

EFFECTIVE LONG-TERM WEIGHT LOSS THROUGH THE COMBINATION OF A BIPHASE KETOGENIC MEDITERRANEAN DIET AND A MEDITERRANEAN MAINTENANCE DIET.

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Introduction

Weight loss protocols can only be considered to be effective if they produce results which remain constant over a long period – and this is an objective which is not reached in the majority of cases. In fact, the term “yo-yo” is used to describe the endless battle between weight loss and the regaining of lost weight, which is common in cases of obesity.

We have hypothesized that a ketogenic Mediterranean diet with phytoextracts (KEMEPHY), combined with the recognised health benefits that derive from the traditional Mediterranean diet, can favor long-term weight loss.

Methods

We have analysed 89 obese subjects, both male and female, between 25 and 65 years of age, which were healthy from an overall point of view, apart from being overweight. These subjects followed a diet protocol which lasted for a period of 12 months, as follows: an initial period of 20 days of KEMEPHY (the ketogenic Mediterranean diet with phytoextracts); 20 days of a low-carb, non-ketogenic diet (stabilization); 4 months of normocaloric Mediterranean nutrition; a second 20-day ketogenic phase followed by another 20-day stabilization phase; 6 final months of normocaloric Mediterranean nutrition.

Results

For the majority of subjects (88.25 %) there was a significant weight loss (from 100.7 ± 16.54 to 84.59 ± 9.71 Kg; BMI from 35.42 ± 4.11 to 30.27 ± 3.58) and body fat (from 43.44 ± 6.34 to $33.63 \pm 7.6\%$) during both the ketogenic phases, which was followed by effective maintenance, without weight regain, during the final 6 months of the maintenance period. Only 8 subjects did not obtain this result. During the 12 months of the study, significant and stable reductions in total cholesterol, LDL cholesterol, triglycerides and blood sugar levels were also recorded. HDL cholesterol showed a slight increase after the ketogenic phases, but overall from the beginning to the end of the study period, no significant variation was recorded. No significant change was observed in ALT, AST, creatinine levels and BUN (Blood Urea Nitrogen).

Conclusions

The combination of two biphasic KEMEPHY diet periods, separated by long maintenance periods based on the traditional mediterranean diet, leads to effective long-term weight loss and to reductions in the risk factors for one’s health in the majority of cases. Compliance to the diet protocols was very high, and this was a determining factor in the results obtained.