

Did you have a Shamrock shake?

I need to apologize to you-this column reaches you one week late and the damage may already be done....ok, do I have your attention now?!

Our daughter heard from a friend about McDonald's St Patrick's day special, the "Shamrock Shake". She was quite intrigued and was hoping to enjoy one as a treat. Not wanting to just say "no" without the facts, dad found the "stats" on line; along with numerous chemical ingredients and artificial food coloring, one Shamrock shake contains a whopping 93grams of sugar!!! Mom measured out the corresponding 20 teaspoons (!!!) of sugar into a glass to illustrate the amount. 20 teaspoons in one beverage is enough to almost make your pancreas explode! Upon seeing this, our daughter decided that the Shamrock Shake was not such a good idea after all!

The truth of the matter is that it is the high sugar consumption that is slowly but surely killing our nation; it's not salt, it's not fat; it's sugar! Diabetes is on a fast track to heights we have never witnessed before. The constant sugar highs that follow consumption of simple carbohydrates, lead to insulin spikes that eventually result in insulin resistance, high blood lipids, obesity, heart disease and cancer.

If you want your family to be healthy, the sugar consumption needs to be LOW. That means that you consume mostly whole, unprocessed foods such as veggies, protein such as eggs, red meat, chicken, fish and wild game, raw nuts and some fruit (but not too much as fruit is full of sugar; natural sugar but still sugar.) You also need to learn to read labels and if one of the first 3-4 ingredients is sugar, fructose or corn syrup, you simply put it back on the shelf.

Sugar is actually chemically an acid that has addictive qualities. You may have noticed that the more you have, the more you want. Your brain feeds on glucose for energy and it can quickly become addicted to the euphoric state that sugar gives us. That is why snacks and fast food have a very high sugar content; it makes our brain “happy” so we crave more! The more we crave, the more they sell-it’s that simple! In order to process the sugar, our body will also take minerals and vitamins from other food sources and storage depots so we become nutrient deficient to boot!

Training your family’s taste buds to adjust to less sugar may take some doing but

It’s a must if you want good health for you, your spouse and your kids. As always, adding good food is better than just taking away that which you are used to. By adding protein and healthy fats (raw nuts, avocado, coconut oil etc.) you will feel satiety and this prevents cravings. By adding more whole foods, your body will be sufficient and you will be less likely to crave the toxic stuff. 3 square meals are important and prevent you from reaching for the sugar when your brain is low on energy. Don’t skip meals and make each meal count. Remember the rule; when you look at your plate, you should ask; “ Where are the greens, where’s the fat and where’s the protein?”

Have a great rest of your week everyone and remember; If you don’t take care of your body, where are you going to live?!

Cheers,

The wellness Committee at SHS