

HEALTHY Lifestyles

Healing Hints

by Suze Joyce

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Dear Suze

I have tried many diets but none have worked. What diet works?

Many people are on low carbohydrate diets with lower than 4% carbs. The body runs best on 40% carbohydrate, 30% protein and 30% fat.

Carbohydrates supply the body with fuel. Running your body without fuel is like running your car without gas. It will stop working. Carbohydrates are the main source of blood glucose which is the main fuel for the body's cells and the only source of energy for the brain. Ever felt brain dead on a low carb diet - I wonder why?

However there are two types of carbohydrates - simple and complex. It is complex carbs that include fiber and starch that are required. These include vegetables, whole grains and beans. Sweet potatoes are a great example. The may have 28g. of carbohydrates in one large sweet potato but they have 24877 IU of Vitamin A, 32g of Calcium, 3.4g of Fiber with only 11mg of sodium and 0 cholesterol. So watch what you cut out of your diet. You may be depriving yourself of essential nutrients.

You will help your waistline and your brain by eliminating simple carbohydrates - all white foods. (Sugar, flour, pasta) and replace them with other grains such as spelt and brown rice.

In studying the diets of one decade one must study the illnesses or diseases of the following decade. Previously when low carbohydrate diets were the fad, gall bladder removal was the operation of the next decade. Kidney problems also followed.

Do you want to be brain dead or brain fed?

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If you are not happy with your smile it's time to visit an Orthodontist. Dr. Frackowiak welcomes patients Monday through Wednesday at her Stouffville location, telephone 905 642-3642 and Thursday and Friday at her satellite Uxbridge practice, telephone 905 852-6477.



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