

Day 26: The Most Toxic Food in the World

Did you know that as far back as the 50's some people were already thinking that sugar is the true culprit for high cholesterol levels causing heart disease?

Is it possible that sugar is more than empty calories that make us fat and diabetic?

Which Caused Heart Attacks First: Fat or Sugar?

For the last 60 years, we have been led to believe that fat causes heart attacks and raises cholesterol.

After decades of research having been ignored by the medical community, sugar intake is again being linked to heart-attacks. The American Heart Association is now telling us that we should limit sugar in our diet in order to reduce heart attack risk.

They use common sense and eat simple foods. The Japanese view eating as part of life and not some huge event or reward. While they enjoy great tasting food, they understand that taste is secondary..

People who consume the most sugar in their diet have been shown to have a 400% increase in their risk of heart attack. It doesn't take long for sugar to affect your health. If you take a perfectly healthy college student and feed them a high sugar diet, within TWO WEEKS their previously healthy blood work will show signs of disease.

Let's put this in perspective: if you start drinking just one 20-ounce serving of soda a day, your risk of a heart attack will increase by 30%. That risk will show up in your blood work in as little as two weeks.

Did you know? Fruit yogurt has more sugar than a serving of Coke. A serving of tomato sauce has more sugar than a serving of Oreo cookies. Americans are easily increasing their risk of heart attack by eating these so-called 'healthy' foods every day.

Hepatotoxin: a Weird Word that Means 'Liver Poison'

A sugar molecule is made up of two parts: one is glucose, the other is fructose. In the body, glucose is shuttled by insulin to the muscles and brain where small amounts are used and excess amounts are stored as body fat.

Fructose on the other hand, does not trigger the release of insulin. In fact, it isn't even registered as having been eaten by your brain. Furthermore, it actually shuts down the part of your brain that tells you when you are full. That would definitely cause you to over-eat fructose-containing food, wouldn't it?

Here's the devilish deal with fructose: it goes straight to the liver. The liver quickly turns fructose into fat and it doesn't go much further than that. The fat from fructose is stored in the liver and organs.

You don't have to drink to have a fatty liver. If you consume enough fructose, you are damaging

your liver.

Note: there are some other very concerning relationships between sugar and Alzheimer's, as well as cancer. Just Google it!

Look at You On the Inside

No matter what the scale says on day 28, you have changed on the inside.

Just as those college students' blood work changed in two short weeks, you can start to see improvements in just two or three weeks when you remove sugar from your diet.

Today, your blood work would show a marked decrease in disease risk factors. Your blood pressure will be lower. Your resting heart rate will be slower. Your liver enzymes will be trending towards healthy levels, showing that your liver is no longer being poisoned. Markers for heart-attack inducing inflammation will be lower. Your body can now lose fat naturally rather than spiraling towards obesity.

If you were lucky enough to have a physical done just before starting your program, you might want to check in on those numbers. We know you will be pleasantly surprised.

It really is amazing how when you give the body the right foods that it will spontaneously start healing itself. Your body is actually geared to be healthy, not sick. By the same token, it is also geared to be slim, not fat.

How did it go today? Let us know! Write down any questions you have and feel free to reach out to us.

You can Live Chat us at www.PersonalTrainerFood.com

Email us at WeightlossCoach@PersonalTrainerFood.com

Call us at [1-800-273-1686](tel:1-800-273-1686) x4