

## **Seven Food Fables**

from "Rust Out" by Dr. Royce Bailey, page 54

1. Stress doesn't make you fat. The stress hormone cortisol from the adrenal gland leads to carbohydrate cravings and overeating, as well as abdominal fat.
2. The food pyramid is for everyone. Having 6-11 servings of carbs per day (grains, breads and cereals) in many people causes bloating, fat and illness.
3. Metabolisms are all pretty much the same. Some of us are gas saving 'beatles' and others are gas guzzling 'SUVs,' when it comes to calorie usage. Some of us can live just fine on 600 calories a day, but don't feed us 601 calories a day or we will gain weight.
4. There is a perfect diet that will work for everyone. You just haven't found it yet. 'One size only' fits the people who come in that size. Everybody is different.
5. All low-carb diets are like the Atkins Diet. Eating fewer calories is healthful and weight reducing has many more benefits, without going on the Atkins Diet (high protein).
6. A balanced diet will provide you with everything you need. We've tilled our soil for 200 years in this country and our fresh fruits and veggies often come from South America, where they have tilled their soil for 2000 years. You may have reasonable health without supplements (particularly trace minerals and omega-3), but it's virtually impossible to have optimal health without them.
7. Your diet doesn't make any difference in how you feel. Too much sugar causes you to be more hyper and compulsive. Too much protein causes you to be grumpy and have a quicker temper. This is from a prolonged transient time of the gastro-intestinal tract, causing constipation and potentiating toxin extraction in the foods we eat. It is then harder for the kidneys to detoxify your body, causing your well-being to be depressed. Too many carbohydrates cause weight gain and that sluggish feeling, which then causes you to just sit around and gain more weight.

Sevenfoodfables 041109