

Mindful



Health

Newsletter

Vol. 1 • Issue #11

FACT OR FICTION?

I am often asked about many of the diet myths and theories that are disseminated through the media and in our daily conversations. I thought it was time to address these theories and put the falsehoods to rest.

DON'T EAT AFTER 7:00 P.M.

False. We have all heard it. If you eat past 7 p.m. you will gain weight. But just because Oprah has recently backed this theory does not make it any more true. In actuality if you eat a small snack with some protein in it before bedtime, you will regulate your blood sugar and decrease your chance of overeating the following day. The only time this theory makes some sense is if you have severe acid reflux. In that case you should not eat too close to bedtime. But that has nothing to do with calories or weight gain.



Come visit my website at
www.mindfulhealth.biz
for more information.

VEGETARIANS ARE HEALTHIER

Not necessarily. Many vegetarians are "junk food vegetarians" because they resort to sugar and breads to make up for the lack of animal based protein. Even the vegetarians that eat on the healthier side may be deficient in zinc, vitamin D, and B12 because of the lack of animal products. So if you are a vegetarian look into getting a good multi vitamin.



CALCIUM MUST BE OBTAINED FROM DAIRY

False. Although cheese and milk-based products are good sources of calcium, many dark green vegetables like turnip greens, mustard greens, collards, kale, and broccoli contain calcium. Canned salmon, shrimp, oysters and clams are also good sources of calcium. But be aware that even though spinach contains calcium, it is bound in a substance called Oxalic Acid which makes the calcium unusable to the body.



Confused about all of the health theories that are out there? Looking for some answers?
Do you want to have a unique program tailored to your lifestyle and needs? Why not consider
a compassionate health and nutrition program made to work for you? Call Nicole Glassman at (212) 452-3491
for a free consultation or e-mail her at Nicole@mindfulhealth.biz

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EGGS RAISE CHOLESTEROL

False. This is one of the biggest myths. Hydrogenated fats or trans fatty acids such as palm kernel oil and soybean oil are some of the cholesterol culprits, not eggs. In fact, food that contains cholesterol does not increase blood cholesterol.



COCONUT OIL IS BAD FOR YOU

False. Coconut Oil is high in lauric acid which is anti-bacterial, and anti-fungal. In addition, it contains no trans fats. Coconut oil can be heated at high temperatures and it boosts the immune system!

FOOD ALLERGIES MAKE YOU FAT

True, but this needs to be explained. The reason food allergies can make you fat is because they negatively affect your digestion, causing bloating, irritation and inflammation. Also they affect your adrenal glands which regulate stress. When your adrenals are

in overdrive they contribute to the excess lower abdominal fat so many people complain about.

GREEN TEA PROMOTES WEIGHT LOSS

True. There is evidence to support this theory. A substance known as catechin polyphenols increases the rate of calories burned and promotes fat oxidation. Drink up!



SKIPPING MEALS PROMOTES WEIGHT LOSS

False. If you are prone to this, stop. Not only does this contribute to mood swings, blood sugar imbalances and adrenal problems, it also negatively affects your metabolism. Your body begins to function like it is in starvation mode so it stores fat and it does not burn calories as quickly.

Come visit me at the Live Well New York health expo at the Javits Center April 23-24. Check www.livewellny.com for more info.

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