

Nutrition

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The recommended training diet of high carbohydrates, moderate protein, and low fat intakes can maximize your ability to perform.

Carbohydrates: are usually referred to as simple or complex. Simple carbohydrates are refined and concentrated sugars such as white and brown sugars, fructose, honey, maple syrup and concentrated fruits juice sweeteners. Complex carbohydrates are found in whole grains, breads, pastas, cereals, dried beans, potatoes and other vegetables.

Fat: plays an important part in endurance exercise. A fat intake of 10 to 30% of total calories is needed to carry fat soluble vitamins, insulate and protect vital organs, and supply essential fatty acids for various metabolic processes.

Protein: may contribute up to 10% of the energy used for exercise when muscle glycogen stores are low due to prolonged exercise or inadequate levels of carbohydrate in the diet. However, unlike carbohydrates and fat, protein is an inefficient and expensive source of energy.

Eating and drinking the right amounts of the highest quality foods prepares any individual, both physically and mentally, for the best chance of reaching his or peak performance. Not only do fluctuating energy levels, fatigue, moodiness, and susceptibility to illness and injuries diminish accordingly but for athletes record times and distance can also improve.

BALANCED EATING: THE KEY TO OPTIMIZING BODY COMPOSITION

The most powerful tool in controlling body composition and restoring or maintaining health and vitality is to improve your lean-body mass to fat-body ratio by adding more muscle to your body.

In order to accomplish this, 2 crucial hormones, insulin and glucagon, must be balanced through consuming balanced meals of protein, carbohydrates and fats through out the day.

A balanced meal is a meal that has all three of the major macronutrients present: carbohydrates, fats,

and proteins. Each meal should contain approximately 30% protein, 40% wholesome complex carbohydrates and 30% healthy oils. Each persons minimum requirements and needs however are different.

Balancing your meals favorably influences these critical hormone pathways and you will experience a noticeable improvement in the way you feel and the way your body looks. As an extra benefit, this process can literally reduce acute or chronic inflammatory conditions existing in your body.

Always consult a doctor or nutritionist to determine what supplements are right for you. They can help you choose the right combination and dosage.



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HOW THE BODY REACTS TO A BALANCED MEAL

Lets follow a balanced meal through the body to see how it affects insulin production. Insulin is directly impacted at all times by the type of food you put in your mouth.

1. Remember, a balanced meal is one that has all three major macronutrients present. (The process of digesting a balanced meal requires more energy from the body than digesting an imbalanced meal, so the body will also burn more calories.)
2. For up to 4 hours after you have eaten, small amounts of the digested food from the balanced meal will enter the portal vein (located between the small intestine and the liver) and then enter the liver.
3. The glycemic index of the balanced meal (a rating of the foods based on their blood glucose and insulin raising potential) entering the portal vein triggers the pancreas to secrete insulin. The higher the sugar content of the meal, the higher the amount of insulin secreted. If you eat a balanced meal, a low amount of insulin is released due to the complex nature of the meal.
4. After, the nutrients are sent to the liver for sorting. One of the liver's responsibilities is to lightly regulate how much sugar (glucose) passes through to the blood supply and on to the brain. The brain is also a very strong trigger of muscle breakdown. If sufficient amounts of blood glucose are not present in the blood stream at all times, the brain will send messages to muscle to breakdown to provide the "fuel" it needs to function.
5. The pancreas secretes a relatively low amount of insulin when you consume a balanced meal, and this aids the liver to do its job effectively.
6. By eating balanced meals every time you put food in your mouth, you will keep the body working at its optimum.

FAD DIETS.....

The secret of staying young is to live honestly, eat slowly and lie about your age.

Atkins Diet

The cornerstone of the Atkins philosophy is a four phase eating plan, in conjunction with vitamin and mineral supplements and regular exercise. The main component of this diet is severe restriction of carbohydrates. This includes foods with sugars, bread, cereal and some starchy vegetables and pasta.

South Beach Diet

The South Beach diet teaches you to rely on the right carbs and the right fats and enables you to live quite happily without the bad carbs and bad fats. This diet was originally created for overweight heart patients by cardiologist, Dr Arthur Agatston.

Dr. Phil Weight Loss Solution

This weight management plan aims at healthy thinking as well as healthy eating. Dr Phil believes this is good because healthy thinking leads to happiness.

The Zone

This diet was created to follow a simple formula of 40% carbohydrates, 30% protein and 30% fat. This formula must be followed at every meal.

