

Sugars and 'Bad Fats' explained

By far the chief wreckers of our health today are sugars and bad fats. So which are the good ones and which ones are bad? The aim is to enable you to make better food choices for you and your family.

Sugars

Sugars are more than just the white grains you put in your coffee or tea. Sugars are also to be found in the caffeine in coffee, alcohol, honey, fruit juice without the pulp and peeled potatoes. Even the so-called slow sugars, such as whole grains, are still sugars.

We are the descendants of Stone Age men. By an evolutionary twist, this man was a mammal whose liver was not capable of converting sugar into vitamin C (most mammals can, in fact, do this). Thus we need to get our vitamin C from external sources, such as vegetables and fruit. We are not genetically equipped to deal with a whole lot of sugar.

Fast Sugars

We need to distinguish between fast and slow sugars. Fast sugars are sugars which are not converted into energy by the liver but into fat instead. These are more or less immediately released into the bloodstream, causing your blood glucose levels to rise. This in turn provokes an insulin response by the pancreas to stabilize your blood sugar by bringing it down. Insulin is also responsible for the conversion of these sugars into fat. Basically your body is in survival mode because excess sugar levels can cause serious health complaints such as high cholesterol, cardiovascular disease, and candidiasis and other bowel disorders, hypoglycemia, high blood pressure, diabetes, and even cancer, insulin shock and death. It is the job of your pancreas to prevent this from happening.

Western food is, however, loaded with fast sugars, causing a daily panic in our bodies. Since too much insulin in the system can also be sickening and because our body is constantly trying to find a balance, we develop insulin resistance. This causes you to be free of complaints for many years. However, it is a pseudo-balance and it is therefore no coincidence that most people develop complaints and ailments in midlife. As the accumulated damage spans a period of 20 to 30 years, most people will not trace their health problems back to the food they have been consuming all these years. We are currently experiencing an explosion of cancer, cardiovascular disease and type 2- diabetes. These diseases are occurring at an increasingly younger age too!

Diabetes is not called sugar diabetes for nothing. Sugar sickens. Diabetes is nothing more than a used-up, weakened or worn-out pancreas. It has been working overtime for years and is now no longer capable of producing sufficient amounts of insulin to regulate the blood sugar, resulting in pancreatitis, pancreatic cancer or other afflictions of the pancreas. On top of this, insulin resistance causes your body's insulin to be increasingly less effective. The only way to reverse the process is to eliminate fast sugars in your food.

Start drinking your coffee or tea black (without that dead, ultra-heated creamer as well) and do not eat products containing sugar. This is easily said than done because it is in nearly all our food. Check the ingredients on the label – and that goes for products from health-food stores too. Watch out for glucose, fructose, dextrose, sucrose, invert-sugar syrup, but also ‘natural’ alternatives such as raw cane sugar, corn syrup, rice syrup, date syrup and wheat syrup. Our bodies were not made to process that much sugar, natural or otherwise.

Slow Sugars

Slow sugars are also sugars. They are in whole-grain products such as brown bread, brown rice, brown pasta, etc. These are called whole grain because the germ, the outer bran as well as the inner starch, are used. Particularly the bran slows down the sugars of the starch. White

bread is therefore a fast sugar because the bran has been removed from the grain, leaving only the starch. For that reason, brown bread, brown rice and brown pasta are healthier than their white varieties. It is the fiber in bran which slows down the sugars, slowing down their release into the bloodstream.

The same happens with potatoes and fruit. Those of you who remove the skin from an apple are refining the apple by throwing away the fiber and leaving only the fruit sugar. Peel a potato and you are doing the same. Without its skin, a potato is merely a starch bomb and therefore a fast sugar. For this reason, fruit juice without the pulp fiber is nothing more than liquid candy. Nature did not intend it this way; otherwise she would have produced apples and potatoes without pulp and fiber. So do not buy commercial fruit juice from a pack but squeeze your own fruit juice and do not forget to drink the pulp either. Choose sour and bitter fruits instead of sweet ones, particularly berries, sour apples and citrus fruits such as lemon and grapefruit. Sour and bitter fruits are the original fruits and were eaten by Stone Age men.

