

"WHAT HAPPENS TO YOUR FOOD AFTER YOU EAT IT"?

by Linda Fiverson

Are you ready to hear what has been tried, true and proven for years? If you have a predisposition to gain weight, and are in a constant weight battle, confused by the daily announcements of new weight loss discoveries, this is what you need to know.....the culprit is the hidden SUGARS!

Forget everything else you are reading and hearing about. You probably know this, and maybe you don't want to admit or accept it, but when we are gaining weight it's from carbohydrates, not necessarily the fats. We crave carbohydrates because we are addicted to them. We are addicted to the behavior of craving them to a point of obsession. We feel better when we're eating them because it takes our minds off our everyday stresses in life and it takes our minds off thinking about eating the carbohydrates! Yes, that's the addiction but like any addiction, the more we have, the more we need!

Sugar comes into our system from many different sources. Refined sugars turn into glucose, which is the body's source of fuel. The part that's not used as fuel, turns into fat. Refined sugar is found in processed foods such as bread, bagels, cookies, cereal products, pretzels, soda, candy, cake, ice cream, and frozen yogurt. It's in most products that are packaged and have labels listing ingredients such as sugar, corn syrup, cane syrup, fructose, sucrose, flour, grains; even whole wheat and whole grains, just to name a few...

Proteins and fats metabolize in the body more slowly; they do not cause an insulin reaction and do not cause weight gain....unless you are just eating too many calories. When you eat high -glycemic foods, they turn into glucose in your digestive tract, which is then absorbed into your bloodstream. The sugar entering your blood stream then causes the pancreas to put insulin into the blood. Each blood cell is like a furnace waiting for the fuel to burn. Sugar needs the insulin to get into the blood cell. The body will burn what it needs for fuel, (we have short and long term energy stores.) Short term glycogen is stored in your liver and muscle tissue, and long term gets stored in your "fat" cells for a rainy day. The rainy day is when you decide to remove the sugars and force your body to use the stored fat for fuel.

If you want to lose weight, you have to get the message to your body to burn those fat, flabby deposits hanging around in various places. What's great is that your body KNOWS WHAT TO DO.....Cut off the sugar and you'll be cutting out the fat. Accepting this knowledge is empowering. I never believed in willpower. I believe that we have to eliminate the foods that we can't control....we have to call upon our "Won't-power."

The food industry has changed so much in the last decade that we find it difficult to know what foods are "really" high in refined sugars and carbohydrates and should be avoided. Packaging sells food and it can be really confusing. The illusion of what's healthy is just that...."illusion." Get into the habit of going to the ingredient portion of the label. What is labeled "healthy, organic, high fiber, etc., etc. may just be a manipulation of words to appeal to the consumer and encourage a sale so be aware of marketing ploys. It's scary, but you need knowledge to make good choices. When you shop, make sure that you only buy foods that have as few ingredients as possible...avoiding sugars, refined carbohydrates (wheat, gluten, flour (all types) syrups, cocoa butter, fats, and chemicals and additives that you can't even pronounce or be sure where they came from.

Carbohydrate addiction not only makes us fat; it makes us feel fatigued and sluggish too. It zaps our energy and makes us feel lazy and unmotivated. It also contributes to “mind fog” which causes us to make “unconscious” food choices. In other words, these are poor food choices. Carbohydrates satisfy us in the moment...and for the moment. No sooner have we eaten them than we are hungrier than before we indulged and we want MORE! The pleasure and satisfaction we get when we eat refined carbohydrates is short-lived. We are left only with cravings and regret.

The cycle of eating carbohydrates and craving them is self-perpetrating. It goes around and around in a vicious, self-destructive cycle. The only way to rid yourself of the carbohydrate compulsion is to rid yourself of the carbohydrates. You might be thinking you won't be able to live without carbs because you've come to believe that you “need” them. That's evidence of the addiction though and like other addictions, it can be overcome. It's really not as hard as you think – and you'll be surprised how you stop having cravings when you stop having refined carbohydrates. I bet you'll realize life's even sweeter without sugar than with it!

Linda Fiveson is a Nutritionist in Syosset, N.Y. In addition to counseling she manufactures and sells her own line of foods which are all free of flour, sugar, gluten and refined carbohydrates. For more information call (516) 496-2300 or visit her website at www.lindafiveson.com