

Is Your “Healthy” Diet Feeding Your Cravings?



Debunk The Top 5 Health Myths
That Are Keeping You
Fat, Fatigued & in a Funk

Rupina Meer, CHHC

Did you know that 1/3 of Americans currently qualify as Pre-Diabetic, yet an incredible 90% of you do not know it?

AND HERE'S THE KICKER:

Most of you in the blood sugar danger zone maintain what would commonly be considered a “healthy” diet. If you experience food cravings, fatigue, mood swings, anxiety and depression, irritability and/or fatigue, you might unknowingly be at risk.



You may connect what you eat to your expanding waistline, but often we don't realize the emotional roller coaster ride from our wildly fluctuating blood sugar levels. We feel happy and energetic for a while and then suddenly inexplicably, we find ourselves arguing with our spouse or a friend.

The truth is that the mind and body exist on an exquisite continuum, and profoundly impact one another. It's important to understand why and how blood sugar rises, and how common, even “healthy” diets, can feed your cravings and prompt the progression of pre-diabetes, so let's dive into some blood sugar basics.

Blood Sugar 101

As sugars—even “natural sugars”—and simple carbohydrates are digested, they stimulate the pancreas to secrete insulin, which is needed to escort the sugars out of the bloodstream and into the cells. Over time, when the insulin levels are driven up again and again several times a day, the pancreas becomes worn out and the cells can become resistant to taking in any more sugar.

Excess sugar in the blood, unable to be absorbed by the cells, keeps the blood sugar unnaturally high. It lingers there until the insulin stores it as fat, often causing abdominal fat (aka beer belly) obesity, and high cholesterol. Excess blood sugar also attaches to proteins that may damage or thicken the arterial wall, directly increasing the risk of cardiovascular disease, clots, inflammation, cancer, heart attack, stroke, and a plethora of imbalances.

The good news is that you can beat the blood sugar blues just by changing what you eat and drink. Consider some of these lesser known secrets about your so-called “healthy” diet that is causing pre-diabetes or full blown diabetes and what you can do to prevent this silent killer:

1. There's Nothing Healthy About Your Morning Cereal



Breakfast is touted as one of the keys to weight loss and we've heard it over and over again that it's the most important meal of the day. So, most of you time pressed, health-conscious consumers are diligently slurping down your cereal of choice (carefully picking the box that makes all sorts of health claims on the front of the box) or oatmeal or granola with fruit and patting yourself on the back that you're off to a healthy start.

But unfortunately, nothing could be further from the truth. Most boxed cereals are loaded with refined grains, sugar and/or artificial sweeteners that not only cause digestive inflammation but massively spike your blood sugar levels. Most commercial oatmeal has about 25 gms of sugar which primes you for a crash 1-2 hours later. The same goes for granola, yes even the “healthy” granola found in your health food store.

Solution

Eat breakfast foods that sustain blood sugar the longest. The champions are: high quality fats and high-protein foods. So, ditch the sugary cereals and scramble some eggs in ghee or raw butter with peppers, topped with half an avocado. You can have the eggs as is or with some sprouted whole grain bread, such as Ezekiel or Mana bread that has no sugar. If this sounds too time consuming or heavy for the am, have some apple slices with raw almond butter. The protein in the almond butter will slow down the rate of sugar absorption from the apple and keep you satiated till lunch.

Or whip up a simple green smoothie with two fistfuls of spinach, 1 banana, 1 tbsp almond butter and 8 oz of unsweetened almond milk and ice. The key is to have a slow, steady release of sugar into the bloodstream with the right combination of fats and proteins that in turn will signal a slow, steady release of insulin and keep you on an even keel.

