Getting everybody I'm so happy that you are here to join me today we're doing a webinar on The Fad diet review so it's January and oftentimes this type of year we get a lot of interest in diet and weight loss and just kind of focusing that on New Year's resolution and a lot of times our culture assumes that weight loss equals help so today I want to show you a little bit more in detail of that weight is just an outcome or a symptom of Lifestyle style factors and there are a lot of various complexities that go into weight loss will also touch on a few of the common bad diets out there but feel free to ask if you have a specific question on one cuz we can Veer the presentation to what you would prefer to learn about for those of you who don't know me my name is Christy Goff I am a registered dietitian with Pacific Medical Center and I run a program called The Living Well Alliance here at pacmed so this is a research-based preventive program for employees and community members and usually is individual webinars to companies but also this webinar subscription so I'm happy to answer lots of questions about nutrition all day because that can be a challenging topic all right so I always ask people what their definition of a diet is right I find that people can say the traditional definition of anything that a person eat a lot of us assume that a diet is equates to weight loss it's some kind of restriction on yourself either for medical reason or for again weight loss I like this definition of on your screen because typically when I think of diet I think of that stay diet is an all-consuming obsession with the food you shouldn't have eaten yesterday but did the food you should eat in today but shouldn't have in the food you shouldn't eat tomorrow but probably will so when we talked about diet there's a lot of bias that goes into it and I want to just offer that we're being kind to ourselves I'm offering some information here but I'm not trying to shame anyone that's been on a diet where that currently is on a diet just giving you some more information around that so just wanted to start Doug and thinking about your definition of a diet what comes up for you what words stand out and you can put these in the chat bar as well I'll read them out so that people can hear what other people think of as a diet 45 million Americans set out on a diet each year to lose weight typically starting in the month of January however it seems as fewer than 5% of them managed to keep the weight off long-term and this is because again there's always a new diet being featured on TV or in health magazines on the news and you know the next one is always the one that's going to answer everyone's prayers that it's really going to be the best one but there's not really a diet per se that works for all of us and we'll get into that as we go on again review some of the popular fad diets and then have a few big picture recommendation for help and how we can start the separate Health with our weight does some of the words that people are describing with diets is meeting a goal restriction a plan limiting awesome thanks for participating in that one I always like to start with diet biology because oftentimes this goes on talked about where our bodies goal is to not lose weight as a species were basically program to hold onto weight because that means survival back in evolutionary time so researchers in the last decade have started to look at the science of weight loss and it gets complicated it's not just eating less calories that you are burning and we originally thought I'm so if there is a lot of hormonal responses that go into this and it wanted to just share a few of them so when do bacon is a researcher she's also the author of a book called body respect and she has started to leave this movement of the science around weight loss and how we can kind of get that out of our system as a culture is she kind of starts by saying bio biology lies behind the drive to break your diet because several things happen when you're deprived of food first we see a decrease in lectin I'm at the same time we see an increase of Gremlin so I want to just put a first pulling question out there and quiz you on what does leptin and ghrelin actually do the opening this call you can choose from or different answers one of them hunger and Greenland decreases hunger renlund either increases hunger and left and decreases so I switched their does it deal with stress hormones does it feel with all hormones the curious on your guesses there and it's okay if you don't know or if you've never heard before and leptin and ghrelin are types of hormone you can read more about Windows research at the website below as well as she has a lot of information and ideology about the program called Health at every size so kind of removing weight from the measurement of how really inspiring a lot of dietitians are gravitating towards that and I'm not seeing as much of these diet prescriptions anymore alright so we're kind of all over the board I'll give you about five more seconds to do that pull if you prefer and it looks like what kind of even across the gold show you guys the results the nine of you that a $0.09 b $0.04 c and d said 10 of decency so that the real answer is B and this is because lectin is actually our fullness hormone it tells us the stop eating when there's a certain amount of food in our bellies and then Gremlin is considered our appetite hormone increasing when we need food so these bullets arrive are need to eat and it's not doesn't willpower so these hormones are actually mimicking when and where we should eat often times when we start on the path of a weight-loss we also just see a decrease in leptin so there's less of that fullness hormone so we can eat more we see an increase in Greenland and an increase in the taste of food so not only do we feel hungrier than we would have if we are eating the normal amount of calories but food actually tastes better so that he was always surprising for me to learn because you think okay yeah and taste good but probably cuz I'm hungry when you see a decrease in metabolism with diet after diet and metabolism is essentially how much were burning and how quickly were burning the