

Top 10 Nutritional Myths

by Alina Nuñez



1 IF I WANT TO LOSE WEIGHT, I SHOULD ELIMINATE CARBOHYDRATES FROM MY DIET. A balanced diet includes not only lean protein, but fats and carbohydrates. There are two types of carbohydrates: simple (sugar, white flour and fruit) and complex: whole grains, including whole grain pasta, and vegetables. We need carbohydrates for energy or fuel. The difference between complex and simple carbs in terms of energy is the rate at which they are absorbed. Simple carbohydrates are already a form a sugar and can burn faster. Complex carbohydrates need to break down into sugar in order to burn therefore they burn fuel at a slower pace. The question you need to ask yourself is what and which carbohydrates are good for me? The answer is whole complex carbohydrates such as multi-grain or spelt bread are best for most people.

2 Fat-free and non-fat products are good for me. Just because a product is fat-free or non-fat doesn't mean it is healthy. It means that it doesn't have any fat. Often these products are processed with chemicals that make our digestive process work harder than necessary. Chemicals can also be bad for our system, if not downright poisonous. The philosophy of natural medicine is that whatever is not natural to the body, is harmful to the body. Don't be

afraid to purchase items with fat in them. We all need small quantities of healthy fat in our bodies, especially women. Healthy fats are in cold-pressed oils, avocados, nuts and seeds.

3 Baked is better than fried. In general, this statement is correct. Foods that are baked are usually better for you because they haven't been soak in fat. Heating or cooking with oil may cause arterial sclerosis (hardening of the arteries). In his book *_____*, Dr. Shook says, "old age is caused by hardening of the arteries. So if you want to stay young and healthy make sure you do not heat or cook your oils. Oils can be sprayed or poured once the food is taken out and cooling".

4 Fruit is natural so the more I eat, the healthier I will be. Yes, fruit is a wonderful natural food. It is a great cleanser and depending on age and individual health issues, most people do well with one piece of fruit a day. But if you have diabetes or any other blood sugar level imbalances, you must be careful to monitor quantity. The only food group where quantity is not an issue – and where eating more means being healthier — is green leafy vegetables.

5 It's good to drink lots of fruit juices. Adults drink lots of juice, especially orange juice, thinking that it is good for them. But juice can be very acidic which can cause acid-reflux, sour stomach and gastritis. Juice is also high in sugar. Have you seen how many apples or oranges it takes to fill an 8 oz glass? It would be very difficult to eat the equivalent amount had you opted for the whole fruit rather than the juice. This is because juice does not contain fiber, a necessary component of healthy eating. Fiber helps not only our elimination process, it helps to control high cholesterol. Next time you feel like having juice, remember the sugar and fiber and reach for a piece of fruit instead.

6 Kids won't eat fruit and vegetables. This is simply not true. Most parents feed their babies vegetable and fruit puree from the time they are able to handle solid foods. Babies love it. But as the babies get older, parents begin to introduce processed food into their children's diet, which means the children start to eat more sugar, salt, and chemicals, which is what the food industry uses to make the food more palatable and help the food last longer on grocery shelves. Children then begin to replace the fruits and vegetables for the

processed food items they see heavily advertised on television. When was the last time you saw an advertisement for broccoli during a cartoon hour. So when parents ask me, "How do I get my kids to eat their vegetables and fruits", I say to them, "Why did you stop?"

7 As long as I take my vitamins and exercise, I will be healthy. I used to hear this all the time at so-called "health clubs". It's ridiculous. Yes, exercise is important. Exercise helps keep muscles, joints, ligaments and bones strong. It also cuts down on stress and tension by releasing endorphins that help you feel good about yourself. Vitamins can be good as well. But vitamins are not a substitute for a good, nutritional diet. They are a supplement only. A well-balanced diet fuels your body with all the nutrients that it needs to be healthy. Without the correct foods, your body will slow down and become weaker. Nutrition is the cornerstone of good physical and emotional health.

8 Herbs are not harmful. Some people read articles in magazines and begin to take herbs that people write about. What they are not realizing is that every body is different. What may work for one person may not work for the other because our chemical makeup is unique. Medicinal herbs create action in the body and mind. Depending on your state of health certain herbs can be damaging, so before you begin to take herbs get the advice from a specialist: Herbalist, Natural Doctor or Natural Health & Nutritional Consultant.

9 More protein is better. There are a lot of people out there that are taking protein shakes and eating extra meat in order to increase their muscle mass because they read it in an article or by the advice of their trainers. What you may not know is that the body creates protein from the different foods you eat. Did you know that broccoli consists of 50% of protein? Did you know that fruit has protein? In fact, only 20% of animal protein is usable by the body. In fact, animal protein creates more acidity in the body and makes it harder for the body to function well. So whether you are trying to build more muscle or losing weight be careful of the protein in take.

10 As long as I take my medications I will be fine. When you have a health issue and your doctor prescribes medication it is of some importance that you take it or its natural equivalent, but medication isn't everything. One must eat whole good foods, exercise, practice positive thinking, meditate or pray and love as much as you can. Your health is very important and an integrated health regiment is important to help you maintain your health.

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