

My thoughts on the Dukan Diet

By Dr. Dan Kuehne, ACN, BS, DC



"The Dukan Diet has taken France by storm, selling 3.5 million copies in 14 different languages and being hailed as a life-long weight loss answer." -Huffington Press

The Dukan Diet is an effective diet at achieving significant weight loss. Dr. Dukan has created a system that he has been using with people for the last 25 years in France. His book was released in the United Kingdom last year, and in the United States in early 2011. We have seen, the diet work well for our patients. **Dr. Dukan has taken the painstaking time to develop an effective weight loss diet. The phases accelerate weight loss and then stabilize your weight loss.** A great bonus is he is not counting calories, or counting carbohydrates! I also like that he is not recommending premade foods. He is recommending that you get back to the basics. **The main reason for the effectiveness of the diet has to do with removing the starches and sugars from the diet, and focusing on protein and vegetables, which significantly lowers the insulin response.**

Dr. Melvin Page first introduced this concept in the 1940's. Dr. Page is most well known for the amazing results he had with cancer. He would remove grains, and have his patients' eats animal products, vegetables and fruits. (see the link on my website under Nutrition/7 Pillars of Health/Pillar #2/Phase 2 diet for more info).

Dr. Atkins was a cardiologist who took Dr. Page's work and made some changes and showed very good results in combating obesity and reversing heart disease. Dr. Atkins emphasized how a **high protein, high fat diets, low carbohydrate diet** would stop the sugar and starch cravings, and cause significant weight loss. He is famous for calling insulin "the fat hormone" and by following his diet you will minimize the insulin response. He further **debunked the idea that saturated fat caused heart disease**, as he used the diet to reverse heart disease, in thousands of people. He however, would recommend some unhealthy things along with his diet such as artificial sweeteners such as sucralose (Splenda) & saccharine (Sweet n Low).

Although, we do recommend using Dr. Dukan's diet system when you need to lose more than 20 pounds of weight, it is important to distinguish the information in his book that may not be true health advice.

For Example, Dr. Dukan makes the following statements:

"In the case of diet soda, I consider them to be great allies in the fight against weight problems." Pg 34

"Fats are the number one enemy... Animal fats pose a risk for the cardiovascular system." Pg 22

I don't recommend artificial sugars at all. Over time they all get shown to have some substantial side effects. If you want to learn about the neurological problems aspartame (aka NutraSweet) causes, there are a host of books available including a movie called Sweet Misery. Sucralose (aka Splenda) is sugar that is run through chlorine, and then they

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“remove the chlorine.” **A Duke university study has shown that Splenda actually contributes to obesity.** And the *Journal of Head and Face Pain* has linked Splenda with migraine headaches. A suitable substitute would be stevia.

Dr. Dukan also seems to have an un-researched fear of saturated fat. Its understandable, as this is the position of many medical doctors. However, if you take the time to uncover the data, read the books, check into healthy traditional societies as Dr. Weston Price did, review Dr. Atkins work, you will see that saturated fat is not the evil that it is made out to be. The longest running health study looking at the relationship of diet to health is called the Framingham study. It showed that **for every 1 mg/dl per year DROP in cholesterol levels during the first fourteen years of the study, there was a 14% increase in cardiovascular death and 11% increase in overall mortality** during the subsequent 18 years. Yes, this is not a typo, read it again...this of course is exactly opposite of what you have been told.

As a matter of fact, to be healthy we need to get healthy fats in our diet, and this includes saturated fat. To learn more about the truth about saturated fats, you can read books like *Good Calories, Bad Calories* by Gary Taubes as well as *Eat Fat Lose Fat* by Mary Enig and Sally Fallon, as well as *The Cholesterol Myth* by Uffe Ravnskov and *The Cholesterol Con* by Anthony Colpo. Also another great book to understand the difference between fats is called *Know Your Fats* by Mary Enig.

With this said, if you need to lose more than 20lbs, Dr. Dukan has put together a great plan of action to help you lose that weight. We have seen it help many people who are addicted to sugar. In a way, it actually reboots your body's the insulin system. You essentially bring the need for insulin to zero for a few days, which helps to reset your hormonal system. He brings you thru 4 different phases to achieve your results. **Phase 1 called the attack is an all protein portion for 2-10 days to jump-start or accelerate your metabolism and your weight loss.** Phase 2 is called Cruise, which alternates between all protein and protein and vegetable days. Phase 3 is called the Consolidation, which slowly introduces previously “forbidden foods”. Phase 4 is called Permanent Stabilization, which you commit to having a pure protein day once a week for the rest of your life, as well as continue on daily oat bran. You can learn more about the Dukan diet at www.Dukandiet.com The website also have a nice tool to determine your ideal weight, and how long you need to be in each phase to reach your ideal weight. If you have me doing your coaching, there is no need to sign up for their coaching but you can still use the free tool and they will email you the results. I do recommend purchasing the book for motivation and better understanding, just filter out the above mentioned information.

Remember, I can coach you through any diet choices, as well as proper supplementation to help you get the best long-term results.