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YOUR LOCAL SOURCE FOR NATURAL HEALTH AND WELLNESS!

## Let's Talk About Carbs

by Dr. Matthew J. Karminski

Everyone knows that carbohydrates are on the food pyramid, and they are found in a variety of different foods, but what everyone may not know is that not all carbohydrates are created equal! A carbohydrate is one of the three macronutrients humans need for energy, the other two are protein and fat. Many times carbs are compared as simple carbs vs complex carbs, but I believe it makes more sense to look at them as whole vs refined carbs. Whole carbs are unprocessed and contain the fiber found naturally in the food, while refined carbs have been processed and had the natural fiber removed. Examples of whole carbs, which tend to be healthier options include: vegetables, whole fruit, legumes, potatoes, and whole grains.

### Why are refined carbohydrates bad for me?

When carbohydrates are refined, nearly all of the vitamins, minerals and fibers are removed, leaving only calories. Certain products like flour and sugars are refined and then "enriched" meaning that only certain nutrients removed in the refining process are added back into the product. In white flour, the kernel of the grain is processed to remove the germ portion. This removes about 33 nutrients. "Enriching" adds 4-6 nutrients back into the product. This creates the nutritive deficit. White flour is literally a sugar in itself, and where it is mixed with fats in processed foods, the fats are commonly hydrogenated and rancid, increasing your susceptibility to a number of disease processes.

White flour contains only 13% of the chromium, 9% of the manganese and 19% of the iron that is contained in whole wheat. Due to the fact that many of the B vitamins are concentrated in the outer parts of the grain, white flour is deficient in B vitamins. The germ of the wheat is a potent source of vitamin E. White flour consumption results in a high potential for vitamin E deficiency in those whose diet is inadequate for vitamin E sources and/or comparatively high in bread-stuffs.

Potassium Bromate has long been used to increase the volume of bread and to produce bread with a fine crumb (the non-crust part of bread) structure. Most bromate rapidly breaks down to form innocuous bromide. However, bromate itself causes cancer in animals. The tiny amounts of bromate that may remain in bread pose a small risk to consumers. Bromate is rarely used in California because a cancer warning is required on the label.

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Making healthy food choices starts at the grocery store, know what type of products you are buying!

"In 1992 and again in 1998, the FDA found baked goods that had bromate at levels the agency considers unsafe," said Center for Science in the Public Interest (CSPI) attorney Darren Mitchell. "But instead of banning the additive, as the UK and Canada have done, the FDA has tried—with only partial success—to get bakers to voluntarily stop using it." Buyer beware.

### Sugar Stats

- Sugar can suppress your immune system and impair your defenses against infectious disease.<sup>1</sup>
- Sugar upsets the mineral relationships in your body: causes chromium and copper deficiencies and interferes with absorption of calcium and magnesium.<sup>2,3,4,5</sup>
- Sugar causes a loss of tissue elasticity and function.<sup>6,7</sup>
- Sugar can lower your Vitamin E levels.<sup>8</sup>
- Sugar can interfere with your absorption of protein.<sup>9</sup>
- Sugar can change the structure of protein and cause a permanent alteration of the way the proteins act in your body.<sup>6,10</sup>
- Sugar can make your tendons more brittle.
- Sugar can cause headaches, including migraines.<sup>11</sup>
- Sugar can cause an increase in delta, alpha, and theta brain waves which can alter your mind's ability to think clearly.<sup>12</sup>
- Sugar can cause depression.<sup>12</sup>



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### How do I determine if something is a refined carbohydrate?

To tell if a carbohydrate food product is refined, you can look at the ingredients label. Ingredients are listed by weight, so the higher up on the list, the greater quantity of the ingredient. Refined carbohydrates are easily identified by such words as "enriched", "wheat flour" (as opposed to "whole wheat flour"), "corn syrup", "high fructose corn syrup", "sugar". These products are typically high in calories and usually very low in nutrients. Some examples of refined carbs include: sugar-sweetened beverages, fruit juices, pastries, white bread, white pasta, white rice among others.

"Unbleached, unbrominated wheat flour" can be a deceiver. Although this ingredient has not been bleached or brominated as is the traditional "white flour", it still has the germ removed from the wheat kernel leaving a less nutritive product.

### The Carbohydrate-Cancer Link

A study published in the journal Cancer Epidemiology, Mile Markers, and Prevention presents evidence of a link between the consumption of refined carbohydrates and cancer incidence. This controlled study looked at the

dietary habits of over 1,800 women in Mexico, and it found that women who got 57% or more of their total energy intake from carbohydrates showed a 220% higher risk of breast cancer than women with more balanced diets. The study found that foods with a high glycemic index actually accelerate the growth of tumors and cancerous cells in the body. Researchers involved with the study think that the seeming correlation between the consumption of refined carbohydrates and breast cancer could be related to elevated levels of insulin due to the fact that many breast cancer tumors are encouraged and supported by high levels of insulin in the body. It actually promotes many forms of cancer, including colon cancer.

