Answer 2

High protein

<http://www.bodybuilding.com/fun/layne38.htm>

Answer 3

https://draxe.com/protein-foods/

Nice Post, I support your point of view even if many of the cons can be address very quickly tweaking the diet.

I think from a weight loss perspective not many diets compete with a high protein diet, maybe a Paleo Diet.

High Protein Diets Have Many Advantages:  
1. Help Improve Muscle Regeneration (for people going to the gym to lose weight this is great)

2. Manage your weight by being full much more time than other diets (just try one scoop of whey protein and you will understand that food becomes disgusting – this is effective)

3. Stabilize sugar level in your body (the result of eliminating almost all the sugar is that the glucose in our blood will drop to normal levels, is not a secret that we’re consuming too much sugar today)

4. The amino acids that keep your energy levels up and your brain working. Protein are rich in these kind of amino acids

5. The same effect that happens with the muscles happens with bone health, we recover faster when we get the required amount of protein.

6. Protein contains something called glutathione which helps detox our body and is known as a key factor on the fight vs Alzheimer’s disease and Parkinson’s disease.

It’s not black and white, but form a weight loss perspective these facts need to be considered, the typical 15-25-60 is overrated and contains too much carbs, the 30-40-30 may be the solution.

The insufficient carbs intake could be replaced by taking a 30-40-30 diet which consists of 30% fat, 30% protein and 40% carbs, which drops the carbs intake from 60% to 40%, reducing heavy calories aliments and adding more fat and protein, if you’re someone which doesn’t exercise enough taking that much fat could be dangerous, in that case adding more carbs or protein is a good choice. Bad breath I don’t consider this something serious, being overweight is worst and more dangerous to your life. I’m guessing the headaches is for the cut of sugars (less glucose in your body), this can be fixed adding natural sugars , for example adding orange juice to our breakfast, and constipation is because protein consume much more water to be digest and could even cause dehydration, quick solution: drink more water. Try to eat high protein vegetables packed with fiber and protein like kale, mushrooms, broccoli or beans, beans are the future.