calories that were eating do to put this into perspective there's a great study on that was done with the Biggest Loser contestants if you guys remember that show on this was back in the early 2000 but I sent researchers followed and studied 14 contestants who competed in the 30-week competition they were followed for the next 6 years after the competition and found a couple different things that are listed on your screen so first all but one contestant regain the weight back and not contestant should have been diagnosed with a mild eating disorder for how they were eating and exercising many of the contestants also stated that they weighed more than they did before they participated in the show The most significant findings from the study was a change in their resting metabolism rate which slowed down dramatically after their weight loss and this is really hard to get back we're still finding that once your metabolism has been kind of shot so to speak is it really hard to be able to eat the same amount and not gain weight so just for an example I want to clarify some of the numbers out here is that at the beginning of the the show the contestants could eat about 2600 calories and stay the same weight after the show and they can now eat 2000 calories and state their new wait 6 years later they tested their metabolism again and their metabolism was still dropping so even though they have now ring gain the weight that they started they can eat 1900 or so calories to stay that weight meaning that's that will most 700 calories that they're not allowed to eat anymore so it just kind of exemplified the the thing with metabolism that we're seeing with weight loss decrease in metabolism is also where we see that term yo-yo diet because every time we dye it the first time or the second time is always going to be the easiest then our body starts you hold on to some of those calories because it thinks it's starving so every time we go on a consecutive diet that set point they call it will start to increase so you can see the first diet you might get to this amount of weight loss you may read second diet you're not going to get as far as the first that's mostly to do with metabolism not willpower or measurement of how well you're dieting so let me know if you guys have any questions on that it's kind of a big topic but I want to make sure we're all on the same page with that wait was it also tied to a lot of genetic factors different hormones that are going on in everyone's body and also contributes it linked to mental health so all of these things are making it harder for some people to lose weight than others so whenever you're comparing yourself to others just remember there's a lot of differences within or individual bodies that are driving this weight loss cycle this is kind of just an overview what's of what's Happening we also want to remember that there's a lot of size diversity in the world just as we have a lot of different heights size diversity is something that our culture is not really representing in a lot of our magazines and TV and movies so we all have this ideal of maybe what we should be and look in that size a verse is often not taking into consideration so in your follow-up email I'm going to link to a link about weight bias and not turn kind of decipher bias we have against different sizes and what we think about people that are all of these different sizes as well it's really enlightening it's by Harbor there erase one there is a lot of other by season there all right so let's look at some of these questions it's really hard to find out what your metabolism is without fancy Machinery so some of these studies that will put the person in a pod and measure the amount of carbon dioxide that they're breathing out this can be related how many calories that they're burning so unless you had a specific program that you were in that was measuring your metabolism or your calorie input it's really hard to determine what are set metabolism is and if it's been altered through weight usually signs of a slow metabolism again are eating about the same amount of calories each day but you're not losing weight or you're even gaining weight on so this is pretty common people that have been dieting for many many years and it's a little bit harder to reset that so unfortunately not a great answer but we don't really know about individual metabolisms unless they have those fancy devices all right the let's come back to The Fad diet topic bad diets are out there in large amount and with no judgment and it doesn't pull is totally anonymous anonymous I'm curious have you ever tried a fad diet so this is just a yes or no and then I put a sort of if you've tried one but maybe not done the entire thing or adapted it adapted it to what you enjoying and I had a question on so how does one balance out or regulate weight loss to weight gain with dieting and exercises and I'm going to save that one for a few slides on to look a little closer at what we can actually do for help as opposed to focusing on weight we can focus on a lot of other factors when you can chime in if I don't all right give you a couple more seconds to do that pulling have you ever tried a find diet what are popular non-standard diets that often promote dramatic weight loss many of them don't have a lot of science behind it and somehow that are very dangerous bad guys are extremely popular there's a statistic that said about fourteen to fifteen percent of Americans declared having use a fad diet for short-term weight loss and the industry is estimated to be worth $35 a year hence why I'm asking you just to see if that percentage is pretty accurate for our group about 20 of you said yes I said no 14 sort of perfect thanks for participating alright so some of the fad diet will be really obvious they'll overly height scientific information with little science actually behind it so maybe they're citing a study but when you look at it closer it's maybe something that was very low population so maybe it was done on 10 people rather than a hundred people they could be picking out one sentence from a scientific paper which I see a lot and not really diving into the why behind it fire food group so when we look and study