

**Wallace Integrated Health Centre
Newsletter – Spring 2007**

New Developments

- We are pleased to welcome Reflexologist, Suzanne Peterson, to the WIHC, as of April 2007. Suzanne will be available Thursday afternoon and evenings.
- Karen Sarlo, Reiki Master, has completed courses on Crystal Therapy and Quantum Touch. Karen looks forward to incorporating some of these new techniques into her reiki treatments.

Articles

Nutrition for Good Health

The following article is an excerpt from "The Health Show," which ran on JOCO radio in Sturgeon Falls, through the summer of 2005. This particular episode was a show that Kelly Wallace, N.D., did on basic nutrition. It was followed by shows on the major nutrients: carbohydrates, protein and fats. We will be featuring information from those episodes in upcoming newsletters.

Why is eating well one of the most important things that you can do for your health? Because it is one of the most basic requirements for life. You don't expect your car to run well with bad fuel in it do you? It's the same with your bodies, food is your fuel and if you want it to run as well as it can, you need to put in the right kind and right amount of fuel.

All foods contain some of the following things: fats, proteins, carbohydrates, vitamins and minerals. Foods are usually put into one of those categories depending on what they have the most of. For example, meat is usually classified as a protein, although it does contain some carbohydrates, fats, vitamins and minerals as well.

Each of these classes of food is important. They each have their own functions in the body and we need some food from all of these groups in order to survive. This is why some of the low-carb, no-fat, or high-protein diets don't make good health sense. All of these foods together are essential for life. I want to take a little time to talk a bit about each of these categories of foods.

Carbohydrates, which include sugars and starches, provide energy. This energy is not only used for moving around and any exercise that we may choose to do, it is also used by our brain, our heart, and every other part of our body. A lot of diets these days make carbohydrates out to be the bad guys. They tell people to eat a low-carb, or no-carb diet, in order to lose weight. While there are certainly some advantages to cutting down on your carbohydrate intake, it is even more important to remember that some carbohydrates are very important for health and it is more the type of carbohydrate that you should be worried about. Too many of the simple type of carbohydrate, which are found in white bread, white rice, white pastas, crackers, cookies and candies can lead to health problems such as obesity, diabetes and certain types of cancer. However, too few carbohydrates can lead to other health problems like fatigue, depression and constipation. The complex carbohydrates and fibre, which are found in vegetables, whole grains, bean, nuts and seeds, have been shown to protect against many health conditions like colon cancer, breast cancer and heart disease.

Fats used to be the bad guys, but the truth is that not all fats are created equal. There are different kinds of fats and some of them are very important. Some kinds of fat are needed to keep our cells and tissues flexible, to cushion and insulate our organs, to keep us warm, and for our brain and nervous system to work properly. Certain vitamins are fat soluble and can only be absorbed by the

body if they are eaten with a little bit of fat. Fat can also be used for energy. However, too much fat in the diet, or the wrong kinds of fats, do contribute to a lot of health problems, including obesity, heart disease and high blood pressure. The fats that cause the most problems are the saturated fats and the trans-fats. Saturated fats are found mostly in foods that come from animals, like beef, pork, cheese, ice cream, milk and butter. Trans-fats, which may cause even more health problems, come from processing of vegetable oils to make them solid at room temperature. This means that most margarine and many foods that come out of a package, contain trans fats. So in order to avoid these bad kinds of fat, you need to read labels carefully.

The good fats are the omega 3, 6 and 9, or unsaturated fats. These fats are very important for a lot of things and can help with certain conditions such as depression, ADD & ADHD, autism, chronic pain, PMS, menopause, high cholesterol, heart disease, and much more. Most of us get plenty of omega 6 and 9's in our diet, but the omega 3's are a bit harder to come by. Some plants like flax have small amounts of omega 3 fats, but they are found mostly in fish that live in cold water. The problem with fish is that more and more of our lakes and oceans are becoming polluted with mercury, chemicals and pesticides. The safest thing to do is to check where your fish is coming from. Omega 3 fats are one nutrient that is often helpful to supplement with. If you are concerned that you need more omega 3 fats, talk to your health care professional.

And finally protein, which is currently the darling of all the fad diets, is certainly important. Protein is the basic building material for almost everything in our body. Muscles, organs and even our immune system are all made from protein. So protein is certainly a good thing. However, our obsession with protein may be a little too strong. If you are a vegetarian, you have probably heard more times than you can remember "but how do you get your protein?" In spite of all the concern about protein, most people in Canada get more than enough protein to satisfy all their needs. Most of us actually eat 2-3x the amount of protein we really need in a day. This is a concern because protein has its problems as well. Too much protein can put stress on the kidneys and it may contribute to osteoporosis. So when you get right down to it, in nutrition, just like most things in life, moderation is the key!

Now, these 3 food groups, carbohydrates, fats and proteins are called the macronutrients because we need relatively large amounts of each of them every day. They are like the gas you put in your car. The other major nutrients, the vitamins and minerals, are called micronutrients, because we need only small amounts of them. Vitamins and minerals ensure that all of the body parts like our brain, our immune system and our muscles are working properly. They are more like the oil and other fluids in your car.

So what can you do to improve your nutrition? Start with the basics and add 1 extra fruit or vegetable to your diet every day. Start reading labels, and thinking about what you are putting into your body. Drink plenty of clean water. It is never too late to make positive changes for your health.

Kelly Wallace, N.D.