

Happy April,

Diet and food are the issues this month. In losing weight, these seem to be two of the hot topics. Please remember that without exercise, diet will not be permanent. This month I want to tell you about a diet I explored and will also share information from publications I receive.

Before we go into that let me let you know that I will be on RVTV, channels 9 and 31 on Friday, April 2, 2004 at 7 PM. I will be there along with Yvonne Fried, M.D., Linda Willis, Ed.D., Nancy Spector, W.H.C.N.P., and Jennifer Slawta, Ph.D. The program is entitled "Be Healthy Now" (same as our web page). Check it out and let me know what you think of it. This will hopefully become a monthly TV program so let me know what you would like to hear.

I recently tested the No-Grain diet. I explored the "Three Days to Grain Freedom" because one of you handed me the book months ago and I was curious about it. I was curious if I was "addicted" to wheat or grains. I wanted to see what would happen to me if I stopped eating grains. The book's goal, I believe, is to help the reader do a total dietary lifestyle change from eating poorly to eating better foods. The lifestyle change was another hit that kept me interested. I don't like the idea of a 3 month diet and then going back to old habits. I am more interested in altering my lifestyle if need be. I am grateful to say that later on in the 'diet' a person does bring different grains back into their diet.

So let me tell you how it went for me. I was interested in only testing the three day stabilization section and that is what I did. I found that by the second day I was weak and kept getting weaker. By weak I mean that when I went for a morning walk, my legs felt tired and it felt like I didn't have the stamina I have had all my life. I was worried about my Friday spinning class. I was afraid that I wouldn't have the strength for it. I went to the class and taught it differently than most Fridays, so I made it through it just fine. I don't think my legs would have had the strength to do the standing cycling I often do. I was concerned about this weakness taking place. I figured it was because I had not been eating my grains and it is my grains that give me energy! Grains being complex carbohydrates.

As soon as I had my oatmeal with fruit and yogurt along with my slice of Ezekiel Sesame toast for Saturday breakfast I began to feel much better. I also spoke with a nutritionist, Linda Willis, on Friday and told her about this diet and she said "Why no grains? Those are your main stables of energy." As stated above I totally agree with her and think the idea behind this book is to get us off simple carbohydrates like bagels, white bread etc. I don't eat bagels or white bread very often. I try to eat complex carbohydrates again for the energy.

On the positive side, I happily say that since the No-Grain diet, I did not crave sugar for several days. Simple carbohydrates such as bagels and white bread turn into sugar right away in our system and then our body begins to crave and want more sugar. Taking them away for a long enough time, helps the body free itself from the needy feeling for sugar. I definitely experienced that which is a gain. Since the diet I have also begun to eat more vegetables and fewer grains as a whole, but I will keep them for energy.

While talking about this, let me tell you that Linda Willis will be giving a talk on Tuesday, April 13th at the Ashland Racquet Club. The talk will be about the Weigh In Program that Linda offers to help educate people about foods we eat. Some of my clients have taken this program and have succeeded at losing weight. Come and check out the intro night if at all curious. I will be there and hope to see you there.

News from the ACE Fitness Matters newsletter looks at the physiology of appetite. It was a pretty interesting article. Read below for the gist of it.

The Physiology of Appetite by Jim Gerard

Gerard looked at several connections to weight gain and or loss and I will share those that I think you can gain from. He looked at insulin, leptin and the fructose connection. He said, "It works like this: The body converts most carbohydrates to glucose, which causes the secretion of insulin. The insulin ushers glucose into muscle cells and stimulates the production of leptin, a protein made in fat cells. Leptin functions as a circulating signal to limit fat stores and fat production, abates hunger and increases energy expenditures. In other words, after a meal, insulin tells the body how much food has been eaten and when to stop.

However, if a person is significantly overweight and consumes large amounts of refined ("simple") carbohydrates, the pancreas may be stimulated to become a super-productive insulin factory, thus creating the condition known as insulin resistance.

A person with insulin resistance has to produce more insulin to reduce their blood glucose to normal levels, and so their satiety lever is never pushed. Insulin resistance often leads to obesity, and both are major triggers of type 2 diabetes, which has become epidemic in our society."

So now let's look at this and the No-Grain diet I explored. I suspect, in eating no grains, my insulin level fell. I reduced my blood glucose to a lower level and I pushed my satiety lever. I think this is all related to the fact that I didn't crave sugar for several days. I suspect that when we have insulin resistance, we are craving sweets all the time. I don't know. This is just my out loud thinking. Feel free to respond to it and let me know if this makes sense to you. I plan to find out from Linda Willis on April 13th.

