

How To Live In Recovery Program

Science of Food Guidelines

Christina R.N., C.N.H.P.

What is the mental/emotional aspect of overweight?

The mental/emotional aspect of overweight is involved when a person eats to fill and emptiness that is not caused by lack of food, such as loneliness, unworthiness, or boredom. Food can be used as a drug to relieve anxiety or depression. Ironically, the refined carbohydrates that are usually chosen for this purpose can make the anxiety or depression- and hunger –worse in the long run.

Compulsive eating can result from constant obsession about food, weight and diets. This is in part because the mind cannot comprehend a negatively phrased thought. If you say to a toddler, “Don’t touch the light switch”, the child will immediately go to the light switch as if the word “don’t” did not exist. Try this mental exercise: I won’t think about a yellow canary. I’m not allowed to think about a yellow canary. I’m trying to think about anything but a yellow canary-You weren’t thinking about a yellow canary before, but you are now, right? Trying to program your mind to not think about food is likewise doomed to failure.

It’s better to replace the thoughts of food with other thoughts, such as work or helping others.

Sit down, slow down, and chew your food not Gum.

Digestion begins in the mouth. Chewing breaks down food mechanically into small pieces, exposing more surface area for digestive enzymes to act upon. Chewing also stimulates the release of hydrochloric acid (HCL) in the stomach. Saliva also contains an enzyme, amylase, which starts the breakdown of carbohydrates into simple sugars.

Chewing triggers the release of HCL. Constant chewing, as of gum, causes HCL to be released in greater quantities than are needed, and over a longer period of time. After a while, there is not enough HCL left to be available when it is needed. The constant pounding of teeth together also causes cavities as trapped food particles are pounded into teeth. Sugarless gum contains artificial sweeteners toxins and that go directly into blood. The ‘sweet’ taste of chewing gum stimulates appetite by the body producing insulin in response to sugar.

While chewing gum can deplete HCL, chewing food thoroughly can start the digestive process before the food reaches the stomach, making up for low HCL levels to a certain extent.

HCL decreases with age (>20) and helicobacter pylori tend to increase with age. Antacids suppress HCL; microorganisms grow even more out of control and produce even more harmful acid, impair digestion and can mask an ulcer. Tums contains aluminum a toxic metal with links to Alzheimer’s.

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Diet sodas

Too much phosphorus, found in milk and cheese, can deplete calcium. If the phosphorus is too high relative to calcium, as with cheese or phosphoric acid containing soft drinks such as colas are consumed, the body sensing a deficiency of calcium, may pull it out of the bones, which can lead to osteoporosis. A significant association was found between the weekly consumption of at least 1.5 Liters (about four 12 ounce cans) of phosphoric-acid-containing soft drinks (primarily colas) and calcium deficiency. Low serum calcium in children, who commonly drink sodas, can lead to subnormal intelligence, muscle spas seizures, intestinal malabsorption and cardiovascular problems. In adults, phosphoric acid can promote kidney stones and osteoporosis.

Gum Chewing the same process happens with gum, the release of enzymes to digest food. But without food the body sends a signal to the brain to eat. Gum stimulates appetite.

Plain Yogurt is beneficial to the stomach because of enzymes and the milk is broken down to make it more bioavailability for consumption. 80% of the population cannot digest milk. Milk is made for baby cows to gain hundreds of pounds of weight in a short time. Goat's milk is the closest to human milk.

Other sources of beneficial bacteria: sauerkraut, etc.

Milk does a body bad. Because of pasteurization (heated over 118 degrees), milk turns into sugar. Why we do not put milk/cream in our coffee or tea.

Enzymes are specialized proteins which are vital for digestion and for all biochemical reactions in the body. Enzymes are very temperature sensitive and are destroyed if heated over 118 degrees F (only 20 degrees above body temperature). Cooking, roasting, steaming, pasteurizing, microwave cooking, canning, and most processing techniques will kill the enzymes, and once dead they cannot be recovered. Slow cooking at a lower temperature can preserve some enzyme activity.

Coffee produces a rush by releasing sugar, and the cycle begins. Rush of blood sugar, over abundance of insulin then "crash" 2 hours later about 10AM. The 10AM low wants to be fed more sugar because the physical "crash" is real. Anyone ever been tempted to reach for a second cup of coffee or a sugar product at this time? Solution is eliminate the coffee and the accompanying sugar high. Sugar is 8x more addicting than cocaine. No wonder we are called addicts.

Higher intakes of coffee, regardless of its caffeine content, were associated with lower levels of liver enzymes. The common solvents used to make coffee beans decaffeinated include methylene chloride (causes cancer), ethyl acetate (nail polish), and highly pressurized carbon dioxide. Early decaffeination efforts were abruptly terminated

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because of the toxic solvents that were used in the process (benzene, chloroform, and trichloroethylene). Of course, the F.D.A. is okay with benzene being inside your soft drinks (Coke, Pepsi, etc.), where it can be found in remarkably high amounts, and inside **all of your microwaved foods**. Herb Teas are medicinal and healthy. Remember it was the Boston Tea party the Americans revolts over, not coffee.

Salt-Table Salt

The more common "refined" table salts have been stripped of their minerals during processing, which manufacturers then sell to supplement companies. It makes the unmistakable point that the producers of table salts are intentionally stripping what they know to be the most nutritious part of the salt, and actually increasing profits by malnourishing their own customers.

Table salt has all of its minerals removed, which would otherwise help to balance the blood pressure.

Consequently, table salt causes gross blood pressure fluctuations, instead of stabilizing it. This well-known danger has created an entire industry of "low sodium" foods.

