

## GLP podcast and video: Low-carb diets cause heart disease? Economic de-growth or 'green' growth?

**M**any people have turned to low-carb diets as a way to shed unwanted body fat, but a new study suggests they may just be elevating their heart disease risk. As the developing world continues to pull itself out of poverty, a new debate has emerged among economists in wealthy, Western countries: should emerging nations clean up their environments before further growing their economies, or can they do both at the same time?

### Podcast:

### Video:

**Join geneticist Kevin Folta and GLP contributor Cameron English on episode 208 of Science Facts and Fallacies as they break down these latest news stories:**

- [Keto and low-carb, high-fat diets linked to heart disease in new study](#)

Low-carb and ketogenic diets have loyal adherents, who swear that these eating regimens have helped them lose weight and dramatically improve their health. But a new study indicates that high-fat, low-carb dieting could double someone's heart disease risk. Should this research concern us?

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- [Economic 'de-growth' or 'green growth': Which climate change strategy makes the most sense?](#)

Should climate change force developing nations to put the environment before economic development? That's been the conventional wisdom among many scientists and global warming activists for decades; however, a new school of thought in economics claims that the developing world can simultaneously protect their natural resources and boost their economies. Is such an effort really possible?

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