

Dawn of a Healthy Life

A Nutritional Health Newsletter published by:

Women's Nutritional Health Center

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And we know all things work together for good to them that love God. Romans 8:28

Dear Friends,

I hope that, after this short letter, we can still be friends. Please realize that I am your typical guy and I don't like confrontation. Most of us men tend to not say anything rather than face a difficult issue. I admit it I am one of those. That said, know that the most difficult task in my practice is confronting you folks about what you are eating. I do it anyway because I care more for your future health than my immediate discomfort.

If you will remember, I've told you often that the most important thing you can do to help recover your health and especially maintain it, is to eat REAL FOOD. It's really quite simple for *almost* everyone...yes there are always exceptions to the rule just like in the English language. For most of you, it boils down to eating adequate protein, good fats, and lots of vegetables with some fruits. If you have to ask how much and what kinds, you have not studied your *Healthy for Life Eating Plan*. If you haven't, shame on you and get with it!

Remember: God created these bodies to function in a ***normal***, vibrant state of health. What we do here at WNHC is help you discover and remove the *Barriers to Recovery* that can keep even a properly fed body from being healthy. Your job is to take the products that help accomplish that goal (remove barriers) AND begin the process of feeding your body properly with REAL FOOD. It **IS** what you eat that the wonderful, God-given recuperative powers of your body will use to repair and rebuild itself over time.

Here's my concern. Many of you are "all in" during the early weeks of recovering your health. You do what's right; you start getting better...often better than in years...and you finish your intensive 18-week *Personalized Health Improvement Program*. But now that you feel better, you begin to experiment with adding back in some of the foods that you used to eat. You get sloppy/lazy whatever you want to call it. From my observation, it's almost as though people forget what got them in trouble in the first place. Are you one of those? If you are, I want to help. Let me know you're slipping, and I'll help you get back on track.

You know, good health seems to become all the more important as we age. The best time to minimize the problems that come with the passage of years is NOW. Time can be very unfriendly, and your body demands REAL FOOD. I WANT TO HELP!

One more thing, and I'm surely not saying this to hurt anyone's feelings, but, if you're letting your children decide what they will eat in opposition to what you know to be right you are severely hurting their chances for living a healthy life and bearing healthy children. Biblically it is your job to "train up the child in the way they should go." I know it's hard, but who's in charge? We have some ideas that can help. Just ask.

“Fat Makes You Fat.” Baloney!

It's a misconception so entrenched in our society that all evidence and education in the world seems powerless to dislodge it. People will tell you they know it isn't true, how weight gain is about carbs, yet when you open their fridge, there's the low-fat milk, low-fat yogurt, low-fat salad dressing, etc.

Just where did the “fat makes you fat” idea come from? Historically speaking, the notion that eating fat causes one to gain weight is a pretty new idea. The leading European physiologists of the 19th and early 20th centuries - echoing observations going back to the ancient Greeks - concluded that when it comes to weight gain, starchy foods and sugary foods, not fat, seem to be the main culprits.

During the mid-fifties, the well known child-obesity expert Dr. Hilde Bruch stated that, “The great progress in dietary control of obesity was the recognition that meat was not fat producing; but that it was the seemingly innocent foodstuffs such as bread, pasta and sweets, which lead to obesity.”

So, how did we change centuries of thinking in only 40 years? The idea that fat makes you fat can be traced to the cholesterol-heart disease hypothesis.

In the 1950's a University of Minnesota physiologist Dr. Ancel Keys proposed this hypothesis based on his flawed “Seven Countries Study.” I call it a flawed study because Dr. Keys actually had data for 22 countries, not just seven. It seems that when the data from the remaining 15 countries was included, the correlation between fat consumption and heart disease disappeared.

Despite the flawed nature of his study, Dr. Keys managed to push his idea that fat caused heart disease to the forefront of medical thought. In 1980, despite scanty evidence for Keys's cholesterol theory, the U.S. government, in the first dietary advice ever issued by the Feds, encouraged Americans to reduce the consumption of saturated fat in favor of processed vegetable oils and increased carbohydrate consumption.

With government funding essentially contingent on reporting results that supported the hypothesis, suddenly population studies were finding connections between saturated fat consumption and heart disease where few had been found before. Even controlled studies were spun to cast dietary fat in an unhealthy light.

So, here we are 40 years later fatter and sicker than ever. I just read a study which tells us that only one state in the U.S. has less than 20% obesity rate and many have greater than 30% obesity.

