money and prestige. Ghostwriters can receive up to \$20,000 per report. Doctors receive prestige from having been published. Ultimately, patients get bad drugs disguised as good medicine.

As deplorable as medical ghostwriting sounds, it is more common than you think. Dr. Jeffrey Drazen, editor for the New England Journal of

Medicine, insists that he cannot find drug review authors who do not have financial ties to drug companies. As a result, the journal had to relax their conflict-of-interest rules for authors in 2000.[3] Dr. David Healy, of the University of Whales predicts that 50% of the journals drug review articles are written by ghostwriters.[4]

The editor of the British Journal of Medicine has acknowledged that medical ghostwriting has become a serious problem for his publication: "We are being hoodwinked by the drug companies. The articles come in with doctors' names on them and we often find some of them have little or no idea about what they have written." [5]

Consider the testimony from deputy editor of The Journal of the American Medical Association: "This [journal articles] is all about bypassing science. Medicine is becoming a sort of Cloud Cuckoo Land, where doctors don't know what papers they can trust in the journals, and the public doesn't want to believe." [6]

Other weapons of mass deception exist – checkbook science. As defined by Diana Zuckerman, PhD, checkbook science is research intended not to expand knowledge or to benefit humanity, but instead to sell drugs. It has stolen the very soul of University research, scientific method, and the patients who serve as human subjects.[7]

Drug companies use checkbook science to sponsor their own drug research via the halls of academia and government institutions. Money is used to design their own studies, interpret the results, and stuff negative data under the drug-rug.

The drug-rug is a behemoth rug. It has to be. A myriad of negative drug data exists.

Like medical ghostwriting, checkbook science is more common than you think. A third of academic professors have personal financial ties to drug makers.[8] Called the “Stealth Merger” by the LA Times, top scientists at the National Institutes of Health also collect paychecks and stock options from the drug industry.[9] This has been going on for over 20 years.[10] Known as the Bayh-Dole Act, U.S law was amended in 1980 to allow for these flagrant conflicts of interest.[4]

This calculated deceit is scandalous. Hopefully the line at the pharmaceutical trough gets shorter as this scandal becomes public. Though, drug

makers have an insurance policy for this – Direct-to-Consumer advertising. The oft repeated “ask your doctor” ensures that the herd instinctively embraces drugs, drugs and more drugs.

Understanding medical ghost writing and checkbook science explains why medical doctors have been hypnotized into drug worship – they only see the positive. It also explains why modern medicine is more deadly and lucrative than war – the danger has been silenced with the pen and money.

Drug companies do not take responsibility for the wonton prescription drug deceit. Instead, victims have been made invisible - dehumanized. They are not recognized as children, or

Continued on page 12

### So what is in the magazine this month?

In addition to all the articles you have in this newsletter there are:

#### More Letters

Malika P Stormont IR, Vivian S NY USA, Rani M USA and Gillian G Trent USA

#### NEWS FROM AROUND THE GLOBE

Mexico to ban Aspartame, Poor Nutrition causes mental illness, An end to doctor bribery?

#### LOW CARB HEALTH

Connie Schroder talks about trigger foods and more....

#### USING STEVIA.

You use it, why not grow it?

#### FLYING HIGH:

Mary Stoddard tells about pilots who have digested aspartame have lost their careers and put passengers at risk ...

#### CHRONIC SCURVY:

Owen Fonorow on how Vitamin C can be a cure for heart disease

#### MORE RECIPES

From Peru including Lomo Saltado, Chicken in Pepper Sauce, Lamb Stew, Stuffed Avocados...

#### WEBSITE SURVEY.

The final results of your Top Ten Low Carb and health websites with surprising results!

## Low Carb and Atkins Monthly Newsletter

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Atkins Monthly

# EDITORIAL

Greetings once again.

The subject of food for some people can be a bit taboo - almost like politics or religion.

It seems that so many of us don't want to be told we should be eating this or that. Many receive 'you are not eating properly' as if they were being told: 'actually, you're ignorant and don't know how to make good choices'. In essence, many see the 'advice' of others as another way of saying 'you're stupid'.

Yet if you stop to think about it for just one minute, you may well realise that in fact what we eat is dictated to us from practically every direction.

First off, we have our family and cultural background, giving us a fine grounding in the development of our preferred tastes and textures. That's only natural.

Next, we have local availability of food products and then the seasonal variations in those too. All of those you could say are a natural consequence of things beyond our immediate control. (Unless you move or live with other cultural influences.)

To be frank, none of those bother me in the least. In fact, similar to many folk who enjoy food, I like to go out of my way to cook, taste and experience the new and as yet unknown.

What I do find galling is the subtle way you and I ARE having our food choices dictated. And that, in a way that is not good for our health and well-being.

Maybe dictated is too strong a word, perhaps to say 'influenced' would be more appropriate. Whichever term you prefer, the net result is the same. What we end up eating in some cases is a nutritionally unsound.

Lets take a really quick look at the things that have changed over the years and you decide.

First off: breakfast.

Depending on family, culture etc. Years ago what people ate for breakfast was rich and diverse. Ranging from bread, croissants, cheese, ham, eggs, bacon, sausages (both hot and cold), fish and even soup.

Now - if you follow the western trend, it's going to be some form of cereal - low fat of course.

In some cases you'd be better off eating the packet they came in - equally low in fat.

Before today, the customs for lunch were even more diverse. You can probably think of a dozen different things your grandparents ate for lunch. Now, it's a sandwich and or a burger and fries.

Dinner, in many cultures used to be the meal of the day. A time when family's got together and ate - most of the time - something good and nutritious, while spending time with each other. Now for far too many it's a TV dinner or something very instant that will find them hungry again only a few hours after.

Then there is the rise in snacks and sweets. There is a link there in that the poor nutrition of the basic three meals has left many reaching for snacks - to bridge the gap - between meals. Snacks, as a general rule are high in sugars, starches and other cheap and nutritionally poor ingredients that eating them is really a waste of time.

OK, so I think I've made the point here. We have been influenced in ways largely unnoticed by all but a few. Without exception, the western world has had it's food choices dictated by folk who don't have your health and well-being in mind when they launch new products. No, their goal is to make a profit and a damned good one at that.

Also, the ease with which one can open a box and eat - with or without heating, has for many taken away the incentive to learn how to prepare food properly. This has meant that many are reliant upon others to choose what goes into the stuff they eat.

Even if you do cook - many of our ingredients are not as our parents would have known them. Also, the convenience foods that slip onto the table for many meals are full of additives, sugars and other nasties. (Take a look at that ready made salad next time you buy one. It's not just salad!)

