

Safe, Easy and Permanent Weight Loss Tips

This is part 2 of a series of tips to help you lose weight safely and KEEP IT OFF PERMANENTLY! Part 1 was taking a high-quality probiotic. You need to balance your digestive system 'bugs' so the healthy ones outnumber the unhealthy ones. The unhealthy ones make you sick; the unhealthy ones make you FAT.

Now we need to stop feeding the unhealthy ones so they can be replaced by healthier ones. The main idea here is to starve the 'bad bugs' and deprive them of their primary foods. The primary food of the 'bad bugs' turns out to be the number one fattening compound in the world, whose average per capita consumption rate has risen from 10 pounds per year in 1820 to **100** pounds per year today. And that compound is SUGAR!

Sugar is addictive - some research shows it is several time more addictive than heroin or cigarettes. That is why we get "sugar cravings." Sugar, by itself, has no nutritional value, only calories. Sugar digests as fructose, which the liver converts to fat instead of using it for energy once the muscle cells are filled with glycogen (the sugar the muscles use for fuel in our high-carb society). Because of this, sugar can cause fatty liver disease and contribute to [metabolic syndrome](#). High sugar levels can cause [insulin resistance](#), a precursor of diabetes.

If that were not enough, here are a few more reasons to avoid sugar. Sugar is the primary food for cancer, which can be triggered by insulin resistance. Fructose does not satisfy the sugar craving - in fact, it increases the craving. Sugar causes high cholesterol and heart disease. Our bodies are not designed to handle sugar and carbohydrates in the quantity we consume today.

Sugar and Carbohydrates - Sugars (and fructose in particular) are the worst carbs we can consume. They have no nutritional value while causing fat storage and high blood sugar levels. Other carbs (starches and grains) cause similar blood sugar spikes and resultant rise in insulin levels, contributing to insulin resistance, which can easily lead to diabetes. By minimizing consumption of sugar, starches and grains, insulin resistance and metabolic syndrome can be reversed.

How do you accomplish this? Reversing Insulin Resistance involves some fairly strong measures. Avoid ALL processed foods, and eat 'single-ingredient foods'

(foods with only one ingredient, nothing else - other than seasonings – added), such as:

- Organic, lean meat and chicken
- Vegetables (preferably organic)
- Fruits (preferably organic)

Avoid 'white foods'. 'White' foods are either bleached with chlorine, (the remnants of which affect your 'gut' flora by killing off the beneficial ones) or highly processed with lots of sugar, such as;

- White rice
- White flour (and the goods made with it, such as white bread, cake, cookies, bagels, pasta, etc.)
- But not cauliflower, milk or cottage cheese
- Which are naturally white in color

Minimize grains such as wheat, rice, oats, barley, rye and corn, which spike blood sugar. If grains are eaten, ensure they are whole grains, for the added fiber and slower sugar absorption. Most wheat and soy is Genetically Modified (GMO) and contains higher levels of pesticide, which also end up killing beneficial gut bacteria.

Concentrate on eating foods that are high in fiber. Most Americans don't get nearly enough fiber in their diets. Fiber slows the absorption of sugar and starches, lessening blood sugar spikes. Fiber helps you feel full longer, minimizing hunger pangs so you won't feel the need to eat as much or as often. Fiber helps your digestion by "keeping things moving" in the digestive tract.

Foods rich in fiber include

- Whole fruits, especially berries
- Nuts
- Bran (the hull of grains)
- Beans
- Peas
- Green, leafy vegetables
- Squash

What next? View the video at: www.incoralspringsfl.com/loseweight Continue the series with the next presentation. Thanks for reading.