

are built-in physiological mechanisms that tightly control this, and the pH of the body as a whole.



Moving even farther away from science, we find the venerable cabbage soup diet. No one seems to know its origin — at one time it was called the "Mayo Clinic cabbage soup diet" but the MC stoutly denied having anything to do with it. This involves eating primarily cabbage soup (the recipe varies) for a week, otherwise having only a banana or skim milk on occasion. This will work to help you lose weight — unfortunately it will be mostly water. And cabbage, being what it is, will also provide plenty of gas and bloating. Not a comfortable mode of weight loss.



[3]Another oldie is the

grapefruit diet — again one that has been around for decades (probably since the 1930s). Also wrongly ascribed at one time to the Mayo Clinic (wonder why they deserve it?), it is based on the supposed presence of "fat-destroying enzymes" in grapefruit (sorry, this isn't true). This diet came in 2 versions — a 7-day and a 21 day version. With either one, the dieter consumed little besides coffee and half a grapefruit at each meal, supplemented with a little salad and lean meat. This is a very low calorie diet (VLCD), and of course will cause weight loss, but possibly also nutritional

deficiencies. That we haven't heard about these is probably because no one can stick to it long enough to have such effects.



And of course there are the

magic ingredient diets — including things like white bean extract, raspberry ketones, green coffee, or apple cider vinegar in certain proportions — with or without certain foods — supposedly can make weight loss a sure thing — just ask Dr. Oz.

So these are just a few of the most intriguing ideas folks have come up with to help reduce their excess padding. And they all will work — since they will all restrict calories. Unfortunately, since one goes "on" a diet, one also comes "off" it — and the weight comes back on as the usual diet is resumed. Still, it's kind of amazing to see the sheer breadth of ingenuity that people can apply to the obesity problem. Too bad they won't work!

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