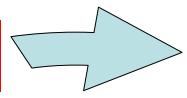
Understanding How High Glycemic Foods Affect Our Body

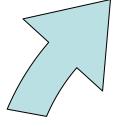
From the CD and book "Releasing Fat" by Dr. Ray Strand

Compiled by Jeannie and Roy Blocher, Germantown, MD

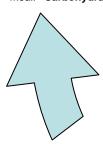
1. We eat high glycemic foods



2. Foods with a high glycemic index spike the blood sugar



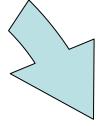
7. The body's protective mechanism releases hormones: cortisol (stress), adrenalin (fight or flight), glucagon and growth hormone to normalize sugar levels. However, they create an uncontrollable HUNGER, cravings, emotional eating, guilt and the desire to eat another high glycemic snack or meal: "Carbohydrate addiction"



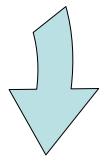
6. High insulin load drives blood sugar **below** normal, called **hypoglycemia**. We feel a shaky weakness or mental confusion because the brain needs blood sugar in order to think.

If we don't make changes we are headed for:

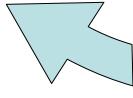
- Insulin Resistance: where insulin levels become permanently elevated and lead to rising triglycerides and cholesterol and higher blood pressure.
- Metabolic Syndrome: Develops over time as insulin levels continue to rise. Elevated triglycerides, Low HDL cholesterol levels, High blood pressure, cardiovascular disease, and potential diabetes.
- Type II Diabetes: which has increased 500% during the past generation with 90% of the cases due to insulin resistance



High blood sugars cause inflammation and damage to the arteries



4. The body must control sugar levels in a narrow range so it responds by stimulating the release of insulin. Insulin transports sugar to the cell to be utilized as energy **OR** stored as **fat**.



5. Insulin actually begins to stimulate production of FAT from sugar and inhibits release of fat from cells becoming our "storage hormone"



- 1. Eat low glycemic food
- 2. Nutritional Supplements: USANA recommended
- 3. Moderate exercise

