

# Does Cutting Carbs Really Work – Part 1 of 6

'Diets' with names like Atkins, South Beach, Hampton, etc., took a fundamental part of sound nutrition and walked a couple steps off the plank in the effort of all such diets – to find the 'magic key' that will unlock lean living. Weight loss centers have worked in our new 'evil' word (carbs) as have food manufacturers and fast food companies. Even the pharmaceutical industry has jumped on the bandwagon with the release of magic pills that will block the absorption of carbohydrates in the body. The big miss in assuming that a carb is a carb is a carb. The second big miss is assuming that what works for one person will work for another. In forthcoming articles, techniques will be discussed to help determine how to best determine your own personal fuel mix, but for this series, the different types of carbohydrates will be examined and what affect they have on the body. In part one of this series, we're going to take a look at one specific class of carbohydrates – the monosaccharides.

Did you know that your brain uses 80% of available glucose (blood sugar)? After hearing that, it makes a little more sense why some people get grumpy if they haven't eaten for a while. Did you know that some carbohydrates act as they taxi to get protein into the muscle tissue of the body? So if carbs are cut down or eliminated, the body's ability to repair and build muscle tissue will be cut off. One last bit of terminology here that will come up again – glycogen is stored glucose (blood sugar). Those glycogen stores become very important as we go through the day at various levels of exertion. Here's the kicker with this information – if there aren't enough carbs coming into the body, the body will have to essentially reverse engineer glycogen out of proteins. That means that proteins that are eaten don't even get a chance to do what they are best at doing – growing and repairing muscle tissue.

On to monosaccharides, the first class of carbs we're going to look at. Mono means single and a saccharide is a sugar, so monosaccharides are simple sugars. Here's some examples - glucose (blood sugar), fructose (fruit sugar), dextrose (really another word for glucose), etc. By the way, you can thank the Egyptians for bringing refined sugars to us, which made more complex carbohydrates more simple. Simple carbs are broken down for energy very quickly in the body, which generally causes a spike in blood sugar which triggers an insulin spike which triggers a fat storage response and sometimes the cravings for more sweets. Simple sugars aren't all bad, as they are actually the building blocks for more complex sugars. Sadly, our body doesn't really spend time putting sugars together, it just loves tearing them down for energy.

In general, the simple sugars we eat aren't very good for us, and if any type of carbohydrate should be minimized in our diets, it's monosaccharides. Here's some keys to watch out for when scouting for simple sugars...

- Be careful with tropical fruits – they tend to have higher sugar contents that can disrupt some people.
- Look out for juices or drinks that say 'from concentrate' – that means, from syrup!
- Try to avoid adding sugar to food, especially in coffee or teas.
- Look at the sugars section of the nutritional label – if most of the carbs come in the form of sugars (especially in low fat foods), it's something to be minimized.
- Moderate ice cream intake – it's easy to pack sugars in to this calorie-dense treat.

# Streamline Personal Training's Fitting Fitness In™

"Insider Tips for More Enjoyable Living..."



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## Four Secrets to Getting Lean!

With all the products, fads, diets, and supplements on the market today, it's not a wonder that many companies are cashing in on America's need to be lean. Sadly, most of the products and techniques available are sacrificing health for the sake of weight loss. Here are four secrets that will not only get you leaner, but will make you healthy at the same time!

