



Thinking Differently Beyond Sound Bite Nutrition

Sound bite nutrition drives public perception. Trying to fit complex science into a sound bite leads to misinformation and worse.

Substituting margarine for butter is my first case in point. Without adequate data, butter was condemned and margarine considered a better choice.

Now trans fats are considered worse than saturated fats. They depress HDL-Cholesterol and increase LDL-Cholesterol.

Fat makes you fat was a seductive message, triggering exactly the desired outcome. People attempted to eat less fat, sometimes with horrific results.

Data shows higher incidence of diabetes and obesity as people shifted from

higher fat foods to low fat and fat free foods. Now we recognize that excessive sugar and refined starch is likely the bigger problem.

Cut out the sugar has diabetics afraid to eat fruit. **Nuts are fattening** has people avoiding a great snack and source of healthy fats. **Don't eat fast food** reinforces the idea that everything else is healthier. Its not.

There are poor choices and better choices at every restaurant, every market, and every entertainment venue. **It is not where you eat, it is what you eat when you get there.**

Most of my clients struggle with weight management. It is frustrating to hear them tell me how carefully

they choose their food, but still miss the mark. Well intentioned information is part of the problem.

Eat less, exercise more pretends that weight management is merely a math problem. If it was a simple math problem, we would have figured it out by now.

Just lose some weight focuses on the goal, not the process. It's a mandate that ignores a core issue. How is the body using fuel?

Currently our food supply and lifestyle mostly supports storing fat and surviving scarcity. Encouraging the body to use more fat for fuel is a key metabolic challenge.

Read on to discover how to cultivate a more dynamic metabolism for yourself. §

Why We Get Fat

Gary Taubes wrote *Good Calories, Bad Calories* in 2006. It is a 600 page tome detailing how Americans came to believe a high carbohydrate diet is better.

With one hundred and twenty pages of references, you can learn how clinicians and researchers who

questioned the high carbohydrate dogma were silenced and sidelined during the past one hundred years.

I was fascinated, but realize that not everyone would be so engaged with a blow by blow account of the scientific struggle. Thankfully, Mr. Taubes is publishing a

reader friendly version titled, *Why We Get Fat* this December.

The message is clearer than ever. **Not everyone thrives with a high carbohydrate diet. Some of us need to eat more protein and fat.** The key is to find the balance that works for you. §

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This fall I am sending a postcard to clients and colleagues asking for your email so I can alert you re: events and materials that I can share with you. My 2010 newsletter can be viewed and downloaded from my website.

If you would like email notices of my speaking engagements, writings, and other events, please provide me with your email address at bonnie@muchmorethanfood.com or follow me on twitter.

Thank you and all my best,

Bonnie

The Many Faces of Insulin Resistance

Acne has been the scourge of teenagers (and a few adults) for decades. Notable websites, including MedicineNet and WebMD, state that **the cause of acne is not well understood.**

For years teens have been told to stay away from greasy foods, fried food, and chocolate. Both sites say that is not the case. I think there is more to the story.

It is true that some kids eat a lousy diet and still enjoy a great complexion. Other kids break out with seemingly no cause. So what is the deal?

The likelihood of having acne may have much more to do with hormones and insulin resistance than just your diet. Both websites state the obvious—

puberty is a trigger for pimples and acne in 90% of teenagers. What is also true is that the hormonal fluctuations of early puberty increase insulin resistance.

So why do some kids suffer more than others? Just as with insulin resistance, environmental factors play a role.

I watch my own son struggle. Both of us know exactly when he is eating too many sweets, too much refined starch or both.



We see more acne when he isn't exercising regularly or he is more stressed.

Things that improve insulin resistance and decrease inflammation will also clear up acne:

- **Balanced meals** with enough protein and produce, and very modest starch and/or sugar
- **Regular physical activity**
- **Enough sleep** and effective stress management

If researchers decide to look at the issue again, they might try to identify the insulin resistant kids in the randomized sample and see what they find. §

What Happens When Nutrition Advice Is Outdated

My husband attended a health education class at Kaiser Permanente designed to help reduce heart disease this fall. He negotiated this sly maneuver to avoid taking a statin for elevated LDL and total cholesterol. What would he find out?

