

## **PREVIEW\_ Q&A with Michael Eades, Karen Thomson,**

### **Andreas Eenfeldt and Emily Maguire (SD 2016) 2**

**Questioner:** I've seen a few people who have rebounded so horribly after losing weight. It seems that they went from maybe being overeaters or just eating low-fat to becoming complete binge eaters and food addicts once they went off a low-carb diet and I don't want them to be worse off than they were, to begin with... So what do you guys recommend in terms of long-term maintenance? Cheat meals, which inevitably happen, and how do you prevent people from regaining the weight that they lose?

**Emily Maguire:** I'm sorry, my question probably would be, "Why would they ever come off of it?" And I think that you have to see this as a complete lifestyle change and it isn't a case of you put them on it for three months. They will go rebound, there's no doubt about it. And then things like the cravings and things could just be exacerbated afterwards.

My advice would be that you have to teach them as a lifelong lifestyle change and that is how they're going to follow. And cheat meals is obviously one of those things as well if there is someone who has a really strong addiction particularly to sugar and carbs then cheat meals shouldn't really exist within their diet or lifestyle. And actually having that support and education on the side of it.

**Questioner:** I don't mean that they do it temporarily or they stop it after three months, but I think most people here will say that following a very low-carb diet indefinitely and never eating high carb food again is very difficult. I think some people struggle with it.

**Karen Thomson:** I think it just sounds strange.

**Questioner:** That's how it works for you, but some people want to indulge for some reason and they inadvertently consume something that it's high in carbohydrates. And it can happen, I don't think it's unfathomable.

**Karen Thomson:** It can happen.

**Dr. Eenfeldt:** I think it's very different from person to person. If you're not an addict, a food addict, if you can do a cheat meal and get back the next day, I don't necessarily see a problem with that. But if you are addicted to high carb, sweet foods, then I think it's equally dangerous as advising an alcoholic to have a cheat drink

once in a while. You know that's not going to work... Or you know, a heroine addict to take a cheat shot once in a while to treat himself or herself... it's just going to be a disaster. And of course, rebounds can happen and then you'll have to struggle back on track. But advising people in that situation to have cheat meals once in a while I think is very dangerous. It's only for people who can handle it.