

March Newsletter

MARCH IS NATIONAL NUTRITION MONTH



March, 1 2018

Since nutrition is 1 of the 6 keys to better health lets start there: Nutrition by definition is the process of obtaining the food necessary for health & growth. Necessary means essential, needed, as the basic requirements of life. This is where it gets confusing because the concept of eating to survive doesn't really exist in our society due to the endless availability of food. We don't have to hunt or forage for our food— its everywhere— and there are so many choices!

Problem is, there are so many easy, bad choices of processed, high sugar, high fat and high carbohydrate foods to choose from and those are the ones we want. What many don't realize is that this leads to insulin dominance, uncontrollable desire for more, unhealthy weight gain and many health problems including high cholesterol, high blood pressure, heart disease and diabetes to name a few.

The good news is that the path is reversible. Any habit can change, it starts with a desire. Breakfast can either make or break your day. The key to breakfast or any meal for that matter, is balance. Many start the day with a breakfast that is predominantly carbohydrates i.e. cereal, toast, bagel, muffins etc— all carbs.

Here's what happens: carbs are broken down into sugars-blood sugar levels rise— insulin is released to control blood sugar— pushes sugar out of bloodstream and into the cells where if unused, it gets turned into fat and stored. As the blood sugar levels drop two things happen: we get tired and we get hungry— for guess what? Yes—more carbs!

So the cycle begins and keeps going. Excessive carb intake long term leads to, you guessed it, diabetes. Balance is key, at every meal, especially breakfast.

Have questions? Shoot me an email
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Our methods are unique...because they are unique, we are often able to get results that no one else can!



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CHIROTHIN
WEIGHT LOSS PROGRAM