

Is Your “Healthy” Diet Making You Sick?

The Canada Food guide (to healthy eating) recommends 3 – 5 servings of bread and cereals, 4-5 servings of fruits and vegetables, 2 servings of dairy (for adults), and 2 servings of meat and alternatives each day. But, Heilkunst physicians believe this is wrong. **There is no such thing as a healthy diet which includes grains!** Invariably everyone who walks through my door is eating this “healthy” diet staple, yet many of them regain their health just by cutting them out. (Yes, even “whole” grains.)

How is that possible? Well, let’s forget for the moment that the food industry is intrinsically linked to the pharmaceutical industry, and that both profit greatly by making & keeping the public sick and fat. Instead, let’s look at what happens when we consume grains & sugar (carbohydrate).

When carbohydrates are eaten they cause the blood sugar to rapidly increase. In turn, the pancreas secretes insulin which will take the sugar out of the blood and distribute it to the various parts of your body. This process works well for young, healthy individuals but over time your body will lose its ability to respond to the insulin because of your (so called) healthy diet. I like to joke that it’s similar to a married couple who’ve been together for 25+ years. When they first meet they can’t get enough of each other! However over time, seeing each other several times a day for many years, they simply don’t respond to one another the way they used to. (But it is no joke that 1 of every 3 babies born in North America this year, will have type 2 diabetes by the age of 10!)

Imagine that you’ve just eaten a whole grain bagel and washed it down with coffee. Suddenly your blood sugar is high and your insulin receptor sights won’t let the insulin in... now what? Your body has no choice but to take that excess sugar and store it in fat cells. **It isn’t fat that makes you fat, it’s carbs!**

At the same time, this process is creating inflammation in your body. Research tells us that it is inflammation that causes heart disease... and it is carbohydrate consumption (not fat!) that causes inflammation. Simply put, inflammation is your body’s response to injury. What’s a body to do, when it finds little tears in its arteries? It creates a sticky substance to repair them! And if it gets too goeey in there for the blood to get through, it raises the blood pressure! So here we can

see that taking cholesterol and blood pressure medications actually interferes with the body's natural attempts to heal itself, and does not address the underlying reason for the conditions in the first place.

Remember the food guide's recommendation of only 2 servings of meat each day? Guess how you raise your HDL (good) cholesterol? *Animal protein & fat!* Guess how you raise your LDL (bad) cholesterol? *Carbohydrates!* Common sense suggests that the recommendations for meat, and bread/ cereals should (at the very least) be switched.

4-5 servings of fruits & vegetables is fine, except most people don't like vegetables and will opt for the fruit only. Even though it's natural sugar, fructose will add to everything that we've been talking about here. So I recommend keeping the fruits to only 2 per day and consuming them with fat and protein. Contrary to what we've been told, when you eat fat & protein there is no change to your blood sugar which means: no insulin surge, no inflammation & no fat storage.

Finally, always consume certified organic food whenever possible. This is extremely important with meat, as commercially raised meat will cause the problems we've been discussing. Watch the movie: Food Inc. to learn more about food production.