Gerard also looks at stress and hormones and he quotes Brendy Davy, assistant professor of human nutrition at Virginia Tech University by saying that: "Stress hormones may increase the storage of body fat in the abdominal area."

Gerard goes on to say that "Stress also depletes the body's fuel reserves and creates hunger. A lack of sleep compounds this syndrome." The article goes on to say that when you are stressed and not sleeping enough, the body goes into a 'fat storing mode'. Remember to get enough sleep and reduce your stress. Maybe go exercise to help calm down the stress.

This article spoke also about taste buds. They explained why some people can eat just one pretzel and others can consume an entire box. Gerard said it all has to do with the number of taste buds we each have. The number or lack of will make us either a 'taster' or a 'non-taster'. Naturally the individual with more taste buds is going to be the taster and the one with fewer taste buds will be the non-taster. Then if you think about it, if you are a taster, taking one pretzel will satisfy that taste want. If you are a non-taster, you will need more than one to really know how the taste is.

Here is a test for you that came out of this article. This will help you discover if you are a taster or a non-taster. There are two things to do:

1. Put some saccharine on the tip of your tongue. If you taste only sweetness, you are probably a non-taster. But, if you taste sweetness and bitterness, you're most likely a medium taster. If the saccharine tastes extremely bitter, you're a supper taster.
2. Put some blue food coloring on the tip of your tongue. If you're a supertaster, your tongue will look covered in pink dots, called fungiform papillae. If your tongue looks more polka-dotted, with many fewer pink dots, you're probably a non-taster.

Check this out. I haven't because I don't have any saccharine or blue food coloring, but would like to test it. If you have those two ingredients and don't mind bringing them to the Y or my office, I will happily do the test. I am pretty sure I am a supper taster, but who knows. I am one of those who can eat just one pretzel.

I have always thought that I can eat just one pretzel because I eat it consciously not because of the type of taster I am. When eating, I focus on eating - the taste, texture, smell..... I do not read and eat at the same time. I seldom watch tv and eat at the same time or listen to the news on the radio and eat at the same time. Although I do sometimes eat and listen to gentle music at the same time.

Ok, a couple last words of fitness wisdom from the Personal Fitness Professional March newsletter:

BEWARE:

"Florida's citrus growers are fighting back. The state Department of Citrus changed its marketing strategy to convince consumers that orange juice can be compatible with the Atkins diet as well as the popular weight-loss plan pushed by television talk show host, Dr. Phil McGraw. The department's lawyer also is reviewing legal options against some books, such as "The South Beach Diet," that discourage orange juice for dieting purposes because of its high sugar levels. About \$1.8 million will be spent on a marketing campaign to combat the bad image caused by low-carb diets. The department is abandoning a marketing campaign that targeted moms and young professional women."

The No-Grain book is possibly also being looked at because it is trying to help people rid themselves of sugar addictions. Please remember to enjoy everything in moderation. My 'beware' up above is to bring this to your attention. I wonder what the new marketing tools look like. Have you seen any new commercials on TV? Let me know how they are. Do they pull you in?

Here is one more from the Personal Fitness Professional March newsletter:

"New research by Duke University has found that overweight adults who are not on a diet need only a small amount of exercise – the equivalent of a half-hour of brisk walking per day – to prevent further weight gain. Participants who got no exercise during the eight-month study gained an average of almost 21/2 pounds. But 73% of those who briskly walked 11 miles a week, or about 30 minutes a day, were able to maintain their weight or even lose a few pounds. The most noticeable weight loss occurred in those who did the most vigorous exercise – jogging about 17 miles weekly. They lost an average of nearly eight pounds over eight months. The men and women studied were ages 40 – 65. They had an average body-mass index of 29.7; anything between 25 and 29 is considered overweight, while 30 and above is obese."

The numbers at the end are waist circumference measurements. Note the article stated “briskly walked 11 miles a week, or about 30 minutes a day, were able to maintain their weight or even lose a few pounds” really note the walked briskly and the maintain their weight. If you are trying to loose weight what is best is to exercise within your cardiovascular training effect (70 – 85% of your maximum heart rate) and watch what you eat. Food is a huge part of loosing weight as well as our culture.

Ok. I think this is enough for this month. Have a great April and I look forward to working with you and seeing you soon. Have a great spring. I am planning a potluck for all my clients on Saturday, May 22. Email me to let me know if this will work for you. I would love to have you all meet each other. The potluck will be a healthy potluck and I will send ideas later to help us all figure out what to bring.

Keep up your good work! Remember to release stress, get enough sleep and now let’s add try to get rid of your simple carbohydrates. Stick to complex carbohydrates and lots of fresh vegetables and fruit. Ok....

Be well

Carol Lee