nutrition there's no one food group that's horrible right is on this nice is black and white and it's not black and white it's a lot of gray area right so when we avoided entire food group that's usually a key that it's going to be a fad diet or something that's not worth doing long-term sometimes spawn diet to promote expensive pills or supplements there is one diet particular that I was thinking of that promote the lack of exercise during it so when you see that that usually should be a red flag on what am I doing what is this diet telling me and then fad diets often promote Quick Weight Loss typically I'd like to ask people does your diet site any challenges particular particular around nutrition so some of them white again cut out and in fact Tire food group and not let you know that you need to supplement with her and see in order to stay adequate in for example calcium or on sometimes fiber and that sort of thing so if there's nothing around that it could be something that's just a fad diet or not looking at all the science when they're saving a study is it done on humans are animals so often times we can't come to conclusions about studies done on animals they're good inside their necessary but when that's the only science behind it I got a little questioning of their outcomes and then again sample size is important and type of study so you want to look for a randomized double-blind placebo-controlled study a lot of words there but essentially that means that the participants are blind going into that they don't know what treatment plan they're going to get the researchers also don't know what the wreath on each group is going to get to the double-blind that way so what kind of fans have you heard about and you can put those again in the questions or Tabitha Chat bar we're going to focus on a couple today I got is Weight Watchers a fad diet not really their goal is still weight loss but I would say that one isn't really a fad it's more of a lifestyle change and they're making a lot of good adjustments in Weight Watchers to include mindfulness to include some of these things that I would consider a healthier eating way types of fad diets icy out there and you can still add the one that you've heard of herbal or other supplement again like if you're taking a certain thing I've heard of the apple cider diet lemon vinegar one if it's a very low calorie diet is typically a fad diet because you only want to do that temporarily if it's a total fasting or variation of fast that could be considered a fad diet and then there's a lot of fad diets around detoxing the body drinking charcoal for example was popular like a couple years ago other ones that you guys are putting in the chat bar is keto Whole 30 low carb the Zone diet got South Beach juicing yes that was really popular from some of the Netflix around that Atkins diet much of that anymore although there are plenty of other low-carb ones out there water fasting cabbage diet yes all of these are really good one below she's a dietitian and she really does focus a lot on the pros and cons of each diet out there and she's usually up to date with what's coming out in the media so I encourage you to check her page out or just different information won't go over some of what she's talking about today as well the three I wanted to just mention to you guys is intermittent fasting I hear that one all the time now and then you know but again if you have any specific questions about other ones I can get resources in our follow-up email or try to answer it right now do intermittent fasting theater isn't eating pattern that Cycles between periods of fasting and eating and there's a lot of different kinds of fasting that you can do the popular ones I heard of as the five to approach where you only eat 500 calories in one to two days per week and these are referred to as your fasting days so there's no restriction on what other days it's mostly just trying to limit calories on two days per week There's an also one called 1618 message and I find there's a lot of variation in this but this is time-restricted eating method where you can dance your eating and just eight hours a day essentially fasting the other 16 and I seen some people that just passed right after dinner all the way till breakfast others that are a little more strict where I don't eat after 7 p.m. for example and don't eat breakfast before 9 a.m. so there's different ways that you can go without the different fasting but some of the work that he wanted or fad diet one is a little bit more structure there is one called eat stop eat where you fast for a full 24 hours 122 time the week so that's similar to stop 5 to approach and again during the fasting. Usually no food is allowed but the other times a day you can eat whatever you want so the little more flexible in that way however you're still not it's not a great setup for anyone that's gone through any disordered eating or that has diabetes or another condition that might make fasting difficult alright so some of the research around fasting a 2011 study on compared intermittent fasting vs. daily calorie restriction and they were both found to be effective at weight loss and reduce I think I'll ever intermittent fasting preserved more lean mass and it was easier usually to abide by a little earlier or later study in 2014 found intermittent fasting to be just as effective as calorie restriction in reducing insulin resistance which could help prevent type 2 diabetes or some people there is some good promising research and I know a lot of doctors sometimes recommend intermittent fasting the biggest benefit I seen from this is that it usually helps people avoid late-night so after dinner if you're kind of fasting after that after 7 p.m. or 8 p.m. it typically eliminate some of the high calorie snacks that people would consume in the evening while watching TV doing their nighttime routine it can give the body of the rake or sometime because again that fasting. Is really good for people that are constantly eating throughout the day and it just helps eliminate calories so and then not so good during prolonged periods of fasting you'll definitely want to look out for the warning signs that indicate a plan isn't right