Now all this has happened over the years without many people even noticing. The power to influence folk to change the habits of a lifetime have been sharpened and honed by the marketeers to the nth degree.

So here is the warning - Yes, I am about to tell you what you should be eating!

This process of influence has shot through the LowCarb community at an even faster rate than ever before.

The rise of ready meals and snacks has increased at a rate unseen in any other market. With virtually all the manufacturers using questionable ingredients and successfully mopping up the new lowcarbers who don't want to or can't cook. We have seen the results with proportionally more folk complaining that the diet is not as successful as they thought it was going to be.

To cut to the chase - just what should

you eat?

Real food - from a source you can rely on - not the ready-made junk that pretends to be good nutrition. Blankly, if that's too hard for you, then don't blame the diet when it's not as effective for you as it has been for others who have gone before.

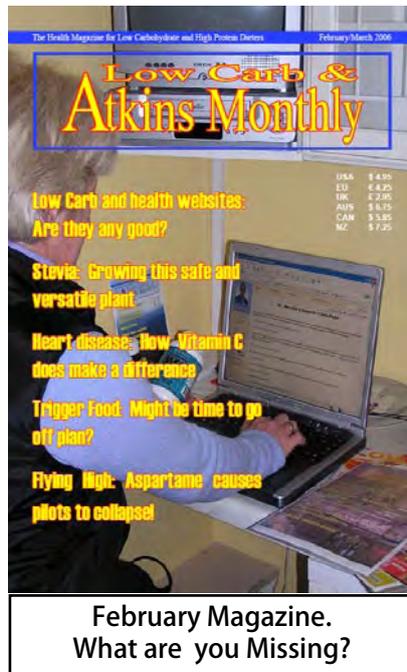
Don't rely on the experts. Many times they are just marketeers in white coats. Take responsibility for what you eat and be rewarded with success and good health.

Most of all - continue to educate yourself for your own sake, and that of those you love.

Until next time

All the best.

Mark



# Letters to the Editor...

Send your letters to  
[feedback@lowcarbandatkins.com](mailto:feedback@lowcarbandatkins.com)

Dear Lowcarb and Atkins

Thankyou for the item on ketogenic diets. I have suffered from seizures for many years and no one has been able to tell me what is causing it. I have noticed a lessening in the amount of attacks I've been getting since I went on a low carb diet to lose weight. Now you have pointed me in the right direction, I now know what to investigate further.

BJ Smith Salisbury. UK

Dear Lowcarb

Your article on diabetes has been a real eyeopener for me. I have been suffering from diabetes for over five years and right from the word go I have been uncomfortable with the treatment I got from my doctor.

In fact, I have seen information like this before on GI etc, but I was reluctant to believe it until I saw it here. I know I can rely on your advice. By way of experimentation, I changed my diet to low carb over the course of a week and noticed how after a few days my blood sugar levels seemed so much more stable and my energy levels went right up. I went from feeling tired and washed out to feeling well normal again. I have now got to the point that I will go back to my GP and tell him what I have found out and ask him to help me get off insulin completely, as I know I no longer need to take it.

John N Portsmouth UK.

Thanks John we wish you well. The real prize should go to Thomas Smith the writer of the article. You can contact him via his website [www.healingmatters.com](http://www.healingmatters.com)

I know you will find him very helpful. (*Editor*)

Sir

I found your article in my sisters magazine and I think you are totally irresponsible for publish the information about diabetics being able to be 'cured'.

It is well known by everyone that once you have diabetes you will have it for life and while there is a lot of reasrch going on - as yet medical science has found no cure.

I think you should print a letter of apology to all those diabetics who you have given false hope to.

Why do you think you know better than the experienced companies who spend millions every year on research?

I wanted to get an opionion from someone I trust completely so I showed your article to my doctor. He said he didn't even need to read it as he had heard about

this type of quackery before. He told me that he had had a discussion that month with one of the advisors from the drug manufacturers who told him point blank that they were as far away from producing a cure as they were twenty years ago.

I have been diabetic for 10 years. I have seen my health deteriorate even though I follow everything my doctor has told me to do.

For you to say that one can cure yourself is cruel and I may say unforgivable.

Martin P Hampton USA.

Dear LowCarb,

Your articles on stevia were just brilliant. There is so much misinformation about this sweetener that it's refreshing to see someone taking the time to tell the truth for a change.

It was really good to find out how you use it, too. I have tried the recipes and desite what my friends have said they had heard, I found it easy to use.

Mirian S New Jersey USA

Dear Lowcarb,

I liked your articles on Stevia and found them so helpful. I want to know if there is a campaign to press for this to be made legal and freely available. Where can I get more info on this?

Julie S Wellington NZ

You can get more information from the authors websites see Mary Stoddards article on page 15

Dear Lowcarb and Atkins,

I am old enough to remember the milkman coming around with the milkcart directly from the dairy. I can remember just how delicious it was too. My health has deteriorated over the last few years and I have been suffering with constipation that has been getting worse as each year passes. And I do have a lot of milk. So I made the decision to cut out pasturised milk and milk products and I found that the symptoms almost went away completely. Now I don't think I'm allergic to milk so I would like to try raw milk. I am now trying to find somewhere I can get raw milk from - can you help please.

Emily F Hampton USA

# CHOLESTEROL

## THE TRUTH ABOUT CHOLESTEROL

**Owen Fonorow, Naturopath, Ph.D**

Owen may be contacted at Vitamin C Foundation

PO Box 3097, Lisle IL60532 [www.vitaminfoundation.org](http://www.vitaminfoundation.org)

**F**ar from being a health destroyer, cholesterol is absolutely essential for life.

Although most people think of it as being “fat in the blood,” only 7 percent of the body’s cholesterol is found there. In fact, cholesterol is not really fat at all; it’s a pearly-colored, waxy, solid alcohol that is soapy to the touch. The bulk of the cholesterol in your body, the other 93 percent, is located in every cell of the body, where its unique waxy, soapy consistency provides the cell membranes with their structural integrity and regulates the flow of nutrients into and waste products out of the cells.

“In addition, among its other diverse and essential functions are these: Cholesterol is the building block from which you body makes several important hormones: the adrenal hormones (aldosterone, which helps regulate blood pressure, and hydrocortisone, the body’s natural steroid) and the sex hormones (estrogen and testosterone). If you don’t have enough cholesterol, you won’t make enough sex hormones.”

