

# Questions and Answers

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**Your Question:** Why can't I just eat what looks, smells and sounds good?

**Answers:**

- Each person's body varies in how it handles food. How well are you absorbing and using the food you eat? Again, this depends on your level of exercise, your overall health, any medical conditions or inflammation, even your blood type.
- Just because it looks good and it's convenient, doesn't mean it's good for YOU! It's easy to eat processed food but it has hidden sugars and preservatives that are put there for longer shelf life. It isn't really hard to eat healthier foods that are not processed.

**Your question:** But isn't health food more expensive?

**Answer:** You are surrounded by easy, fast food choices; but do you really prefer chemicals in your body when healthier options are also available? You may have to drive a little further but even healthy food is available for the 'pick up and go' busy working crowd.

**Your Question:** I hear we should eat natural carbohydrates versus man-made carbs. What's the difference?

**Answer:** A natural carbohydrate is whatever grows from the ground or from a tree: fruits and vegetables. A man-made carbohydrate is whatever is processed and made by man: pasta, breads, crackers, cereals.

**Your question:** But what if I'm a vegetarian and don't eat meat?

**Answer:** There are many other sources of protein such as fish, other seafood, quinoa, nuts, certain beans; even cooking in iron skillets helps impart iron into the foods you are cooking.

**Your question:** Why can't I stick to a good diet?

**Answer:** Diets will work when your body is in balance; both nutritional balance, hormone balance and exercise balance. Understand what is going on in your body before you invest a lot of time of money into a 'diet' that may or may not work for you. Be in the know! See below!

**Nutritional science** studies how the body uses food to both nourish, replenish, and repair tissues while allowing healthy turnover of existing cells and tissues in the body and repair any damaged tissue. Nutrition can also be used as a tool to help our body fight infection and even help slow down and prevent damage. Our body does this by building healthy cells and tissues (anabolism) and by turning over body cells or tissues that are worn out (catabolism) so that the healthy tissues can take their place. This process happens every day,

seamlessly in your body but it need good nutrition to do this; Garbage in means you make less that good tissues, or ‘Garbage In, Garbage Out’.

Anabolism and Catabolism happen together. An example is your GI tract which turns over approximately every 7-10days or your red blood cells which have an average lifespan of 4months. So, in effect, your body rejuvenates itself on a regular basis and you are technically a ‘different person’ every couple of months. So that old adage, ‘You are what you eat’ is really true.

The combination of both catabolism and anabolism is called your metabolism and reflects the speed at which your body works. Metabolism is impacted by many other factors, such as your level of physical exercise or medical conditions such as thyroid, irritable bowel and even diabetes (elevated sugar). So this business of nutrition is not as easy as it would seem.

Nutritional science examines how your body responds to food.

## Balance in Your Diet

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### **Protein**

### **Carbohydrates**

### **Lipids**

We’ve learned about the food pyramid—what is at the top is what you eat sparingly, at the bottom, what you eat most of. But experts tell us that there are inaccuracies. One size does not fit all. And since we are not all the same, then our own personal ‘food pyramid’ may look different. Here are some examples of diet approaches that show us different versions of this. You should choose a diet with the help of a dietary and nutritional expert or your doctor or health care provider.

1. **ZONE:** This is a balanced dietary approach, balancing protein with natural vs man-made carbohydrates.
2. **WHOLE FOODS or WHOLE 30:** Eliminating the most common craving-inducing, blood sugar disrupting, gut-damaging, inflammatory food groups for a full 30 days. This includes cutting dairy, sugar, most baked goods and fast foods as well as high glycemic foods from your diet.
3. **KETOGENIC:** This diet is considered the newest but is actually well known to healthcare providers. There is the traditional ketogenic diet which is 80% lipid, 15% protein and 5% carbohydrate and following urine ketones to ensure that you have achieved the proper body response. This approach actually has roots in healthcare as it is the diet approach recommended in the pediatric world for certain changes in brain development or potential brain changes such as new onset petit mal seizures. Then there is the modified ketogenic diet which is 60% lipid, 25% protein and 15% carbohydrate which is easier for most patients to handle as they are not giving up their salads or vegetables at lunch and dinner. The diet works by utilizing good dietary fats to help you burn your own body fat. If you can stick with it, you can be quite successful. In fact, this dietary approach actually ‘feeds the brain’ which is 90% lipid!

Doing a wellness evaluation can help you determine if you have any issues such as food sensitivities, food allergies, hormone imbalances or other medical diagnoses that may slow down your body's ability to handle the food you eat and get your body back in balance. So be good to yourself and put your health first!