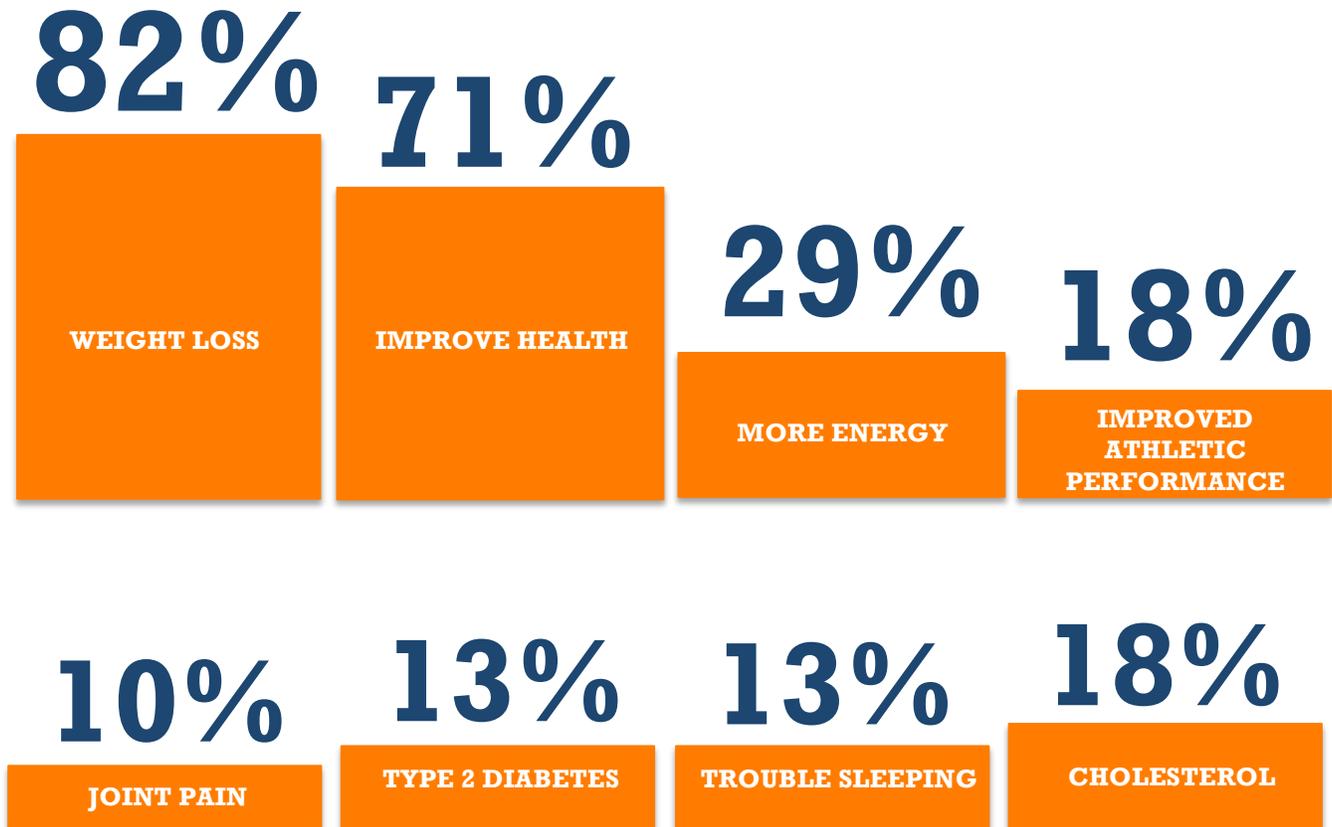


Ancestral Weight Loss Registry
Side Effects, Benefits, and Reasons
April 2012

50 states. 32 countries.
1,000+ members.

We are delighted to announce that there are now over 1,000 members from all 50 states and 32 countries that have tried a paleo or carbohydrate restricted diet and shared their experiences. Since the launch of the registry in early January, we have grown at an excitingly fast rate.