for you if people if you're feeling the lack of concentration irritability dizziness just fatigue and general and this is probably not the best plan for you because again food is energy so we want to make sure we're giving ourselves enough food and not restricting too much also what I see after the fasting is people typically consumes more the next day so it tends to even out calorie-wise a lot of times because you're making up for lost time so again there's pros and cons to all of these but some research is I'm sharing with you today in 2018 the fasting diet was rated a 35 out of 39 in the rankings of the best overall diet so again is pretty low on the list for spring the bottom so big this is because people often fall short and certain nutrient they're all so I'm not able to stick with it because fasting is really difficult especially when you're doing. Azle fasting and there's some symptoms that you can get from fasting including what I just mentioned the lightheadedness dizzy excetera all right let me know if you guys have any questions about this one checking out the step bars here and then she gives you kind of a nice summary of intermittent fasting The Whole30 I don't see as much anymore and I'm glad some of you still mentioned it because I know it's a very popular one to do in January it was originally created as an Elimination Diet meaning you're finding out food allergy so it's taking out some of the common allergies on and only allowing certain food so there's a yes and a no list is pretty strict on that if you're following it to the TV so the good with the Whole30 is that it cuts out a lot of major food groups oh wow it cuts out a lot of major food groups that focuses on eating cold food so when I see people on this diet they're typically cooking more than they used to because you can't have a lot of the process of foods that you might have normally eating it really encourages are fruits and vegetables they're awesome but it doesn't Luminate some of the things that I would consider a really healthy such as bean and natural sugar and some types of fat I'm bad about this diet is that there's really limited research it was science minded individual so there isn't much studies specifically on people on The Whole30 diet and their ability to lose weight again it was originally created to remove some of the allergen from people's diets so for example week is eliminated from the diet because that can be an allergen for some people as well as dairy products and then there's a couple other things like beans that are eliminated on that can give people a lot of gas and bloating so again good and bad some of the other logistics on that are you're not allowed to drink alcohol so that could be a positive for some of us to take a dry January to see how that's affecting or sleep or our health in general and they take out some process things like MSG sulfite some of those attitudes that we might find in food and really forcing you to eat what I eat the food that you were supposed to eat nutritional concerns again we find people on this diet lack calcium because they're taking out Dairy all together some people will have less fiber because they're not allowed whole grains that contain wheat or beans although if they're eating a lot of those fruits and vegetables they could be okay and other conditions usually you're eating some meat and fish so a lot of those nutrients are there protein is definitely sufficient but again carbs could be a lot lower on by accident so again research on weight loss specifically but some good research on kind of seeing if there is allergies and is only 30 days so at least some of those nutritional concerns don't get extreme before we have to replenish ourselves keto diet that was always a popular ask when I'm out and about in the community so the ketogenic diet or the keto diet is a calorie-restricted diet that maintain hello basically low calories all of your calories are from high fat foods so that's about 80 to 90% of your total calorie and very low carbohydrate so less than 5% of your total calories come from carbohydrates this puts our body in a state called ketosis and this occurs when there is not enough glucose or sugar available to fuel the brain and maintain cellular function within the body so these your body starts to break down fat as ketones for energy and these pictures eventually replaced glucose as the main energy source when you're on the diet accounting for about 70% of your brains energies their brain can usually only up take glucose what's 4 fuel but when we make these ketones it's just an adaption that allows your brain to still get the food even though you're starving yourself of these carbohydrates history of the diet was first used in 1920s when doctors noticed an improvement and seizure patient with a severe restriction of carbohydrates so it's interesting that now it's become this diet because as a result of restricting carbs and increasing fat and having these ketones around typically people see some weight loss as well and like every restriction when you take out your normal go to Foods then we were not having a lot of those maybe calorie-rich things like cakes and cookies and pastas and things that we may be indulge into much so now it's more of a diet for weight loss although people still use it today for kids that have seizures that medications aren't really working or even some adults alright so typical meal just to give you an idea of high-fat dairy products and meats are often use and people but things also like eggs omelette bacon you can have some amount of non-starchy vegetables but your fruit is limited to about once a day and usually the lower carb fruit like berries and some like you wouldn't have potatoes on the diet but you could have carrots or broccoli some of the research shows that like most calorie-restricted diets the dietworks temporarily so people are typically put on a less calories than I normally would eat to find out if people that weight loss most studies don't look at the long-terms effects of the keto diet so they might be very effective for short-term weight-loss we will we also see his patients coming in with very high cholesterol levels because of the high-fat diet if they're