

# CALORIES IN-CALORIES OUT HAS GOT TO GO!!!

## QUESTIONING THE CALORIES IN-CALORIES OUT SCENARIO

Three decades ago I began to question the dogma of “calories in, calories out.” I got nothing but grief from “learned” colleagues and dietitians. But, the evidence was strong—even back then—that our gut flora, our adrenal glands, and the brain-gut connection have much to do with how we process calories. I began telling my patients that just like there are no two cars that have the same fuel efficiency, people process calories differently.



Today, a few open minded doctors and

dieticians are finally vindicating patients who swore they were improving their diets, but they could still not lose weight. Hopefully, that worn out dogma is put to rest soon.

## Reference

### An Obesity Manifesto: Debunking the Myths

From Medscape Diabetes & Endocrinology

March 1<sup>st</sup>, 2017

When it comes to obesity, myths abound, including the outdated “calories in, calories out” explanation.

<http://www.medscape.com/viewarticle/875964?pa=Ve9isV4ykrqnjs7M3ixvzAd6bw08KVio8BL0j2mLYv6oxjYu8lgCOMAzoycwfBEr56MI7dGTgNawPfs0tJla9Q>

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