*Michael R. Eades, M.D., and Mary Dan Eades, M.D*

Cholesterol is the body’s natural detoxification mechanism High cholesterol levels develop in response to the presence of toxins; the toxins are neutralized by the cholesterol. When patients with high cholesterol levels (over 240 mg%) had their mercury amalgams and sources of dental infection removed, these levels usually dropped dramatically within a few days When toxin levels have been minimized, most people’s cholesterol levels will be between 160 and 220mg%.

*Thomas E. Levy, MD JD, OPTIMAL NUTRITION FOR OPTIMAL HEALH*

The concept that cholesterol can inactivate or neutralize a wide variety of toxins is not new; researchers have

identified cholesterol as an inactivator of multiple bacterial toxins. Other researchers have shown that elevation of serum cholesterol actually served as a marker for various toxic exposures. The toxicity of pesticides reliably elevates the cholesterol levels of those exposed individuals and one researcher showed that dogs exposed to low levels of methylmercury developed progressively higher levels of cholesterol in the blood over time.”

*Thomas Levy, MD, JD, Optimal Nutrition for Optimal Health, pg. 89-91*

### Roles in the body

\* Cholesterol is a precursor of vitamin D in the skin.

When exposed to sunlight, this precursor molecule is converted to its active form for use in the body.

\* Cholesterol is the main component of bile acids, which aid in the digestion of foods, particularly fatty foods. Without cholesterol we could not absorb the essential fat-soluble vitamins A, D, E and K from the food we eat.

\* Cholesterol is necessary for normal growth and development of the brain and nervous system . Cholesterol coats the nerves and makes the transmission of nerve impulses possible.

\* Cholesterol gives skin its ability to shed water.

\* Cholesterol is important for normal growth and repair of tissues since every cell membrane and the organelles (the tiny structures inside the cells that carry out specific functions) within the cells are rich in cholesterol. For this reason newborn animals feed on milk or other cholesterol-rich foods, such as the yolks of eggs, which are there to provide food for the developing bird or chick embryos.

\* Cholesterol plays a major role in the transportation of triglycerides -- blood fats -- through the circulatory system.

“A quick review of this list should give a better idea of

At Framingham, we found that the people who ate the most saturated fat, the most cholesterol and the most calories weighed the least, were more physically active and had the lowest serum cholesterol levels.”

*William Castelli, M.D., Director of the Framingham Study. The Archives of Internal Medicine, July 1992, Vol. 152, pages 1371-72*

what cholesterol does and to dispel any notion that it is a destroyer of health to be feared and avoided at all costs. Far from being a serial killer, cholesterol is absolutely essential for good health; without it you would die. Without cholesterol we would lose the strength and stability of our cells, rendering them much less resistant to invasion by infection and malignancy. In fact, a grave sign of serious illness, such as cancer development or crippling arthritis, is a falling cholesterol level. “

*Michael R. Eades, M.D., and Mary Dan Eades, M.D., PROTEIN POWER, 1996.*

### Cholesterol does not cause heart disease

The International Network of Cholesterol Skeptics, a steadily growing group of scientists, physicians, other academicians and science writers from various countries are questioning the common dogma that dietary saturated fat and cholesterol cause heart disease. Not only is there no proof to support this hypothesis, says spokesman Dr. Uffe Ravnskov, of Lund, Sweden, but the available scientific evidence clearly contradicts this claim.

Ravnskov says that the accumulated evidence from nine dietary trials, presented by a group of British researchers in the 31 March, 2001 issue of British Medical Journal showed that not a single life has been saved by dietary changes to reduce fat intake that went far beyond the official recommendations.

Dr. Walter Willet, chairman of the department of nutrition at the Harvard School of Public Health, is the spokesman for the ongoing longest-running, most comprehensive diet and health study ever performed that involves nearly 300,000 subjects. As he recently noted, data from this study clearly contradict the low-fat-is-good-health message, and “the idea that all fat is bad for you; the exclusive focus on adverse effects of fat may have contributed to the obesity epidemic.”

[www.redflagsweekly.com/Thursday\\_report/2002\\_sept05.html](http://www.redflagsweekly.com/Thursday_report/2002_sept05.html)

### Dangers of cholesterol lowering (statin) drugs

There is little evidence that lowering cholesterol protects human beings from heart disease. According to the Life Extension Foundation, of those who suffer heart attacks under age 50, more than 50 percent have no recog-

nized risk factors.

[www.lef.org](http://www.lef.org)

According to noted nutrition expert Earl Mindell in his recent book Prescription Alternatives, “There is absolutely no evidence anywhere that normal cholesterol floating around in the blood does any harm. In fact, cholesterol is the building block for all your steroid hormones, which includes all the sex hormones and the cortisones. Even slightly low levels of cholesterol are associated with depression, suicide, and lung cancer in older women. . . For most people, eating high cholesterol foods does not raise cholesterol.”

While a cholesterol-lowering drug will usually do a very good job of lowering your cholesterol, there’s scant, if any, evidence that it will help you live longer or reduce your risk of heart attack. If the American public had even a clue of how destructive these drugs are, they wouldn’t touch them. . . Every information sheet on the most commonly prescribed cholesterol-lowering drugs will tell you

that they cause cancer in rodents when taken long term in relatively normal doses. It’s also well-known that they can cause severe emotional imbalances in men, along with a wide array of life-threatening side effects. . . The wisest course of action is to avoid these drugs. . . “

*Earl Mindell*

### Cholesterol drugs - a death sentence?

Lipid lowering drugs inhibit the formation of cholesterol by the liver. This mechanism also has other unwanted effects. The same enzymes that are involved in the production of cholesterol are also required for

the production of an essential compound called coenzyme Q10; not surprisingly, lower cholesterol levels in statin users are accompanied by reduced levels of CoQ10.

Coenzyme Q10 -- also called ubiquinone, which means “occurring everywhere” -- plays an important role in the manufacture of ATP, the fuel that runs cellular processes. Although it is present in every cell in your body, it is especially concentrated in the very active cells of your heart. Depriving the heart of CoQ10 is like removing a spark plug from your engine -- it just won’t work. Low levels of CoQ10 are implicated in virtually all cardiovascular

Everything we know is wrong...

Much of what we are told by our most trusted authorities turns out to be the exact OPPOSITE of what is true and what should be heeded. “Avoid foods that are high in cholesterol.” This is yet another example of thoroughly misguided advice from our so-called health authorities.

*Thomas E. Levy, MD JD*

diseases, including angina, hypertension, cardiomyopathy and congestive heart failure.