He returned home both disillusioned and outraged. Information was absolute, simplistic, sometimes wrong, and delivered by a nurse who didn't really understand the nuances of food or nutrition.

I reviewed the 133 page manual he received and started highlighting misinformation. Then I checked the copyright—2003. This information is out of date..

The manual offers two options: a

“Reversal Diet” at 10% fat or the “Mediterranean Diet” at 30-40% fat. Both plans encourage a plant based diet, rich in fiber, vitamins and minerals. The vegetarian plan offers a 1500 calorie diet. That's semi-starvation for most men.

Inordinate attention focuses on reducing fat intake, especially saturated fat and cholesterol. How ironic that today researchers recognize the far more significant role of refined sugar and starches.

Cholesterol from food is mostly a non issue. Saturated fat is being reassessed. Healthy saturated fat is a key nutrient that increases HDL-Cholesterol (the good one protective against heart disease.)

Sometimes information is so dated it is wrong. The role of omega 3 fatty acids and trans fat is awkwardly included on a separate sheet of paper.

Other concerns include placing the medication chapter before diet and exercise. How's that for priorities?

I find the delivery and content disheartening. The authoritative tone and excessive amount of data easily overwhelms. This is an illusion of healthcare. Information needs to be accurate but also accessible.

Most importantly, the goal is for people to incorporate new information into their lifestyle. A 133 page manual can't do that. Knowledge is not behavior. §

Reconnecting With What We Eat

Eating close to the earth takes time, money, and dedication. I love my access to 5 farmer's markets within biking/walking distance from my home. Not everyone is so lucky. But even a modest effort helps us learn to celebrate and appreciate food in its rightful place.

Eating food locally grown and purchased gives us produce picked at the peak of flavor, freshness and quality. The opportunity to buy directly from growers and



ranchers gives us city folk the opportunity to reconnect with what we eat and the people who make it possible.

I celebrate stone fruit and tomatoes in the

summer and the new crop of apples and pears in the fall. I look forward to the first asparagus of the spring and the steady supply of greens, broccoli and cauliflower during the winter. I feel I appreciate and honor each season and its bounty.

And my table bursts with color and flavor. A rainbow of fruits and vegetables compliments savory grass fed meats and sweet milk, butter and cream. Delicious. §

The Genesis of an Eating Disorder

Eating disorders reflect a distorted relationship to food. Food intake is unhinged from the body's physiological needs. Inherently there is a disconnect between hunger, satiety and food intake.

Whether the eater desperately tries to restrict food intake or indiscriminately overeats, these behaviors are linked more than most people suspect.

Current thinking attributes eating disorder behavior with psychological issues. I maintain there are a variety of novel antecedents to disordered eating and outright eating disorders.

I briefly address three of these novel antecedents here: a fixed mind set, sensory integration, and insulin resistance.

A fixed mind set contributes to disordered eating behavior when the eater determines an arbitrary goal, whether it is a number on the scale, a dress size or how



Information here is taken from an article I published in the SCAN Pulse. For a copy, go to my website under **Newsletters, Articles, and Press**. Look for "**Beyond the Food...2010**". It is located under "Professional Articles."

many bones can be counted. Sometimes a fixed mind set drives rigid or ritualistic eating behavior because the eater can't adjust their behavior in response to new information. Changing behavior seems overwhelming.

Sensory integration propels eaters to

repeat what gives them pleasure, as well as to avoid sensory discomfort or pain. The cold smooth texture of ice cream or the chewy texture of licorice can offer sensory pleasure that the eater seeks relentlessly. Foods with negative sensory experiences due to offensive smells, tastes, or textures are rigidly avoided.

Insulin resistance drives carbohydrate cravings. When excessive insulin secretion blocks access to fat for fuel, the body is forced to use carbohydrate, and then craves more to fuel energy needs. Feeling hungry all the time leads to excessive intake and unwanted weight gain.

