

Sugar is not so sweet

Sugar consumption is at an all-time high. According to Statistics Canada, we consume up to 172 grams, or 41 teaspoons, of added sugar per day. The negative health effects of consuming too much sugar are many, including obesity, suppressed immune system, hyperactivity, inflammation, anxiety, heart disease and high blood pressure. Dr. Natasha Turner, New York Times bestselling author and Founder of Clear Medicine in Toronto believes that cutting back on sugar is one of the single most important lifestyle changes we can make to improve our overall health and well-being.

"My top health tip is to replace regular sugar, fructose, and artificial sweeteners with healthy alternatives," she says. "I recommend people switch to stevia, coconut sweetener, or to a true natural sweetener called xylitol, which stabilizes insulin and hormone levels."

With the goal of reducing sugar consumption in favour of better health,

here are some of Dr. Turner's top tips:

Add fibre and protein: Both fibre and protein help to counteract the effects of the sugar we consume. So make it a habit to add fibre in the form of ground chia seeds, ground flax seeds or fibre supplements to meals.

Ensuring each meal also contains a lean source of protein, such as low fat cheese, chicken, turkey or eggs will spark less of an insulin release. A good rule of thumb with packaged foods is to check the nutrition label – products containing more than 2 grams of fibre are considered to be high fibre sources. Products containing a similar amount of protein and carbohydrate on the label are also favourable choices for you.

Be smart about your sweeteners: Not all sugar substitutes are created equal. When substituting for the real thing, look to nature. As mentioned, xylitol is a great option since it has 40 per cent fewer calories and 75 per cent fewer carbohydrates than sugar.



Power Yoga Canada officially opens

Owners Sita Kacker and Jackie Hougham picked Georgetown specifically because of its community feel when they opened the eighth Power Yoga Canada franchise in the nation. The facility opened at 269 Mountainview Rd. S. (the Metro plaza) in early December, but their official opening on Dec. 23 had been cancelled due to the ice storm. Power Yoga Canada, which got power back early, opened their doors to allow members to have showers and a place to warm up. The official opening was held Friday with Mayor Rick Bonnette cutting the ribbon and presenting a welcoming plaque. From left are Councillor Jane Fogal, Sita Kacker, Mayor Bonnette, Jackie Hougham and Councillor Ann Lawlor. Power Yoga Canada offers 38 classes weekly, including hot yoga, for all ages with many men becoming hooked on the constant flow movements, says Kacker. Ideal for commuters, the first classes start at 6 a.m. with the last one of the day starting at 8 p.m. Check the schedule at www.poweryogacanada.com. For those who have never tried yoga before, the business offers an intro special to welcome new people to yoga. For more information, call 905-702-0452 or email georgetown@poweryogacanada.com

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