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Obesity

America is in a major health crisis with rising numbers of obesity. We need to stop eating large quantities of refined, devitalized foods. More importantly, we need to educate people on how to eat, as well as how to prepare nutritious foods for themselves and their loved ones. Americans are overfed and under nourished.

We need to go back to the basics with nutrition. Whole foods, proper preparation of food that ensures the absorption of nutrients that are in the food. Learn how "to make food" that is easy, less expensive, and better tasting than going out. We need to buckle down and take responsibility! Some of the information presented may conflict with what your beliefs are. Try to let go of your biases when reading the information, and let your mind be open.

Many degenerative diseases and other health issues arise from our poor eating habits. Let's reverse this trend with knowledge and spread awareness. We should encourage and motivate others on their path to wellness.

The single fact is, if we eat more than we burn, we will gain weight. We need to eat to provide our bodies with nutrient dense calories so that our body can make energy. 3500 calories need to be burned by the body to lose one pound of fat. If you shave off 500 calories per day, by the end of the week you will have lost one pound. Calories come in the form of carbohydrates, protein and fat. 3500 calories need to be burned by the body to burn off one pound of body fat.

If you don't eat enough calories, your body will slow the metabolism down on purpose. Eating every 2 ½ - 3 hours is what is recommended. Eating protein, little fat, and carbohydrates stabilizes your blood sugar and promotes the burning of fat as fuel versus sugar.

- If you eat a big bowl of cereal with low fat milk and a banana (which is all sugar), your body will not be burning fat due to the insulin that must be produced and will then be in the blood stream. When this occurs, you are not in a fat burning mode. If your body doesn't utilize all the sugar in your system quickly, it is then stored as fat in the form of triglycerides in the body's fat stores.

- Insulin is the hormone produced by our pancreas when we eat too many carbohydrates. When there is too much sugar in the blood, and it cannot get into the cells, this is called insulin resistance. The cell's receptors will not allow any more sugar to come into the cell.

- In a normal person, if there is a high amount of insulin in the blood, you will not burn fat. By keeping the carbohydrates low in the diet, the body will not have to produce a lot of insulin and therefore will be able to burn fat. Insulin is your body's fat storage hormone. When insulin levels are too high, the body also produces more cholesterol causing inflammation in the arteries – **THE BODY DOES NOT LIKE SUGAR!**

- This is why, in a nutshell, our goal is to meet the body's nutritional requirements, while keeping the carbohydrates low! **LET'S BECOME FAT BURNING MACHINES INSTEAD OF SUGAR BURNING MACHINES!**

The body receives calories through 3 major macronutrients: carbohydrates, protein and fat.

Carbohydrates (carbs)

- Fat burns in the flame of the carbohydrate
- Carbs contain 4 calories per gram
- If not burned, they are stored as fat.
- Highly addictive
- Eating refined carbs causes B deficiencies
- Carbs are needed for brain function, energy production, and recovery
- There are two types of carbs: simple & complex
- Fruit, sugar & refined carbs fall under simple carbs
- Complex carbs are divided into two groups:
 1. Starchy: higher in calories and carbs
 - a. Bread
 - b. Rice
 - c. Pasta
 - d. Oatmeal
 - e. Beans
 2. Fibrous: lower in calories and high in fiber
 - a. Broccoli

- b. Salad
- c. Brussels sprouts
- d. Kale
- e. Collards
- f. Swiss chard
- g. Cabbage

Protein

- Needed for structural repair as well as cellular repair
- Needed for muscle growth (muscle cannot be developed without enough protein)
- 4 calories per gram
- Animal sources are the best as they are “complete proteins” and also contain high amounts of zinc, B12 and iron.
- Vegetarians need to use supplemental B12 or they usually become deficient causing more issues.
- Sources of protein:
 - a. Fish, shellfish, shrimp, eggs
 - b. Turkey, chicken
 - c. Lamb
 - d. Beef
 - e. Venison
- Protein is recommended every 2 ½- 3 hours, $\frac{3}{4}$ - 1 gram per pound of body weight per day (divided into 4-5 small meals).

Fat

- Needed for structural repair, as well as cellular repair
- 9 calories per gram
- Essential for brain and body function
- Gives you satiety when eating
- Needed for calcium absorption
- Needed for absorption of A, D, E, K and vital minerals
- Saturated fats are needed to absorb fish oils.

- 50% of our cell membranes are saturated fats.
- Saturated fats are needed for healthy immune function
- Eat fat, lose fat and give your body proper fats like butter and coconut oil.
- Avoid all processed vegetable oils bought in the store and you will lose fat that your body is holding on to.

Your body requires a certain number of calories just to survive. This is called your basal metabolic rate (BMR). This does not include calories needed to build muscle and improve athletic performance.

If the body doesn't get enough calories from a balance of protein, fat, and carbohydrates, the body will go into self-preservation mode.

In other words, the metabolism slows down and the body will store more fat, as it is wondering when it might see food again. This is why low-calorie diets do not work. When the body receives proper nourishment, it relaxes and converts one's stored fat into energy to be burned while exercising.

In order to achieve expected gains on this health building program (increased muscle and decreased body fat), consume small meals with protein, small amounts of fat and carbs.

Three meals and two snacks.

- Protein
- Vegetables
- Some fruit
- Butter and coconut oil
- Nuts, seeds
- Rice, quinoa, beans

Remember most importantly, if we are not exercising, our bodies do not require very many carbohydrates (like under 90 grams which is the equivalent to 1 bagel--so be careful).

Let's turn our bodies into Fat Burning Machines!! The Health Building Eating Program