In 1990, the drug manufacturer Merck sought and received a patent for Mevacor and other statin drugs formulated with up to 1,000 mg of coenzyme Q10 to prevent or alleviate cardiomyopathy, a serious condition that can cause congestive heart failure. However, Merck has not brought these combination products to market, nor has this drug company educated physicians on the important of supplementing CoQ10 to offset the dangers of these drugs to the heart. Because they hold the patent, other drug companies are prevented from coming out with a statin/CoQ10 product.

In the last 15 years (roughly the time that statins have been on the market), the incidence of congestive heart failure has tripled.

*Peter H. Langsjoen, MD*

### **Cholesterol lowering drugs linked to cataracts**

Richard Cenedella, Ph.D., announced today that a recent multinational scientific study supports his hypothesis that brief exposure to very high levels of some statins may irreversibly damage the lens of the eye. The study by Christopher Meier's of the University Hospital of Basel, Switzerland, suggests that taking the antibiotic erythromycin in combination with the popular statin-cholesterol lowering drugs may increase the risk of cataracts. Erythromycin slows removal of most statins from the body and can greatly increase blood levels of these drugs. The study results published in Archives of Internal Medicine, indicate that a single course of antibiotic, typically 10 days, appeared to double the risk of cataracts and two or more courses tripled the risk.

*Richard Cenedella, Ph.D.*

### **Cholesterol lowering drugs increase cancer risk**

All members of the two most popular classes of lipid-lowering drugs (the fibrates and the statins) cause cancer in rodents, in some cases at levels of animal exposure close to those prescribed to humans."

*JAMA on-line*

New research indicates that besides lowering levels of cholesterol, the statin drugs may also promote the growth of new blood vessels, which may not necessarily be such a great thing. Although this effect may help to prevent heart attacks and other forms of heart disease, it may have the potential to promote cancer growth as well.

*Joe Mercola,*

Dr. Fonorow is President of Intelisoft Multimedia, Inc. His company owns the distribution rights to Nobel Prize winner Linus Pauling's Video on Heart Disease. He is a Co-founder of the Vitamin C Foundation, and is the owner of OWEN R. FONOROW NATUROPATH & ASSOCIATES, a consulting firm that combines more than



fifty years of learning and experience about vitamins, minerals, amino acids, antioxidants and enzymes. Dr. Fonorow's nutritional specialty and primary interest is vitamin C, and clients include health professionals as well as the general public. Recently, he has worked closely with nutritional manufacturer Tower Laboratories of Las Vegas Nevada, and has designed several of their high-vitamin C products.

Owen graduated from the United States Air Force Academy in 1976. He then served as a SAC Minuteman Missile Combat Crew Commander stationed at F. E. Warren AFB, Cheyenne, WY; he earned his Masters in Business Administration during that period. After leaving the Air Force in 1981, Owen studied computer programming and the programming languages at the University of Arizona, graduating with a Master of Science degree in Computer Science.

In 1983, after reading Nobelist Linus Pauling's book The Common Cold and the Flu, he began taking 3 g of vitamin C daily. Soon thereafter multiple recurring infections and illnesses were "cured" never to return. In 1986, upon reading the updated Pauling book How to Live Longer and Feel Better, and Dr. Robert Cathcart's famous paper Titrating Vitamin C to Bowel Tolerance [\*] (provided by Pauling,), Owen increased his daily vitamin C from 3,000 mg to 18,000 mg (18 g), matching Pauling's own intake. At this level of ascorbate, other persistent minor medical conditions cleared up, such as hay-fever and gouty arthritis. Fascinated, he began intensive research of vitamin C and the other nutrients.

In 2002 Owen earned his Ph.D. Nutritional Science, and in 2003, he was awarded the degree Doctor of Naturopathy from Chatworth College. Dr. Fonorow dissertations dealt with the relation of vitamin C to heart disease and the inherent problems with the current health care system. Fonorow has designed and still maintains four large web sites devoted to various aspects of health and nutrition, including the Vitamin C Foundation's web site. He has written more than thirty articles and papers published in assorted Alternative Medical journals including the Townsend Letter for Doctors and Patients, Life Extension Foundation magazine, American Naturopathic Medical Association Monitor, Florida ECO Report, International Council for Health Freedom Newsletter and Media By-Pass.

Owen's radio interviews on the cures for heart disease and cancer are available at the Vitamin C Foundation's web site. He is currently the Editor for the on-line Bolen Report newsletter for alternative health. Owen teaches Linux/Unix network computing at night school for a local technical college. Owen is married with three children and lives in a western suburb of Chicago Illinois.

[www.vitamincfoundation.org](http://www.vitamincfoundation.org)

# STALLS & PLATEAUX

## AVOIDING AND OVERCOMING

Part 1 of 4

by  
**Mark Moxom**

**YOU DON'T HAVE TO ACCEPT A STALL FOR MONTHS ON END - IF YOU WILL ACCEPT THAT, NINE TIMES OUT OF TEN, IT'S YOU WHO GOT YOURSELF INTO IT IN THE FIRST PLACE.**

**O**k, so maybe they are strong words, but I am a firm believer in each of us taking responsibility for our own health. And that includes what we put in our bodies.

**Stalls and plateaux do not just happen. They happen for a reason and most of the time that reason is us.**

**Food does not just jump into our mouths while we sleep. We put it there, chew it and then swallow it. But that's not the end of it, as what the body uses it for is also, by and large, under our control too.**

**If you are having a problem with a stall and you've got this far into the article without screwing this up and throwing it against the wall, then I know that I have struck a chord with you. If you manage to make it to the end of this article and find yourself agreeing, then great. If you don't agree, that's great too as I know you are wise enough not to throw the baby out with the bathwater.**

**A**t some point during the Low Carb weight loss journey, nearly everyone experiences a slowing down or a halt in weight loss. It's almost as if it's part of the right of passage, something that you just have to go through.

Well, first of all let me give you some good news and say that in many cases, the slow down is avoidable and in all cases it is possible to overcome the stall, plateau or whatever else you want to call it.

First, let's discuss exactly what a stall is and set

some ground rules.

You can consider yourself in a stall if either your weight, body measurements, or body volume has not shown any change for a minimum of 4 weeks. That said, if you have not had any change for two weeks, at least start the investigation process to discover what may be the likely cause of the stall. Quite briefly, if it is something simple and you make changes that cause the weight and measurements to move in the right direction, then sooner is always better than later, particularly for your own encouragement. And if it is something simple then why wait another two weeks?

That brings us to the first of the ground rules.

99% of us diet not to lose weight. In truth we are dieting to lose excess FAT. That is a very important distinction

Never forget - You do not want to lose weight - you want to lose excess  
FAT FAT FAT.