Though slow sugars are better than fast sugars, this does not mean you can consume brown bread, rice, pasta and whole sweet fruits unlimitedly! Once again, we were not made to pump large quantities of sugars into our system. Therefore you should eat no more than two slices of bread and have brown pasta or rice only twice a week. So what should you eat instead?

A much more complex form of carbohydrates is in vegetables. Try eating a salad a day containing, for example, carrot, green leafy vegetables, alfalfa and sprouts with a dressing of lemon juice and extra virgin coconut oil or olive oil and see how long that keeps you going. You will get more energy and feel less hungry. You will also shed those excess pounds fast because you have drastically lowered your sugar intake, reducing your risk of diabetes and making you feel healthier and more vital. Do not forget that viruses, parasites and cancer cells feed on sugar too.

Honey

Though honey has many healing qualities it should nevertheless be regarded as a fast sugar. Nature made the stuff so darn sweet for a reason – you should eat it only in small quantities. Because of its healthy aspects, honey need not be avoided. Make sure you eat raw honey (available in health-food stores or from local bee keepers), though, and not the highly processed honey supermarkets sell, which has been industrially heated and robbed of all its nutrients. Very often the bees were fed ordinary sugar as well, so this kind of ‘honey’ is nothing more than sugar disguised as honey.

Green Tea

A very special role is reserved for the caffeine in green tea. Just like alcohol, caffeine is a natural substance which, when used sparingly, can have a healing effect. In coffee, the caffeine is however released at lightning speed, which makes coffee a fast sugar. This is of course why we drink coffee in the morning, to kick-start the brain into action. If you do not want to give up your coffee, limit yourself to two cups a day.

Drinking green tea is better, though. For reasons yet unknown, there is a substance in green tea which slows down the release of caffeine into the blood, making it a slow sugar and giving you only the health benefits of caffeine. It gets even better: green tea also ‘eats’ the glucose in your blood, helping you to stabilize your blood sugar and supporting the pancreas so it does not have to produce massive amounts of insulin.

Artificial Sweeteners

Please do not let this be a reason for you to fall into the trap of using artificial sweeteners such as aspartame, sorbitol, saccharine and other cancerous chemicals!

Teach yourself to avoid sweet foods and enjoy the natural taste of real food instead. People who add cream and sugar to their coffee are really drinking coffee-flavored candy. It is time we become adults and appreciate all four tastes (sweet, sour, salt and bitter) instead of only two (sweet and salt). If we did this and used all the colors of the rainbow, we would automatically make better food choices. We have been conditioned since we were children toward sweet and salty foods by a powerful food industry and therefore as adults, we often still have the taste of a four year old.

Sugar and aging

Well, it seems that life maybe much sweeter (or at least much healthier and longer) if we ate less sugar.

Many of you may already know that when we eat too much Sugar or Simple Carbohydrates, our bodies lose the ability to lose weight by releasing unwanted stored body fat. And of course, if we eat too many sugars, too often, we will gain body fat and probably develop type II diabetes.

Now there is another reason not to eat too much sugar. Elevated levels of blood sugar lead directly to the formation of AGEs or Advanced Glycation Endproducts. In our bodies, AGEs damage our cells like Free Radicals.

Research has shown that AGEs cause the stiffening and weakening of the collagen in our blood vessel walls, which may lead to high blood pressure and to micro- or macro-aneurisms which may cause strokes if they occur in the brain. AGEs are also implicated in the initiation of retinal dysfunction (blindness), type II diabetes, and other age related chronic diseases especially those related to chronic inflammation such as atherosclerosis, arthritis, Alzheimer's disease and cancer. AGEs have been shown to contribute to diabetic neuropathy, diabetic retinopathy, diabetic nephropathy (kidney failure) and aging.

To make matters worse, food manufacturers actually add AGEs to many foods as flavor enhancers and colorants to improve taste and appearance. A very small partial listing of foods with very high levels of added AGEs includes: donuts, barbecued meats, cake, dark colored sodas and other foods with significant browning and caramelization.

