

Baritz Wellness Center, P.C.

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Weight Management Low Glycemic Lifestyle

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America has been accustomed to a high carbohydrate diet. Today there is controversy around a high carbohydrate vs. a low carbohydrate diet. Often times the low carbohydrate diet is misnamed the no-carbohydrate diet, but that is not accurate. The reality is that the standard American diet should be called high carbohydrate and a low carbohydrate should be called the normal diet.

Some experts speculate that approximately 90 percent of illness results from carbohydrate metabolism and difficulty. When archeologists discover the skull of an aboriginal person the first thing they do is open the jaw to view whether or not the teeth are still there. If the teeth are in the jaw the skeleton is classified as a hunter/gatherer, and if the teeth are missing the remains are classified as agrarian (eating cultivated grains). Even this simple classification describes carbohydrate difficulty, wherein primitive people eating a higher carbohydrate grain diet lose their teeth due to the damaging effects of sugar on the body.

Most people intend to control sugar in their diet because of weight gain, although they never seem to succeed in overcoming the sugar cravings. This is because there is more unseen and untasted sugar in the starches from grains than there is from simple sugars that are sweet. It has always been difficult to encourage people to reduce their sugar consumption while leaving them on a high starch diet. Now simply by eliminating pasta, bread, potatoes, cereal and rice starch and sugar cravings go away. This is because the starches are powder kegs of sugar requiring huge releases of insulin leading to irregular blood sugar and subsequent sugar cravings.

Because of our past attitudes towards dieting and sugar control many people believe that low glycemic diets would be difficult. It is quite the opposite, by eating more protein, healthy fats and oils, and low glycemic vegetables and fruits, within days there is an elimination of sugar cravings and the beginning of glycemic balance. The result is more energy, less inflammation and aching, and less food cravings, sugar especially. Other results are lower triglycerides and cholesterol, reduced body fat percentage, weight loss, improvement in shape, increased concentration and attention, and increased repair of the protein structures of the body.

Of the three major diseases facing modern-day America, namely heart disease, diabetes and cancer, a low glycemic diet would be preventative and reparative in each case. Indeed when the deeper cause of these diseases is addressed longevity is served. Strategically the low glycemic diet may be the most important aspect of an effort toward longevity and vitality.

It takes time to reset your body's physiology and to change old habits. Don't be discouraged if you have some difficulty in following the Low Glycemic Lifestyle, just keep at it. Many people take nine months or more to transition to a healthier diet.

"You can trace every sickness, every disease, and every ailment to a nutritional deficiency."

Dr. Linus Pauling

winner of two Nobel Prizes

To have a custom program created for you or for a free consult call 508 583-2565

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