

THE TRUTH ABOUT

Weight Loss

IN 2017

BY DR. SUSAN MAPLES

Are you confused and frustrated by your attempts at weight loss? Let's rethink your strategy.

Most of us believe that it boils down to simple math:

CALORIES IN – CALORIES BURNED = CALORIES STORED

So, a calorie is a calorie is a calorie! Right? Not!

URNS OUT ALL CALORIES ARE NOT CREATED EQUAL!

Compare 300 calories of orange juice for breakfast (or soda, or your favorite coffee shop morning drink) to 300 calories of broccoli (about 10 cups). The first leaves us starving, in about an hour and a half. And the broccoli? Full for hours ... and okay, maybe farting.

Here's why the difference: Any food high in refined sugar has a tsunami effect — it converts to a mother-load of glucose which goes straight into your bloodstream. Next the corresponding load of insulin, released by the pancreas, to transport the sugar from your blood. But where does it go? Unless you just climbed Everest or ran a marathon, your cells only need a trace of sugar. The rest gets stored as FAT — and not just the ooof-my-jeans-are-too-tight, sub-cutaneous fat, but the most dangerous, visceral fat — the kind that accumulates around your vital organs and plagues you with heart disease, fatty-liver disease and metabolic syndrome. (Incidentally, flour stimulates a sugar surge too. Any grain that has been de-shelled and ground into flour, is easily converted to glucose in the bloodstream.)

Perhaps the biggest fat-builder (and cavity-causer) is the sugar we drink, but let's face it, the vast

majority of foods from a box, bag, drive-through or restaurant are loaded with sugar and flour. As Americans, we are averaging 22 to 40 teaspoons of sugar every day! Ouch! Meanwhile, the World Health Organization and American Heart Association recommend a 75% reduction.

Cutting sugar will also reduce your caries disease (tooth decay) which is also out of control in the U.S. As a caring dentist, my personal mission is to help patients realize that our lifestyle choices effect much more than teeth. In countless ways, your mouth gives me powerful clues about what's going on in the rest of your body.

So, what's the big difference between 300 calories of juice and 300 calories of broccoli? I'll give you a hint. It starts with an F and makes you fart. You guessed it ... FIBER! (FYI, It's our #1 nutritional deficiency). Turns out fiber is our antidote to the sugar problem. Think of fiber like straw or hay. It absorbs water, makes a thick, glue-like mass of the food so it releases sugar slooowwwly, which mitigates the insulin response. Instead of the sugar-tsunami, we get ... drip, drip ... drip ...

Visualize fiber like straw or hay. It's a filler that never gets absorbed into the body. It stays in the digestive tube until it exits the poop-shoot. That's why high-fiber diets make bigger, softer, floatier poops — an un-talked-about sign of health, by the way.

Sugar and fiber are quite the duo. They were born together, in plants, fruits, vegetables, whole grains, and nuts. Mankind separated them,

dumping sugar into refined foods and throwing away the fiber.

WHY WILL A HIGH-FIBER DIET HELP YOU LOSE WEIGHT?

1. No one likes to be hungry. High-fiber foods will satisfy you SO much longer. You'll crave less, consume less and even conquer your icky food addictions
2. Fiber helps your brain recognize leptin, the appetite-regulating hormone your fat cells produce to let you know you're full
3. Fiber also reduces ghrelin — the stuff your stomach secretes to make it growl
4. High fiber foods come with good baggage — phytonutrients that restore health to your cells

If you're serious about substantial and lasting weight loss and improved health in 2017, consider 38-50 grams a day — and 2/3 from soluble fiber. To quote a local colleague, Dr. Carla Guggenheim, "that's like a basketball-sized portion of fruits and vegetables a day! And if you're super serious about weight loss, make it 80% vegetables and 20% fruits!" Let this be the year you will finally lose that health-threatening fat ... and feel amazing!



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