2. Is Your Whole Wheat Pasta Or Bagel Wrecking Your Gut And Your Mood?

Foods most guilty of triggering reactive hypoglycemia are those that



contain gluten. Gluten is a protein found in wheat, barley and rye and many people are intolerant to it. If you're one of those, you may not even know it, but you likely suffer from life-long digestive woes like bloating, gas, cramps and diarrhea. Gluten sensitivity can cause tears in the intestinal lining which then leads to malabsorption of nutrients and often causes depression, irritability, brain fog, and headaches.

Weight Loss Bonus: I've learned a little secret from naturopath doctors—when you cut out gluten, you'll start shedding pounds effortlessly (that's why a gluten-free diet is all the rage with Hollywood celebs). Refraining from gluten means staying away from refined, processed crap so you'll dramatically reduce your sugar and refined grains intake which will lead to fat loss.

Solution

Have your doctor test you for gluten intolerance or simply try an elimination diet where you refrain from gluten containing foods for one week (c'mon, you can try anything for just one week) and then reintroduce the offending foods to see if your symptoms return with a vengeance.

A gluten-free diet is easier to live with these days as there's a plethora of gluten-free products—including pastas, breads, crackers—in health food stores. And just eliminating this one ingredient can provide significant relief from your digestive troubles and blood sugar swings.

Shopping tip: Shop the periphery of the store where you'll find all the fresh fruits, vegetables and produce and stay away from the middle aisles that house all the processed junk. Pasta/bread addict? Simply substitute with buckwheat noodles, quinoa or brown rice.



3. Don't Be So Sweet--Discover The Bitter Truth About "Natural" Sweeteners

So-called "natural" sweeteners, like agave syrup, maple syrup, date and beet sugars are all concentrates from the whole plant, and as such do not exist in nature. It is hard to refute the logic that if we were meant to eat refined carbs and concentrated sugars, they would exist in nature in that form. Check out the label on your favorite energy/protein/granola bar and you will find it loaded with sugars. Just because they are date sugars, molasses, dried mangos, raisins or fruit concentrates doesn't mean they are healthy. They still deliver an overwhelming blast to the pancreas and blood sugar.

Take a bag of dried mango and let's compare it to the fresh mango. 100 grams of a ripe mango has 13.7 grams of sugar, while 100 grams of the dried mango has 76 grams of sugar, ouch! Drying fruits concentrates their sugar content, dramatically altering their behavior in the body and our bodies are not meant to thrive on concentrates!

Don't be duped by foods sweetened with agave. Agave syrup is a tempest in a teapot—it is falsely advertised as “natural,” but it's typically HIGHLY processed and is usually 80 percent fructose. Your blood sugar will spike just as it would if you were consuming regular sugar or high fructose corn syrup. Agave's meteoric rise in popularity is due to a great marketing campaign, but any health benefits present in the original agave plant are processed out.

Solution

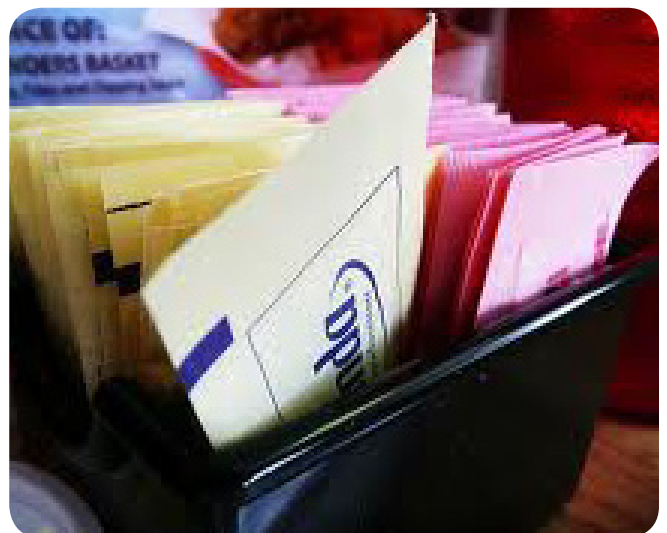
Use raw organic honey or stevia (make sure it's the green powder, not white) in moderation for your baking needs and to sweeten beverages. Stevia, made from the whole leaf or stem, is a hypoglycemic, meaning it takes blood sugar to an almost perfect level, so use that to sweeten your tea and you can bid adieu to the afternoon energy crashes and moodiness. Bonus: Stevia is also an antibiotic, strong antioxidant (5 times more powerful than green tea), great detoxifier and immune enhancer.