1. Cardio isn't the key! That's right, you read correctly. If cardio was the key to looking amazing, the people that live on the treadmills at health clubs would be on the cover of fitness and health magazines everywhere. Take a look at the physique of a marathon runner compared to a sprinter – which looks healthier? Moderate cardio helps to temporarily increase metabolism – the trade off is the release of a stress hormone called cortisol, which can block the hormonal repair pathways of the body. Take it easy with cardio and think moderation.
2. Dieting isn't the key! Cutting calories significantly limiting or some component of a healthy diet (protein, carbs, fats) is a depletion method of losing weight. The weight comes off for sure since the body is put into a state of virtual shock, it strips down muscle mass quickly to keep up with the rigorous demands placed on it. Body composition tests taken before and after someone has followed a diet like this show that while weight was indeed lost, the body fat of the individuals stayed the same. While pounds were shed, these people have really trained their bodies to put fat back on faster!
3. Get toned by lifting more weight! Sticking with dumbbells that are five pounds or less doesn't trigger an adaptive response in the body. In order to get the body to respond the best, it needs to have that 'whoa' response when exercising. Muscle tone is tension while at rest. In order to get tone, we need to apply more tension to the muscle. Challenging the body and becoming a power lifter are two very different things – don't be afraid of using a little more weight. Heavier is different from just plain heavy.
4. Watch the 'empty calories'! This is a term that generally refers to refined sugars or quickly absorbed calories that are eaten alone. Pop, fruit juices, crackers – they're sugar bombs waiting to happen. Eat or drink them and you risk triggering a fat storage response. Try to choose water whenever possible or balance your meals with a good mix of quality proteins and carbohydrates. (Don't worry about the fat – it will find a way into your diet.)

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### Come Across An Interesting Diet, Weight Loss Or Fitness Product?

No need to guess if it's worth trying or wonder about its effectiveness. Just call me at (847) 276-7132 and I'll tell you...with no hassles and no obligation.

## Can Coffee Help You Lose Weight?

With ephedra banned and manufacturers looking for more ways to promote the 'easy way to get thin,' caffeine has popped up in many supplements and sports drinks as a thermogenic agent. (Thermogenic is a fancy word for producing a heat response or calorie-burning response.) In some cases, I've read articles that encouraged people to have a cup of coffee each morning to make sure their metabolism got a kick start. So let's take a look at the hard facts and see if coffee (or other forms of caffeine can help you lose weight).

True or False – coffee can help you lose weight. True... and false. Okay – like most things in the world of health and fitness, it's just not as simple as a true or false statement. The caffeine in coffee can trigger a thermogenic response in the body, that is true. This thermogenic response can result in a temporarily increased metabolic rate in the body. Therefore, it is logical to say that drinking coffee can help you lose weight. Now let's look at what the articles aren't stating. In a limited scope view, looking at any food, drug or supplement for what it can do in certain laboratory tests is sort of missing the big picture potential effects. In the case of caffeine, there are a couple 'side effects' that might outweigh any perceived benefits of its thermogenic properties. Obvious side effects are an increase in cholesterol levels, a decrease in blood iron levels and general excitability or an inability to concentrate. Now – here's the stuff that isn't so obvious...

- Caffeine is an irritant to the human digestive tract. Interestingly enough, the body **never** gets used to it. It can cause the intestines to go into convulsions and move everything through faster than normal to expel the irritant. This can cause food to be pushed through without all the nutrients being absorbed from it. It can also cause the digestive tract to start to behave improperly, which can trigger a reflex nerve reaction into the abs, actually making them stick out instead of being nice and flat.
- Caffeine taxes the adrenal glands of the body, causing the body to have heightened levels of adrenaline and cortisol, two hormones which sacrifice the muscle repairing and building talents of the body for performance. (There's a price to pay for pushing the pedal to the metal.) Over time, the adrenal glands get so abused by the consistent use of an external stimulant that they cease to function on their own. This is like getting burned out in a job – feeling tired and run down and unable to get motivated. In some circumstances, this can lead to chronic fatigue syndrome or other adrenal-related problems.

When you are confronted with a claim in an advertisement, article or research results, remember to keep in mind the big picture. If you can't seem to figure out if something will affect you positively or negatively, give me a call at (847) 276-7132 and ask me – I'd be glad to answer your question or research it and get back to you.

### The Cheesecake Comparison Test™

Want to figure out if a particular meal is better or worse for your body? There's a simple little test that can help make the decision for you. Simply take the total number of calories in a meal and divide it by 330 (the number of calories in a piece of Eli's® Original Plain Cheesecake). Here's an example...

