

Fit & Fab

by powerplayermagazine

December 14, 2012

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Fighting Fat with Fat: Update on Atkins Diet

Colleague of Celebrity Dietician Shares FAQ on Low-Carb Diets



When Dr. John Salerno a protégé of "Atkins Diet" creator Dr. Robert Atkins – testified before the U.S.D.A. about plans for its most recent Food Pyramid revision, he spoke his mind: The food industry is corrupt and has supported recommendations that do not support the population's health.

"Hidden sugar, preservatives and highly processed white starch are what are really causing our health epidemic in the United States," says Salerno, author of "The Silver Cloud Diet," (wwwthesilvercloudiet.com). "Obesity, diabetes, heart disease, cancer and Alzheimer's disease are killing this country, and it's not because people are eating too much organic natural fats."

Since the initial popularity of the Atkins food plan some years ago, however, there have been critics of the low-carbohydrate diet. The science was and is sound, says Dr. Salerno, who worked closely with Atkins on research. The problem was that the diet itself was not sustainable.

"The basic principles needed revision both to make the diet sustainable and to take into account the foods available today," he says.

How does a low-carb diet work? Salerno answers the most frequently asked questions:

- **How is a low-carb diet today different from the Dr. Atkins plan?** Thirty years ago, the food supply was less degraded. Now, low-carb dieters have to be more proactive about selecting chemical-free foods that are not highly processed. There are many more farming techniques today that introduce unnatural elements into our meats and vegetables, and there are many, many more highly processed foods on store shelves. We need to be vigilant about preservatives and additives; hormone-infused meat can wreak havoc on a body.
- **What's the first step?** The Fat Fast Detox quickly puts one's body into fat-burning mode. Adhering to the carb-free diet for two weeks will have participants losing five to 15 pounds and two inches from the waistline. Breakfast, for example, could include two large organic eggs and a side of bacon, sausage or ham, which can be washed down with coffee or tea with cream and sweetener.

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• **What about eating out?** Sustaining a low-carb diet is pretty simple when eating at restaurants. Take the burger out of the bread and skip the French fries. You're good to go with grilled fish, roast chicken, pot roast, pork tenderloin, shrimp, scallops and pates.

• **How can you eat on the run?** A small amount of planning goes a long way. Boil eggs and keep them on hand for long car trips and office snacking. Add to that list jerky salmon, nuts and string cheese. These foods are dense with nutrients.

• **Where can you find "clean" foods?** Buy as "close to the ground" as possible, meaning choose organic produce, eggs and dairy. Inquire at farmer's markets where they grow crops. Find a local provider for meats and fish if possible.

• **Can you eat cake on a low-carb diet?** As your health and vitality improves with lost weight and increased activity, you can introduce more carbohydrates into your diet.

• **Are low-carb meals safe for family members who do not need to lose weight?** What's good for you – a broad and varied diet of unprocessed foods – is good for your family!

• **When is the diet over?** Eating foods that are healthy, unprocessed and natural is something you should never stop doing. However, if you feel you're starting to gain excess weight, go on a detox regimen by cutting out carbs completely for one week.

• **So, fat is good for you?** Natural fat is the most nutrient-dense food there is. It's lubricates your joints and helps your brain function at its best. It also keeps your hair shiny and helps prevent wrinkles. When you cut out processed carbs from your diet, you don't need to worry about natural fat, which is an appetite suppressant.

About Dr. John Salerno

A board-certified family physician, Dr. John Salerno has been pioneering complementary medicine for more than 20 years. Best known for his Silver Cloud Diet nutrition program, anti-aging supplements, and natural therapies, Dr. Salerno has crafted original treatment plans to restore human health. His publications and professional studies have made him a popular expert on the physiology and assessment of many complex medical conditions. Dr. Salerno was a protégé and colleague of prestigious Dr. Robert Atkins and has worked with Hollywood actress/author Suzanne Somers (bioidentical hormone replacement therapy pioneer); actor Steven Cannell; and president of the International Congress of Integrative Medicine, Dr. Hiroyuki Abe M.D.

