Total Health For Life

Mind and Body

The Baby Boomer's Bible of Health

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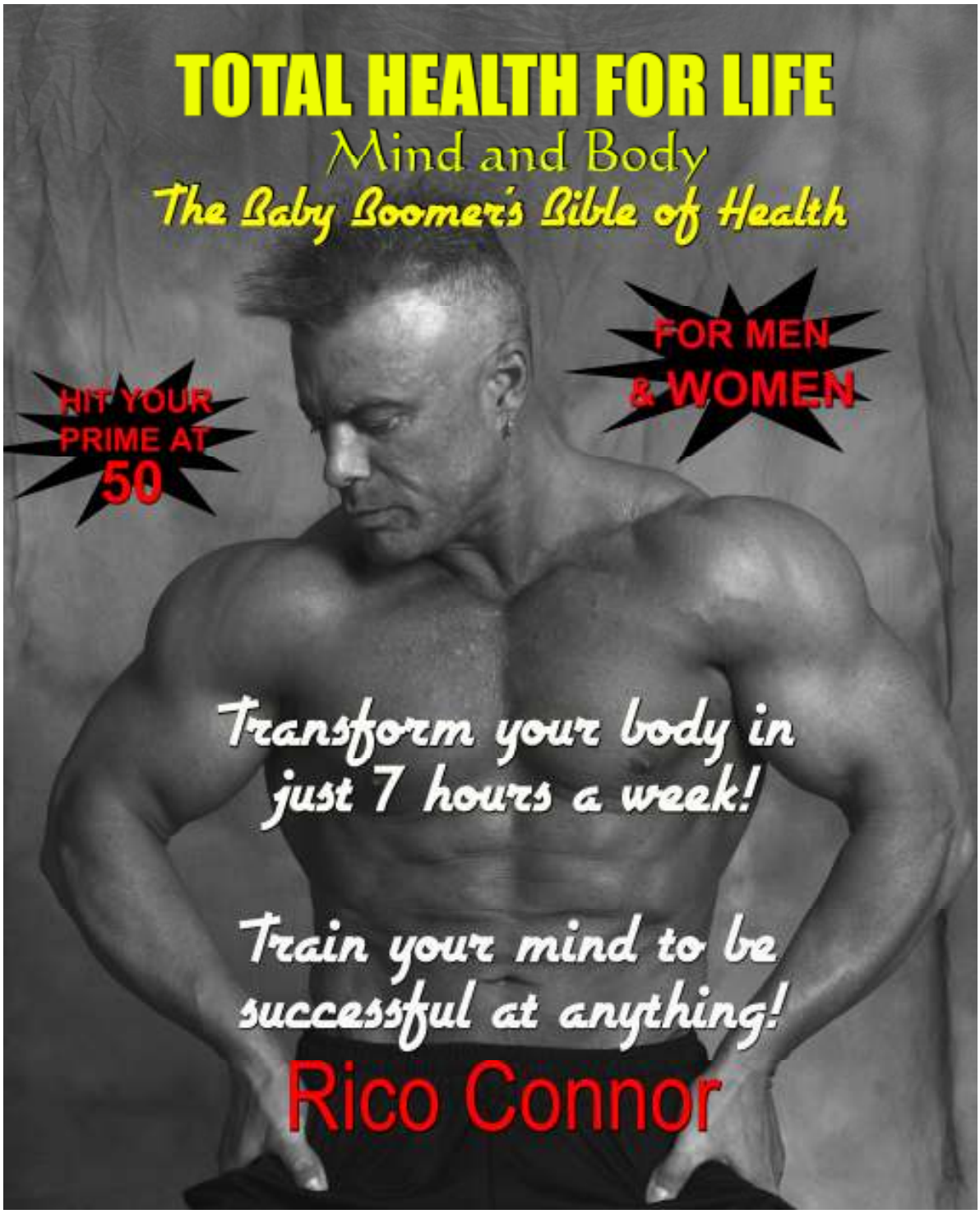
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Chuck Liddell, UFC Champion
"Health is wealth! Get this book and get rich with radiant wellness and fitness! Rico knows the secret!"
Dr. Joe Vitale, Best-Selling Author
of "The Attractor Factor" and "The Key"

Chapter V

Nutrition

Proper nutrition is the second of the four ingredients of the total equation for good health. The science of nutrition is providing the nutrients your body needs when your body needs them.

How important is diet? Ask any professional bodybuilder and he will tell you that diet is about 85 % of bodybuilding. What this means is that you can do all the hard work you want in the gym, but you won't see results unless you follow a proper diet. Yes, you are what you eat. With that in mind, don't live to eat—eat to live! Anyone who says you can eat anything you want and be healthy is either badly misinformed or a quack.

The U.S. Department of Agriculture and the U.S. Department of Health and Human Services's basic guidelines for diet are as follows: eat a variety of foods; maintain healthy weight; choose a diet low in fat, saturated fat, and cholesterol; choose a diet with plenty of vegetables, fruits, and grain products; use sugar and salt in moderation; and if you drink alcohol, do so in moderation.

Eating a balanced diet means you must eat a variety of food and eat it in moderation. No single food supplies all the nutrients your body

needs for optimal health. Eating a variety means eating different types of food in each category. Don't just eat apples every day. Eat apples, grapes, bananas, grapefruit, mangoes, strawberries, kiwi, and blueberries. Each fruit has a different positive effect on your body and on it's disease-fighting power.

You must eat in moderation. No matter what foods you eat, if you take in more calories than you expend, you will gain weight (fat). Carbohydrates have gotten a bad rap. They are an important part of the food equation, but almost anything eaten in excess is bad for you.

One of the most important benefits of a healthy diet is that it can help you prevent disease and even restore your health. The antioxidants, vitamins, minerals, and fiber in vegetables and fruit help lower blood cholesterol and blood pressure, reduce the risk of stroke, avoid diverticulosis and diabetes, and may lower the risk of cataracts. Fruits and vegetables are definitely "power foods."

Never Diet!

I don't like the word diet. Dieting does not work. It means robbing your body of much needed nutrition. You need to be less concerned about dieting and more concerned about being healthy. Dieting slows your metabolism down, which is the opposite of what you are trying to achieve. When you don't eat enough food, your body goes into

conservation mode and tries to prevent weight loss. The human body is genetically programmed to slow down and preserve fat when it feels it's being starved. People on diets usually don't give the body all the nutrition it needs due to limited food intake. They introduce a state of malnutrition to their body. They may lose weight, but they are becoming unhealthy and about 95 % will put it back on and more. The constant gaining and losing weight, over and over again, is not healthy and will have long-term effects on your body. You need to eat to live.

To be healthy, you want to develop a higher metabolism. The best way to achieve this is to eat five small meals a day. You should eat these small meals every three hours. People who eat only two or three times a day are usually starving by the time they sit down to eat. They overeat because they are so hungry and therefore crave high-fat foods. They typically
skip breakfast, have a sizeable lunch, and a huge dinner.

They have it backwards. What many don't know is that eating a nutritious breakfast jump-starts your metabolism, and the last thing you want to do is pack on calories when your body is winding down for the day and won't be able to burn that big dinner off.

How did Oprah lose all her weight? She learned the science of nutrition. In her book, *Make the Connection: Ten Steps to a Better Body—and a Better Life*, she says, "Eating increases your metabolism.

I learned that the key is what you eat, how much you eat, and how often you eat. Five meals spread throughout the day, with the greater proportion of calories eaten early in the day, will help you tremendously in controlling your weight. I've learned that when I eat smaller meals throughout the day, I'm less hungry and I get the added benefit of keeping the flame under that metabolism of mine. You're burning calories more efficiently. Your body is also more grateful and will reward you for it." You tell'em, Oprah. You hit the nail on the head.

I don't have the time or patience to count calories. I am much more concerned about when I eat and about the amount and ratio of fat, proteins, and carbohydrates I put into my body.

High Protein Is the Way!

Depending upon your body and what your goals are, 15 to 25 % of your total calories should come from fat, 45 to 55 % from carbohydrates, and 25 to 35 % from protein. Most Americans eat too much fat and carbohydrates and not enough protein. My program is based on a high- protein diet but unlike the dangerous Atkins Diet, my diet still has an ample amount of carbohydrates in it. The difference is that the carbs in my program are low glycemic, complex carbs like

oatmeal, sweet potatoes, brown rice, fruits, and vegetables. I consume most of my carbs in the first three-quarters of my day so that they are used as my fuel for energy and workouts and are burned off each night by the time I go to sleep. My extra protein is needed for muscle building and for recuperation from my workouts. Remember, the more lean body mass you have, the more calories your body burns, even when you are resting. Your basic metabolic rate increases and you burn more fat naturally.