But to take it even one step further, consider this: In nature, the real natural sugars and carbs we were meant to ingest and thrive on are vegetables--lots and lots of veggies. The sugars in veggies are protected by the vegetable fiber and are delivered into the bloodstream in a slow and steady fashion. So, to truly protect yourself from pre-diabetes and the many risks associated with it, you simply cannot eat enough veggies.

4. Are Your “Healthy” Beverages Silently Spiking Your Blood Sugar?

You'll be surprised to know that your “healthy” beverage is often just packaged sugar with a healthy label that's delivering a massive sugar surge to your body. Let's look at exactly how much of the sweet stuff is packed into the drinks that “keep us going.”

- A bottle of Vitamin Water—touted as a healthy way to hydrate--has 33g of sugar. It's basically sugar water mixed with synthetic vitamins and can deliver a serious jolt to anyone's brain



chemistry and blood sugar.

- 8 ounces of Tazo iced tea contains 19g of sugar. But here's the catch: Who drinks just 8 ounces? The serving size says 8 oz but the bottle itself is 16 oz so you're getting double the amount of sugar.
- The 24 oz Starbucks Venti Iced Green Tea has 51 g of sugar – yes green tea is healthy, but not the iced versions found in most commercial stores or served in restaurants.
- 8 ounces of orange juice: out of 27 grams of carbohydrate, 24 of them are sugar. It's all SUGAR!
- 8 ounces of lemonade: out of 30 grams of carbs, 28 of them are sugar.
- 100% Pomegranate juice (8oz): 36 grams of carbs, 31 grams of sugar. Surprising, right? It's still a ton of sugar.
- Even home-made juices with no added sugars pack a punch because when you squeeze the juice out of a fruit, the fiber that slows down the absorption of the sugar is removed, and what you are left with is a juice of mostly sugar.



Solution

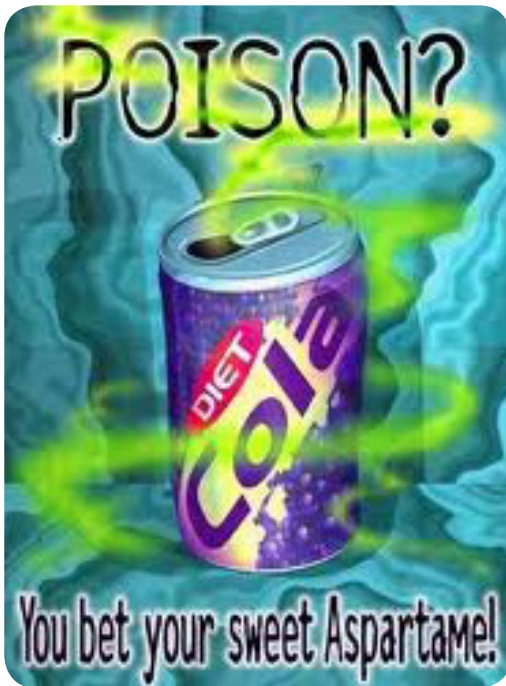
Skip the sugar-laden beverages and hydrate with pure water. Some people like bottled water, while others prefer filtered water. The key is to like the taste of the water you are drinking, and the water should agree with your body. If the taste of plain water is unappealing, experiment to see how you can make it tasty and drinkable. Try adding a few mint leaves, a wedge of lemon, a sprig of parsley, slices of cucumber, a twist of lime or a squeeze of orange to make water more tempting, or to jazz up your routine. Herbal caffeine free teas, like Rooibos, Ginger and Peppermint are also great options.

