

Your Body Revival: Weight Loss Straight Talk
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EXCERPT: Pages 132-133
Blood sugar swings

In simple terms the foods we eat are processed in the mouth, stomach and, eventually, the liver. Some nutrients are absorbed directly through the linings of the stomach and the intestines. For the most part they are hydrolyzed (broken down) in the liver into intrinsic elements (amino acids, glucose, vitamins, minerals, fiber and various metabolites) and transported throughout the body via the blood for their constructive work. Carbohydrate is converted into a simple sugar called glucose (a.k.a. blood sugar) where it is sent off to provide fuel for the brain and body. The glucose that is not burned directly as energy is stored as glycogen in the liver and muscle. Excessive intake of sugar is converted into fat. That's sort of the way it goes if everything is operating according to plan.

Maintaining a balance of sugar in our system is critical to our health. Imbalances contribute to sensitivity reactions—hyperactivity for example—to compound diseases such as diabetes. Low blood sugar (hypoglycemia) is a condition one might expect was reserved for the thin under-eater, yet it is often this condition common to overweight dieters that contributes to their obesity. The frustrated dieter often starves in an attempt to lose weight and thus suffers low-blood-sugar symptoms. The body reacts to the decrease of calories by slowing down the metabolism and storing energy as fat around the middle. What a revolting predicament this is.

How many struggling overweight folks eat without restraint (stuff themselves) over a carefree weekend and try to make up for it by starving themselves during the week? They become ill-tempered, impatient and run-down, wondering why they can't lose weight? And, if they do, they wonder why they're getting flabby, fatigued and building another chin. You see why, don't you? Of course. They lost prized muscle during the week and they stored burdensome fat over the weekend.

This is the notorious, downward spiral. Think about it, a frightening and oppressing conflict. Panic comes to my mind. Do you know anyone like this: a loved one, a spouse, a teammate or a child? Could it be you? This is a devastating sickness that needs to be fixed before it advances and it becomes too late. Can you talk to them? Will they listen? What can we do? The cure is sure, but takes action and courage. Ironically, it's free. Eat right and work out.