Physical Fitness May Reduce Hypertension Risk in People With Family History



If your parents have a history of high blood pressure, you can significantly reduce your risk of developing the disease with moderate exercise and increased cardiovascular fitness, according to new research in the American Heart Association's journal *Hypertension*.

In a study of more than 6,000 people, those who had a parent with high blood pressure but were highly fit had a 34 percent lower risk of developing high blood pressure themselves, compared to those with a low-fitness level who had the same parental history.

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"Understanding the roles that family history and fitness play in chronic diseases is critically important," said Robin P. Shook, M.S., study lead author and a doctoral graduate student in the Arnold School of Public Health at the University of South Carolina in Columbia. "The results of this study send a very practical message, which is that even a very realistic, moderate amount of exercise — which we define as brisk walking for 150 minutes per week can provide a huge health benefit, particularly to people predisposed to hypertension because of their family history."

Previous research indicates that parental history accounts for about 35 percent to 65 percent of the variability in blood pressure among offspring, with varying levels of risk based on which parent developed it and the age of onset.

Researchers followed a group of 6,278 predominantly Caucasian adults 20- to 80-years-old for an average 4.7 years. The participants were patients of the Cooper Clinic, a non-profit organization dedicated to preventive medicine, research and education in Dallas. Thirty-three percent of participants reported that a parent had hypertension.

When the study began, all participants were healthy, reported no physician diagnosis of hypertension, and achieved an exercise test score of at least 85 percent of their age-predicted maximal heart rate. Researchers determined participants' cardiorespiratory fitness using a maximal treadmill exercise test. During the study, 1,545 participants reported they had developed hypertension.

Researchers found that:

Combining those with and without a family history of high blood pressure, high levels of fitness were associated with a 42 percent lower risk of developing hypertension, and moderate levels of fitness with a 26 percent lower risk.

People with both a low level of fitness and a parent with hypertension had a 70 percent higher risk for developing hypertension compared with highly fit people with no parental history. Those with a high level of fitness and a parent with hypertension experienced only a 16 percent higher risk of developing hypertension compared to those who were fit and had no parental history.



The high-octane Pilates and cardio studio by trainers Diana Newton and Brian Tuthill celebrates opening

FITMIX, a new Pilates and cardio studio by Diana Newton and Brian Tuthill will have its grand opening this Saturday, May 5, kicking off a full schedule of eight classes during weekdays and four on weekend days. FITMIX is a dynamic studio where classes mix core training and cardio in a challenging and fun environment. Newton and Tuthill also regularly mix a variety of fitness styles into their sessions, which means that no two are ever alike, and that their clients' minds and bodies never get bored.

The Grand Opening featured additional classes on Saturday and a raffle at each class with prizes from top brands, including Lululemon, Michael Stars, Jewelry By Nola, Klutch Club, Teva, Ahnu Footwear, and Cube Restaurant, The Wine Hotel, Milk, M Café, and Pampered Hands. Classes were free for new clients. Two types of classes are currently offered at FITMIX: "Endurance Pilates" and "The Mashup."

Endurance Pilates:

55 minutes of strength and endurance training on a customized reformer. This full body workout focuses on

the core and stability. It is low impact and burns calories while promoting long lean muscles.

The Mashup:

A 55 minute workout split into 25 minutes of cardio interval training on the treadmill and 30 minutes of core and upper body work on the reformer. This workout gets your heart rate up, burns mega calories, and strengthens your core. Options available for beginner, intermediate, and advanced runners.

Tuthill and Newton also take their music selections very seriously, seeing it as an opportunity to introduce clients to new artists and motivate them to move through their fitness blocks. You'll never hear a tired workout mix at FITMIX, where the name reflects as much about the workout as it does the eclectic and heart-pumping mix of music.

The large, light-filled studio features nine customized Pilates reformers, nine Landice treadmills, a lounge, dressing room, and onsite parking. It is located on the corner of La Brea and Clinton, just south of Melrose. 601 N. La Brea Avenue.

FITMIX is offering a Grand Opening Special of \$159 for one month of unlimited classes for new clients.