If you're heavy and trying to lose weight and build muscle so that muscle can help burn more fat, I recommend consuming 20 % of your calories from fat, 45 % from carbohydrates, and 35 % from protein. This will speed up the process and still keep you within the general guidelines. If you're trying to add weight, you will still keep within the proportional percentage guidelines of fat, protein and carbs. You'll eat the same type meals as the weight loser, and just increase the size of your meals a bit. The same principles apply for gaining weight as losing weight—it's only possible to gain healthy, lean weight slowly.

The Misunderstood Components of Food

Fat

Okay, let's start with Fat 101. There are four different kinds of fats in human nutrition: 1) saturated fat, 2) monounsaturated fat, 3) polyunsaturated fat, and 4) hydrogenated (trans) fat.

Saturated fat is called hard fat because it remains hard at room temperature. Meat, chicken, pork, and dairy products contain from 40 % to 60 % saturated fat. Saturated fat is also found in butter. Many processed foods are high in saturated fat, as well as palm and coconut oils. Too much saturated fat increases the risk of cardiovascular disease. About only one-third of your fats should come from saturated fat.

Monounsaturated fat is the healthiest and most easily digested form of fat. There is some evidence that monounsaturated fats may raise the body's HDL, the good cholesterol. Olive oil, peanut oil, and canola oil contain monounsaturated fats. These fats have beneficial effects on the cardiovascular system and help improve blood lipid balance. You should get about one-third of your fats from monounsaturated fats.

Polyunsaturated fat is found in safflower, sunflower, corn and walnut oils. Omega-6s and omega-3s, found in cold water fish, are polyunsaturates. You should get about one-third of your fats from polyunsaturated fat.

Hydrogenated (trans) fat is an unsaturated fat that has been altered by adding hydrogen atoms. Hydrogenation is a process that changes oils to solid fats and forms trans-fatty acids, which the body has difficulty digesting. Avoid eating anything with hydrogenated fat, such as margarine. Believe it or not, although they are both bad for you, margarine is worse than butter. Trans fat raises harmful LDL cholesterol levels, which obviously results in an increased risk of heart disease. Read your labels because hydrogenated fat (trans fat) is commonly found in potato chips, cookies, crackers, and other junk food. So toxic are these fats that the National Academy of Sciences' Institute of Medicine said that they shouldn't be consumed at all. The Food and Drug Administration says that intake should be as low as possible. Yet, unknowingly, some Americans eat thirty to forty grams of trans fat daily. Trans fats can be found in 40 % of all processed foods in supermarkets today.

According to the Harvard School of Public Health, trans fats:

- Double the risk of heart attack
- Are responsible for the deaths of 30,000 Americans every year
- Increase the risk of diabetes

Essential Fatty Acids (EFAs) are just what they say they are, and are essential for our survival. EFAs nourish the skin, hair, and nails, control the development and function of the eye, brain, and nervous system, help in promoting smooth muscle contractions, reduce blood pressure, influence various hormones, help in the removal of cholesterol from the body and aid in the growth of blood vessels. EFA's are polyunsaturated. The two essential fats are alpha-linolenic (an Omega-3 fatty acid) and linoleic acid (an Omega-6 fatty acid). Our body manufactures its fatty acids, except for these two. Omega-3 EFAs are found in fatty fish like herring, trout, albacore tuna, swordfish, salmon, mackerel, and haddock. They are also found in fish oils, like cod liver oil and flax seed and walnut oils. Omega-6 EFAs are found in canola, safflower, sunflower, palm, soybean, cottonseed, and corn oil.

Omega-3 EFAs have been found to help combat high cholesterol, cancer, psoriasis and eczema, multiple sclerosis, arthritis, high blood pressure, strokes and heart attacks. Some studies show that women

who have appropriate levels of Omega-3 may have less risk of developing breast cancer. That's some pretty powerful stuff.

The advised correct consumption proportion of Omega-6s, to Omega-3s is about five to one. The typical American diet usually contains much more Omega-6 fatty acid than Omega-3. Such a large imbalance may increase inflammation and pain. Eating more Omega-3s and less Omega-6s has been proven to protect your heart. They reduce the amount of fats in the blood, inhibit formation of fatty deposits in blood vessels, and reduce blood clots. Put simply, they reduce the risk of a fatal heart attack in both men and women. Doctors recommend salmon and lake trout as a good source of Omega-3s.

A diet lacking in essential fatty acids can cause hair loss, skin sores, impaired vision, heart problems, liver problems, and infertility. You don't have to tell me twice—I eat salmon at least twice a week.

To make sure I get my quota of Omega-3s, I supplement with flaxseed oil capsules because flaxseed oil is the richest source of Omega-3 fatty acids. A tablespoon a day of organic, unrefined flaxseed oil is probably the best way to go. You can find it in the refrigerated section of health food and nutrition stores. If you don't like the taste, mix it with a shake or try the capsules.

Remember, it's good to get about 15 to 25 % of your calories from fat, but try and eat the right kinds of fat. If you're supplementing with

vitamins A, D, E, or K, remember that they are fat-soluble vitamins and are absorbed by the body only when fat is present.

In my trial-and-error days, I found out how important fat is in the overall diet. I had been treating fat like the plague and became fanatical about not eating it. Then I had my blood analyzed by a well-known nutrition biochemist, Dr. Terry Dulin, who told me that my HDL level—he good cholesterol---was dangerously low, which left me prone to heart problems. He added walnuts, almonds, and flaxseed oil to my diet to raise my HDL to the proper level. It was scary to know that, as good as I looked and as fit as I thought I was, I was in danger of a possible heart attack.

Your blood tells all. I recommend getting your blood work done once a year (after 40). It will let you know for sure that your diet and supplementation are giving you the healthy results you desire.

Cholesterol 101

Cholesterol seems to be the word of the moment, yet many people don’t understand anything about it. Cholesterol is used to produce hormones, to build membranes, and to manufacture bile acids. Almost all the cholesterol in your body is produced by the liver. Molecules called lipoproteins deliver cholesterol throughout the body. There are low-density lipoproteins (LDL) and high-density lipoproteins (HDL).

The cells take what they need, and excess cholesterol stays in the bloodstream until other lipoproteins pick it up and take it back to the liver. Cholesterol that is not picked up forms a plaque, which can eventually cause cardiovascular disease by sticking to the artery walls. LDLs take cholesterol to the cells of the body from the liver. HDLs "hang out" in the bloodstream and remove excess cholesterol from the blood and tissues and bring it back to the liver (where it is eliminated). If you have high levels of

LDL---the bad cholesterol---in your bloodstream, you're at risk for high blood pressure, clogged arteries, stroke and/or heart disease. If you have high levels of HDL (the good cholesterol) in your bloodstream, you are at low risk for heart disease.

How do you control your cholesterol? You watch your diet by avoiding foods high in cholesterol, reduce your intake of saturated fats, which increase the LDL, and start eating fats that are either polyunsaturated or monounsaturated.

Protein

Okay, now it's time for Protein 101. Proteins are large molecules made of amino acids. There are twenty amino acids, eight of which cannot be synthesized by the body and they obviously must be

consumed from sources outside the body. Both animal and plant sources provide plenty of these essential amino acids.

Protein's amino acids are the building blocks for growth/repair of body tissues and to synthesize enzymes and hormones. Is the only nutrient you consume that is metabolized into skeletal muscle tissue. It is used as an energy source only during periods of starvation. This is why a healthy diet emphasizes eating complex carbohydrates, which serve as the fuel for energy—instead of your hard earned muscle being eaten away, along with its ability to burn fat. You should consume between 25 and 35 percent of your total calories from protein.

What is a Positive Nitrogen Balance?

We know that eating five small meals daily is the best way to boost our metabolism and keep our blood sugar regulated, which maintains an even energy flow throughout the day. Each of those meals should contain protein. The body needs a constant supply of protein to fuel the growth and recovery process. You obtain nitrogen when you eat protein, and you can be in a negative, neutral, or positive nitrogen balance. When you are in a negative nitrogen balance, this is probably due to a low dietary intake of protein and calories, which is when your body cannibalizes your muscle for fuel. If you eat protein throughout the day and your total daily caloric intake is sufficient, your body stays

in a positive nitrogen balance. When your body is in a positive nitrogen balance, you are able to make muscular gains from your workouts.

How Much Protein Should You Consume?

