

## **Diet, Determination and Decisions**

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At the beginning of a new year we all have good intentions when we make resolutions to change some things that we have worried, stood or stressed over in the past year. One of the most famous resolutions is to loose a few unwanted pounds so going on a diet, exercising and sticking to it for sure this time makes perfect sense.

Well, statistics will show that most of us never stick to any of the latter. So that makes us normal! What would make us smarter about this whole issue of weight and diet is education. I am not talking about education to learn about some famous diet plan, or some great exercise routine. Not that both of those things could make a difference in our goals of achieving a better body but education to change what we need to know about the digestive system and food will eat. This will change our bodies and health for life!

The food we eat is killing us! It is not just causing us to gain weight but because of all the refined foods, high unsaturated fat foods, and unwanted pesticides and hormones in them we are asking too much of our livers, kidneys and actually our whole bodies to process all of this stuff. Then there is sugar which is causing our body's to malfunction in many ways. If you don't believe all this then study and educate yourself on these issues.

Our livers are overloaded trying to decide how to process all the chemicals involved in most of our food these days, then it has to work hard to break down all the bad fats and then our body tries really hard to get rid of all of this junk it does not need or want.

If you don't think you use chemicals then think about this. If you use artificial sweeteners of any kind, then you use chemicals. Our bodies were not designed to be chemical processing plants. As I have said before, the body is one of the most efficient fine tuned machines on this earth. It is an amazing miracle! It goes through so many functions a day and even every second to keep us going. The cells are busy communicating, the blood is pumping and purifying and our digestive system is looking for nutrition to support life. It fights hard to be healthy but we sure challenge it with all the junk we put inside of it.

Change the way you look at food and you can change the way you look forever! Get educated about the foods you eat. Know what is in them. Know what your body has to do to process what you eat. You will begin to understand why you can't loose weight with the old approaches and the typical diets. Not to mention most of fad diets are not healthy for you in the long term. Remember moderation in all areas is the best choice.

Take a look at donuts. One donut has 400 calories it is made of white flour and refined sugar and has NO real nutritional value. Your pancreas goes through a huge challenge after you eat a donut, your blood glucose peaks and when it drops you will crave something sweet again. You put you organs on a roller coaster every time you eat white flour or sugar.

Another food to stay away from according to a resent study is Alfredo sauce. One serving of this stuff is loaded with butter, heavy cream, Parmesan cheese and Romano cheese. If the cheeses used are processed that makes the results worse. If you love Alfredo it does not love you. It gives you 50 mgs of cholesterol, 58% of total fat and 105% of your total saturated fat intake allowed for

one day. I believe you have truly over taxed your body to where if it could run away from you it would!

About those processed cheeses, if you see the processed before the word cheese think about this before you eat any of it. First it is not a real cheese at all, it contains 20% of your daily saturated fat, lots of sodium and something called "alginate". Alginate is what they use to make fabric waterproof and fire resistant. What do you suppose something like that does to your digestive system?

I am just trying to get you to put your thinking caps on. Better yet you need to put on a hard hat! It is really tuff out in the food world anymore. You have to really need to educate yourself about the food choices you have. Education is the key to success of any endeavor especially a healthy body and weight management.

Let me share something I learned about myself a few months ago. I never really realized it until I went through the process of elimination. I was a white flour and white sugar junky! I had attended a seminar about processed sugar and how it affects the body in so many negative ways.

I was quite surprised at what I learned because for the past eleven years I thought I was doing a lot of great healthy things for my body. Well, I took on the challenge that was presented at this seminar and gave up white flour, white flour products turn in to sugar when processed by the body not to mention they clog the colon and have no nutritional value and I gave up white sugar. You would have thought I would have picked up on this long before now!! Anyway what happened next was amazing.

First, I will tell you it was not easy to give up these two white demons. I had a hard time finding products that did not have one or both of them in them. I did the best I could and after five months here is what I learned.

I lost over 20 lbs! That is not even the most amazing thing that happened. My little finger on my right hand was bent at a 45 degree angle from a little bit of arthritis. About three months of not eating white flour our sugar, that finger was perfectly straight and looks perfectly normal. Honestly this is true!!

I admit it is hard to stay away from these two demons. I call them demons because they are addictive. You crave them and you desire them. That is just not right and it is a sign the body does become addictive to its reaction to them.

Over the Holidays as you might know, it is really hard to stay away from sweets no matter how hard you try. Well this was true for me too and here is what I noticed. After our big Holiday feast I was so hungry all the time and just wanted so bad to eat sweet stuff. I made note of all this and I am convinced now more then ever that what the experts say is true about white flour and refined sugar. The just make you want more of them. GIVE THEM UP!!

The whole point of me sharing that personal experience with you is in hope that it will help you to start looking at the food you eat differently. Look for food that is your body's friend. Run the other direction when you get tempted by food that causes your body to go into over drive to try and make up for the bad reaction this food can cause.

Start reading labels, study food, give up while flour and refined sugar and understand your body's digestive system and you will be able to make the way you eat so much easier. You will feel better, look better and have so much more burnable energy.

I few supplement suggestions I would make would be to make sure you take a full spectrum natural supplement; women take extra calcium, ad essential fatty acid supplements because we don't produce them and they are so vital. Also taking digestive enzymes with make a huge

difference in the way your body process food and you won't get indigestion anymore! Address other health challenges as they come along with the natural approach if you can. Your body will reward you for all your efforts.

There are some supplements that can help with cravings such as Chromium GTF helps with sugar cravings and Hoodia helps you feel full and burn more calories. There are supplements that have ingredients in them to emulsify fat and break down carbs. Working with a vitamin and herb consultant can help you discern all this so much better.

Stay healthy until you die. Don't be under the assumption that you will live a long life healthy. Today they keep people alive under all circumstances. You have to work at being healthy and then you will die of old age not of prolonged medicated circumstances.

The father of medicine, Hippocrates from 460 BC, once said, "Let food be your medicine. Let medicine be your food." My wish is for this information to make sense so you can work on the changes you need for a healthy body and happy life. I do know from my own experience, it does work.