Unfortunately, many people still do not know that consuming refined carbohydrates is believed to contribute to the incidence of cancer, and thus they continue to drink soft drinks containing high-fructose corn syrup, they continue to eat breakfast cereals loaded with sugars, and they continue to eat large amounts of white flour in products such as breads, pastries, cookies, and crackers.

It is recommended that you should avoid processed carbohydrates as much as you can. At the same time, you also avoid chemical additives that are found in processed foods, especially artificial sweeteners and chemical taste enhancers, to avoid trading one bad for another. The foods that you should be consuming to support outstanding human health are the same ones we've been talking about here for years, and those are natural foods found in nature, such as whole grains, nuts, seeds, vegetables, fruits, and healthy oils.

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### Diabetes, Cardiovascular Disease and Consumption of Refined Carbohydrates

Type 2 diabetes is indeed an epidemic of our time, affecting approximately 15 million individuals in the US alone, or almost 8% of the US population. Approximately 800,000 new cases were diagnosed in 2000, and worldwide, the number of people with diabetes is expected to rise from 135 million in 1995 to 300 million in 2025. Many do not know they have it until they've been properly tested.

High intake of refined carbohydrates enhances the formation of VLDL cholesterol, or "bad cholesterol" and reduces levels of HDL, the "good cholesterol". Many metabolic studies have shown that high-carbohydrate diets increase levels of fasting triglycerides as well as increase fat deposits by facilitating the conversion of excess carbohydrates to fats. High blood glucose and increased insulin output are associated with a high carbohydrate diet can also lead to high blood pressure, as well as inflammatory responses that are predictive of increased cardiovascular disease risk and can also cause digestive disorders and general discomfort.

Do you suspect you have diabetes or a circulatory disorder? Have you ever been tested for it? There are some simple tests we can do to help you take control of your health and help you focus on the weak areas in your system.

**Don't Guess About Your Health... Schedule a Nutrition Consultation Today!**

# Nutrition During Pregnancy

by Dr. Ashley Hammel

Whether it is your first pregnancy, your third pregnancy, or you are trying to get pregnant, nothing is more important for you at this time in your life than you and your baby's health. There is an abundance of information out there from books, magazines, articles, and the internet that can be helpful guides to follow for a healthy pregnancy. But at times you may find that they contradict each other or come to find out that it is just a sales pitch. So where do you go for the most accurate information on how to eat right, take the correct supplements, and avoid potential toxicities? Nothing tells you the truth more so than your own individualized testing. Before you start any supplement program it is important to get tested properly by an experienced nutritionist. However, there are some main guidelines that every pregnant woman should follow in which mostly are agreed upon by both the medical community and the holistic approaches. Let's take a further look into the nutrients which we are speaking of.



## High Potency Multiple with Iron

When purchasing a Multiple Vitamin look at the other ingredients at the bottom of the label. Are there artificial sweeteners such as aspartame, saccharin or sucralose? Are there artificial colors or dyes such as FD&C blue #1 or yellow #6? How about artificial preservatives? If it contains any of these ingredients, put it back on the shelf. Acceptable sweeteners are sucrose, fructose, stevia or xylitol. Monitor yourself for a few days when you start to take a new MVM. If you have stomach upset, it could be the sweetener being used.

Remember that a supplement is not a substitution for eating healthy foods nor is it a replacement for foods. It is, in fact, to enhance the quality of your food and

correct nutritional deficiencies caused by years of suboptimal eating and environmental exposures. Take your Multiple Vitamin with meals to avoid upset stomach.

Iron is recommended to be included in the Multiple Vitamin for the prevention of anemia and can be significant for mothers who are deficient. Anemia during pregnancy is especially a concern because it is associated with low birth weight, premature birth and maternal mortality.<sup>1</sup> Pregnant women are at higher risk for developing anemia during pregnancy because the body produces and excess amount of blood to help provide nutrients to the baby. Types of anemia during pregnancy include:

- Iron deficiency (accounts for 15% to 25%)
- Folate deficiency
- B12 deficiency

Before you purchase your multiple with Iron you want to check your Iron and Ferritin levels first. You can do this with a simple blood test. Ferritin, your back up supply for Serum Iron, can have a tendency to be too high in individuals. These women may not need Iron.