not choosing correct bat or the healthier fast for example we find people really like this diet though because some of this high fat intake will improve your hunger hormones right you're not going to feel as hungry on this diet even though your salary restricting and the ketosis kind of when you first get in at you feel pretty crummy but then once you get over it about a week into the diet people feel a lot of energy so that can be a positive and negative of the diet right it's still unclear again the long-terms effects of being in this state of ketosis and a lot of people that I see on this diet don't actually know if they're in ketosis right so they might be restricting their carb intake and just having a high fat diet that wouldn't necessarily be the ketogenic diet you actually have to test your urine for ketones to see if you're actually in this ketosis state so it is important to get good information before going on this diet like I mentioned to it's important to know some of them better fats to eat like the mono and unsaturated fatty acids rather than just pulling going for the saturated that's what you've been shown to increase our cholesterol level one thing to note is that keto diet did improve insulin sensitivity so that's a protective Factor against type 2 diabetes however they did notice people were more fatigued than their counterparts and that both of their cholesterol being bad and the good kind in certain inflammatory markers did increase in general I find that everyone's a little bit different though so it's important to tell your doctor you're going to do this diet have your Labs measured before a search engine monitor monitor as you go through because I would never recommend this high-fat of diet for any normal eating pattern is very extreme let me know if you are questions good question to other sources of calcium besides Dairy so going back to The Whole30 diet if you do find an allergy to Dairy on calcium can be found in a lot of are dark leafy green vegetable so broccoli and kale we also see some calcium in beans soak black eyed peas and black beans are the highest but lentils also have some as well as chickpeas and some of the other beings out there salmon and sardines when you eat them in a can you're actually eating some of the bones do you get a huge source of calcium there if you're into tofu you also get a nice source of calcium are soy products mostly in the tofu because they're adding calcium when they're creating it I can send another list out of other calcium food for you and in your follow-up okay so those are just some examples of the popular diets out there when we look at the best diet though we come up flat and that's why there's a new fad diets coming out all the time because again we know that there's not one diet that works best for everyone it seems that if there's some kind of calorie restriction it will promote some weight loss for most people at the beginning but typically they that person will then plateau and that's like their new normal of calorie intake if they're on it long term I love these two boxes because it's showing different kind of ways to think about diet so again going back to this war non-diet approach when we look at the diet Paradigm or all of the different diets out there they're typically is this inflexibility this prescription that you have to follow on your good or bad if you don't kind of thing there's a lot of body hatred so people typically turn to diet when they're not happy with their body size and kind of figure maybe there's something else that could also assess your health rather than the weight loss there's some struggle and rationalization a lot of people again get bigger craving because of all of the hormones that are going into it when we think of just help in general. We think it was like a normal or healthy eating plan the words below typically described that so flexible enjoyable pleasurable there's some kindness in what we're choosing to eat and what we're not and again some satisfaction in her we often forget that it is supposed to be pleasurable and we have to find that balance of having food for pleasure and having food for health one interesting quote that I always look back on our bodies are not the problem diet culture is a problem so that's where that implicit bias can come doctors are still promoting weight loss as a help out come when we know that there is a lot of other things going on in someone's body and that they can do other things in order to be healthy so we really want to work on switching our perspective to Fudan in this non-diet Paradigm and it can be really hard so I don't want to say that it's an overnight experience sometimes it will require working with people that are experts in this non-diet approach kind of switching all of the things that we've learned over the course of our life and so one good resource then I can point you to and Below on nutrition by Carrie she's another dietitian based out of Portland and she does a lot of logging on what non-diet actually mean how to get back to kneeling what foods are good for your body and choosing Foods based on a different criteria rather than is this going to make me lose weight so definitely will promote her work she's a great writer and often you can find her in the Seattle Times but this brings me to five ways to improve our health without diet so kind of pudding in a different perspective this January I know it will last year has been really challenging often people have told me that they've gained weight from the pandemic or just from all the stress that's been happening in their life so instead of turning to these diets I'll challenge you to find ways to improve your health in other way so let's go through a few of them the first one is valuing nutrition for its own sake where the energy that it's providing not for the way it puts on an really thinking about what foods taste good that might be also nourishing for a body so if you hate broccoli maybe you choose a different vegetable to eat so that you can still enjoy some of those benefits move your body often so knowing that exercise is not just a tool to lose weight or improve your weight but doing it because it makes us feel good so some of the other