



*Take Control Of Your Life With Hypnosis:*

*Eliminate negative habits; Create healthy changes; Achieve optimal well-being.*

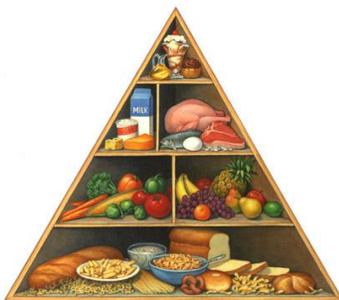
Hypno-Healthgram: Issue 31

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**Eat to LIVE!**

In previous Hypno-Healthgrams I have researched and written about two issues that connect with this month's topic. In August 2011, *Sugar: How Sweet It Isn't* warned of sugar's toxicity in our bodies. In 1957, Dr. William Coda Martin, while trying to determine when a food was a food or a poison, classified refined sugar as a poison, because it has been depleted of its life forces, vitamins and minerals. What is left consists of pure, refined carbohydrates which the body cannot utilize without the depleted proteins, vitamins and minerals. In the 2010 *Health Now Wealth Forever* article titled "The true Cause of Obesity, Heart Disease and other Diseases of Western Society The Toxicity of Sugar," the author suggested the solution to our nation-wide obesity epidemic is not the USDA recommended low-fat, high-carb diet, which makes all the diseases worse. Our diets need more fat and protein, less sugar and carbohydrates. In September 2011, *Acid-Alkaline Balance* warned that over-acidity, a dangerous condition that weakens all body systems is very common today, because the typical American diet is very high in acid-producing animal products and sweets and too low in alkaline-producing fresh vegetables.

Now, new research-backed warnings are challenging long-established beliefs about what we eat. Think of the basic food pyramid that has been championed by the likes of the Food and Drug



Administration, the American Medical Society, the American Dietetic Association and countless medical professionals and nutritionists. Sweden's National Board of Health and Welfare introduced the first basic food pyramid in 1974 and the United States followed suite in 1992. [1] The broad base of the pyramid contained grains, bread, cereal, and pasta – the high- carb foods (6 – 11 daily servings); the second tier included fruits and vegetables (fruits 2-4 servings; vegetables 3-5 servings); the third dairy products (2-3 servings) and meats and fish (2-3 servings); and the top sugary foods (sparingly).

The pyramid represents a high-carb, lower protein and low fat diet.

Among those challenging the high-carbohydrate, low-fat diet is Dr. Robert Lustig, whose latest book is *Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Diseases*. He suggests that we have been thoroughly misled by conventional dietary advice. “Still today, many doctors, nutritionists, and government health officials will tell you to avoid saturated fat and keep fat consumption to below 10 percent while keeping the bulk of your diet, about 60 percent, as carbs. This is madness, as it’s the converse of a diet that will lead to optimal health.”[2] Dr. Mercola explained this more in his online article, *Ketogenic Diet May Be Key To Cancer Recovery*. A ketonic diet recommends eliminating carbohydrates and replacing them with healthy fats and protein. The idea is that because cancer cells thrive on glucose, cutting out carbs, which get converted to glucose in the body, starves the cancer cells. Increased protein then helps reduce the growth of cancer cells. Dr. Mercola strongly suggests that **“This type of diet, in which you replace carbs with moderate amounts of high quality proteins and high amounts of beneficial fat, is what I recommend for everyone, whether you have cancer or not.** It’s simply a diet that will help optimize your weight and health overall, as eating this way will help you convert from carb burning mode to fat burning mode.” [3] He concludes with: “Severely limiting sugar/fructose, processed foods of all kinds, sweetened beverages (as well as diet versions), and replacing carbs with healthy fats and quality protein can do what no medicine can – it can prevent disease from setting in, and may even by the U-turn you’re looking for if you’ve been diagnosed with cancer or other chronic disease. Add to that appropriate sun exposure (vitamin D), sleep, effective stress management and regular exercise, and you’ll be well ahead of the rest of the population.”[4]

In 1990, Diana Schwarzbein, M.D., was hired by a prestigious medical clinic to treat patients with type 2 diabetes. Through experimenting and patient feedback, she came to realize that: “by recommending a high-carbohydrate diet, we were giving sugar to diabetics. All my type 2 diabetic patients returned with the same observation. The ADA diet was causing their blood sugars to rise to dangerous levels.” [5] She put her patients on a zero-carbohydrate, no sugar diet and encouraged low-fat consumption. When the ones who indulged in formally forbidden fats, like real mayonnaise, cheese, eggs, and steak every day, made the most progress, she added ample fat to the program. Following the revised diet, the patients’ blood sugars normalized and they were able to eliminate insulin and other drugs for high cholesterol and high blood pressure. They lost body fat, gained muscle mass, and felt terrific. [6]

Another accolade comes from the author of the online wellness mama site, who says: “Grains are not healthy and are toxic to the body. Studies have shown, just as I have seen in work with my own clients, that a no-grain diet can lower cholesterol and blood pressure, reduce inflammation, promote weight loss, alleviate dermatitis or acne, end digestive disturbances like heart disease, increase fertility, and dramatically increase energy levels.” [7] Dr. Mercola states that all body cells are fueled by glucose. But when we drastically reduce sugar and carbohydrate intake, and replace them with protein (from high quality, organic/pastured sources only, at ½ gram per

pound of body weight) and healthy fats (No Trans Fats) from olives and olive oil, coconut and coconut oil, butter made from raw, grass fed organic milk, organic raw nuts – especially macadamia nuts, organic pastured egg yolks, and pastured meats, and avocados) – our bodies start using fat for fuel. [8]

[1] Wikipedia.org/Food Guide Pyramid

[2] <http://articles.mercola.com/sites/articles/archive/2013/03/10/ketonic-diet.aspx?cid=20..3/10/2013> p3

[3] Ibid: p 1

[4] Ibid

[5] The Well Being Journal (pub. in Carson City NV), “Diabetes: A Silent Epidemic, p 4

[6] Ibid

[7] <http://wellnessmama.com/575/how-grains-are-killing-you-slowly/> p 4

[8] Mercola, p 4

### Health Tips

## Gift Certificate

Print this certificate and bring it with you to receive

**\$25**

off the cost of your initial appointment with

Hugh Sadlier, M.Ed., BCH

Board Certified Hypnotherapist

at

*Hypno-Health*

### HEALTH TIPS

You can find helpful suggestions from Dr. Christiane Northrup about the benefits of regular exercise and starting an exercise program at:

[http://www.drnorthrup.com/womenshealth/healthcenter/topic\\_details.php?topic\\_id=87](http://www.drnorthrup.com/womenshealth/healthcenter/topic_details.php?topic_id=87)[http://www.drnorthrup.com/womenshealth/healthcenter/topic\\_details.php?topic\\_id=86](http://www.drnorthrup.com/womenshealth/healthcenter/topic_details.php?topic_id=86)

Much more information about stretching can be found by doing a search for **stretching exercises**. Look especially for what kinds of stretches are best for your activity. Remember: after working out is the best time to stretch.



Happy Health!

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**Remember:** *Hypnosis can be done in the office, by phone and via Skype.  
You can access previous newsletters at [www.hypno-health.net](http://www.hypno-health.net)*