Another important thing to remember at all times is:-

The scales are not your friend.

They are no more accurate at measuring your fat loss than your horoscope is about your day to day finances.

The second ground rule is one on how to start

any diet properly. (And if you haven't done this do it today)

When you begin any diet, and particularly an LC diet, you should record the following:

Your weight first thing in the morning before you eat.

Your body measurements: Waist, chest, both upper arms at the largest part, both thighs at the largest part, both calf's at the largest part and around the neck.

Body volume. You can get this done professionally at a health centre or gym that has the equipment for the purpose, or if you don't want the hassle of that, choose a pair of trousers and a top that are a bit tight or better still one or two sizes too small and try to put them on and note how far up you can get them. Keep them together on a hanger in your wardrobe as you will use them often.

On the day you start your diet and then only every seven days after, weigh, measure and try on the clothes and **MAKE A NOTE** of all the weights, measurements and just where you could struggle to get the trousers etc to.

If all of these three types of measurement have NOT changed in the past 4 weeks running, it's time to consider you may be in a stall. If only two have remained stable, then the good news is you're not in a stall. And there is no cause for alarm.

Even if all three have stayed the same for a number of weeks - anything less than 4 weeks running is just a temporary stall and could be considered a good thing, as it is most likely your body is adjusting its function to suit your new lifestyle and way of eating. And despite all appearances you will still be losing fat, especially if you remain in ketosis.

The other important thing to remember is that you are dieting only to

**IMPROVE YOUR HEALTH.**

You have made these changes to become

**slimmer, leaner and healthier again.**

The fact that you will lose weight is a by-product of the main fat lose process.

Now I very boldly said that most stalls can be avoided. We can see that most clearly by looking at the things which cause stalls.

Frankly speaking, these can be divided into three categories.

**Food intake** – the type of food you are eating and the amount.

**Body functions** - Just what your body is doing at this particular stage of your diet.

**Outside causes** - allergies, sweeteners, alcohol, medications - it's a long list.

**T**he actual thing, or number of things, that is causing your stall may be one of the following. Let's discuss them one at a time. Although that may be a bit difficult as many are interlinked.

**Too many Carbs.**

Yes it can be as simple as that. Some people have the type of metabolism that requires that they need maybe as few as 10gms of carbs a day to get into ketosis and not many more to remain there. Whilst others can continue to lose while consuming as much as 80 to 100 grams daily

**Too many calories.**

Barry Sears of Zone fame hits it squarely on the head when he rightly maintains that it not just carbs you have to watch, but also calories too. There is a widely held misconception that calories don't count when in fact it's obvious they do. If you are not using more calories than you are consuming, they don't just magically disappear. They do in fact get metabolised by the body and are stored for the future as FAT. It's worth remembering that even Dr Atkins did not say calories didn't count. He actually said carbs count more than calories. There is a difference and it is an important one.

**Hidden carbs.**

Even if you conscientiously count every carb you eat, the annoying part is that you will eating more than you bargained for. There are a number of reasons for this. The first is that the labels on the food don't always tell the truth. Manufactur-

ers are allowed a margin of error of 140%, that can mean that there could be nearly half as many more carbs than you might think in some food, snacks or ingredients. Also, in many countries the labelling laws allow a rounding down of ingredients. So 0.99 of a gram of carbs could in fact be recorded on the label as 0 grams. It would not take many like that to add up to many more grams of carbs in the day.

Then there are the carbs hidden away in condiments and seasonings and so forth. Stop, look at the label. Even if they are not listed many will contain more carbs than you might think.

#### **Not eating enough.**

Not so obvious this one, but true enough. When we don't eat enough, our bodies go into what could be best described as starvation mode. Here the body tries to hang on to everything it can, so it uses every trick it can to hold on to its store of emergency rations.

#### **Not enough protein.**

This is vital, particularly if you combine exercise with your diet. (In fact a high protein diet combined with proper exercise is a sure way of losing fat. There is a study by the University of Illinois that confirms this). This works so well because a protein diet contains a high level of Leucine which, working together with insulin, helps stimulate protein synthesis in muscles. The extra protein reduces muscle loss while the low carbs result in low insulin, allowing fat to be burnt. Simple really.

#### **Over eating.**

So obvious it's often overlooked. Low carb ethos of 'eat until you're satisfied' is often interpreted by some as 'eat until you're stuffed'. A sure fire way of not losing weight. You can never get past the equation: energy from food in (calories in) – energy used by the body (calories out) = the direction of weight movement.

#### **Eating only once a day.**

This has two effects. The first is that the body gets the message that food is scarce so goes into starvation (fat retention) mode. The second is that because you get so hungry by the time you eat, then you are inclined to over-eat and by eating so much the blood sugar levels go high, too

much insulin is produced and the cycle of metabolising food to fat starts all over again. This is often compounded by the fact that many who eat only once a day eat at the end of the day too close to bed time, and all that food has nothing to do except be turned to fat.

#### **No exercise.**

The body can only build muscle if there is a demand to do so. If you don't exercise while you eat the same quantity of food, you have in effect reached a stalemate. Firstly, by exercising, you will feel a lot better by getting active and making the body work as it's meant to. Secondly, your metabolism will be increased causing more fat to be burnt. Thirdly, as your muscles use energy to move, so fat burning will increase.

#### **A Bored body.**

Even if you are exercising and have reached a plateau, this could well be a sign that you're now not exercising enough. Simply put, your strength and stamina levels have reached a point where you are in fact cruising through your exercise session and it's not causing you to even break into a sweat. This will start to have the same effect as no exercise.

This is most evident for folk doing aerobic or low impact exercise. The best type of exercise for fat loss on a low carb regime (in fact for any regime) is one which 'makes' muscle. That has to be resistance training or weight lifting. That's because this type of exercise is the only really effective way of building muscle. There are so many advantages in doing this, not the least of which is you are getting a much better tone and body shape. Better muscle tone improves the posture and makes skin 'hang' better. Look at anyone in the gym and see which bodies look better. As this improves, so will self-esteem and also you will find daily tasks so much easier as you have the strength to do them.

In later sections we'll be covering more causes and how to deal with them. How to workout where your particular problem is and stall busters to get you back on track.

A stalls and plateaux hand book covering all this subject is available free when you subscribe to the magazine. Or you can also get it right now as an ebook from the website for \$4.95.

