

## Ten Dollars Worth of Food . . . Ten Cents Worth of Nutrition

by Dr. Michael Tobey

### Healthy By Choice, Not by Chance

“The truth is that people are eating ten dollars worth of food that is only giving them ten cents worth of nutrition” - Dr Scott Hannen

Are you a “carboholic”?

Foods can be broken down into three main categories; Proteins, fats, and carbohydrates. Generally speaking, proteins are used for cellular repair and replication. Fats, which form the layers of the cell walls, are used for insulation and lubrication. And carbohydrates are used for cellular metabolism.

In the human body, essentially all carbohydrates are converted into glucose by the digestive tract and liver before they reach the cell. Glucose is further metabolized and combined with oxygen to produce ATP (energy). That energy is then made available to be used for your body’s many functions. When a carbohydrate is refined (separated from its natural nutrient composition), the body metabolizes it into sugar immediately after the carbohydrate is consumed. The rapid metabolism causes the pancreas to release a surge of insulin in the body. Insulin in turn causes the body to store fat and elevate cholesterol. When you continue to bombard your system daily with refined carbohydrates, your body’s fat storage dramatically increases.

The main problem with over consumption of refined carbohydrates is that it causes the body to store fat and burn sugar instead. Food manufacturers routinely refine foods that are subject to spoilage so that it will last longer on the shelf. The result is a lifeless food, void of nutrients, which your body needs to use for fuel for your cells. The refining process strips food of many of the vitamins, minerals, essential fatty acids and other nutrients needed for proper maintenance of the body. Your body then recognizes that it is not receiving the living nutrients it needs and responds to its need by sending hunger signals, cravings, which are usually answered by more of the same kind of lifeless foods.

The end result is more people eating more food to try to satisfy their hunger. It is sad to see the masses becoming massive, while their bodies are continually receiving less of the vital nutrients they need to keep them healthy.

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