



It's Not That Simple

Many people who are seeking a positive health and fitness change are very confused about the role simple sugar plays.

When you eat (or drink) a simple carbohydrate or a simple sugar - whether it is a can of soda, a scoop of fat-free ice cream, or even a glass of orange juice - all of the ingested sugar quickly rushes into your bloodstream. You typically feel a quick rush of energy. Your body then promptly reacts to this sudden spike in blood sugar by calling on the pancreas to produce additional insulin to remove the excess sugar from your blood. And for the moment, you have significantly lower blood sugar as a result of the insulin doing its job, resulting in a sense or feeling of needing more fuel, more energy and more calories. And as you hit that residual low blood sugar, you begin to crave more of the quick-release, simple sugars, and hence you have just initiated the sugar craving cycle.



As this downward cycle continues, your pancreas continues to secrete insulin while it simultaneously reduces its production of another hormone called glucagon. Glucagon production, as it relates to improving your body composition, is very important if your fitness goal is to lose excess body fat. Glucagon is the only hormone that allows stored body fat to be released into the bloodstream to be burned by your muscles as energy. And when the pancreas has to elevate its production of insulin while reducing its supply of glucagon, you are basically locking-in your excess body fat. Therefore, too much simple sugar intake dramatically hinders the process of reducing stored body fat.

American's consumption of sugar continues to rise year after year. So too, does obesity in our country. The correlation between increased sugar consumption and obesity is telling. When 16-20 percent of daily calorie intake is coming from sugar, Americans are not only locking in stored body fat, but also squeezing out the healthier, more supportive and nutrient-dense food choices. Sugar is the enemy of body fat reduction; and the enemy of a healthy, high energy lifestyle. So, do your best to reduce those foods that contain more than a few grams of sugar.

When checking your food choices that include simple sugars, start by looking for obvious ingredients on food labels that actually use the word "sugar", like brown sugar, sugar cane, and of course, just simple sugar. Also, reduce your intake of foods that have any form of "syrup" in their ingredients. For example, corn syrup, high-fructose corn syrup, maple syrup and glucose syrup. And finally, eliminate those ingredients that end in "-ose", like sucrose, glucose, lactose and fructose.

Avoid Simple and Get Complex

Complex carbohydrates, despite all the negative press they receive they are actually your body's preferred source of energy. When you consume the healthy complex carbs - the ones that have not been altered in a laboratory - they are broken down into glucose molecules and used as fuel or stored in muscle and the liver as glycogen. When the body has an ample supply of glucose fuel and glycogen fuel storage, it can run efficiently. You will then have the energy to function at your best and provided the material that your body needs to reduce body fat and reach your health and fitness goals.

Starchy carbohydrates, include food choices such as brown rice, baked and sweet potatoes, oatmeal, brown pastas and whole grains.

Fibrous carbohydrates include asparagus, broccoli, cauliflower, onions, mushrooms, spinach and peppers and can also be found in most varieties of dark green leafy vegetables.

"Remember that small changes over time will stack up on themselves...and eventually will bring you to a new destination of physical excellence".

What Patients Are Saying S. Snyder

Thanks to the front office staff for being extremely helpful with my admin needs. Most of all I want to thank my Physical Therapist. Not only was she a pleasure to interact with, I found her to be extremely knowledgeable and very attentive to my needs. She steered me towards a full recovery and sent me off with a ton of advice and information for my fitness future.

Thanks CACC.

I would like to express my sincere thanks to everyone at CACC Physical Therapy. I found the entire staff to be friendly and helpful at all times. Thanks to my PT Assistant for all of his care during my rehab.



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