# RECIPES

A selection of Peruvian recipes from the magazine

## Lomo Saltado



6 servings

Ingredients:

2 pounds of beef tenderloin or other tender steak

¼ cup red wine or burgundy

2 tablespoons of crushed garlic

2 medium onions cut in strips

4 tomatoes, seeds removed, pureed in blender

1 cauliflower, prepared for frying and Caulirice

1 jalapeno pepper cut into thin strips

1 tablespoon of vinegar

Vegetable oil for frying

Salt and pepper

Finely chopped parsley

8 Grams Carbs perserving

Preparation:

Cut beef into thin strips and marinate in wine for 1 hour

Cook garlic in oil over medium heat and add meat. Reserve the juice.

Add the tomato puree, salt and pepper. Cook for a few minutes

Add onion, jalapeno strips, parsley and vinegar. Combine the juice from the meat

Serve over cauliflower rice (See magazine)

3 cups chicken stock

¼ cup vegetable oil

2 medium onions, finely chopped

2 cloves garlic, minced

1 or 2 table spoons of powdered Almond

1 cup single cream

8 fresh hot red or green peppers, seeded

2 medium tomatoes, peeled and seeded

4 ounces walnuts,

ground salt and freshly ground pepper

½ cup grated Parmesan cheese



Put the chicken pieces into a large saucepan or flameproof casserole with the stock, adding a little more if necessary to cover, and poach until the chicken is tender, about 45 minutes. Let the chicken cool in the stock. Remove the skin and bones and shred the meat into pieces about 1-1/2 inches long and 1/4 inch wide. Set the shredded chicken aside and reserve the stock.

Heat the oil in a flameproof casserole and saute the onions and garlic until the onions are golden. blend the powdered almond into the cream and mash to a paste. Add the breadcrumb mixture to the casserole. In a blender or food processor, reduce the peppers and tomatoes to a puree and stir into the casserole. Add the ground walnuts. Season to taste with salt and pepper, and cook, stirring, over moderate heat for about 5 minutes. Add the chicken, one cup of the stock, and the cheese, and cook just until heated through. The sauce should be thick. Serve the chicken and sauce on a heated platter surrounded by halved, boiled potatoes, hardboiled eggs, sliced lengthwise, and black olives.

## Chicken in Pepper Sauce

Serves 6

Ingredients:

3-1/2 to 4-pound chicken, quartered

Continued from Page 2

men with significant contribution to society. Their deaths are simply shrugged off and attributed to sickness or aging.

Those who profit from prescription drugs should hold some sort of record for the having the most reckless disregard for human life. If the deceit continues the prescription drug leviathan will silently kill more people than Napalm dropped on Vietnamese villages.

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Footnotes:

1, Approximately 58,000 American's died in Vietnam. FDA approved drugs kill 106 – 125,000 people per year when used as prescribed.

2, Source: CBC's Marketplace. Aired March 25, 2003. Researcher Colman Jones.

3, Tufts eNews. Relaxing The Rules. Does the New England Journal of Medicine's decision to relax its conflict of interest policy strengthen or weaken the prestigious publication? Boston [06.19.02]

4, Antony Barnett. Revealed: how drug firms 'hoodwink' medical journals. Pharmaceutical giants hire ghostwriters to produce articles - then put doctors' names on them. The Observer. Sunday December 7, 2003

5, Revealed: How Drug Firms 'Hoodwink' Medical Journals

6, Shannon Brownlee. Doctors Without Borders. Why you can't trust medical journals anymore. Washington Monthly. April 2003.

7, Zuckerman, D. Hype in health reporting: "checkbook science" buys distortion of medical news. International Journal of Health Services. 2003;33(2).

8, Bekelman, J.E., Li, Y. and Gross, C. P. Scope and impact of financial conflicts of interest in biomedical research. Journal of the American Medical Association. 289: 454-465.

9, Willman D. Stealth merger: drug companies and government medical research. Los Angeles Times. 2003 Dec 7;:A1, A32-3.

10, Doctors Without Borders

Shane Ellison  
MSc



Able to stop prescription drug hype in its tracks and bring safe and effective natural alternatives to the attention of the public, Shane is a menace to those medical doctors who have staked an entire career on asserting that FDA approved drugs are safe and effective.

His extensive study of biochemistry and the use of natural products as medicine have elevated him above mediocre and lazy thinking which runs rampant throughout the healthcare industry.

Among nutritionists and dietitians he is an outlaw for his politically incorrect use of various safe and effective nutritional supplements that are rarely a part of mainstream thinking.

While Shane does stand alone in his convictions, he will remain the cure to America's declining health, the worldwide obesity epidemic, heart disease and the deadly, unquenchable thirst for profit among drug companies.

When true health is desired, people look to Shane.

Shane holds a Master's degree in organic chemistry and has first hand experience in drug design. Abandoning synthetic medicine, he is an independent researcher, a consultant to the nutritional supplement industry and developer of the SafeTaste Certification (TM) seal. Shane is responsible for designing numerous safe and effective nutritional supplements for longevity, fat loss and sports performance. He is a member of The International Network of Cholesterol Sceptics as well as a proud husband and father.

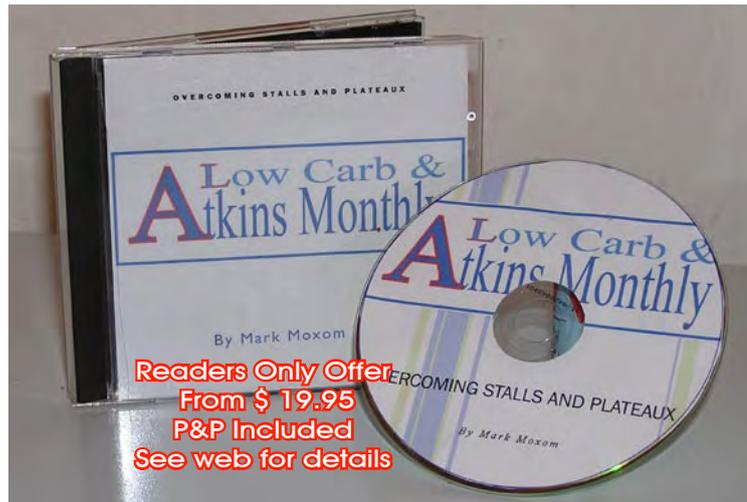
Contact shane at <http://www.health-fx.net>

# STALLS AND PLATEAUX.

## AVOIDING, UNDERSTANDING AND OVERCOMING

Virtually every lowcarb dieter will come to a point in their dieting when the fat-loss seems to stop and for some, this stall seems to go on forever.

In this CD audio presentation, our editor passes on years of experience in avoiding, overcoming and understanding stalls and plateaux.



