



Food *for thought*

With the ever-increasing prevalence of obesity and the growing knowledge of the very serious conditions associated with it, diet has become a major issue in the health-care sector, as well as in society at large. Terms, such as Atkins and PPA, are becoming a part of the everyday vernacular for patients and physicians alike. But what exactly should physicians be advising their patients to do, or not to do, with regards to weight loss?

While many diet-related matters remain unclear, this special feature attempts to shed light on the two most frequently asked questions: “*Is it safe for physicians to be promoting high-protein, low-carbohydrate diets for weight loss?*” and “*Can over-the-counter weight-loss products really work?*” It’s definitely food for thought...

81 ***High-Protein,
Low-Carb Diets:***
Worth the Risk?

85 ***OTC Weight-Loss
Products:***
Do They Deliver?