

# DiETING DOESN'T WORK BUT BALANCING FOOD INTAKE DOES, AUTHOR SAYS

BY KRISTIN MACKAY  
Special

Here's something you've probably not heard before: Chocolate can actually help fight cavities.

Sam Graci, the author of *The Food Connection*, says semi-sweet chocolate made of 70 per cent cocoa protects teeth against acids formed by sugar. Mr. Graci is talking about this and more during a free, two-hour seminar at the Loblaws store at McCowan Road and Bullock Drive in Markham from 7 to 9 p.m. Monday.

The 56-year-old Victoria, B.C. resident has traveled the world, interviewing doctors and collecting medical research.

"I am the voice that brings

new information to the public," he says. "I show both research and practical approaches in my lectures."

He also created Greens+, a diet supplement drink.

More than 20 years ago, Mr. Graci was a psychologist working with children struggling with learning and attention difficulties. He noticed the foods they ate affected their moods. That led him into the world of research, which concluded with his latest book.

"I am going to be speaking about what we should be feeding children so they can have good creativity, a greater learning ability and attention span," says Mr. Graci.

"Food is a fuel. If we fuel our minds right we have an abundance of energy."

But Sandra Edwards, a dietitian in Unionville, warns people to use common sense when attending nutrition seminars.

"He (Mr. Graci) will be persuasive," Ms Edwards says. "People want a quick fix when it comes to weight loss, and with so many nutrition books and products on the market, they are confused."

Weight loss is another topic Mr. Graci will address in Markham. "DiETING DOESN'T WORK," he says. "It never has and

it never will."

When a person diets the body recognizes it and goes into "famine mode," he notes. The body's metabolism slows down to conserve stored fat. When a person stops dieting and begins to eat more, the body "feasts" to store more fat for the next famine.

Mr. Graci recommends eating three meals a day and two snacks in between. He claims a person can lose up to 30 pounds in two months by properly balancing

protein-to-carbohydrate intake.

One way to improve our immune system against disease is to sleep at least eight hours a night. "We are wearing and tearing our body out during the day. Sleep is the only time to re-energize; we have 100 trillion cells in our body that need to rest."

Mr. Graci stresses the importance of exercise.

"Walk, walk, walk, walk!" he says. "Our bodies are made for movement."



**SAM GRACI**  
Food author at Loblaws on Monday.



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The Regional Municipality of York  
**PUBLIC INFORMATION CENTRE**  
MUNICIPAL CLASS ENVIRONMENTAL ASSESSMENT (SCHEDULE B)  
DECOMMISSIONING OF WATER POLLUTION CONTROL PLANT AND WEST END PUMPING STATION  
TOWN OF WHITCHURCH-STOUFFVILLE

URS Cole Sherman & Associates Ltd. has been retained by the Regional Municipality of York to undertake a study for decommissioning of the Water Pollution Control Plant and East End Pumping Station in the Town of Whitchurch-Stouffville. The project is being planned as a Schedule B undertaking following the requirements of the Municipal Class Environmental Assessment (June 2000).

A Public Information Centre has been arranged to provide the public with an opportunity to review the project and to provide comments that can be considered in the planning of this project. Major elements presented will include:

- Study Purpose/Problem Statement
- Understanding the Environment
- Alternatives Under Consideration
- What's Next

The Public Information Centre will be held on:

Wednesday, November 20, 2002  
Time: 6:30 pm to 9:00 pm  
Lebovic Centre

Whitchurch-Stouffville Public Library  
30 Burkholder Street, Town of Whitchurch-Stouffville

You are encouraged to attend the Public Information Centre and contact the Project Team at any time if you have any questions or concerns about this project. All comments, with the exception of personal information, will become part of the public record for this project.

If you are unable to attend the Public Information Centre, but would like to provide us with your comments, please provide us with your name, address and telephone number or e-mail. Project Team contacts for this project:

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