**How to break any stall!**  
**Yes really. More than half a dozen proven, easy to follow ways of breaking that stall in 14 days or less.**

We answer the questions:  
What is a stall?

How do I know I am in one?

Do calories matter?

Why do folk stall?

What foods cause stalls the most often?

What foods cause food sensitivity?

What foods lead to weight gain?

Tell the body to stop losing fat

Why counting carbs can make you fat

Is drinking water necessary?

Do I need to exercise?

Which carbs should I count?

Where the extra carbs come from

(you just won't believe where those extra carbs hide)

In addition we find out about:

Which diet foods are guaranteed to make you stall

Which fats help weight loss and which cause weight gain

Which products that nearly every lowcarber should avoid

What one 'health' food will stop you losing weight and put your health in danger, and why you should never eat it.

Which drugs and medications cause the most problems and how to overcome the effects of one you simply must take.

Which experts are telling you the truth and giving good advice.

(Not every diet guru puts your well-being above making a buck)

Just which exercises will help you the most, both to overcome a stall and to help the fat fall off.

What dangers lurk in processed food and which ones cause the biggest problems

Which meats to eat and which to avoid to cause maximum fat loss

How dairy products can either break or make your fat loss program

Which sweeteners help fat loss and why using some others only make you fat

On top of that, this audio presentation reveals:

Inside information about low carb foods that the manufacturers would rather you did not know.

We reveal the truth behind 'net carbs' and why even diet experts have been conned

We discuss and de-mystify the relationship between carbs and calories

Find out why, how and when you start your diet is one of the keys to success.

How to use the psychological advantage to almost guarantee the success of your diet

We discuss the fluid question and you get concise answers to just how much you should drink and just what you can drink

We reveal which two hormones are the dieter's friend and how to get them to do the work for you.

How to Order: Subscribers to the newsletter can get a \$10 discount by using the link below to order the CD.

[Discount price for newsletter subscribers link click here. or  
www.lowcarbandatkins.com](http://www.lowcarbandatkins.com)

If you subscribe to the magazine please use your privileged link from the magazine.

What we are trying to achieve.

The Low Carb and Atkins Monthly Newsletter is a complementary publication to the main Magazine. The Magazine is meant for anyone who wants to be regularly kept up to date about what's going on in the world of controlled carbohydrate diets and associated health issues. We recognise that more than at any other time in history, mankind is going through a period of massive transformation in every facet of our lives. Food, water, and other of life's essentials have become no more than commodities used by the larger industrial powers in the pursuit of their own agendas. The desire to make a quick profit vastly outweighing the duty to provide good and wholesome products. At the end of this vast chain, the consumer eats, drinks and inoculates themselves with products that they know their laws ought to ensure are safe. Unfortunately, this is not the norm. Those we have trusted to uphold those laws and do their duty to humanity have forsaken that trust in the interest of personal gain. Daily, products are placed on the market that are not just ineffective for what they are advertised for, but in many cases dangerous. For these reasons amongst others, we seek to make available hard to get information with the intent that to be forewarned is to be forearmed. Articles are submitted by health and diet professionals and users of the diets to help, inform and encourage others in the pursuit of good health. This magazine is not affiliated to any religious, philosophical, political ideology or organisation. Therefore it is totally independent and does not endorse any one diet, neither does it purport to represent any group or company. Our policy is one of non-censorship and we will publish material that we believe to be in the interest of our readers. If you have an article you would like to submit, then please email it to [submissions@lowcarbandatkins.com](mailto:submissions@lowcarbandatkins.com). Or send it to your local contact point.

# WEB SITE SURVEY

## THE TOP TEN HEALTH AND LOWCARB WEBSITES VOTED BY YOU

SEE THE MAGAZINE FOR DETAILS AND THE FULL ARTICLE

The online community has been one of the main reasons why Low Carb has not just survived but also thrived in the midst of mainstream medical and media opposition. That online success has drawn many into the arena. Both the good and the bad. In this survey, we look at the results of your votes for the sites that have stood out and benefited the online community.

All of the web sites that made it into the top ten are on the whole a great benefit to the Low Carb Community. Each one has a solid core of supporters who have found an online home where they can help and support one another.

Apart from that, we looked at a number of factors which set these apart from those that didn't make it this year.

Among the things we looked at were:-  
Ease of use. Did the site require membership. Impartiality of advice - i.e. was there a commercial or other type of influence (in some case this was a definite YES). How large was the membership and how many visited on a regular basis. Did they have a newsletter and was it any good.

Taking all the votes each site received, we then weighted them against all the above criteria.

- Top Ten in no particular order:-
- Low Carb Friends
  - Atkins Diet & Low Carbohydrate Support Group AKA Lowcarb.ca
  - Low Carb eating
  - Dr Mercola
  - Eat Right for your type - Dr D'Adamo
  - Atkins Diet Bulletin Board **Highly Commended**
  - Carb Life UK **Commended**
  - Lowcarb Oz **Highly Commended**
  - South Beach- Getting it right **Commended**
  - South Beach Newbies

The winner for the prize of  
**Low Carb and Atkins Monthly Magazine Diet and Health Website of the Year 2006 is**  
**Mercola.com**

### The Winners

**South Beach Newbies**

A screenshot of the South Beach Newbies website. The page features a navigation bar with links like 'Home', 'Messages', and 'Post'. The main content area includes a 'Description' section with a welcome message and a 'Disclaimer' section. A large image of the 'The South Beach Diet' book cover is visible on the right side. A circular badge in the top right corner of the screenshot reads 'Low Carb And Atkins Monthly Magazine 3rd Top Ten Websites 2006'.

**Low Carb.ca**

A screenshot of the Low Carb.ca website. The page has a green header with the site name and navigation links. The main content area features several articles, including 'New Food & Carb-Counter' and 'Atkins Diet & Low-Carb News'. A circular badge in the top right corner of the screenshot reads 'Low Carb And Atkins Monthly Magazine 2nd Top Ten Websites 2006'.

**Winner 2006 - Mercola.com**

A screenshot of the Mercola.com website. The page features a search bar, a navigation menu, and several promotional banners. One prominent banner reads 'Begin Your Journey to Independent Health'. Another banner advertises 'The World's Most Popular Health Newsletter'. A circular badge in the top right corner of the screenshot reads 'Low Carb And Atkins Monthly Magazine 1st Top Ten Websites 2006'.

# THE DIRECTORY

## A LISTING OF STORES, RESTURANTS, INNS AND HOTELS THAT ARE LOW CARB FRIENDLY.

The Directory appears every month in the Magazine.

