

# Ancestral Weight Loss Registry

## Demographics and Preliminary Results Through February 2012

Below is the first summary of a portion of the Ancestral Weight Loss Registry data. Data from 48 states and 12 countries have been submitted thus far. Only one submission per e-mail address was accepted. This is self-selected, self reported data, and should be interpreted as such. No causation can be determined.

The purpose of this report and those that follow is to raise awareness and initiate discussion on the potential role that a paleo or carbohydrate restricted diet may play in medicine, weight loss, health and well-being. While this data cannot be used to prove one method of eating is better than any other, as thousands of people from all over the globe report similar findings, the veracity of each individual report grows and grows.

The findings in these reports should be interpreted in conjunction with the available clinical trial data to date. Much of these studies are linked and summarized in the *Related Science* section of the Ancestral Weight Loss Registry.

## GENDER

**57%**

of registry  
members are  
male.

**43%**

of registry  
members are  
female.

## RACE

**93%** White.

**2.7%** Asian.

**1.5%** Native  
American.

**0.5%** Black.

**2.5%** Other.

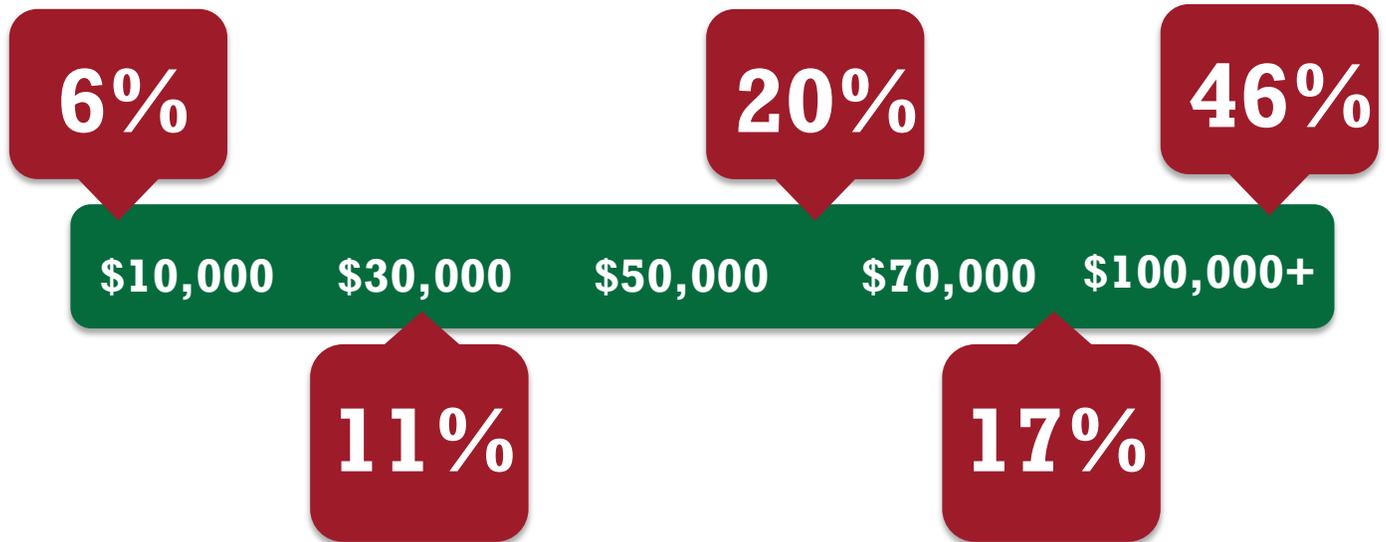
### **SAMPLE**

Clearly, this sample is biased towards those who identify themselves as 'White'.

