



salonpas.us

Facts and Fallacies on Weight Loss

Healthy Fats Keep Hunger Pangs Away – “Fat has gotten a terrible reputation in the last 40 years,” says **Franci Cohen**, a certified fitness trainer/nutritionist/exercise physiologist. “The low-fat diets that began to be popular in the 70’s are a big part of what has driven the epidemic of weight gain and chronic disease in this country. When the nation eliminated fat, it replaced it with refined carbs. This caused a host of problems. Fat increases satiety, it has no impact on insulin levels, and every cell in your body is made of it. Low-fat diets cause you to be more hungry, they typically increase your level of refined carbohydrate and the concomitant insulin problems, and you deprive your cells of an essential nutrient. Most people don’t realize that if they eliminated all of the fat from their diets, they would die. Essential fatty acids are called “essential” for a reason: You must have them to survive.”

“Fat keeps you full, makes food taste better which increases satisfaction, which can reduce the urge to overeat,” says Cohn. “Fats also fuel our endocrine system by helping to keep hormones in balance this in turn keeps our bodies running efficiently and keeps ones’ metabolism high. Healthy fats are the unsaturated fats from plant sources. American’s are lacking Omega3 fatty acids the most such as fatty fish, flaxseeds, chia seeds, avocado, pumpkin seeds, walnuts, pure oils.”

“When you consume the correct amount of fat, you’ll notice your skin, hair, and nails are healthier, and you avoid constipation,” says Marshall. “Saturated fat is the type to curb the most. It can raise bad or LDL cholesterol levels increasing the risk of heart disease. These fats are the white fat in meats, whole milk, cheese, butter, and lard. Monounsaturated Fat should be the fat most used. These fats can lower the bad LDL cholesterol and raise the good HDL cholesterol. These fats include olive oil, peanut oils, most nuts, olives, and avocados.”

Protein is a Plus – “When fat was demonized, protein went out of fashion as well,” says Cohen. Your body is made of the protein you eat. All protein is made of special building blocks called amino acids. The only job your DNA has is to take the amino acids you get from your diet and string them together into the chains of protein that created literally every cell in your body.

So imagine what happens when you don’t get enough amino acids or you get the wrong kinds. Your body doesn’t have the raw material it needs to form your cells. This is devastation from the ground up.

These days your choices about purchasing protein are especially important. Protein is usually packaged with fat, and the quality of protein and fat you get is determined by the source from whence it comes. Factory raised and processed cattle have VERY different fat profiles from those that are grass finished. The same is true of chicken and pork. Farmed fish may have been fed corn (unbelievably!) which alters its fat content. Small, wild river fish, on the other hand, are packed with health fat and are free of mercury. So you need to be careful when making protein choices.

My recommendation: Buy the best protein your budget allows. Look for pastured chicken and pork, grass-fed cattle, and wild, sustainable caught fish. Focus on lean chicken and fish with a little of the others mixed in for good measure. And never forget vegetarian sources of protein like beans, seeds, nuts, and tofu”