Another effect of AGEs is decreased turnover and tissue remodeling.

We usually call this: Aging, Wrinkling and Sagging. So maybe Sugar is not so Sweet after all!

Anything that reduces oxidation in our bodies can be called Anti-Aging.

There is no doubt that sugar is addicting. That is why more and more companies are trying to hide sugar in their food products, especially the low fat ones. They want you addicted so you continue to consume their foods.

Those low fat foods that you search for because they are ‘good for you’ turn out to be something you should be going without. Low fat foods are just some items out there that are actually sabotaging your health efforts even though they want you to believe their product will help you.

Why is sugar in there? Because the fat is not! Fat is what gives food its flavor. If the food manufacturer removes fat from their product they must put something back in to replace the flavor. More than likely that ingredient is going to be sugar. And they do a great job trying to hide it from you by calling it all sorts of different names as you will see at the end of this report.

Now this does not go for just low fat foods alone but also foods like cereals that are touting the ‘WHOLE GRAIN’ tag on the front of the box luring you into thinking this product is going to be heart healthy and good for you. Just because whole grain is on the box does not mean that it still has the whole grain in tact.

These types of cereals will more than likely have a significant amount of sugar because they too need flavor. Knowing the difference between whole grain, whole wheat, whole wheat flour, enriched whole wheat flour, etc is crucial to understanding what you will be eating and your success.

Both these types of foods plus other items, like condiments and dressings, will also slip extra sugar calories right past you. Here you are thinking you are eating healthy and before you know it, your in deep trouble.

Now maybe you are thinking the amount they are stating on the ingredient label does not appear to be that much. We agree, sometimes it does not, but so many food items have sugar in them by the time you add it all up you may have consumed an extra 20 teaspoons of sugar or sugar substitutes per day. That can easily happen every day!

The manufactures use tricks to fool you every time. They will state the sugar content per serving and tell you that a serving is half a cup or quarter cup according to them. Do you use a cup to measure out the food normally? They will get you every time. Then again when you add milk to what the box contains you are way up there, because you do not factor in the natural sugar contained in the milk.

The processed carbohydrate or something loaded with sugar, will break down very quickly and jacks up your blood sugar and insulin levels. When this happens it basically opens the door for your body to store and hold onto fat that you are hoping to burn off. This can become a terrible cycle completely halting all your chances of reducing your body fat.

Food is basically like a drug when you consume it. It changes your body's chemistry which can be either good or bad. Sugar spikes insulin levels in your body. When insulin levels are elevated, your ability to burn fat is reduced dramatically. Your body WILL hold onto its extra fat for long term survival at rest or during exercise.

Now hopefully you can clearly see that processed and sugar packed foods are the main culprits of shutting your fat burning ability down. These foods are also very addictive so you begin to crave them. That is when the food manufacturers have you hooked.

Now you are eating more of these low nutritional value foods that are jammed with extra empty calories which produces more weight gain. And the whole time you are thinking “I AM EATING HEALTHY”!!

Below is a list of sugars by their names and glyesmic response. This should help you identify many of the hidden sugars food.

HIGH GLYCEMIC RESPONSE SUGARS:

Sucrose, Glucose, Dextrose, evaporated cane juice, Galactose, Maltodextrin, Corn syrup, Dextrin, Beet sugar, Raw sugar, Brown sugar, White sugar, concentrated fruit juice, syrup, sorghum, honey, maple syrup, and high fructose corn syrup.

LOW GLYCEMIC RESPONSE SWEETENERS:

Fructose, Stevia, acesulfame potassium sweetener, Saccharine and Aspartame (in NutraSweet and Equal, but not in sodas). This list in no way endorses the use of these sweeteners.

A quick note: FRUCTOSE vs. HIGH FRUCTOSE CORN SYRUP. Fructose is not the same as high fructose corn syrup. The former is pure fructose with a low glycemic index, whereas high fructose corn syrup is a mixture of 50% fructose and 50% glucose. The glycemic response of high fructose corn syrup is high - about the same as sucrose.