If you're planning a hot yoga session or an all-day hike in the sun, stay away from commercial sports drinks like Gatorade, and try my simple home-made sports drink made with a pinch of salt, 1/2 teaspoon raw honey and juice from a quarter of a lemon. The salt is more hydrating than plain water because your body will hang on to it and it'll stay in your tissues. In addition to helping you retain water, salt stimulates thirst, so you're likely to drink more. And the honey, a source of energy-boosting carbohydrates, adds a touch of sweetness which makes it a delight to get your daily dose of H₂O.

If you're into juicing, you'll be in good shape if you juice mostly vegetables with one or two low-glycemic fruits such as green apples or berries for a hint of sweetness. Or another option is to substitute your juicer with a blender that uses all parts of the fruit, including fiber, skin, seeds and all and the resulting smoothie is a healthier option that keeps your blood sugar on an even keel.

5. The Great Fake Out: Nix The Artificial Sweeteners, Colorings And Preservatives

You may be tempted to swap sugar for artificial sweeteners, but these can damage your health even more quickly than refined sugar. In fact, there are already hundreds of published studies linking artificial sweeteners like aspartame and sucralose , widely used in diet soda and many other diet foods, to increased belly fat, tumors, neurological disorders such as MS, skin disorders and symptoms of cerebral palsy.



Artificial colors and flavorings such as food dyes and MSG are also known as “excito-toxins” because they excite our brain’s neurons to be overly active, and can even cause them to die. Consuming these additives has been linked to neurodegenerative diseases and mood disorders.

Solution

Stay far, far away from preservatives, flavor enhancers, aspartame, and food colorings by avoiding processed, colored foods and artificial sweeteners. Red velvet cakes and blue ice cream may be a visual treat but they'll spike your blood sugar and bring on a black mood faster than storm clouds bringing rain.

Eating out tip: Tell your server you're sensitive to MSG or order steamed/grilled foods with sauces on the side. Also, skip the diet soda and replace with sparkling water

I hope this free report has provided some eye-opening insights into how your “healthy” diet is fueling your cravings, but information is not transformation...

I’ve developed a proven system, including bite-sized diet/lifestyle changes along with targeted herbs, supplements and laser coaching-sprinkled with compassionate support and accountability-to ensure your sweet victory sans sugar.



Are you ready to gain freedom from sugar's grip on your weight, energy and mood in ways you never thought possible?

Stop Struggling...

Begin now by scheduling your complimentary 30-minute sugar strategy session with me today by emailing **rmeer@zen-trition.com** or simply call **949-709-4539** to get a sweeter life sans sugar!

About Rupina Meer



Rupina Meer, Certified Holistic Health Coach (CHHC) received her training from the acclaimed Institute for Integrative Nutrition and is certified by the American Association of Drugless Practitioners (AADP). Health Coaches from Integrative Nutrition's training program learn from luminaries in the field of health and wellness including Drs. Andrew Weil, Mark Hyman, and Deepak Chopra to name a few. Rupina's training is at the intersection of nutrition science and personal growth. A holistic approach to looking beyond the food on your plate to lifting the veil on what nourishes your heart and soul. She integrates nutrition with relationships, career fulfillment, physical exercise and spirituality as those all vital forms of nourishment that feed us on a much deeper level than ordinary food.

Rupina's education has provided her with multidisciplinary training across a 100 major dietary theories--from macrobiotics and Ayurveda to raw foods—but she really practices the concept of bio-individuality, tailoring her nutrition counseling programs to each individual's unique body, age and lifestyle. Rather than dwelling on calories, carbs, and lists of good and bad foods, she works with her clients to make bite-sized diet and lifestyle changes that create sustainable results. Rupina's mission is to help busy professionals, Mothers, and women in transition get radically honest about the relationship between what they eat and how they feel so that they can look and feel great from the inside out without diets, deprivation or dogma.



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