More information and the schedule are available at www.fitmixstudio.com

Top Fitness Supermodel, Alicia Marie, Launches Fitpop.com



Tackling the nation's obesity epidemic with humor, FitPOP.com takes the "spoonful of sugar helps the medicine go down" philosophy worldwide. According to the "#1 Fitness Model in the World," Alicia Marie and the team behind the launch of fitness and pop culture website FitPOP.com, it is now possible to learn about getting in shape while simultaneously catching up on the latest pop culture happenings, top trends and interesting news.

Directed primarily at a female audience, FitPOP.com is poised to entertain and educate visitors with unprecedented offerings of original in-depth articles and innovative video media. Content ranging from newly discovered exercise moves to state-of-the-art nutrition-oriented insights are all contextualized with timely and relevant pop culture-centric editorial reporting and humorous commentary. The effort is led by Marie, a top international champion fitness model, MTV personality, celebrity fitness expert, N.A.S.M. fitness pro, and author of the critically acclaimed exercise book, "The Booty Bible."

"As a health and fitness enthusiast, I wanted to create something for women that could merge the best of fitness, nutrition, pop culture, lifestyle and humor all in one really approachable destination," Marie said. "Health and wellness educators can sometimes take themselves and the information they present too seriously and I feel that physiology and training technique bathed in excessive and lofty verbiage can create

barriers for people. FitPOP.com represents an entirely new approach to the presentation of health and lifestyle information. Now there finally is a place that women can go to get the latest health info in an easy to understand and entertaining pop culture environment context."

FitPOP Media is a production and publishing subsidiary of HD Films, Inc. FitPOP.com was conceived of by fitness industry "super-expert" Alicia Marie to specifically address the needs of the general public and to provide consumers with knowledge-based, professional information on fitness, health and the functioning of the human body.

Facebook: <http://www.facebook.com/fitpopdotcom>



Exhale Core Fusion's New 30 Day Workout Plan From Acacia, Are You Ready To Get Fit!

Leading distributor of award-winning DVD workouts, Acacia recently partnered with the leader in healthy living, Canyon Ranch, and the #1 diet and fitness website, SparkPeople. On April 3rd, Acacia offers a 30-day workout plan from its best-selling fitness series with Exhale: Core Fusion 30 Day Sculpt, featuring 30 twenty-minute workouts from the top husband and wife team in fitness, Fred DeVito and Elisabeth Halfpapp. The press release is below. The final DVD is available upon request for reviews, and Core Fusion creators Fred and Elisabeth are available to offer tips and moves.

Making fitness easy, Exhale: Core Fusion 30-Day Sculpt arrives on DVD from Acacia on April 3, 2012, featuring a complete five-week plan with 30 hand-picked segments from exhale's award-winning, best-selling DVD series. Designed by the top husband and wife fitness team and Core Fusion creators Fred DeVito and Elisabeth Halfpapp, each week includes six 20-minute workouts (plus a rest day) that mix sculpting and cardio moves for total fitness with segments from some of Core Fusion's most popular programs including Lean & Toned, Boot Camp, Yoga- Energy Flow, and Cardio: Pure Intensity. Taught like one of exhale's nationally renowned celebrity-loved Core Fusion classes, the release brings the mind/body spa experience home with the structure of a personalized and customizable fitness plan that also includes motivation and nutrition tips (\$19.99; Approx. 180 min.; www.AcaciaLifestyle.com).

Experience the inspiration and energy offered by exhale's signature Core Fusion classes, attended widely by celebrity clientele such as Brooke Burke, Beth Ostrosky Stern, Samantha Harris, Anna Paquin, and Vanessa Hudgens. Half a million people have transformed their bodies with exhale; now, exercisers can get the same results at home.

Get a fit, firm, and fantastic physique, one day at a time with this complete five-week plan featuring 30 segments hand-picked from exhale's popular programs. From toning and strength training to yoga and cardio, it's all planned for you! Soon, you'll lose weight and build strong legs, defined abs, cut arms, and lifted glutes.

Workout Options: Each of the five weeks features six 20 min. workouts plus a day for rest.

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Power Quote

"The keys to patience are acceptance and faith. Accept things as they are, and look realistically at the world around you. Have faith in yourself and in the direction you have chosen."



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