WHY REGISTRY MEMBERS ADOPTED A PALEO OR CARBOHYDRATE RESTRICTED DIET:



WEIGHTLOSS MOST POPULAR

No surprise here. Most people who began a low carbohydrate or paleo diet wanted to lose weight. Other popular reasons were more energy, to improve athletic performance, or trouble sleeping. Less popular reasons (not shown) were epilepsy, Chron's disease, high blood pressure and Type 1 diabetes.

APART FROM WEIGHT LOSS, WHAT OTHER BENEFITS, IF ANY,
DID REGISTRY MEMBERS EXPERIENCE:

ENERGY

75%

reported increased energy on a low carb or paleo diet. Much of this increased energy may be a placebo effect. The decrease in hunger levels likely contributes as well.

MENTAL HEALTH

56%

report improved mental health. While this is a vague response, many members report feeling “a sudden clearness” to their thoughts. Also many report a sudden disappearance of hunger, and a freedom from the constant thought of food between meals.

ATHLETIC PERFORMANCE

41%

reported improved athletic performance. While many explanations are possible, the liberation of free fatty acids from the adipose tissue offers a viable one. As the carbohydrate-insulin hypothesis would suggest, this is a result of less net insulin secretion, providing the body with a new energy source, which may result in more energy and improved athletic performance.

JOINT PAIN

37%

reported decreased joint pain as a result of their carb-restricted or paleo diets.

BLOOD SUGAR

41%

reported decreased blood sugar levels. This seems obvious, since most registry members reduced or eliminated foods that cause large increases in blood sugar (high glycemic index foods). Which begs the question: Why would anyone with diabetes consume a majority of their calories from the very foods that are the most potent blood glucose elevators?

OTHER

23%

reported other improvements apart from the main options listed above. Some selected quotes:

“Lack of hunger”

“Significant reduction in chronic digestive problems, stopped going low sugar, stopped feeling hungry even after a large meal, no more fuzzy headedness”

“Hb A1c from 11.7% to 6.3% in 6 months”

“Sexual energy/performance”

“My thyroid function returned to normal (I have hypothyroidism and now off medication)”

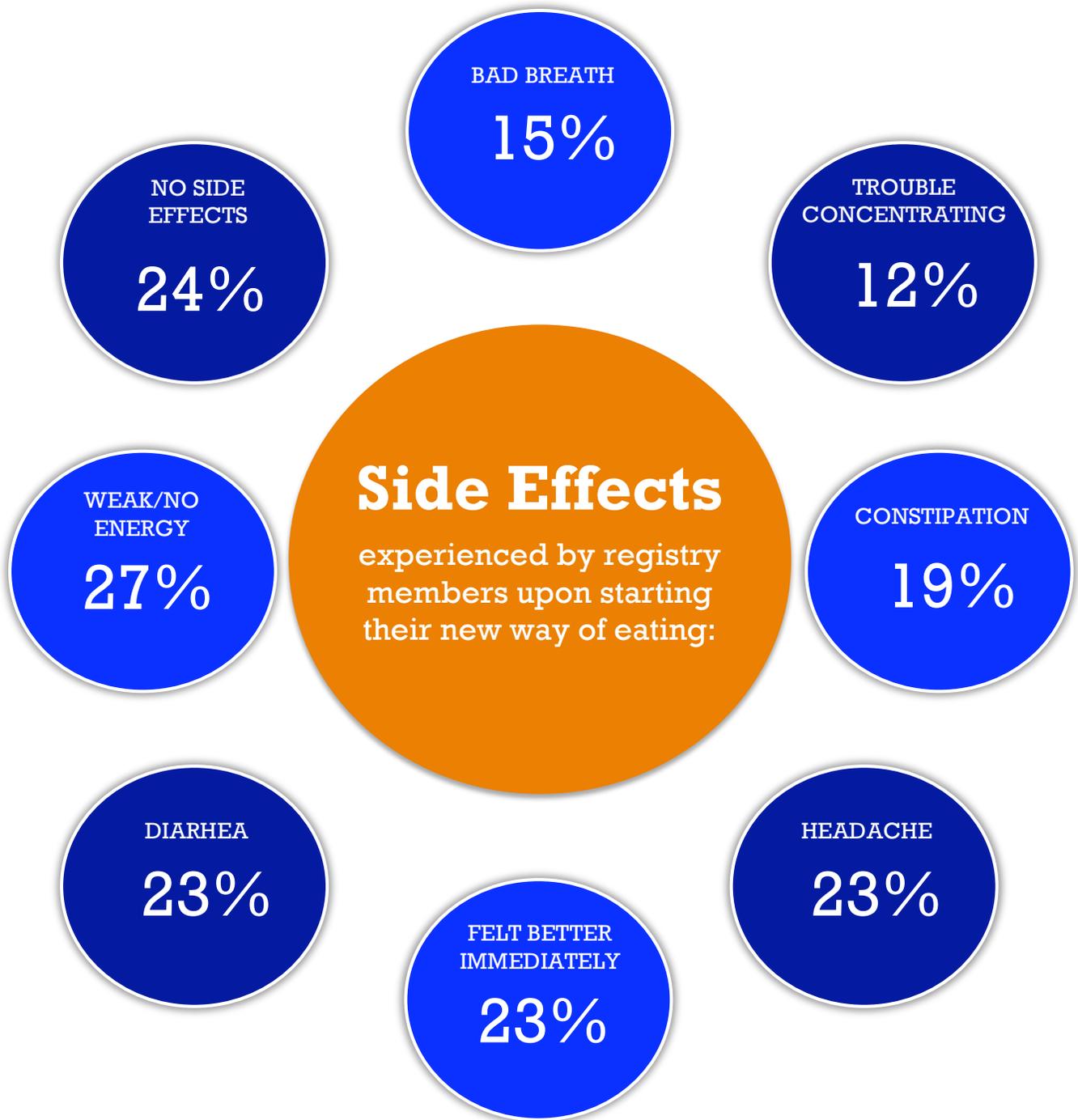
“I got pregnant!”

