

STEWART CHIROPRACTIC NEWS

Taking charge of your health!

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TO ATKINS OR NOT TO ATKINS



I cannot go through a day without reading in a magazine, hearing on the radio, or seeing on TV, some type of ad promoting low-carb foods or Atkins approved food. An Atkins type diet is very popular at this time. I have talked to many people who have indeed lost weight on this diet. However, the diet as originally set forth has a couple of problems.

First, our culture has lost its principal food: whole grains. Today, meat and dairy products have replaced whole wheat, oats, and brown rice. Although no food is nutritionally complete, a balanced whole food plant-based diet covers all the nutrients

needed for good health; including all protein needs. The whole food plant-based diet consists of mostly whole grains, vegetables, seeds, beans, and other foods such as fruits, nuts, and some fish. Interestingly, Americans have moved to a high protein, animal food diet to lose weight when the thinnest people on Earth eat high-starch, low animal protein diets!



As the diet craze continues more and more people are reporting to their doctors or going to the emergency room for everything from kidney and liver problems to diabetic type induced comas.

What Dr. Atkins should have said and finally did say, many years after the diet was introduced was that we should be eating a low **refined carbohydrate** diet. This means we should be choosing whole foods (grains) over processed foods. Processed foods, such as white rice, pasta, or packaged bread, have a high glycemic index. The glycemic index measures how fast a food raises your blood sugar. Foods



with a high glycemic index rating raise blood sugar quickly for a brief period of time, while foods with a low rating raise blood sugar more gradually and to a lesser extent.

Foods with a high glycemic index cause an increase in blood sugar. A quick increase in insulin causes the insulin to convert the sugar into a stored form of fat known as triglycerides. This also alters the body composition, decreasing lean muscle mass and increasing fat tissue. This means that high glycemic index foods, low fiber, high sugar, actually make you fatter. High glycemic index foods spike insulin levels then fall quickly leaving you hungrier and eating more as well. Most Americans are eating nutrient-poor, calorie-dense foods that contain lots of salt and fat. We are eating over-processed foods in which most of the nutrients, especially the fiber, vitamins, and minerals, are washed, fried, or cut out.

Most people turn to dairy and meat as their protein source. I have already devoted a previous newsletter to the problems associated with mild consumption. Meat, particularly beef, is very acidic which leaches



out calcium and other minerals. Meat also has no fiber. By eating greater amounts of protein, the theory states, the body will resort to burning fat for energy. While this is true, the body is not able to exclusively burn fat. The body will burn fat as well as carbohydrates; or if carbohydrates are not present, the body will break down protein for energy. The by-product of protein breakdown for energy is acetone. This is very toxic to the body. It is similar to what happens to a diabetic when they go into a diabetic coma. Rather than trying to outwit the body into something that goes against nature, if we just eat healthy food, we won't get fat! If you are overweight, and start eating a healthy plant-based diet, you will lose weight.

A study conducted in Israel and published in the August 1986 issue of the Journal of Clinical Gastroenterology shows that vegetarians tend to weigh less than meat-eaters, even though vegetarians consume more calories and carbohydrates. Another study of more than 5,000 people showed that vegetarians are thinner than meat eaters, have 31-36 percent less body mass. In the study, published in May 1998 in the Journal of the International Association for the Study of Obesity, researchers concluded that this may be partly due to a higher intake of dietary fiber and less animal fat.



If we can remember to eat lots of fresh fruits, vegetables, whole grains, and tree nuts, then we don't have to worry about getting fat or losing weight.



DR. KEVIN L. STEWART takes pride in the 10 years he has offered skilled chiropractic care to his clients. His

commitment to his patients and their health keeps him abreast of the latest technologies as well as advances in patient care. In accordance with his commitment to patient comfort, satisfaction and convenience, Stewart Chiropractic is open 5 days a week and provides emergency care 24 hours a day, 7 days a week. In treatment programs, prescribed gentle adjustments, advanced techniques, modern diagnostic and therapeutic equipment are

**combined to attain optimum
patient care.**