

Dr. Freddy S. Kaye, Ph.D., Says:  
Stop...look...and then say “no thanks!”  
“The Protein Diet” also known as the “Atkins Diet”

**The truth about high-protein diets:**

Most of the currently popular high-protein diets can increase your risk of developing cancer, heart disease, osteoporosis, and possibly kidney disease, depending on your choice of protein foods.

**What's wrong with this:**

The possible effect of low-carb dieting is the lowering of the brain chemical serotonin, one of the body's main controllers of mood and appetite. It's no wonder that people on low-carb diets are often depressed, cranky and irritable!

The moment you go OFF a low-carb diet, you can be overwhelmed by the urge to binge on carbohydrates... putting you right back where you started. Too much protein can definitely harm us! The end product or waste products of protein are: urea, uric acid and ammonia. A very potentially harmful combination.

Today, hospitals are besieged with people experiencing kidney failure and the need for life supporting kidney dialysis is increasing. One of my patients is a kidney dialysis nurse who deals daily with kidney failure, diabetes and many on this side of death's door. Who wants to be hooked up to a dialysis kidney-cleansing machine for 4 to 5 hours several times weekly? What a life! Kidney stones are a painful experience that can be avoided.

Gout is another painful result of too many purines or proteins, which become knife-like crystals in the joints of feet. Particularly toes. The pain alone makes it difficult to walk or even for a shoe to touch the toe.

When people follow a high protein diet, they often do not differentiate between the lower fat and higher fat types of protein. Hamburger, steak, bacon and cheese become desired options. “Gee, Dr. Atkins, how do we know in which artery the saturated fat from these foods are accumulating?” We don't. Another potentially deadly result, all in the name of unqualified, unhealthy quick weight loss.

Cambridge, on the other hand, supplies you with a well balanced, low calorie, low fat moderate protein, moderate carbohydrate nutrition, which helps you avoid food either partially or totally. This enables you to also lose weight quickly.

Use Cambridge for specific meals such as breakfast and dinner, with a normal moderate calorie lunch. When you are ready to go back to a normal diet, you can continue your weight loss while gradually re-introducing food. Stay with Cambridge for dinner and re-introduce food totally but in smaller amounts than in the past, possibly 400-600 calorie meals.

As a clinical counseling nutritionist for 23 years, I can't advise you to do what can seriously harm you, it is not worth it What I can advise you to do is: **Cambridge**.

Cambridge will not cause any of these dire potential health problems which the “High Protein” or "Atkins Diet” could likely cause. Lose weight in a healthy fashion, learn control, feel and look better for YOU.

If you have any questions, contact me through the Cambridge home office.