

HOUSE PHYSICIAN

11/10/77

6:00 p.m.

LIQUID PROTEIN DIET

Larry Rasco

ON LAST NIGHT'S NEWS WE REPORTED ON THE DEATHS OF 10 WOMEN ON LIQUID PROTEIN DIETS. OUR HOUSE PHYSICIAN, DR. CHUCK BERRY, HAS REVIEWED THE CURRENT INFORMATION ON THESE DIETS. CHUCK, WHAT IS YOUR VIEW OF THE LIQUID PROTEIN DIET?

Dr. Berry

TODAY I HAD THE CHANCE TO REVIEW THE DIET WITH DR. GEO. KERR, A NUTRITION EXPERT AT SPH. LARRY, I THINK THE LIQUID PROTEIN DIET IS INDEED DANGEROUS TO SOME PEOPLE AS SHOWN BY THE DOCUMENTED DEATHS. THERE ARE THOUSANDS OF PEOPLE ON THIS KIND OF FAD DIET IN THE COUNTRY TODAY AND I WOULD GUESS 10,000 OR SO IN THE CITY OF HOUSTON. THE DIET IS HAZARDOUS, AS ARE ALL FAD DIETS

IT IS REALLY AMAZING TO ME AND TO MOST HEALTH PROFESSIONALS THAT PEOPLE WILL MAKE ALL SORTS OF DRASTIC DIETARY

DIETARY CHANGES WITHOUT ANY SORT OF MEDICAL ADVICE OR EVALUATION WHEN IT CAN BE JUST AS DANGEROUS AS GIVING YOURSELF LARGE DOSES OF ANTIBIOTICS. THE LATTER IS PROHIBITED BY LAW. UNFORTUNATELY, LIQUID PROTEIN IS NOT A MEDICATION BUT IS SOLD AS A FOOD AND, THEREFORE, HAS NOT HAD CAREFUL INVESTIGATION UNTIL NOW.

THE BODY IS A FINELY TUNED AND INTRICATE MACHINE, MUCH MORE SO THAN YOUR AUTOMOBILE AND IT NEEDS THE PROPER AMOUNT OF CERTAIN NUTRIENTS TO MAINTAIN THIS BALANCE. THERE ARE REQUIREMENTS FOR PROTEIN, CARBOHYDRATES, MINERALS AND VITAMINS. ANY OF THE FAD DIETS THAT PICK ON ONE OF THESE NECESSITIES TO THE EXCLUSION OF ALL THE OTHERS CREAT THE RISK OF IMBALANCE AND, THUS, FAULTY FUNCTION OF THE BODY'S

INTRICATELY BALANCED MECHAN-
ISM. THIS CAN LEAD TO
DIFFICULTY AND EVEN BE FATAL
DEPENDING ON THE SEVERITY OF
THE IMBALANCE AND THE BASIC
HEALTH OF THE INDIVIDUAL.

DR. BLACKBURN FOUND A NUMBER
OF YEARS AGO THAT ADDING
PROTEIN COULD HELP SPARE THE
BREAKDOWN OF BODY PROTEIN
WHICH OCCURS WHEN CALORIE
INTAKE IS SIGNIFICANTLY BELOW
THAT WHICH IS BEING BURNED UP.
I + ALSO
~~IT~~ RELIEVES THE FEELING OF
WEAKNESS ASSOCIATED WITH
LOW CALORIE WEIGHT LOSS DIETS.
THESE PEOPLE WERE CAREFULLY
SUPERVISED BY AN EXPERT.

LOTS OF MONEY IS BEING MADE
BY HIGH PRICES ON LIQUID
PROTEIN, WHICH IS A LOW
QUALITY PARTIALLY DIGESTED
PROTEIN. IT DOES GIVE
PEOPLE ONLY 2 TO 3 HUNDRED
CALORIES PER DAY AND STILL
CREATES NO WEAKNESS AND

DONES CAUSE A LOSS OF APPETITE. THEREFORE ITS POPULARITY. IT IS ALSO DANGEROUS AND SHOULD BE USED ONLY WITH THE ADVICE OF A PHYSICIAN WHO CAN ASSURE YOUR HEALTH STATUS PARTICULARLY INVOLVING THE HEART, KIDNEYS AND NECESSARY CHEMICALS SUCH AS POTASSIUM. THE DEATHS REPORTED SEEM TO BE DUE TO "HEART ATTACKS" WHICH PROBABLY ARE ^{CARDIAC} ~~ARRHYTHMIA~~ ARYTHEMIAS OR IRREGULAR BEATS AND MAY WELL BE RELATED TO POTASSIUM LOSSES.

THE MOST INTELLIGENT WAY TO DIET IS TO ASSURE SOME INTAKE OF ALL NECESSARY ~~NECESSARY~~ ELEMENTS WHILE DECREASING THE INTAKE TO BELOW THE OUTPUT OR ENERGY BURNED UP. LIQUID PROTEIN DIETING IS THE LAST THING I WOULD DO.

WE WILL CONTINUE TO TALK ABOUT DIET AND OBESITY NEXT WEEK.