A Culver's® Chicken Filet Extra Value Basket with a regular chocolate shake substituted for the soft drink is 450 calories for the sandwich, 340 for the fries and 780 for the shake. That comes out to a whopping 1570 calories for one meal! (Consider that most people need 2000-2400 calories in a day and it's mind blowing.)

The Cheesecake Test rates this meal as a **4.75**. That means that eating the Culver's® meal is the same as consuming 4.75 pieces of cheesecake. Whew – that's a lot!

## Peak Performance!

In this month's newsletter, the topic is control. In order to remove stress from our lives and to operate at a peak performing state, it is critical to evaluate where we have and where we don't have control. A good deal of frustration in people's lives these days comes from focusing on situations where we don't have any control. Believe me, if the inhabitants of Florida had any control over their weather, you can bet they wouldn't be requesting any more hurricanes! Yet people get stuck on topics just like these.

Test yourself by listening to those around you and try and see if it's something they have control over or don't have control over. Then take the test on yourself – the more you can focus on those things you have control over, the more you'll be heading toward Peak Performance!

"Worry is as useless as a handle on a snowball."

- Mitzi Chandler

## Funky Facts...

↳ Did you know that American food manufacturers make more than 3000 calories per person per day? Most people need about 2000-2400 calories per day.

↳ The first product to ever have a barcode was Wrigley's gum!

## I'd Love to Hear From YOU!

Whether your goal is to lose weight, get in the best shape of your life, or anything in between, I can help you.

I'd love to hear from you – even if you just want to say "Hi!"

I'm full of energy, and people tell me – a pretty fun person to talk to. So please don't hesitate to call me up with any questions you have about health and fitness related issues. There's never any pressure and no obligation. I'm a resource...and a friend!

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## Why Even Try to Be Fit?

What a great question – one we should all ask ourselves. With all the pills & products, lotions & potions, powders, bars, diets & memberships, it's no wonder people don't want to spend the time, money, and energy to get fit. Heck, if getting fit and looking great were easy, not only would everyone be doing it (as Laila Ali states), but everybody would have gym memberships and be looking amazing. The truth of the matter is this: if you want to be the best at anything, whether it's the best in the world or your personal best, it takes a lot of hard work.

Forget about working smarter for anything. Until you're ready to work hard at being fit (or anything else), there's no way to work smarter. The challenges of life are not about achieving the goal. The challenges of life are really about who you become in the process of reaching your goal. The goal is the target, but the steps you take to reach the goal are the path that shapes your life.

So why even try to be fit? Try for what it will make of you in the process. Adopting a fitness lifestyle is not something that happens with the drop of a hat. The discipline and personal reprioritization that happens while getting fit spills into every aspect of life. The transformation of self is as much an internal process as external. As with life, fitness isn't a destination, but a journey – live the adventure today!

### Simple Beginnings...

Did you know that Clint Eastwood was a college dropout (business major) and he didn't become a star until *The Good, The Bad, & The Ugly* (the third in a series in which he starred) in 1966?

Early on, Clint was on leave as a G.I. and his plane crashed into the Pacific Ocean. The steely-eyed Eastwood swam three miles to shore and was later made boot camp swimming instructor. Encouraged to try acting by two of his Army buddies, David Janssen and Martin Milner, he landed a contract at Universal Studios in 1954, earning 75 USD a week playing bit parts in B-grade movies like *Revenge of the Creature* (1955) and *Tarantula* (1955). He was dropped when some studio execs decided his Adam's apple was too big.

The determined Eastwood swallowed his pride and, over the next few years, he dug swimming pools between playing bit parts in movies and on TV. While visiting a friend at CBS, Eastwood was spotted by a network exec who cast him as cattle driver Rowdy Yates in the long-running western series *Rawhide*. That, in turn, led to spaghetti stardom in a string of Sergio Leone westerns, beginning with *A Fistful of Dollars*. And the rest is history...

## Thanks For the Kind Words

"I thought [personal training] would be good, but it was way better than I expected. The flexibility I gained is incredible, especially in my left shoulder. Thanks for a great start to a healthier life."

- Tom Baber