

HEALTHLINES

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Chad's Corner

Who's sick, besides me, of the media's barrage of low carbohydrate diets? Well, in this issue of Healthlines I "sound off" on this controversial topic that has taken our nation by storm. Have I actually tried the low carbohydrate approach to weight management? The answer is yes, along with just about every other "diet" out there. Actually, over the years I've experimented with numerous fitness and nutrition philosophies. For a closer look at this topic read my take on the low carbohydrate phenomenon.

Congratulations are in order for Joella Galetti (formerly Evans) who was married on October 16th in Champaign, IL. Joella's wedding was absolutely perfect in my opinion: short and sweet! Joella and her husband, Steve, took their honeymoon in the Sonoma and Napa Valley regions of California. Best wishes to Joella and Steve!

Body Symmetry's Springfield facility recently hired 2 new trainers, Blake Graham and Theresa Well. Both Blake and Theresa formerly ran their own private fitness training business'. Blake is certified through the International Sports Sciences Association (ISSA) and Theresa through the American Council on Exercise (ACE). Both would welcome the opportunity to meet and work with any of your family or friends.

I am also pleased to announce that Body Symmetry's Champaign studio will be moving to a larger facility sometime in the month of November. Our new facility will be located next door to the Body Quest store on Mattis Avenue in Champaign. For our Champaign clients, please bare with us as we attempt to make the transition as smooth as possible for everyone. Please feel free to voice your concerns with me at any time.

Finally.....our new and improved web site is just about finished. We hope that it will be easier for everyone to view and navigate through. The web consultants that have assisted me have promised, that in the not too distant future, video streaming will be much more user friendly. I believe this is our next step, which will allow us to eventually create an even better interactive web site for our clients and the rest of the public to view.

As always, thank you for allowing Body Symmetry to be of service to you.

Yours in Health, Chad Marschik

High-Carbohydrate Diets *by Chad Marschik, C.S.C.S.*

I can't remember what came first: high-carbohydrate diets, low carbohydrate diets, fat-free diets, grapefruit diets, cabbage soup diets, high-protein diets, fat busters, and the list goes on! I'm waiting for the "All-you-can-eat-at-Old Country Buffet diet". I think that will be *my* favorite! The low carbohydrate/high protein diet is currently all the rage. From the New York Times best seller list to national magazines to infomercials to the Oprah Winfrey show, everyone's talking about it. It seems as if we have a national obsession with losing weight and rightfully so with 1 out of 5 Americans being clinically obese.

Not long ago I can remember a time in the fitness industry when nutritional experts preached about balance. This essentially consisted of consuming approximately 60% of your daily calories from carbohydrates, 15% from protein, and 25% from fat. Over the last 6 or 7 years I would say that I have been to nearly a dozen or so health/fitness conferences around the country and have read countless journals. The ratios I mentioned have basically remained the same though through the years, depending on ones activity level. More important to keep in mind is that not one of these conference presenters or research paper authors was selling a single thing. There weren't any books, guaranteed-to-work programs, special food, supplements, amazing gadget, or other fad being plugged. They were simply providing information. Information, mind you, that was fully researched and presented in a manner with no hidden agenda. The research spoke for itself. Whether the research touted a certain ratio of macro-nutrients (fats, carbs, proteins), micro-nutrients (vitamins and minerals), new-supplement or whatever, the information was simply presented.

The current question that everyone has been asking is whether or not this low carb/high protein diet really works? My answer is yes and no.....it depends. While I would agree with the statement that most people eat too many carbohydrates, I think we need to define the problem even further. Most people in our society eat far too many refined carbohydrates. Like the bread on a fast food sandwich, French fries, snack food products, most breakfast cereals, white bread, white rice, boxed or frozen dinner entrees and many canned goods. Refined simply means to process. Unfortunately, refined carbohydrates often times are devoid of many nutrients. Typically they are also high in fat, sugar and sodium content. The biggest culprit though is their high glycemic rating. Which means they cause an insulin spike (rapid increase in blood sugar). This leads to a rapid increase in energy followed by an immediate decline or "bonking" state. When this happens one may become disoriented or light headed, experience low energy and suffer from extreme hunger. Unfortunately this can sometimes lead to making hasty and poor food choices. Low glycemic foods tend to "stick" with you longer. It's kind of like an i.v. drip. They provide a steady stream of energy over a long period of time. Low glycemic foods help to stabilize blood sugar which helps negate food cravings. Examples of low glycemic foods are oats (in the canister), rye bread, beans, yogurt, dark green vegetables, most dark-grained foods, etc.... Most of these foods are unrefined and/or au natural.

There is a lot to be said for leading a balanced life and you could certainly say the same with regards to nutrition. Hopefully a logical person can see right away that a diet based primarily around consuming proteins and fats is a tad bit illogical from a health standpoint. By neglecting fruits, vegetables and grains (carbohydrates) one could expect to lose vital nutrients in their diets. Even *with* vitamin and mineral supplementation. What about all of the phytochemicals in fruits and vegetables. There is much that science has yet to discover about phytochemicals as far as their role in aiding in disease prevention.

I'm well aware of the problems our society faces on a daily basis as far as weight management issues are concerned. No one has time for anything, let alone preparing a healthy meal or exercising. It really boils down to a choice: eat fast/processed food or prepare your meals with a balanced approach. It is up to you!