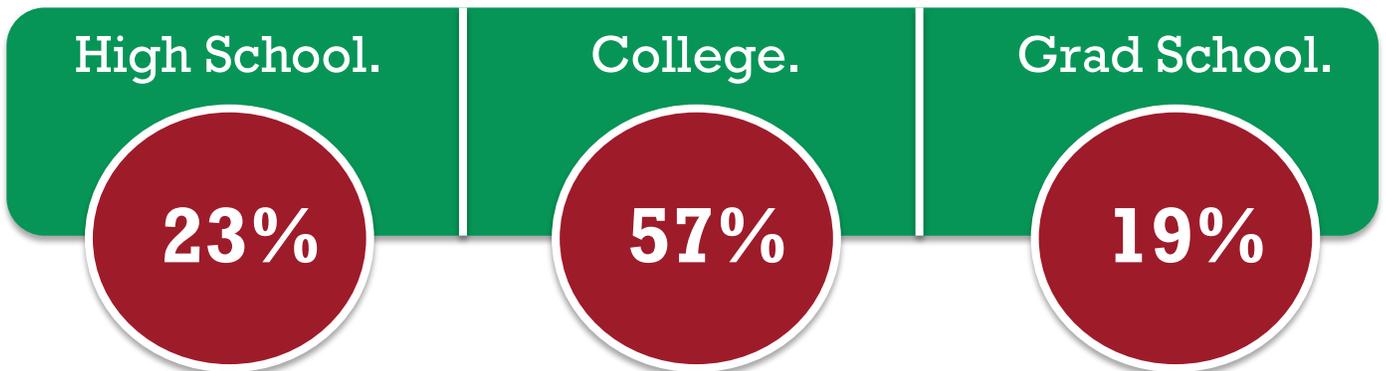
However, gender, income, and education are more evenly distributed.

Interesting.

## INCOME



## EDUCATION



## WEIGHT LOSS

**40.5 lbs.**

Average amount of weight lost by AWLR members, ranging from gaining 10 pounds to losing 300 pounds.

**52%** Weighed themselves 4 or more times per week.

**74%** Have at least one parent who is overweight or obese.

**65%**  
did not  
count their  
calories  
at all.

### **CALORIE COUNTING**

While surprising at first glance, people eating a high protein, high fat diet while low in carbohydrates lose weight despite not counting calories. In clinical trials, the subjects assigned to the low carb diet are told to eat '*ad libitum*', Latin for "at one's pleasure." Despite this lenient recommendation, these subjects seem to lose the most weight. Whether they spontaneously eat less total calories, or there is less net-insulin release in response to their low carbohydrate intake, the results are clear: People who eat high protein, high fat diets, seem to lose more weight without counting calories.

## WEIGHT LOSS MAINTENANCE

**53%** Of registry members lost at least 25 pounds and kept it off for 1 year or more.

### KEEPING THE WEIGHT OFF

In the large majority of randomized clinical trials testing the efficacy of a carb-restricted diet, those selected to consume diets high in fats, protein and vegetables usually lose more weight. As the trial continues, the carbohydrate intake slowly increases. After 6 months to a year, the weight loss tends to plateau.

This phenomenon causes critics to explain that carb-restricted diets are only effective in the short term. However, the increased carbohydrate consumption confounds the data, making this conclusion impossible, since the diet was not followed as prescribed.

**51%** Percentage of registry members who lost 25+ pounds and weighed themselves 4 or more times per week.

### NO DIFFERENCE IN DAILY WEIGH INS

It appears that those who lost 25 or more pounds did not differ from the combined registry members in terms of how often they weighed themselves.

This is contrary to most research, which finds a correlation between weight loss or maintenance and frequency of weigh ins. It also raises an interesting question – does weight monitoring result in greater weight loss because of the subsequent behavior changes (i.e. those who haven't lost weight in a week might eat differently) or is it simply the idea that those who weigh themselves more frequently are more likely to engage in other behaviors that help with the weight loss?

## **DISCUSSION**

The response thus far has been nothing short of phenomenal. People from all over the world have documented their experiences, struggles and successes in vivid detail.

One of the most interesting findings so far has been the surprising consistency of the free response questions. Of course, not each registry member was equally as successful, yet the vast majority of the open ended responses seem to include 4 basic points:

- Before adopting a paleo or carb-restricted way of eating, a large number of people had previously tried a low fat diet.
- The vast majority report an absence of hunger between meals
- The weight loss is consistently described as “effortless,” or that the pounds “melted off.”
- Shortly after going paleo or low carb, many described a sudden “clearness” to their thoughts.

This report represents a small fraction of the data that has been submitted thus far. More results to come. Stay tuned.