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And be sure to click on "More On Us" at the left for the ASEP-Newsletter's parent web site.  Yours in health,  -Lonnie Lowery and Jonathan Mike, ASEP-Newsletter Editors |      |  |  | | --- | --- | | **Editor's Corner** |  | | editorial**"On what is your practice based"?**    We often here about evidence-based practice, but what exactly constitutes evidence in our (or any) field? This is a critical issue and one that I address in nearly all of my classes during the first week of a given semester.  There are many sources of knowledge that lay persons use to form opinions and conclusions: trial and error, tradition, authority, logic, even emotional associations. But each of these sources has problems - from inefficiency to abuse. As scientists and health professionals we must be held to a higher standard. That standard is science. It's a source of knowledge with built-in, systematic error-correcting machinery.  Some clinicians feel that experience (time) in the profession grants the same thing but this is a slippery slope. According to Oxford's Center for Evidence-based Medicine, data from the Annals of Internal Medicine (2005) reveal that the preponderance of data actually suggests worse overall outcomes with increased years of clinical practice. Imagine the opinionated coach or trainer or even physician that defensively exclaims "I've done it this way for 20 years!" But is this a defense? Is it possible there's been a better way all this time?  This is not meant to be inflammatory or to say that clinical experience is "bad", it's just not the same as controlled, systematic, large scale investigations that are statistically analyzed and result in less subjective conclusions over time. Still - and importantly - evidence-based medicine is not just science. It is composed of an integration of scientific consensus, clinical expertise and patient values. These things together bridge any gaps when it comes to helping other human beings.  With perhaps 1500 new papers appearing in the national Library of Medicine (Medline) per day, it becomes imperative to review the literature in one's area of expertise every two to four weeks, at least in a cursory manner. In this way, one can blend the emerging knowledge with her or his own approach to become a true expert as s/he gains clinical expertise.  Yours in health,  Dr. Lonnie Lowery  ASEP-Newsletter Co-editor | | |  |  |      |  |  | | --- | --- | | **Ask the EP** |  | | **Q: I see so often in the media, online, and in stores the multiplicity of diet books. So, do we really need another diet book?**  Those of us that may not have an exercise physiology background, this can be really frustrating. There are literally hundreds of diet books available in today's market.  Yet the gluttony, and obesity is out of control. There is a significant disconnect here. Interestingly enough, these diet books aren't that much different from one another.   The mantra is to eat frequent, protein-based meals, lots of fruits and vegetables, fiber, water, some supplements and to establish a quality exercise program.    To demonstrate the ridiculous nature of just how many books are out there,  I have compiled a short list just in the last month of some of them that I've organized by category. These include:  Calorie-based: 100 Calorie Diet, 1200 Calorie Diet and the 400 Calorie Fix.  Look-a-Like based: Hot Latin Diet, Brazilian Bikini Body Program, Eat Like a Hot Chick Diet, Skinny Bitch Diet  Time-based: 3 Day Diet, 4 Day Diet and 7 Day Diet, and the 3 Hour Diet  Food-based: Cabbage Soup Diet, Grapefruit Diet, Egg Diet, Banana Diet, Coconut Diet, Oatmeal Diet  Dessert-based: Chocolate Diet, Cookie Diet  Location-based: Cambridge Diet, Mediterranean Diet, Okinawan Diet, Spanish-Mediterranean Diet, Hampton's Diet, Hollywood Diet, Beverly Hills Diet, South Beach Diet  Celebrity-based: Oprah Diet, Suzanne Sommers Diet  Meal-based: Big Breakfast Diet  Macronutrient Ratio-based: 80 10 10 Diet, Zone Diet  When to eat-based: Alternate Day Diet, Every Other Day Diet, Eat Stop Eat  Body part-based: Flat Belly Diet, The Abs Diet, Hips and Thighs Diet  Type-based: Metabolic Typing Diet, Personality Type Diet, Blood Type Diet, Genotype Diet  This does not stop here, as this is just a short partial list.  So, the question was, do we really need another diet book? The answers, options, resources, including scientific literature for quality fat loss already exist.  Perhaps it's a simply matter of actually doing it that is the overall problem.    Jonathan Mike, MS, CSCS, USAW, NSCA-CPT  Doctorate Student  ASEP Newsletter Co editor | | | | |  | | --- | |  |  |  | | --- | | Thank you for perusing our opinions, facts and opportunities in this edition of the ASEP-Newsletter.    **Sincerely,**  Lonnie Lowery American Society of Exercise Physiologists | | | | | |  |  | | --- | --- | |  | All contents are copyright 1997-2007 American Society of Exercise Physiologists. | |  | | |  |  | | --- | |  |   http://r20.rs6.net/on.jsp?llr=rfwe9acab&t=1104728656243.0.1101686528177.2&ts=S0595&o=http://ui.constantcontact.com/images/p1x1.gif |  |  |