## Omega 3's

The part of the brain that Omega-3 affects is the learning ability, anxiety/depression, and auditory and visual perception. The Omega-3 fats are necessary for the complete development of the human brain during pregnancy and the first two years of life.<sup>2</sup> John Finnegan, an experienced nutrition consultant and author of *The Facts About Fats*, explains that DHA, Omega 3's derivative, is so essential to a child's development that if a mother and infant are deficient in it, the

child's nervous system and immune system may never fully develop, and it can cause a lifetime of unexplained emotional, learning, and immune system disorders.<sup>2</sup> Foods that are rich in Omega 3's are healthy fatty foods such as avocado, nuts, seeds, nut butter, olive oil, coconut oil, and fish. You can supplement with an Omega 3 at 1000-2000 mg/day.

One of the number one things to avoid on every list for pregnant women is fish with high levels of mercury. The American Pregnancy Association advises that mercury be avoided due to it being linked to developmental delays and brain damage.<sup>1</sup> Even the conservative FDA has warned that women should avoid most fish during pregnancy.<sup>3</sup> A sample of these types of fish include: shark, swordfish, king mackerel, and tilefish. Canned, chunk light tuna generally has a lower amount of mercury than other tuna, but can be eaten in moderation (no more than 6 ounces per week). Salmon, Tilapia, and Cod are also types of fish that are lower in mercury levels. Avoid fish that is farm raised and opt for fresh water fish. It may be a bit more expensive but it is worth it to avoid fish exposed to industrial pollutants. Make sure that the fish is cooked thoroughly and avoid eating it raw.

### Antioxidants

Your immune system is naturally suppressed when you are pregnant because your baby is foreign to your body. This makes the mother more susceptible to colds, the flu, and other bacterial or viral diseases. Vitamin C is vital to the immune system and is a powerful weapon when it comes to tissue repair, bone growth and cell protection. It will stimulate collagen production which is a protein important for connective tissues.

- Lack of vitamin C has been linked to premature deliveries and preeclampsia.<sup>4</sup>
- Vitamin C can help protect against toxic effects of Mercury and further DNA damage<sup>5</sup>
- Eat fresh citrus fruits and vegetables that contain Vitamin C such as oranges, grapefruit, cantaloupe, sweet red peppers and broccoli.
- One can safely consume 2000 mg/day of Vitamin C as a supplement.

Zinc is a trace mineral that is important for fetal growth. The requirement of zinc during the third trimester is approximately twice as high as that in nonpregnant women.<sup>6</sup> Zinc deficiency has been associated with preeclampsia since the 1980's. However, studies have shown that the fetus has notably higher zinc concentrations compared to the mother, indicating that the fetus, itself, can maintain adequate zinc homeostasis.<sup>6</sup>

Selenium is important for early stages of embryonic development and protection of membranes and DNA.<sup>6</sup> Also, selenium concentrations may be a potential factor in women at risk of preeclampsia.



### B-Complex

It is wise for pregnant women to take a B-Complex vitamin. This complex consists of the 8 B-Vitamins. Each of these vitamins are vital for many structures and functions of both the mother and the fetus. These include:

- Muscle, nerve, and brain development of the fetus
- DNA synthesis
- Circulation
- Hormones
- Cholesterol
- Morning sickness<sup>7</sup>

## Vitamin D

According to the American College of Obstetrician and Gynecologists, women who are most at risk for Vitamin D deficiency includes vegetarians, women with limited sun exposure and ethnic minorities, especially those with darker skin.

Research concludes that Vitamin D supplementation at 4,000 IU per day for pregnant women was safe and most effective in achieving sufficiency in all women and their fetus regardless of race.<sup>8</sup>

It is unlikely that your multiple vitamin has enough D<sub>3</sub> in it. The Vitamin D should be D<sub>3</sub> or cholecalciferol. It should not be the synthetic form D<sub>2</sub> or ergocalciferol.

You can easily check your Vitamin D levels through a 25-hydroxyvitamin D blood test.

### Get Tested First!

Before you start any supplement program it is important to get tested properly. By getting a comprehensive blood panel and tissue mineral analysis performed by an experienced nutritionist, an individualized program can be compiled for you to prepare you and your baby for the healthiest pregnancy possible. Don't guess at what you may or may not need. You can take the guesswork out by getting tested objectively. Pregnancy should be a joyful time in your life and you want to feel the best possible. Don't let time pass you by; just ask us today on how to get started!

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## Help us grow in 2018!

by Karminski Chiropractic

This year, one of our goals is to offer our services to other people just like you! Many of our best relationships have come from introductions from our patients. Do you know someone who could benefit from our services?

We would be honored if you would:

- Refer a patient to our office for Chiropractic Care or for a Nutrition Evaluation
- Add a name/email to our online mailing list
- Share this newsletter with a friend!
- Write a review for our business on facebook / google / yelp

Have any questions? Contact our office today!

- Phone: (610) 666 – 1066
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**Yours in Health,**

***Karminski Chiropractic***

