Diabetes may be described as a disease of glucose intolerance: high blood glucose is both the characteristic indicator and the cause of complications. The loss of control of glucose metabolism is what makes a low carbohydrate diet a good therapeutic approach, and it's why I'm astonished that experts encourage people with diabetes to eat carbohydrates and then "cover" them with insulin [1].

I am also surprised to hear negative reactions to carbohydrate restriction from people who have actually seen the beneficial effects of low sugar diets on many of their patients. I am sure Ms. Warshaw is not one of those people, since Ms. Warshaw's argument is that "avoiding carbohydrate, as some low carb diets suggest, does not entirely return blood sugar to normal." I am also sure that she has her own personal rebuttal to Hope Warshaw's recent article, "Why You Don't Want to Go Low Carb or Vegan," April/May 2007.

Ms. Warshaw goes on to say, "Second, an adequate amount of carbohydrate is an important component of a healthy eating plan. Some experts, especially those who favor low fat diets, maintain that an adequate amount is in the same ballpark as injecting insulin? And how healthy is an eating plan that requires medication?"

At the 2004 Brooklyn conference on the Nutritional and Metabolic Effects of Low Carbohydrate Diets, William Yancy, Jr., suggested, "We should not put diabetic patients on a low carbohydrate diet without first reducing their medication. Of course, if you are taking medication, you should reduce carbohydrates only with medical supervision. It strikes me as odd that what most experts know about metabolism - diabetes is, after all, a metabolic disease - we do not tell medical students about the effects of low carbohydrate diets on health. It is true that your brain needs glucose, but glucose can be supplied by the process of gluconeogenesis."

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Low Carbohydrate Diets

So what is Ms Warshaw's complaint? Well, she points out that "studies that compare low carb diets to conventional diets..." But studies of low carb diets that last longer than six months do not show significantly more weight loss. Something's wrong here. Because low carb diets do the same as traditional diets after one year, then you don't want to be...
Reference [3] is important for showing the general health benefits of low carb diets even when a diet was content with the diet, lost weight, had improved lipid profiles, and increased insulin sensitivity by 75 percent.

I don't know of any study on any other diet that shows such good effects on controlling glucose and insulin.
Ms. Warshaw's complaint is that these studies "show that many study subjects drop out of the study and are unable to ... compliance rather than to dissuade people from a strategy that actually works for the many people who follow it?"

You might want to think twice before you let Ms Warshaw tell you what you don't want to do. "You'll have type 2 diabetes ... for example, D-solutions (http://www.dsolve.com/) and Dr. Richard Bernstein's forum (http://www.diabetes-book.com/)."

I am most concerned that if Ms. Warshaw really had something positive to offer, she wouldn't need to dissuade people from making their personal choice. Candy followed by insulin is not good enough.