The Low Carb Businesses are listed alphabetically by country, town and business name.

Listings are free of charge.

If your favorite low carb shop, restaurant or business is not mentioned, then drop us a line at [recommends@lowcarbandatkins.com](mailto:recommends@lowcarbandatkins.com)

### AUSTRALIA & NEW ZEALAND

#### ATKINS LOWCARB FRIENDLY LOCAL SHOPS

##### Health Food Store

Perth

##### Allergy Centre

Jamison Shopping Centre  
Canberra

##### My Goodness

Woolworth Complex Sandy Bay

##### Total Nutrition Low Carbohydrate

"Unit K, 1197-1205 Great North Road" Pt Chevalier Arcade Auckland  
Pt Chev Auckland 09 815 9803

##### Huckleberry Farms Greenlane

240 Greenlane Road West Epsom Auckland 09 630 8857

##### Manukau Wholesale Meats

Ronwood Avenue Manukau City

#### LOW CARB FRIENDLY RESTAURANTS

##### Norman Hotel

102 Ipswich Road Woolloongaba Brisbane (07)33915022

### CANADA

#### ATKINS LOWCARB FRIENDLY LOCAL SHOPS

##### Reflex

1685 Chestnut Street Vancouver British Columbia  
BC V6J 4M6 604 738 6651

##### Bulk Barn

"Ottawa, Toronto & Barrie"  
Nutrition House 50 Rideaux Shopping Mall Ottawa Ontario  
613 569 7655

##### Capers

1675 Robson Vancouver British Columbia 604 687 5288

##### Community Natural Foods

1304 10th Avenue SW Calgary Alberta 403 229  
2383

**Carol's Quality Sweets** 10364 Whyte Avenue  
Edmonton Alberta "AB, T6E 1Z8" 780 433 8650

##### Shoppers Drug Mart

97 St & 167 Ave Namao Alberta

##### Lewis Chocolates

"Bankers Hall, 2nd Floor" Calgary Alberta

##### Newfound Health

Edmonton Mall Edmonton Alberta

##### Kenron Pharmacy

Calgary Alberta

#### LOW CARB FRIENDLY RESTAURANTS

##### The Fish House

Stanley Park Vancouver British Columbia  
604 681-7275

##### Stepho's

1124 Davie Downtown Vancouver British Columbia

##### Kelsey's

Barrie Ontario

##### Kelsey's

Winnipeg Manitoba 489-1489 1629

##### Ringos

Frederickton New Brunswick

##### Outback Steak House

Barrie Ontario

##### Luna Pizza?

Frederickton New Brunswick

##### Zone Meals To You

Suite A 867 West 19th Vancouver British Columbia  
604 974-0992 ext 8218

##### Minos Restaurants

248 Ontario Street Downtown Kingston  
Ontario 548-4654

##### Minos Restaurants

2762 Princess Street Uptown Kingston Ontario  
384-2021

##### Minos Restaurants (take-out)

340 Barrie Street Kingston Ontario

##### Chili's

2480 37 Ave Calgary "Alberta, AB T2E 8S6" 403 291-  
0520

### FRANCE

#### ATKINS LOWCARB FRIENDLY HOSTELRY

##### Villa Amiel

Rue Martyres de la Resistance, 06380 Sospel Alps Mari-  
time France +33 493 04 12 69 [www.villaamiel.com](http://www.villaamiel.com)

# THE DIRECTORY

## ...CONTINUED

### UNITED KINGDOM

ATKINS LOWCARB FRIENDLY LOCAL SHOPS

#### Revital

High Street Willesden London NW2

#### VB Food Stores

Wembley London Most Indian Food Shops

#### "Primo, The Low Carb Specialists"

10 Chepstow Road, Notting Hill London W2 5BD 02077  
924 270

#### Holland & Barrett

Head office in Hull Most Large towns

#### Carbophobia Ltd

Unit 1, Capenhurst Tech Park Chester 01513  
396991 www.carblife.com

#### Biggles Sausages

66 Marylebone Lane Central London  
02072 245937

#### SugarLite

Unit 1C, Sandtoft Ind Estate Belton. N Lincs DN9 1PN  
01527 872482

#### CarbSmart Ltd

01753 785631 ext 5645

LOW CARB FRIENDLY RESTAURANTS

#### Harvester

loads! countrywide

#### Wetherspoons

loads - countrywide

#### Yates

loads - countrywide

#### Gueller

York Place Leeds City Centre countrywide 0113 245  
9922

#### Nutters

Edenfield Road Cheesdon Norden Rochdale OL12 7TY  
01706 650167

#### Sloppy Joes

High Street Colchester

### UNITED STATES

ATKINS LOWCARB FRIENDLY LOCAL SHOPS

#### Vitamin Shoppe

1936 South Road (Route 9) Poughkeepsie New  
York NY 12601 845 296 0790

#### Zambettis Low Carbohydrate Center

196 South Main Street New City New York NY 10956  
845 634 2553

#### Living Well Natural Foods

1119 Route 82 Hopewell Jct New York NY 12533  
845 226 2599

#### Low Carb Habit

6300 NE 117th Ave Unit B-7 Vancouver WA 98662  
360 892 0015

#### Low Carb Habit

Seattle Convention Center 725 Pike Street Seattle  
WA 98101 206 749 5060

#### Daily Sports Nutrition & Low Carb Market

331 2nd Av Sw Albany Oregon 541 926 7406

#### Low Carb Store (Westside)

4714 S.W. Scholl's Ferry Road 503-384-9384

#### Ultimate Nutrition

636 Montgomery Hwy Vestavia Hills Alabama  
205-979-6768

LOW CARB FRIENDLY RESTAURANTS

#### Kristin's Low Carb Café

Centennial Centre US95 & Centennial Parkway Las Vegas  
Nevada

#### Frontier Restaurant

Central Avenue Albuquerque New Mexico

#### The Flying Star

3416 Central 4501 Juan Tabo Blvd Albuquerque New  
Mexico 505-275-8311

#### Anthony's

West Main Street West Point Mississippi

#### Greek Town Family Restaurant

90 North Village Ave Rockville Centre New York 516-549-  
4164

#### In & Out Burger

McCarthy Ranch Milpitas California

#### In & Out Restaurants (many)

Southern California

#### Jodi Maroni's

many locations California

#### Deli on the Run

3125 Cahaba Heights Road Vestavia Hills Alabama  
205-262-9760

#### El Chico

Bush River Road Columbia South Carolina

Got a business you like to recommend?

Please email us with the details.