Many nutritionists disagree on the amount of protein one should consume. My program is a **high-protein** regimen that creates a toned, lean, muscular body that burns fat like a blast furnace, even when you are resting. If your goal is to gain more muscle and you're hitting the gym four times per week, then you want to ingest one to one-and-a-half grams of protein per pound of body weight. Remember, muscle helps to burn fat. The more lean body mass you have, the more fat you burn. I suggest that anyone on any kind of strength training program needs to ingest at least one gram of protein per pound of body weight.

A man who weighs 200 pounds and is trying to gain some muscle mass would consume around 200 to 300 grams of protein daily, while a woman, who weighs 140 pounds and wants to shape up and tone her body, might consume around 150 grams daily.

I want to quote an article from Paul Crane, UltimateFatBurner.com, which supports my theory on protein intake:

Much Ado About Protein!

You've probably heard that increasing your protein intake can have a positive effect on the success of any weight loss or fitness program. Here's why ...

1) Numerous studies show that protein helps stave off hunger, aids in weight loss, and helps build and/or protect lean body mass (muscle).

2) The dangers of higher protein intake as touted by the advocates of the high-carbohydrate mainstream diet are an illusion. There is NO documented proof that indicates higher levels of protein intake leads to kidney malfunction in healthy individuals. In fact, new evidence indicates that increasing protein consumption has no adverse effects on kidney function (Source: International Journal of Obesity and Related Metabolic Disorders, 23(11):1170-7.,1999).

Please note: It is true, however, that processing all that extra protein does require plenty of water. Of course, that's not an issue with you ...

You are already drinking 8-10 10 ounce glasses of water a day, right? ;-)

3) Any diet that limits protein intake has to make up the bulk of daily caloric values in either fat calories or carbohydrates. Since fat has been "villainized" by the dieting community, most of the remaining calories come from carbohydrates. This leads to a diet that OVERstimulates insulin, raises blood sugar levels, and puts the body into fat storing mode. Incidentally, this is the same diet that has been prescribed routinely for over 2 decades now, but has failed to alleviate the obesity crisis.

4) Other recent studies have indicated that high-protein meals actually raise post-meal thermogenisis (fat burning) and resting energy expenditure (Source: Journal of American College of Nutrition, 21(1):55-61, 2002

5) Research shows that dieters who obtain a larger percentage of their calories from protein (as opposed to those obtaining a greater percentage from carbs), tend to lose more fat, and less lean muscle mass (Source: Metabolism 43
(12): 1481-7., 1994)

OK, so it's important to "up" your protein intake. But unless you supplement extensively with high quality protein supplements and Meal Replacements, you're going to have problems eating enough protein in a day. After all, there are just so many chicken breasts one can tolerate in a day!

If you participate in a regular program of weight training, your protein requirements increase in order to cover the demands of the intense training and stress on your body. I developed a passion for weight lifting and the results I saw from it. My goal, being 150 pounds at age twenty-five, was to gain muscle mass. As I stuck to my program year after year and made improvements step by step, the weight and muscles slowly increased. Now I have found my ideal weight at 200 pounds and to maintain my weight and muscle mass, I have to consume around 300 grams of protein a day (about one-and-a-half grams of protein per pound).

My body has stabilized at this weight and has been the same weight for years. Why? My program has become a lifestyle and a mindset. I do what I do without thinking about it and thoroughly enjoy it!

The amount of protein that you ingest per meal will depend on your weight, times the amount of grams per pound that you have set for yourself, divided by the number of meals per day.

Example: A 130-pound woman wants to lose some weight, and shape and tone. She can figure only four meals a day for her lifestyle. She sets her protein gram per pound level at one gram---130 lb. x 1 = 130 grams of protein per day -- 130 divided by 4 meals = about 33 grams of protein per meal.

To get my 300 grams of protein a day, I eat five meals with about 60 grams at each meal (1 and ½ gram per pound of my bodyweight is 300 grams—300 grams divided by 5 meals = 60 grams per meal).

Gender, weight, age, number of meals eaten per day, muscularity, and fitness level all play a part in the exact amount of protein one would eat per sitting and per day.

You want to get most of your proteins from whole food sources such as skinless chicken, tuna, turkey, fish, lean beef, almond milk, and egg whites. I find it difficult to eat five whole-food meals a day, so I supplement by using a good protein powder. It is easy and quick. Years ago, they used to taste like chalk, but now, you feel almost guilty drinking them because they taste so good. I eat three whole food meals and drink two protein shakes a day to meet my protein requirements.

Carbohydrates

Simple Carbs

The most misunderstood component of food is probably carbohydrates. There are two kinds of carbohydrates, or carbs—simple and complex. Simple carbohydrates are commonly known as sugars: refined white sugars, brown sugar, corn syrup, fructose, barley malt,

maltodextrin, dextrose, and sucrose. They have one or a few units of sugar joined together per molecule. Simple carbs taste sweet.

The body manufactures simple sugars. Glucose, a simple sugar, is the major source of energy for the muscles and nervous tissue of the body.

Sucrose is ordinary table sugar. It is addicting and is contained in almost all processed foods. I wonder if the addicting trait of sugar and its appearance in almost *all* processed foods has anything to do with the food industry's desire to make money. What do you think? You will be amazed to find how much of it is in products you never thought contained—sugar: ketchup, salad dressings, canned foods, etc.

Teenagers have nearly tripled their consumption of sweetened juices and soft drinks. They gobble up junk food like pizza, french fries, and macaroni and cheese and wash it down with soda. Soft drinks have no nutritional value whatsoever. They are simply sweetened, carbonated water. They also rob the body of much-needed calcium, especially in growing teens. With no nutritional guidance from their parents, children and teens are forming unhealthy habits that will put them at high risk of chronic ailments later on in life. I'm talking about heart disease, osteoporosis, and diabetes.

Proper eating is a learned habit. If parents make a positive impression on their children's eating habits during their early years,

the children will develop lifelong healthy eating habits. This means interacting on a daily basis. Remember, snack and soda companies are spending hundreds of millions of dollars per year to promote empty calories while our schools cut back on physical education. How can we cut back on our children's fitness education courses when somebody like the surgeon general states that lack of physical activity can be hazardous to your health?

Our school systems should be educating our children from a very early age about the benefits of proper nutrition and exercise. It should be part of the curriculum in grade school. We must override the aggressive marketing campaigns of the fast food, snack and soda companies that peddle their poison, which grabs children's attention from the time they start watching television. We need to implant this knowledge at an early age so it forms lifesaving, positive habits that will be practiced for life.

The American Dietetic Association agrees with me. The Association's position statement is as follows:

It is the position of The American Dietetic Association, the Society for Nutrition Education, and the American School Food Service Association that comprehensive school-based nutrition programs and services be provided to all the nation's elementary and secondary students. These programs and services include: effective education in

foods and nutrition; a school environment that provides opportunity and reinforcement for healthful eating and physical activity; involvement of parents and the community; and screening, counseling and referral for nutrition problems as part of school health services.

Aren't our children supposed to be our future? We have a funny way of showing it. If we truly love our children, then we must give them the best chance to succeed in life. This is not filling their bodies full of junk food, laden with sugar, salt, and fat and creating life-long bad eating habits. Fat kids equal fat adults who will be prone to many degenerative diseases.

The key to controlling your sugar intake and your blood sugar level is in staying away from refined sugar and getting most of your sugar from complex carbohydrates---from natural food sources such as fruits, etc. Most Americans are addicted to sugar. It's hidden in most of the foods you buy in the grocery store. The average American consumes about a half cup of sugar or more daily.

Gary Null, Ph.D., nutritionist, and author of over twenty books on health, says, "Sugar is the number-one junk food in America, and it must be avoided whenever possible. This so-called food, which pervades our diets, is a form of sweet suicide."

What is the difference between sugar and heroin? There are only two—sugar is a socially- acceptable poison and heroin is not. Sugar

has devastating long-term effects whereas heroin has serious short-term effects. They both are addicting, lead to premature death, and have no place in your life.

Complex Carbs

Complex carbs, unlike simple carbs, have hundreds or more sugar units joined together per molecule. They are slow burning and keep your energy on an even level throughout the day. They convert to sugar once ingested more slowly than simple carbs so you don't feel that energy rush, then the energy crash you get with simple sugars. Besides supplying long-term energy they provide extremely important dietary fiber and don't have that sweet taste. Many different foods are classified as complex carbohydrates: fruits, vegetables, starches (potatoes, rice, wheat, corn, barley, bran, bread and most beans), and non-starch (yams, black beans, whole rolled oats). Most of the 45 to 55 % of your total calories from carbohydrates should be consumed in the form of complex carbs—in the form of whole grains, fruits and vegetables, healthy cereals, pasta, and rice (watch your serving size).