benefits tax resigns included relieving stress increasing sleep or enhancing Sleep Quality increasing our feel good hormones making us happier and overall better mood helping us with our focus and concentration at work or in other aspects of your life and then helps our blood pressure and blood cholesterol levels stay in rain so against not only food but it's also exercise and these other lifestyle factors that are going into our weight don't treat sleep as an afterthought so no matter how well you eat or how well you exercise if you're not getting enough sleep this is going to start to deteriorate your help so research has shown that lack of sleep interferes with our hormone Cycles including the hormones that we talked about earlier in the leptin and ghrelin and even one week of mild sleep restriction increasing increases the level of inflammation or stress in the body and impairs brain function especially the parts related to learning and memory yeah so sleep is important we can do a whole topic on sleep but making sure you're treating them as a top priority inventory your coping tool box and I love this one being aware of when you're eating to self soothe is the first step to Breaking some of those patterns not getting on that shame cycle of either binge eating or restricting finding where we find some comfort from with our food and when were gravitating towards that can be really helpful and I often stress that people work with a dietitian or a mental health provider to find when we are using food as a coping tool a little bit too often and then lastly don't defer preventive health care so again this year has been very crazy you probably don't necessarily want to go in the place that possibly has more Covetous eyes your butt finding a doctor to really look at the whole you rather than just your weight and we know from studies that people that are overweight don't go to the doctor for some of these preventive Health Care measure therefore they might have a higher incidence of undiagnosed diabetes or high blood pressure rather than wait actually causing that so find a doctor that won't demonizing for your well-being okay to change her provider if it's just not working out as a relationship and really making sure they have your best interest at hand so you can be a little more picky around their amount of weight bias that you might feel and there is no some research showing certain way out come but again it's look pause of that weight is not looking at other lifestyle factors so any questions around those other things I'm going to improve through some of the questions as we go through to make sure I'm answering it by the end that doesn't metabolism reset after a long. Of time without dieting or is it decrease per minute so that we were sent there is some improvement to metabolism overtime with kind of maintaining that same body weight so there is I guess some research that people that are doing building more muscle mass for example with weight lifting activities or different exercises that are using your muscle can increase metabolism but very small so I would say that it does come back a little bit but it will never come back probably to where it was at the very beginning and while that can be really discouraging some of acceptance of this removal of diet culture is that acceptance of where you're at right now so again there's a lot of benefit from kind of feeling that out with a dietitian or mental health counselor to really accept what is and then do some of these things for your health that don't involve food restriction and hyper-focus on calories for example does intermittent fasting or hold for 30 impact metabolism do intermittent fasting would probably affect your metabolism more than the whole 30 diet because of the Restriction of calories Whole 30 doesn't Nestle give you a whole bunch of calorie information however they are taking out Whole Food Group so it's kind of depending on if you're eating the same amount of calories but just eating in a different way or if you're doing it for weight loss and actually reducing calories so that can all affect our metabolism and anytime we lose weight we always want to lose weight very slowly so while we saw those huge chunks of metabolism from The Biggest Loser contestants because they did it within 30 weeks so that's about 3 months or so if we have a lower amount of weight loss we don't see as much of an impact on our metabolism hopefully not answer that are there certain foods that contain natural chemicals that can help with Hunger during intermittent fasting not that I have heard of typically again your body is just hungry so you're going to it's hard to like stop that hunger train from coming but again the keto diet kind of figured out a way to reduce some of that hunger because of the high-fat diet so again I wouldn't normally recommend not unless you're specifically going on ketogenic for a specific reason but it can help with Hunger other diets movement I'm going to put the resource list up here to sew a lot of things that you can look more into I didn't go into the center for mindful eating but this is a great one to look at how we're eating and when we're eating really taking into account the speed that we're eating at are we chasing the food so great activities there the health at every size I mentioned when do bacon started this movement back in the early 2000 so there's a lot of principles around them and also relates to intuitive eating if you've heard of that before so that's this next one down here I love this site Health not diet I believe she has a podcast as well so here interested in that you can look up her information I think her name is Christy as well as I mentioned nutrition by Carrie is a great source for that non-diet dietitian approach Christy Harrison for her food psych podcast so maybe help not diets as a different person sorry and then on until we abador I've seen or talked she is great spokesperson for it at the Academy of diet diet headaches and does a lot on these fad diets going over Pros cons kind of a research-based approach to that all right I can answer other questions I'll stay on the line but I know we're at our time so have a great rest of the day if you have to jet