Processed foods are very high in sodium, but it is always in the form of table salt, artificial flavors, or flavor enhancers. In the ultimate heart-health irony, low sodium products often contain monosodium glutamate, a sodium-based excitotoxin that causes heart attacks in people who do not have enough magnesium. It is probably the most common reason for mysterious heart failures in young athletes, who simply fall-over dead at sporting events. The profuse sweating imbalances their electrolytes even further, to become the final straw on the camel's back.

Contrary to popular belief, table salt is not just sodium chloride. It also contains additives that are designed to make it more free-flowing. Ferrocyanide, talc, and silica aluminate are commonly included. Aluminum intake leads to neurological disorders, particularly when no selenium is provided to help the body to chelate it.

Aluminum bio-accumulates inside the body, causing further degeneration over time. Talc is a known carcinogen, though its effects upon ingestion have not been heavily studied. While it was once used in baby powders, the majority of such products now use cornstarch instead of talc, because of the known health risks. The F.D.A. has a special provision to allow talc in table salt, even whilst it is prohibited in all other foods, due to toxicity issues. According to current regulations, table salt can be up to 2% talc.

The potassium iodide that is added to table salt is not adequate to compensate for most iodine deficiencies. It is usually sufficient to stop goitrous boils from swelling in the neck, which are caused by an extreme deficiency. However, not enough iodine can be obtained from table salt to maintain optimal health, unless a dangerous amount of sodium is consumed. Naturally-occurring iodine is present in unadulterated sea salt with complimentary minerals, but even the vastly superior and healthier sea salt may not be enough for a tiny fraction of people who have extreme iodine deficiencies, which are caused by fluoride toxicity and other mitigating factors.

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Artificial sweeteners

Taking in all artificial sweetener can actually cause weight gain for the following reasons:

The taste of artificial sweeteners signals the pancreas to produce insulin. Blood sugar drops without any or enough actual sugar to buffer the insulin, and the hunger levels rises. More food is then eaten.

Use artificial sweetener=insulin levels rises=blood sugar drops=Hunger rises=More food eaten.

Artificial sweeteners (sweet and low (aspartame), are toxic substances that the body is not designed to use. The body will often retain water and fat to attempt to dilute toxins, resulting in weight gain.

Stimulate your appetite because you body tastes something sweet so does its job by sending out insulin to convert the sweet stuff to energy. The free floating insulin finds nothing of substance and sends a message we need food, thereby stimulating your appetite to eat something.

Sweet n low and other artificial aspartame based sweeteners cause multiply sclerosis and other permanent neurological damage.

Natural sweeteners: stevia, etc. Same effect of stimulating appetite.

Diet sodas-poison again same as above. Stimulates appetite, dehydrates and causes neurological damage. Many a young person has succumbed to Multiple sclerosis because of a diet soda addiction.

Glycemic Index of Food

Why is the Glycemic Index Important?

Your body performs best when your blood sugar is kept relatively constant. If your blood sugar drops too low, you become lethargic and/or experience increased hunger. And if it goes too high, your brain signals your pancreas to secrete more insulin. Insulin brings your blood sugar back down, but primarily by converting the excess sugar to stored fat. Also, the greater the rate of increase in your blood sugar, the more chance that your body will release an excess amount of insulin, and drive your blood sugar back down too low.

Therefore, when you eat foods that cause a large and rapid glycemic response, you may feel an initial elevation in energy and mood as your blood sugar rises, but this is followed by a cycle of increased fat storage, lethargy, and more hunger!

Although increased fat storage may sound bad enough, individuals with diabetes (diabetes mellitus, types 1 and 2) have an even worse problem. Their bodies inability to secrete or process insulin causes their blood sugar to rise too high, leading to a host of additional medical problems.

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The theory behind the Glycemic Index is simply to minimize insulin-related problems by identifying and avoiding foods that have the greatest effect on your blood sugar.

Read More <http://nutritiondata.self.com/topics/glycemic-index#ixzz3MaP1P3EW>

Glycemic index of food: The purpose of a glycemic index (GI) is to eat carbohydrate-containing foods that are less likely to cause large increases in blood sugar levels. Most healthcare organizations use a "high," medium" and "low" rating system for GI. Using this system, foods get classified in the following way:

Low GI	Medium GI	High GI
0-55	56-69	70 or greater

GI and GL for Common Foods

Food	GI	Serving Size	Net Carbs	GL
Peanuts	14	4 oz	15	2
Bean sprouts	25	1 cup	4	1
Grapefruit	25	1/2 large	11	3
Lowfat yogurt	33	1 cup	47	16
Apples	38	1 medium	16	6
Spaghetti	42	1 cup	38	16
Carrots	47	1 large	5	2
Oranges	48	1 medium	12	6
Bananas	52	1 large	27	14
Potato chips	54	4 oz (114g)	55	30
Brown rice	55	1 cup	42	23
Honey	55	1 tbsp	17	9
Oatmeal	58	1 cup	21	12
Raisins	64	1 small box	32	20
White rice	64	1 cup	52	33
Sugar (sucrose)	68	1 tbsp	12	8
White bread	70	1 slice	14	10
Watermelon	72	1 cup	11	8
Popcorn	72	2 cups	10	7
Baked potato	85	1 medium	33	28
Glucose	100	(50g)	50	50

The table below shows values of the Glycemic Index (GI) and Glycemic Load (GL) for a few common foods. GI's of 55 or below are considered low, and 70 or above are considered high. GL's of 10 or below are considered low, and 20 or above are considered high