Carbs have gotten a bum rap. Just eat the right kinds of carbs and in the right quantities and at the right times. As they say, timing is everything in life. I got down to almost 3% body fat when I entered and won my first contest, consuming 300 grams of carbs per day! I

needed the carbs for fuel for my workouts and energy for the day. People who don't eat enough carbs catabolize their hard earned muscle for fuel during workouts. The muscle is broken down for energy because there are no carbohydrates stored for their workout. Small portions over five meals is the correct way to consume carbs.

Blood Sugar

Blood sugar is the fuel for your brain and nervous system, and glycogen is the fuel for muscular work. Most doctors recommend a diet high in complex carbohydrates for the regulation of blood sugar levels. This is because complex carbohydrates are digested slowly. Also, mixed meals that contain protein, fat, and carbs are also slower to digest than carbohydrates eaten alone.

A fear of fat has a lot of people in the United States today eating too many carbohydrates. Each one of these carbohydrates has a different effect on your body. Vegetables are the most nutritionally sound carbohydrates, and the non-starchy complex carbs are good also because they are digested slowly and don't jack up the body's insulin response system. Put simply, most starches are converted to sugar within the body much faster than vegetables are. After being converted to sugar, this causes the body's blood sugar levels to abruptly rise and then drop. When the blood sugar rises to a high

level, especially after one consumes refined sugar the body's defense mechanisms—liver and pancreas—produce insulin to contain it before it gets out of hand. The overproduction of insulin occurs and it remains in the bloodstream for hours. The presence of the insulin causes the body to store fat, which is stored in the stomach, thigh, and buttock areas first. If the cycle continues, the fat eventually gets stored in the major organs—heart, kidneys, etc. This is obviously a very dangerous occurrence.

Another effect of eating the wrong kind of carbs that make your blood sugar levels spike, then drop quickly, is fatigue. When you ingest refined sugars, the initial feeling is a rush of energy. Then the pancreas produces insulin to drop the blood sugar level. The sugar has been used for energy, but since it doesn't contain any nutrients, your body is hungry and usually craves more sugar. Consuming refined sugar is a health hazard because it provides only empty calories. In addition, sugar saps the body of precious vitamins and minerals through the body's effort to digest, detoxify, and eliminate it. Therefore the addictive cycle of ingesting sugar, which causes fat storage because of insulin production, instead of nutritious food, continues. It is obvious that when your body doesn't get any nutritious food and stores fat, you're headed for serious health problems. An

excellent book on the dangers of refined sugar is *Sugar Blues* by William Dufty.

You need to experiment with many carbohydrates to learn which ones work with your body to best regulate blood sugar and overproduction of insulin. Different carbohydrates are beneficial in different ways. For example, studies estimate that eating at least five servings of fruits and vegetables each day could prevent up to 20 % of all cancers.

The glycemic index is a scale that ranks the relative rates at which carbohydrates from different foods enter the bloodstream. Foods with a high glycemic index cause a rapid increase of blood sugar, while foods with a low glycemic index increase blood sugar more slowly.

The accepted rule of thumb is that after workouts or competition you need to consume adequate amounts of simple sugar—high glycemic carbohydrates—and protein. This helps to replenish liver glycogen stores and maintain your blood sugar. These carbs are easily converted to glycogen and enter the bloodstream quickly.

Before workouts, you should eat low glycemic carbohydrates to help control insulin release and maintain blood sugar. Low glycemic foods provide long-term energy and help maintain stable blood sugar levels during extended exercise periods exceeding one hour. You should also eat some protein with every meal, which also helps maintain blood

sugar. You're most vulnerable to bingeing when your blood sugar levels are low. This happens if you under eat or wait too long to eat during the day. When you eat smaller meals more often, it makes it easier to regulate your blood sugar levels and give you a sustained energy level. Last, but not least, exercise helps to control blood sugar regulation.

Don’t forget to include fats with your carbohydrates: they slow the absorption of sugars, thus preventing those insulin spikes.

Diabetes

Diabetes is a health menace that is growing every day in the United States. About twenty million Americans suffer from this disease, which can lead to blindness, heart disease, kidney failure, and permanent nerve damage. Diabetes is the fourth leading cause of death in the United States each year and occurs when there is too much sugar is present in the blood-diabetes results when your body can’t control the amount of sugar in the blood.

Adult diabetes (Type II) usually develops in people over forty. This condition occurs when the pancreas doesn’t secrete enough insulin to control blood sugar levels and is a result of a long-term sedentary lifestyle and poor nutrition (eating too many refined foods). All of the refined foods overwork the pancreas, which secretes insulin to control

the blood sugar in the body. The body gradually becomes resistant to insulin, and the pancreas needs to produce even more to get the job done. This organ eventually wears out and isn't able to produce enough insulin. If you have a lot of fat around your waist, you are at risk of developing this type of diabetes.

You put yourself at grave risk of developing diabetes if you don't get enough exercise and consume too many calories from junk food, sugar, fast food and saturated fat. Don't let this happen. A low-fat, high-fiber diet coupled with regular exercise will go far in helping to keep your blood sugar under control.

Diabetics should always consult with their doctor first before starting any exercise program, as it must be tailored to each individual's condition.

What About All of These "Fat-Free" Foods?

How can Americans be consuming less fat, yet become fatter than before? There is a whole new marketing craze in grocery stores now. In every aisle, you see the words "fat free." These labels are cleverly disguising this food as healthy. People blindly buy anything fat free

thinking it is okay. But because something is fat free doesn't mean you can eat unlimited amounts of it.

These fat-free items are simple carbohydrates (mostly sugar) that have little or no nutritional value. The fat is removed and replaced by sugar. People are gobbling down cookies, cakes, and other sugar-loaded carbs by the truckload. The simple carbs are broken down in the body

and stored as fat if they are not used for energy.

Most candy is fat free. Does that mean it's healthy for you? Once again, it is simple sugar, which is stored as fat if not used by the body. Look at the amount of sugar in candy like Twizzlers and Squittles. Eat just a few, and you've ingested twenty to over thirty grams of sugar. Remember going to the movies and consuming half a box of candy such as Dots, Junior Mints, or Milk Duds? You put between 50 and 100 grams of sugar in your body. Ten grams of sugar is equal to one teaspoon of sugar. Do you think you could eat five to ten teaspoons of sugar?

When you see an item in the grocery store labeled fat-free, check the sugar content. If it is over six to eight grams of sugar per serving, let it stay on the grocer's shelf. If you make a conscious effort to break the sugar habit, you'll see and feel a whole new you. This is a scientific proven fact, not a guess.

Sugar Substitutes (artificial sweeteners)

I have done a lot of research on the dangers of artificial sweeteners such as aspartame, which is the most prevalent in the US. The following information comes from the Aspartame Consumer Safety Network and the Aspartame Toxicity Information Center.

Aspartame is the technical name for the brand names NutraSweet, Equal, Spoonful, and Equal-Measure. Aspartame is by far the most dangerous substance on the market that is added to foods. Despite US FDA approval as a safe food additive, it's a synthetic chemical additive that accounts for over 75 % of the adverse reactions to food additives reported to the U.S. Food and Drug Administration (FDA). Nearly 100 % of independent research has found problems with aspartame. The unsuspecting public, for the most part, is unaware of its dangers. Aspartame is made up of three chemicals: aspartic acid, phenylalanine, and methanol. The neural cell damage that excessive aspartate and glutamate use can cause is why they are referred to as excitotoxins. They excite or stimulate the neural (brain) cells to death. The risk to infants, children, pregnant women, the elderly, and persons with certain chronic health problems from excitotoxins is great.

Methanol breaks down into formic acid and formaldehyde in the body. The formaldehyde exposure from aspartame is significant since it is a deadly neurotoxin that is used for embalming! Formaldehyde is known to cause gradual damage to the nervous and immune systems and has recently been shown to cause irreversible genetic damage at long-term, low-level exposure.

