

Week 11 (2018)

But Seriously, Is All Sugar Bad For You?

This was the headline of a newsletter I just received. I presumed it was a cryptic comment and that the writer was really catching the reader's attention so they could then hit them with all the reasons not to eat sugar.

I was wrong. They were saying that some sugar and different sorts of sugar are OK. I had no option but to clarify my take on this.

Just to be clear on this:

When you eat a totally sugar-free diet (a Ketogenic diet with healthy fats) you will start to recover whatever else you do or take. The studies on this go back in history possibly thousands of years but the more formal studies started in the 1920's and continue to today.

Epilepsy

One of the more rare conditions it stops or reduces is epilepsy. When I asked doctors why they don't prescribe it they simply say the public are not to be trusted to stick to it and it is safer to give them drugs with serious side effects.

Diabetes/Metabolic Syndrome

Diabetes is more difficult for doctors to use the same excuse. Studies show that just 2-4 weeks on a ketogenic diet will clear up Diabetes Type 2. Now doctors could safely prescribe this. Even the patient can test their own blood sugar levels and the ketones to indicate the Keto Plan is working.

The practice nurse or dietician could support the patient over the 4 weeks to help them keep to the plan. Why do most doctors not prescribe it? The problem is that Doctors, Nurses and State Registered Dieticians are all taught that disease is not caused by diet and therefore cannot possibly cure so many things.

PCOs and Other Gynaecological Problems

As well as nutrient deficiencies, sugar and carbs are the prime cause of these conditions causing high levels of Glycosylation (Glycation) and hormone disruption. This can occur when you have eaten carbs and protein at the same meal (or immediately after each other). It also happens with some foods before you eat them such as roasting parsnips, blackened/grilled high-sugar content vegetables or even blackened toast...especially using multi-seed wholegrain bread.

Autism And Other Conditions On The Spectrum

Ketogenic diets reduce brain cell over-stimulation in all brains and not just epilepsy. What's more, they appear to benefit behaviour regardless of changes in seizure activity. A study of 30 children with autism found that 18 showed some improvement in symptoms after following a cyclical ketogenic diet for 6 months.

The challenge with all Ketogenic studies is that they need studies in a research centre where food is monitored. An example of sticking to the plan: A young girl with autism who followed a gluten-free, dairy-free ketogenic diet for several years experienced dramatic improvements. These included; resolution of morbid obesity and a 70-point increase in IQ.

Parkinson's Disease

Parkinson's Disease (PD) is a nervous system disorder characterized by low levels of dopamine producing several symptoms, including tremors, impaired posture, stiffness and difficulty walking and writing.

Anne and I nursed her father for many years to keep him off drugs and out of the nursing home with his PD. We were less strict about sticking to an absolute Ketogenic diet but it still worked quite well for many years. Unfortunately, when he went in a nursing home his diet was the typical carb mush and he went downhill very fast.

In an uncontrolled study, seven people with PD followed a classic ketogenic diet. After 4 weeks, five of them averaged a 43% improvement in symptoms. The main difficulty the carer also has is to follow the same plan for the patients to stick to...but it's worth it.

Traumatic Brain Injury

Traumatic brain injury can result from a blow to the head, heading a football, boxing, a car accident, whiplash, or a fall in which the head strikes something. Any of these can have devastating effects on physical function, memory, senility, depression and personality.

Studies are indicating the sooner a Ketogenic diet is followed the faster swelling and motor function improve. I don't have a recovery plan for this yet but the two supplements to go with the Ketogenic diet are Liposomal BrainPower and ReFocus. All studies are on animals which I disagree with since there are no safety studies needed. Don't wait for controlled human studies if you suffer from any of these head conditions since there is never a downside to following a Ketogenic diet.

Alzheimer's Disease

Alzheimer's Disease is a form of dementia thought by some to be caused by plaques and tangles in the brain. I believe studies that indicate Fungus is the only common factor of the causes that impair memory. Studies show that supplementing people's diets with Coconut oils, MCT oils and a Ketogenic diet to increase ketone levels improves Alzheimer's symptoms.

It Always Works

A Ketogenic diet works for every condition, even Cancer and Anti-Aging. You don't have to wait to get sick to start a Ketogenic diet.

The Essential Steps for a Ketogenic Diet:

Lifestyle changes

1. Avoid processed foods, fast foods and sugar.
2. Avoid starchy carbs such as pastry, rice, potatoes, pasta, cookies, breads, breakfast cereals, crackers and related products.
3. Add sea salt or rock salt to your foods for additional minerals.
4. Replace your starchy carbs with healthy alternatives such as quinoa and other options as outlined at www.ReallyHealthyFoods.com
5. Consume at least 5 portions of nuts, seeds or beans each day.
6. Boost your consumption of vegetables to 5 to 10 servings per day.
7. Consume 3 to 5 portions of dark-skinned, low-sugar fruits per day.
8. ONLY eat wild caught, oily fish such as wild Alaskan salmon, sardines or black cod/sablefish, which are all high in omega-3 fatty acids.
9. Choose paleo grass-fed meat options.
10. Drinking plenty of water is a must: drink 6 to 8 250ml/8fl oz glasses per day and add a pinch of bicarbonate of soda.
11. Foods high in omega-3 are essential for health; These include Krill oil, Olive oil, Coconut oil, MCT oil and Hemp oil in your diet.
12. Walking every day is essential for both of you to improve circulation, oxygen and cell health.
13. See the full plan in any of my eBooks that will aid both you and your family's health.

See recipes at www.ReallyHealthyFoods.com

REMEMBER

All human health problems are caused by incorrect foods, lack of nutrients and not walking enough. Start today to correct these and move towards Good Health.