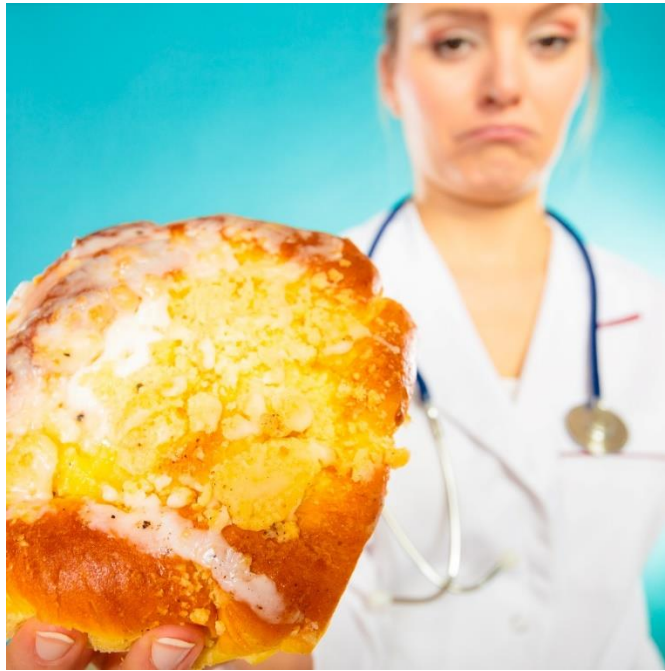




Those who should NOT do the diet if they



- Are under 18 years of age.
- Are breastfeeding, pregnant or undergoing fertility treatment. However, if you are pregnant and there is a risk of (or previous history of) gestational diabetes.
- Are underweight and/or have a history or suspicion of an eating disorder.
- Have a significant psychiatric disorder or a history of substance abuse.
- Are under active [medical investigation](#) or treatment, or have a significant medical condition affecting your ability to comply with a diet.
- Have had a recent cardiac event, myocardial infarction or cerebrovascular accident (less than three months ago) or other heart abnormalities.
- Have uncontrolled heart disease, uncontrolled hypertension, or kidney failure.
- Are unwell, have a fever, are frail or recovering from significant surgery (less than six months ago).



Cautions - To discuss with their doctor if any of the following apply, before doing any weight loss program:

- They have a significant underlying medical condition.
- They are on insulin - they will need to plan a suitable reduction in medication/insulin to avoid a potentially dangerous drop in blood sugar (hypo).
- They have type 2 [diabetes](#) and are on medication. Medication may need to be reduced or stopped as blood sugars improve and to avoid hypos.
- They are on certain diabetic medication and have 'hypoglycemia unawareness'.
- They are on blood pressure medication. This may need to be reduced or stopped as blood pressure improves.
- They are taking other medications, e.g. warfarin.
- They have moderate or severe retinopathy; you will need extra screening within six months as retinopathy can sometimes get worse when blood sugar improves.
- They have epilepsy (though there is some evidence that a low-carb diets can improve epilepsy).
- They are pregnant: clearly avoiding lower-calorie diets is wise.