An EPA assessment of methanol states that it "is considered a cumulative poison due to the low rate of excretion once it is absorbed. In the body, methanol is oxidized to formaldehyde and formic acid; both of these metabolites are toxic." The Environmental Protection Agency (EPA) recommends a limit of consumption of 7.8 mg./day. A one-liter—approximately one quart of aspartame-sweetened beverage contains about 56 mg. of methanol. Heavy users of aspartame-containing products consume as much as 250 mg. of methanol daily, or thirty two times the EPA limit. The most recent independent research shows that the situation related to aspartame may be more serious than just regular formaldehyde exposure. This research on animals demonstrates that the formaldehyde appears to accumulate as adducts (bound to protein molecules) in the organs and tissues of the animals when aspartame is ingested at relatively low doses. A comment from an independent research scientist regarding this and other recent aspartame research states "It was a very interesting

paper, that demonstrates that formaldehyde formation from aspartame ingestion is very common and does indeed accumulate within the cell, reacting with cellular proteins (mostly enzymes) and DNA (both mitochondrial and nuclear). The fact that it accumulates with each dose, indicates grave consequences among those who consume diet drinks and foodstuffs on a daily basis." Russell Blaylock, MD (Neurosurgeon and Neuroscientist)

The damage caused by formaldehyde from aspartame may be worsened by other aspartame breakdown chemicals, especially the aspartic acid. In animal research where formaldehyde is given to the animals to cause damage and pain, amino acids such as aspartic acid and glutamic acid are given concurrently to worsen the reaction. The amino acids from aspartame are absorbed suddenly unlike the protein-bound amino acids found in food. The methanol found in foods and alcoholic beverages is also absorbed, but there are protective chemicals in these traditionally-ingested foods and beverages that prevent the conversion of methanol to formaldehyde.

The scary part is the fact that an extremely low percentage of adverse reactions are reported to the FDA. There are millions of known cases of aspartame toxicity reactions, and possibly many other cases, where the person ingesting aspartame is either 1) unaware that their symptoms are caused or contributed to by aspartame or 2) not yet

experiencing clinically-obvious symptoms from the breakdown products of aspartame but may eventually experience chronic health problems from the regular exposure to significant doses of formaldehyde. The components of aspartame can lead to a wide variety of ailments. Some of these problems occur gradually while others are immediate acute reactions. Aspartame is a systemic toxin: it affects every organ in the body—even your DNA.

Toxicity Effects of Aspartame Use

- seizures and convulsions
- dizziness
- tremors
- migraines and severe headaches
- memory loss
- slurring of speech
- confusion
- numbness or tingling of extremities
- chronic fatigue
- depression
- insomnia
- irritability
- panic attacks
- marked personality changes
- phobias
- rapid heart beat
- asthma
- chest pains
- hypertension
- nausea or vomitting
- diarrhea
- abdominal pain
- swallowing pain
- itching
- hives / urticaria
- other allergic reactions

- blood sugar control problems (e.g., hypoglycemia or hyperglycemia)
- menstrual cramps and other menstraul problems or changes
- impotency and sexual problems
- food cravings
- weight gain
- hair loss/baldness or thinning of hair
- burning urination & other urination problems
- excessive thirst or excessive hunger
- bloating, edema (fluid retention)
- infection susceptibility
- joint pain
- brain cancer (pre-approval studies in animals)
- brain, breast, uterine and pancreatic tumors
- death

Avoiding Hidden Aspartame & Artificial Sweeteners

Aspartame can be found on the ingredients list in the following products.

Soft drinks (Diet Coke, Diet Pepsi), over-the-counter drugs and prescription drugs (very common and listed under "inactive ingredients"), vitamin and herb supplements, yogurt, instant breakfasts, candy, breath mints, cereals, sugar-free chewing gum, cocoa mixes, coffee beverages, instant breakfasts, gelatin desserts, frozen desserts, juice beverages, laxatives, milk drinks, shake mixes, tabletop sweeteners, tea beverages, instant teas and coffees, topping mixes, wine coolers, etc.

Many of the above items are now also found containing the artificial sweetener sucralose. Many people make the mistake of not checking labels carefully and continue to poison themselves. Stop ingesting aspartame immediately. Even a small amount is a slow poison. In addition, many people do not realize that their children may be given

aspartame or other artificial sweetener-containing foods or drugs at school without their knowledge. Sometimes the word aspartame may not appear on the label, but the phrase "Phenylketonurics: Contains Phenylalanine" appears instead.

For a complete list, check out one of the most popular natural health sites in the world, www.mercola.com. This site receives more visitors than nearly all the top medical journals, such as *JAMA, New England Journal of Medicine*, the *Lancet* and the *American Medical Association*.

While it is unlikely that sucralose is as toxic as the poisoning people are experiencing from aspartame, it is clear, from the hazards seen in pre-approval research showing potential toxicity and from its chemical structure, that years or decades of use may contribute to serious chronic immunological or neurological disorders.

Sucralose's long-term safety is unknown. Sucralose has a) no long history—decades of safe use—b) no independent monitoring of health effects, c) no long-term human studies, and d) no independent human studies.

Many people find it easier to avoid toxic sweeteners by shopping at the local large health food store when possible. Many health food stores have banned artificial sweeteners, especially aspartame, for obvious reasons. But it is still important to check labels, as some

health food stores are unknowingly selling aspartame, acesulfame-k, and sucralose. Don't become a guinea pig for another poorly-tested, toxic sweetener only to find out years from now that it contributed to the destruction of your health.

Stevia – the healthy, safe sweetener

Stevia is a South American plant and it is estimated to be some 150 to 400 times sweeter than sugar so it is used in extremely small amounts. It's a safe, natural sweetener that is virtually calorie-free. Although used safely for many years by millions of people in other parts of the world, the FDA has labeled stevia an "unsafe food additive" since the mid-1980s and has gone to great lengths to keep it off the U.S. market. There are hundreds of scientific studies showing stevia's safety. In 1994, it was finally able to be legally marketed as a dietary supplement but could not be referred to as a sweetener.

The artificial sweetener market is about $1.5-billion a year. About 70 to 80 % of that market is made up of soft drink sweeteners of which aspartame has a near monopoly.

Sweeteners are big business and in the world of big business, money talks. If a safer and cheaper sweetener like stevia was approved, then

the producers of aspartame (Equal) sucralose (Splenda) would ultimately suffer great financial losses.

Many people who consume large amounts of artificially sweetened foods surprisingly gain weight instead of losing it. After consuming such foods, some people feel the effects of excess insulin, which create low-blood-sugar levels reflected by sweating, nervousness, irritability, or light-headiness. They often experience cravings for junk food, sweets, or more artificially sweetened foods. This turns into a vicious cycle and the result is exactly the opposite of what they intended—to lose weight.

I feel the need to warn people about the dangers of long-term, chronic aspartame poisoning and of other potentially dangerous artificial sweeteners. I have only glossed on the surface of the subject and the dangers. Check out the websites and the many references listed. You need to know what you're putting into your body. When you know, I'm sure you'll make the right choices. Just because something has been approved by the FDA doesn't mean it isn't harmful to your health. Big business has always influenced government. Money is power. Don't have blind faith in everything you read or hear. Always consider the source and if the source is tied into the money machine, be skeptical. Seek information from non-profit organizations who have no financial interests in supplying you with information.

Many people who find that they, their family, or their friends have been poisoned by aspartame are angry. When they learn that the manufacturer, the FDA, and many of the companies selling it know of the dangers, they become angrier still.

Water

Water makes up most about 65 to 70 % of the human body. How important is it? Well, next to air it's the body's most important requirement. Without it you can survive around seventy-two hours. Water is the main component of every cell in the body. It is necessary for absorption, circulation, elimination, and digestion. Water is used by the body to cleanse itself and it also carries water-soluble vitamins and fiber through the bloodstream and helps the body regulate its temperature.

The suggested daily minimum amount is sixty-four ounces. You should drink several glasses of water every day. This helps to regulate your metabolism and strengthens your immune system, in addition to satisfying your appetite. When you drink more water, you will feel less hungry. If it's hot or you're exercising, you should drink more water. Beverages with caffeine, and alcohol, are diuretics and increase your need for water.

The percentage of water in your body drops dramatically as you reach your senior years. It stands to reason that proper hydration during these years is an important anti-aging strategy.

Drink Distilled Water

The best source of drinking water is distilled water. Since water is so important to the body, the purity of the water one consumes is very important to one's health. Distilled water is chemical and mineral free. It is the purest water available.

The act of distilling strips virtually all contaminants---biological, inorganic, organic, and radioactive---from water. Distilled water has no foul aftertaste caused by chemicals or additives. For you coffee lovers, using distilled water in your coffeemakers will keep minerals and other matter found in tap water from clogging up your machines.

Distilled water assists your body in eliminating matter that has not been absorbed by cells. It helps your kidneys function by removing poisons and toxins from the body. You should also cook with distilled water since it makes no sense to drink distilled water and then turn around and cook with tap water.

Are Tap Water and Mineral Water OK to Drink?