“Eczema and dandruff improved greatly, 6 years of constant pulsatile tinnitus went away almost completely, gastro problems resolved, spider veins on legs cleared up, hot flushes went away”

“Asthma, sleep-apnea, GERD, hemorrhoids, arrhythmias gone, reduced incidence of infections, i.e., colds, flu”

“Life long eczema, resolved.”

“Cystic acne cleared up, GERD stopped, chronic yeast issues ended.”



HEADACHES & WEAKNESS COMMON

Often called the “Atkins Flu,” there is a period when transitioning to this new way of eating in which people frequently experience such side effects listed above. As your body transitions to using protein and fats as its primary energy source, it may take a few days or weeks to adjust. Consuming chicken broth every day is a common anecdotal remedy that seems to help. Also many people may benefit from transitioning into a paleo or carbohydrate restricted diet as opposed to going cold turkey.

DISCUSSION

It should be emphasized that by looking at the data in this report as well as past and future reports, cause and effect cannot be determined. All the data we receive is self-reported data, which is subject to bias, forgetfulness, and error. The outcomes reported may be due to any number of behaviors or physiological effects associated with the paleo or carbohydrate restricted way of eating.

That being said, the consistency of the responses has been quite remarkable. Improved eczema. Massive weight loss. Improved Hemoglobin A1C levels. Improvements in cholesterol levels. Mental health benefits. Could it be possible that simply eliminating grains, sugar, and flour could be such a panacea?

Of course the massive weight loss could likely explain many of these observed health benefits. This may be true, but if so, then any specific way of eating which is most effective at producing weight loss would therefore be the most effective treatment for the other diet related diseases, such as high blood sugar or altered cholesterol levels. There have been at least 14 randomized clinical trials in which the group assigned to consume a carbohydrate-restricted diet lost more weight. They can all be viewed in detail in our *Related Science Section*.

We are growing at 5-10 times the rate of other such registries. Thank you to everyone who has registered thus far. If you have any comments or questions, please e-mail us at info@awlr.org.

We look forward to sharing more data as we analyze it. Stay tuned.