So, what in the world has happened? Here's an explanation: Since fat contains twice as many calories as carbohydrate, it was falsely assumed that reducing fat and increasing carbohydrate intake would

result in weight gain. This seems logical on the surface but does not take into account the different physiological effects on the body of eating fat versus carbs.

Eating carbs causes an increase in insulin levels which tells your body to store calories as fat and shuts down the burning of fat for energy. Eating fat does not have this effect.

Had those public health officials looked at the mountain of available literature dating as far back as the 1850's they would have discovered that obesity research showed the main cause of obesity to be over-consumption of carbs.

Apparently, humans can only eat so much fat, whereas carbohydrate consumption is almost limitless. One study revealed that subjects were only able to eat 800 calories, beyond their normal requirements, of fat and still not gain weight. However, the subjects who were on a carbohydrate-based diet gained weight and were able to eat as many as 10,000 extra obesity-producing calories a day.

So, to lose weight safely, reduce inflammation and lower triglyceride and cholesterol levels, reduce the consumption of carbohydrates until you shift into the fat burning mode. Following the *Healthy for Life Eating Plan* over a long enough period of time will accomplish just that for most folks.

***Low-Carbohydrate, High-Protein Diets
May Reduce Both Tumor Growth Rates
and Cancer Risk***

Eating a low-carbohydrate, high-protein diet may reduce the risk of cancer and slow the growth of tumors already present, according to a study published in *Cancer Research*, a journal of the American Association for Cancer Research.

“This shows that something as simple as a change in diet can have impact on cancer risk,” said lead researcher Gerald Kystal, PhD., a distinguished scientist at the British Columbia Cancer Research Center.

Kystal and his colleagues found that tumor cells grew consistently slower on a low-carbohydrate, high-protein diet.

The study was conducted on mice, but scientists involved agree that the strong biological findings are definitive enough that a similar effect can be considered in humans.

In this study, mice genetically predisposed to breast cancer were put on a typical Western diet or a low-carb/high-protein diet. Almost half of the ones on the Western diet developed cancer within their first year of life while none on the low-carb/high-protein diet did. Only one on the Western diet lived a normal life span, with 70 percent dying from cancer while more than half of the low-carb/high-protein group reached or exceeded their normal life span.

When asked to speculate on why a low-carb/high-protein diet had this positive effect, the researchers stated that tumor cells need significantly more glucose (blood sugar) to grow and thrive. Restricting carbohydrate intake can significantly limit blood glucose and insulin which itself promotes tumor growth.

Furthermore, a low-carb/high-protein diet has the potential to both boost the ability of the immune system to kill cancer cells and prevent obesity, which leads to chronic inflammation and cancer.

Sounds like info from a “Healthy for Life” class.

**New and Improved
“Healthy for Life” Class**

In my lifetime, I have seen an absolutely frightening decline of the health of the American people, especially children.

We have had no improvement in the incidence of heart disease despite 40 years of blaming cholesterol and using powerful, potentially dangerous statin drugs to lower the numbers.

We have children developing what used to be called Adult Onset Diabetes. The fastest rate of growth of the prescribing of psychotropic drugs is for children.

We have an epidemic of Alzheimer’s that is devastating people at younger and younger ages.

The industrialized food producers tell us that you can get 100% of your vitamins in a bowl of cereal.

The pharmaceutical industry bombards us with TV, radio, and print ads trying to convince us that no matter what ails us, they have a drug for it.

And finally, the industry of medicine dispenses these poisons covering up the symptoms caused, in large part, by our crummy diet.

Nearly one fifth of the earnings of this entire country go into health care. (I call it sickness care.) What are we getting for it? We’re getting sicker and sicker while the pharmaceutical and medical industry gets richer.

Let’s look at this problem from a different perspective. I fully believe God designed our bodies to function normally. Then **why is it**, with all the supposed advances in medicine, that we are sicker than ever?

We think we have some answers. Take a refresher “Healthy for Life” class and get a voucher for a FREE Quick Check visit.

Sign up today as seating is limited 423-202-6216.

Women's Nutritional Health Center

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Call 423-202-6216 to Reserve Your Special Appointment Time.

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www.womensnutritionalhealthcenter.com

Don't forget to check your email each Tuesday for "Healthy Hints."

Remember...4 printed "Healthy Hints" gets you a FREE Quick Check.

ALSO bring a copy of this newsletter to the office a get a FREE Quick Check.

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Fat Doesn't Make You Fat. Find Out Why Inside.