I drink only distilled water. Why? Distilled water is just H2O and only H2O. Tap water's main purification method uses chlorine, which is a poison and has been linked to colon and rectal cancer. Have you ever accidentally swallowed a gulp of chlorinated pool water? Yummy, huh? I don't care what anyone tells me, I am not going to drink tap water and put all the chemicals in that water into my body. I'd prefer not being a lab rat for the long-term effects of chlorine in the human body.

Mineral (bottled) water carries only inorganic minerals, which cause more harm than good to the human body. These inorganic minerals crystallize in the body and lead to such problems as arthritis and plaque formation in artery walls. Boy, just what I want---hardened arteries and arthritic joints. Organic minerals are the only ones the body can use and they are provided in the foods we eat. Over 95 % of our minerals come from our food, not our water.

Milk, A Recipe for Disease!

This is an article by Dr. George J. Georgiou, Ph.D. on the dangers of drinking milk. Many of you will be surprised as you have blindly believed the deceptive advertizing of the milk industry.

As a nutritionist I am often asked about drinking milk. Most people assume that they have to drink milk or they will suffer serious illness. This could not be further from the truth. If I were to offer you a cocktail drink of pituitary hormones, steroid hormones, thyroid and parathyroid hormones, gastrointestinal peptides, growth factors, growth inhibitors, fat, cholesterol, allergenic proteins, blood, pus, antibiotics, bacteria and viruses, would you drink this? Probably not, as you know that these constituents are unhealthy for your body. Well, believe it or not, this is what you get every time you drink cow's milk from the supermarket, but people still drink milk due to ignorance. Here are a few facts that may provide some food for thought!

In 1993, the US Food and Drug Administration (FDA) made things even worse by giving permission for Monsanto Corporation (the makers of the toxic sweetener Equal) to market rBGH (recombinant bovine growth hormone), a genetically engineered hormone that is injected into dairy cows to increase their production of milk. We're talking about a substance that is finally being linked to major breast, colon and prostate problems, and one that no other country in the world will allow within its borders, though Monsanto has sought approval for Australia, New Zealand, the European Union and Canada.

In a recent Canadian government report, it was said that 20% to 30% of the rats fed rBGH in high doses developed thyroid cysts as well as increased infiltration into the prostate gland. If this can happen to rodents in 90 days of use, then what can happen to humans who have been drinking milk daily for years, including young children? Tens of thousands of American cows are injected with rBGH every week, and the entire American population receives this through milk, cream, cheese, yoghurt, frozen yoghurt, buttermilk, cream cheese, ice cream, iced milk, and baked goods.

Injecting rBGH, which is also called POSILAC, has been associated with increases in cystic ovaries, disorders of the uterus, digestive problems, enlarged hocks and lesions of the knee, mastitis (puss clusters in the breasts) which require antibiotics for treatment.

The FDA also approved the pasteurising of milk, in order to

help kill the bacteria Mycobacterium paratuberculosis - which it does not! Judy Stabel, Ph.D., a researcher recently discovered that in order to kill this bug you have to heat the milk for a minimum of 15 minutes at 72 degrees centigrade, not the 15 second "flash" heating that milk presently receives as part of the pasteurising process.

Another naturally occurring substance in many cow milks is the hormone progesterone. This appears in the milk of pregnant cows. As pointed out by Dr. Jerome Fisher, "About 80% of cows that are giving milk are pregnant and are throwing off hormones continuously."Progesterone breaks down into androgens, which have been implicated as a factor in the development of acne. Adolescence is a time when milk consumption tends to be high, with many teenagers priding themselves on drinking 3-4 quarts daily. Dr. Jerome has found that acne improved as soon as the teenagers stopped drinking milk.

There is much more research that has shown that milk is not the best nutrient for humans - it may give us high levels of calcium, but there are also many other foods that are high in calcium, so it is not necessary to drink milk as well as the cocktail of other nasty bugs and toxins.

More points on the dangers of drinking milk from an article in Fun & Fit Magazine by Charlene Gullotta:

- According to the Academy of Allergy Asthma and Immunology, cow's milk is the #1 cause of food allergies.

- Dr. Benjamin Spock was against cow's milk for children, saying that it caused anemia, allergies, and insulin dependent diabetes, which sets up for a life of obesity, and heart disease.

- After 36 published articles, Yale University found that milk does not appear to prevent osteoporosis and, in fact, may CAUSE more bone fractures than non-dairy consumers.

- The inability to digest milk sugar lactose exists in over 75% of the world's population.

- Milk and dairy products in general, contain no fiber or complex carbohydrates, and the are full of saturated fat and cholesterol, pesticides, hormones and antibiotics, which you absorb into your body.

You can see how we are manipulated by big business. Everybody drinks milk so it must be good for you right? WRONG! We believe whatever we read or see on TV. I urge you to do your own homework. The whole scam about milk building strong bones is a falsity! ***Got Milk?*** Keep it! We don't want it! I stay away from most dairy products.

Coffee

There are many arguments about the positive and negative health issues of drinking coffee. Many recent studies have shown that coffee has no ties whatsoever to cancer and cardiovascular disease as it was once thought, and that it delivers disease-fighting antioxidants.

One of coffee's healthiest attributes is that it stimulates the central nervous system and aids in metabolizing fatty acids. The caffeine in coffee increases the circulation of fatty acids, which enhances the oxidation of fat for energy. Two prominent journals cite preliminary research state that caffeine may cause a rapid release of calcium ions in muscles, enhancing muscle contractions and making them more efficient.

Caffeine also increases the amount of calcium excreted in your urine, decreasing the amount absorbed by your body. As long as your diet is high enough in calcium, you won't have to worry. If you drink

one to three cups a day—I wouldn't recommend more—you may want to add another 150 grams of calcium a day to your diet.

Research has found that the half-life of caffeine can be extended with a single serving of grapefruit juice, preferably canned, which slows caffeine breakdown in the liver. This allows you to consume less caffeine and still get the same results. It's not wise to take any prescription drugs with grapefruit juice as it increases the concentration of certain drugs in your body. Using paper filters when brewing coffee also traps two substances, which researchers have found raise the bad cholesterol—LDL.

Caffeine has long been known to enhance athletic performance. I consume a strong cup of coffee—about 150 mg.—about one-half hour before I work out. It acts as a quick pick-me-up, improves my alertness, and increases my energy to help me focus on my workout. A coffee tip: darker beans contain less caffeine but not less flavor.

Do not drink coffee if you are pregnant, breastfeeding, have heart problems, or have difficulty sleeping. Caffeine, like anything else you ingest, should be drunk in moderation. If you drink coffee constantly to keep your energy up and to stay awake, then you need to take a serious look at your diet and your sleeping patterns.

Alcohol

Recent studies suggest that moderate alcohol consumption may help reduce heart disease risk. The research reports that moderate amounts of alcohol---one to two drinks per day--can help increase the good cholesterol (HDL) and may slow formation of bad cholesterol (LDL). Resveratrol, found in red wine, provides many health benefits. It is an antioxidant and a blood thinner and it also lowers blood pressure, helps prevent cancer and has anti-aging benefits. A glass of wine, a bottle of beer, and a shot of liquor all have about the same amount of alcohol in them. Chemicals found in red wine, including flavanoids, have been found to help fight cancer, as well as heart disease and stroke. The flavanoids have shown the ability to protect against oxidative damage to LDL cholesterol. Why is red wine as opposed to white wine better for you? Because during fermentation, the colored skins and seeds that contain the antioxidants are used. Red wine contains catechins, also found in green tea, that block artery clogging, act as an anticoagulant, dilate arteries, inhibit tumors, bacteria and viruses, and fight inflammation. Red wine is the best choice to reduce the risk of heart disease and prostate cancer, with beer next and liquor last.

Having two drinks a day is associated with approximately a 30 to 50 % reduction in the risk of coronary heart disease. As hard as it is to believe, people in this category are less at risk than people who don't drink at all. If you don't drink alcohol, I'm not telling you to start. If you consume more than two drinks a day, adjust accordingly because your risk of health problems increases rapidly. Drinking in excess of two drinks daily may increase the risk of breast cancer, contribute to high blood pressure, trigger cardiovascular disease and cause brain damage and birth defects. We all know that alcohol is addicting and destroys thousands of lives, when that stage is reached.