Effective nutrition support for anyone with disordered eating goes beyond telling them what to eat. The goal is to effectively address the full range of factors influencing when, what and how to eat. Food takes its rightful place as one develops an approach to food that works. §

NutritionWorks now on Twitter and muchmorethanfood.com Blog

I started my experiment with grass fed meat and dairy from grass fed cows last fall. The results were notable—a twenty point increase in HDL-cholesterol, a leaner body and a highly sensitive reactive CRP score of 0.51, showing very low inflammation.

I entered my data into a cardiovascular disease risk calculator and soon learned that I had less than a 1% chance of devel-

oping cardiovascular disease in the next 10 years. With my family history, that is great news.

I documented every step of the experience on my newly formed blog and haven't stopped writing. Soon the blog

Twitter: [Morethanfoodinc](#)

Blog: www.muchmorethanfood.com/wordpress

morphed into a convenient vehicle to address a whole range of current nutrition issues and controversies, as well as the overall scope of health and fitness.

Follow me on twitter where you can get alerts for every blog post. Look for thoughtful commentary on the nutrition news of our day. Feel free to suggest ideas via email or with comments. §

What you eat and how you live impacts your baby (con't from page 4)

preferentially into fat stores. Excessive and refined carbohydrates are potent factors that escalate weight gain and increase risks for both mother and baby.

High insulin levels block using fat for fuel. You will have to rely primarily on carbohydrate for energy. The result is more intense sugar and carbohydrate cravings over time.

Elevated insulin levels increase bloating and water retention. Complications like

edema, hypertension, pre-eclampsia and toxemia of pregnancy are linked to elevated insulin and a poor diet.

Eating well during pregnancy means eating whole foods. Ideally these foods



are grown with minimal artificial fertilizers and pesticides.

Organic whole foods are rich sources of antioxidants that temper insulin resistance and inflammation. They're better for you, your baby, and mother earth.

Diet and activity impact how your body uses the food you eat. Develop good food habits during pregnancy. They will help you feed your family well during the years ahead. §



530 Wilshire Boulevard
Suite 310
Santa Monica, CA 90401

Celebrating food in its rightful place

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The Power of Pregnancy What you eat and how you live impacts your baby

Pregnancy is a time of anticipation, and sometimes a time of anxiety. Eating well has never been more important. New data points to both genetic and environmental factors that imprint the growing fetus in powerful ways.

Researchers know a woman's diet and weight *before* she gets pregnant influences the outcome of pregnancy.

A poor diet increases blood sugar and circulating insulin. This can cause problems for both the mother and the baby, especially during the first trimester before many women even know they are pregnant.

EATING FOR BABY AND BEYOND

Most expectant mothers are hungry for information. But many books go too far, striking fear and anxiety in pregnant women and their families. There is no such thing as a risk free pregnancy. Women need honest and accurate information to navigate today's food supply.

THE BASICS OF EATING WELL

Both pregnancy and lactation are driven by hormones. These hormones help ensure a healthy baby. They also make a women more energy efficient: it is easier to gain fat weight now more than ever.

Both diet and activity profoundly impact energy metabolism. Maybe this isn't the time to indulge.



FOOD FIRST

Eat enough. Listen to your hunger for guidance. Energy needs vary during pregnancy.

Include enough protein at every meal during pregnancy. Protein allows for a more stable blood

sugar—and greater energy throughout the day. Protein is the most potent nutrient to give us a sense of feeling satisfied.

Enjoy fruits, vegetables, and whole grains, but know that the amount is debatable. Women who are at risk for gestational diabetes (overweight, insulin resistant or a previous history of GDM) may benefit from some guidance.

Lastly, add enough fat. Fat slows down digestion, helping you feel satisfied longer. Fat does not make you fat if you are not eating excessive Calories. More often the problem is consuming excessive refined starch and/or sugar.

MOVE

People who move every day use fuel more effectively. Physical activity allows the body to regulate blood sugar better.

Sedentary people are less sensitive to insulin, resulting in higher blood sugar (glucose) and insulin. It is excessive insulin that drives what you eat (*see pg 3*)

Eat Ing "Close to the Earth" for a healthy pregnancy