Green Tea

Most Americans who drink tea, drink black tea. They should be drinking green tea, which is one of the best antioxidants around and may lower your risk of cancer and heart disease. The unfermented leaves of green tea contain much larger amounts of polyphenols—natural, healthy substances—than black teas, which are lost during black tea's fermentation. Green tea contains vitamins B complex, C, and E, flavonoids, polyphenol-catechins, and other healthful substances. Its powerful polyphenols have been shown to reduce inflammation and protect against cancer. Green tea protects cells from

injury and can help lower oxidative damage associated with various diseases.

You can either drink green tea or take it as an extract in capsule form. I find that it's better to take the extract as you can ingest more of the polyphenols without the side effects of caffeine in the liquid form.

Green tea extract health benefits include:

- Cut stroke by up to 80%
- Recommended by The American Cancer Society as a high priority for cancer prevention"
- Protects the prostate from cancer
- Proven to help with weight loss
- One of the strongest anti-oxidants available
- Helps digestion and reduces bloating
- Normalizes healthy bacteria in the intestines
- Proven to help prevent heart disease
- Helps stop dental decay and gum disease
- Helps with bad breath

www.wellnesspartners.com

Salt/Sodium

This is a no-brainer. There is plenty of salt—sodium—in the food you eat. Throw away your saltshakers. Salt elevates blood pressure and retains extra water in your body, which increases your weight and slows down the cleansing process. High blood pressure creates a greater risk of strokes. A diet low in sodium—salt—may help to lower

blood pressure and the risk of a stroke. When you start reading your nutrition facts labels, you will be amazed at the amount of sodium that is already in most of the foods you buy. If you are going to use salt for cooking, use sea salt instead of regular salt.

Fiber

Fiber is an indigestible compound found in the skins and flesh of plants that keeps your body running smoothly. It helps your body to process the foods you eat more efficiently and therefore reduces the number of calories that would be stored away as fat. It has no nutritional value and is calorie-free.

There are two types of fiber: soluble and insoluble. Soluble fiber is found in the flesh of fruits, oats, and dried beans and has cholesterol-lowering properties, therefore making it important in the prevention of heart disease. New research has linked soluble fiber with the improvement of diabetes control by reducing plasma glucose levels.

Insoluble fiber is found in wheat, wheat bran, and in the skins of vegetables and fruits. This fiber adds bulk to your stool, enhances transit time in the colon, and prevents constipation.

Suggested daily requirements are between twenty and thirty five grams per day. People with diabetes might want to consume a higher

amount—forty to fifty grams per day. The processed-food industry has reduced or eliminated most of the fiber left in food.

Health problems now common in America, due to the fiber-less foods that many of us eat:

Constipation
Diverticulitis
Appendicitis
Gallbladder disease
Irritable bowel syndrome
Hypoglycemia
Intestinal cancers
Hiatal hernia

Don't trust the food industry. They are just like the infomercial quacks and are out only to make a buck, so do your own homework. Fiber moves food through your digestive system quickly and protects you from absorbing toxins. It controls the absorption of simple carbs and keeps the walls of the intestines clean by removing toxins, which are believed to cause cancer.

Always eat whole grains and never eat white bread. Look for the words "whole grain" on cereal and bread labels. Eat rye, whole wheat, oat, or seven-grain bread.

The Journal of American Medical Association has published findings indicating that

women who eat lots of whole-grain foods can significantly reduce their risk of strokes. Stay away from refined grain foods such as white bread, sweet rolls, white rice and English muffins. Eat bran cereal or oatmeal for breakfast. Oatmeal is a fantastic food that helps lower blood cholesterol levels and the risk of heart disease. Since it is a complex carb, so it also gives you fuel and energy for the day ahead. Fruit is loaded with fiber. Make sure you eat the actual fruit rather than the juice. Remember, the fiber is in the flesh and skins. Eat your vegetables, because in addition to many positive health benefits, they are also high fiber. Black, navy, kidney, and pinto beans, along with popcorn and wheat germ, are also excellent sources of fiber.

Be sure to keep your water intake up as you consume fiber, as it helps move the fiber through your system. A high-fiber, low-water diet will cause constipation.

Calories

A calorie is defined as the amount of energy required to raise the temperature of one gram of water by one degree Celsius. There are many factors involved in how many calories we need each day to maintain bodyweight. Some factors are age, gender, exercise, metabolic rate, and body mass. Age and body size play a big part in

determining these needs. Most people need between 2,000 and 3,000 calories per day while some need less and others need more.

A general guide for determining daily calorie intake is to multiply your weight times fifteen. Then, you have to throw in all the factors above, which may decrease or increase that amount. If you have a fast metabolism and work out five days a week, you will probably have to add some calories to that figure to maintain your weight. We know that to gain weight, you have to take in more calories than you expend, and to lose weight, you have to take in less calories than you expend.

The healthy, and also the tricky part about doing either is to take in the correct type—protein, carb, fat—of calorie and the correct percentage of each type, and to take them at optimal times during the day. Consider yourself way ahead of the game with the new knowledge that you are now gaining and will apply. But each one of you will still have to go through some trial-and-error period to see how your body adjusts and adaps to new routines and patterns in your life.

Meals

We know that excess carbohydrates are stored as fat. I try to consume most of my carbohydrates in my first three meals of the day. My last two meals contain fewer carbs, mostly fresh fruit and vegetables. Through trial and error, I have found the right combination and timing of carbohydrate consumption to stay very lean but still muscular year round.

I get asked from time to time if I'm getting ready to do a show; that is, to compete in a bodybuilding contest. I always take this as a compliment because this means that my natural state is very lean and holds little fat. I have never attempted a maximum lift at the gym in the twenty-five or so years I have been strength training. My goal is total health and its side benefits are looking and feeling good.

Unless you are really having problems putting on weight or have an extremely high metabolism, I would recommend ingesting about 80 to 90 % of your daily carbohydrates in your first three meals of the day and protein with every meal.

Without a doubt, the three most important meals of your day are your breakfast, your post- workout meal, and your last meal of the day. Remember, in order to keep your body in a positive nitrogen balance so you can gain lean muscle and burn fat, you must eat protein at every one of your daily five meals.

Your breakfast and your post-workout meal should be your largest meals. These are the two times when your body needs the most nutrients. Consider sleep as an eight-hour fast. That's a pretty long time, considering you are eating every three hours or so in the daytime. While you are sleeping, your body uses stored glycogen for metabolism. By morning, it is used up. Should you skip the morning meal, your body is forced to break down muscles for energy. When you wake up, you want to give your body the nutrients it is lacking: twenty to sixty grams of protein depending on your individual protein requirements for your muscles and a good helping of complex carbohydrates for a steady source of energy for your day. Why do you think we call our first meal "breakfast?"—break the fast. The rule of thumb is to eat your largest meals in the first part of the day so you burn off the carbs you have ingested by the time you go to bed.

Skipping breakfast is a terrible idea. A car cannot run without gas! A Mayo Clinic study found that breakfast eaters started their days with significantly higher metabolic rates than breakfast skippers. I eat a variety of breakfast foods such as:

1) Oatmeal (mixed with vanilla protein powder) with a little syrup, a banana, and a little almond milk
2) Egg white omelets (with one yolk) and whole-wheat toast with no-fat "butter" spray and low-fat salsa
3) Shredded Wheat, with almond milk mixed with vanilla protein powder and fresh fruit
4) Protein shake with almond milk and flavored non-fat, low-sugar yogurt, and protein powder, plus an apple, banana, or orange

Oatmeal is a perfect, slow, digesting complex carbohydrate and it also lowers cholesterol. I usually have a glass of OJ at breakfast. Don't eat the same thing for breakfast every day to avoid boredom.

One of the few times you want to lean towards simple carbs is in your post-workout meal. This is where the science of nutrition comes into play. It's all about the timing of your meals. There is a window of opportunity, which lasts about three hours after you finish your workout, when your body is most ready to process carbs into muscle glycogen. This replaces the glycogen expended during the workout. Studies have shown that your muscles replenish and store glycogen almost twice as fast as any other time and has been scientifically proven that the quicker you can deliver protein to your muscles, the greater your chance of maximizing muscle growth.

Ingesting simple carbs is favored because they are digested and transported into the muscle more quickly and efficiently than complex carbs. You should take between forty to eighty grams of carbohydrates at this meal, along with your twenty to sixty grams of protein. Your carbs should be high-glycemic; that is quick absorbing. Studies suggest that it should be a 2:1 ratio of carbohydrate to protein should exist. Combining protein and carbs also speeds up the absorption.

This is the meal where I make a quick protein shake with almond milk or fruit juice, banana, ice cream or a cup of flavored yogurt, and

protein powder, along with another source of carbohydrates such as a small whole-wheat bagel with a teaspoon of low-fat peanut butter. I eat my post workout meal right after I get home from the gym to get the nutrients working for me right away. It's to your advantage not to eat a whole-food solid meal, as it will take too long to digest and absorb the nutrients. You will waste valuable time by doing this. Consuming a shake with high-glycemic carbs and a high-quality protein powder is the best way to go. Your window is about three hours. After that you won't be producing as much of an anabolic, muscle-building response.

My next meal is a whole-food meal that should be eaten between two and two and a half hours after your post workout meal, which still keeps you in the window. My last meal/snack of the day is usually a protein shake containing only almond milk and protein powder. I want hardly any carbohydrates in this meal to be stored as fat, but I want my body to have that last shot of protein before my eight-hour fast. If you can, try to eat a good meal/snack of protein and carbohydrates about two hours before your workout to fuel yourself for that good workout.

Some misinformed people don't eat anything after they workout thinking this will accelerate fat burning. That doesn't happen because if no nutrients are absorbed after the workout, the body will break

down protein (muscle) for nutrients, not fat. It will also slow down its metabolism in a self-preservation mode. The result is the opposite of what they are trying to achieve.

What about the Atkins Diet?

The very popular Atkins Diet is a high-protein, high-fat, low-carb diet. It has been the source of much controversy among dieticians and nutritionists. There are many claims of quick weight loss just after starting the diet. To me, that's a red flag. The only safe and long-lasting weight loss is gradual—one or two pounds per week (American Dietetic Association). I have read greatly publicized scientific evidence that says this diet and others like it provide only short-term weight loss, and are made up of foods known to cause serious diseases.

People love hearing that this diet includes all the cheese, lamb chops, lobsters dipped in melted butter, salty hams, fried whole eggs, and bacon they can eat. Remember the second chapter? If something sounds too good to be true, it probably is.

I would guess that most people who follow this diet don't have a basic understanding of general health. They say to themselves, "You mean I don't have to exercise, and I can eat pretty much whatever I want, when I want, and I will lose weight?" and "It's not my fault that I'm fat. I have a low metabolism." If I knew nothing about nutrition, I

too would buy into these concepts. People like hearing that being overweight is not their fault, that they can fix it quickly and virtually painlessly, and that they can do it without limiting calories from protein and fat.

Myth: Obesity is due to heredity.

Fact: In almost all cases, obesity is caused by long-term over-eating habits and a sedentary lifestyle. Heredity may be the cause of obesity in only a few cases.

Obesity isn't caused by low metabolism but because you eat the wrong food, eat too much, and your idea of exercise is walking to the refrigerator.

Anyone or any diet that purposely or subliminally suggests that exercise is not necessary or underemphasizes its importance is doing you a great disservice. It is a scientific fact that regular exercise has been shown to help prevent many major diseases. It conditions your major internal organ—the heart—which beats over 20,000,000 times less per year than the unconditioned heart! Exercise also conditions your skeletal muscles, which helps lower your blood pressure, because the heart has an easier job of pumping blood to them since they are conditioned.

The Atkins Diet contains unlimited amounts of meat, egg and dairy products, which are high in cholesterol and saturated fat and are deficient in fiber and carbohydrates. They also have serious vitamin and mineral imbalances. We have discussed how important eating enough fiber and the right kinds of complex carbs are for your health and how bad eating foods high in cholesterol and saturated fat (artery clogging) are for you.

Let's try this from another angle. Would you eat a big chunk of visible fat on a T-bone steak? I doubt it. The problem is that as long as you can't actually see the saturated fat in your foods, you don't worry about it—out of sight, out of mind, but it's still there.

The Atkins Diet limits individuals from eating foods such as many fruits, vegetables, and grains. This diet goes against all the major professional health organizations, including the American Heart Association, the National Cholesterol Education Program, and the American Cancer Society, which endorse a diet composed of 10 to 15 % protein, 55 to 60 % carbohydrates and 25 to 30 % fat.

My recommendations are higher in protein, about the same in carbohydrates, and a bit lower in fat because they are geared to the overweight person. The increase in protein is to support maximum lean muscle building from a strength-training program, which places a

higher requirement for protein than a sedentary individual. The more lean muscle you have, the more fat you burn every hour of the day.

The lower amount of fat, though still enough to benefit the metabolic functions of the body, will be used up and not packed onto your body in your waist, hips, or thighs.

The right choice and timing of complex carbs will ensure that you receive the nutrients and the energy source to get through your day and your exercise program. Make no mistake about it—the body needs carbs. America's problem is over-consumption of carbs. If you stick to the food pyramid's daily serving suggestions, you'll use up your carb intake for energy and metabolism every day. Moderation is the key. Remember your serving size—fist or palm. That half plate of pasta counts as about half of your daily servings. Between that and a large bowl of cereal, you just used up your total day's servings. Anything else will probably end up stored as fat.

The Atkins Diet works but the problem is that people aren't losing the right kind of weight. They *do* lose lots of weight fast but it's mostly water and lean body mass, not fat. I call it fake weight. Just because you are lighter doesn't mean you are healthier.

Carbs are your daily source of energy to get you through the day. Fat is not. The body doesn't go into fat burning mode until after twenty minutes of exercise and until then, it uses carbs for the energy source.

This might be the reason many of the people following this diet experience fatigue. If you have no glycogen in your muscles because of a carb-restricted diet, then you have no energy source for physical activity, which is a major component of total health. I call it the "walking zombie syndrome."

The Atkins Diet is a ketogenic diet because it's so low in carbohydrates that it induces ketosis—when the body produces "ketones" from fat in an effort to fuel activity and slow the breakdown of lean body mass. Consuming 100 grams of carbs per day is recommended to prevent the breakdown of lean body mass. The Atkins Diet recommends only thirty to forty grams a day to start with. The last kind of weight I want to lose is hard earned muscle, which helps to burn fat and makes me look good.

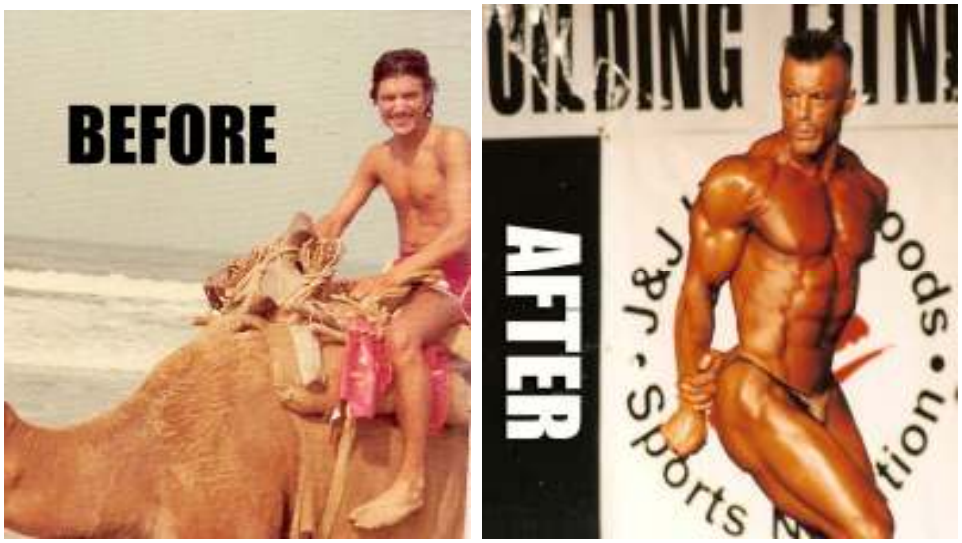
Ketogenic diets

* cause the loss of fluids and lean body mass
* are nutritionally imbalanced
* can accelerate arteriosclerosis
* cause dehydration, due to water loss
* cause constipation and fatigue
* increase uric acid levels
* may increase the risk of heart disease

I'll stack my state of health and my relative "body-age," compared to my chronological age, against any of these diet gurus any day of the year. Yes, that's a challenge. "Gentlemen, put your money where your mouth is." I can only assume they practice what they preach if

they truly believe in their diets. Look at the personal appearance of the experts making these dietary recommendations. Let's compare their programs and mine by looking at the physical results, then draw your own conclusions. The proof is in the pudding. I base my program on the *science* of nutrition. I would love to see the studies on the fantastic health claims of diets such as those. Science doesn't exist to make money off book sales to a gullible public. Don't go with a fad when your health is at stake. Go with the real thing.

It is a waste of time to attempt any fitness program unless you give your body the proper fuel to make the changes you want to make. *You are what you eat*. Don't listen to the quacks.



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