

# CARBS THAT HYDRATE

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Real carbohydrates, like those in fruits, are simple sugars that provide your body with immediate energy. These sugars, such as glucose and fructose, are quickly absorbed and used by your body for fuel, helping cells function without much effort from your digestive system. These carbohydrates are hydrating and support the body's energy needs right away.

In contrast, complex carbohydrates, found in grains, nuts, breads, and starches, take longer to digest and require more energy. These foods eventually break down into sugars but release energy more gradually. However, they can be dehydrating, especially if your body's elimination system (like the kidneys or bowel) is not working optimally. If your body is struggling to process waste or is already dehydrated, these foods might add more stress, as they demand more effort to break down and may not hydrate you the way fruits do.

## The Power of Berries and Melons:

Berries and melons are especially beneficial because they are packed with water and oxygen, which helps your cells produce energy more efficiently. These fruits go directly into your bloodstream and provide immediate energy without the need for your liver or pancreas to do extra work. They also help hydrate you, which is essential for keeping your body systems functioning smoothly.

## Complex Carbs and Energy Output:

Foods like raw veggies or nuts require more energy to digest because they contain tough fibers. When eaten raw or not sprouted, these foods demand more effort from your digestive system, which can make you feel tired. Cooking or sprouting these foods helps break down the fibers, making them easier for the body to digest, so it requires less energy to process them. However, you'll still expend energy, just not as much as if you were eating raw veggies or unsprouted lentils or nuts.

For starches and breads, which are more complex and dense, your body will need to work harder to break them down, and they may not hydrate you as effectively as fruits, especially if your body's elimination system is already under strain.

## How Your Body Uses Fruit:

The sugars in fruits, especially melons and berries, go directly into your bloodstream, where they are quickly used for immediate energy. These fruits provide instant fuel for your body without requiring your liver or pancreas to convert them. This process is more about cellular infusion, where the sugars are absorbed directly and efficiently, supporting energy production without strain on your organs.

You can also isolate fructose (though it's not generally recommended) using a juicer, which extracts the sugar directly from the fruit. However, when you blend or super-chew the fruits, you retain the fiber, which helps slow down the release of sugars into the bloodstream. The fiber makes the fructose more efficient and safe for your body, ensuring that it's absorbed gradually and provides steady energy without causing sharp sugar spikes.

## Supporting Your Liver, Pancreas, and Kidneys:

Fruits, especially berries and melons, are easy on the liver and pancreas because they don't require them to work hard. Instead, they go directly to your cells for immediate energy, without causing strain. These fruits also support your kidneys in eliminating waste, keeping everything clear and functioning properly.

## Complex vs. Simple Carbohydrates:

Everything that the body can turn into sugar is technically a carbohydrate, but the difference is how quickly it releases energy.

- Simple carbohydrates, like those in fruits, are already in their simplest form and provide immediate energy. These sugars are quickly absorbed into the bloodstream, where they are used right away.
- Complex carbohydrates, found in grains, nuts, breads, and vegetables, take longer to digest. These foods eventually break down into sugars, but the process takes more time and energy, and the body releases energy gradually.

However, complex carbs like pasta or bread can be more dehydrating, especially if your body's elimination system isn't functioning at its best. These foods are more difficult to process and can put more strain on your digestive system, which may already be overworked or not functioning optimally.

## Balancing Sugar Levels Naturally:

It's common to worry about sugar levels, but the natural sugars in fruits are balanced within the fruit itself, and they are absorbed slowly, helping to maintain steady energy. Berries and melons help avoid the sudden sugar spikes that can happen with processed foods. They give you steady energy and support the body without overwhelming it.

## Conclusion:

Fruits, especially those with lots of water like berries and melons, are perfect for immediate energy and gentle on your digestive system. They help you stay hydrated, give you the energy you need without stressing your liver or pancreas, and support elimination through the kidneys. Eating these fruits helps your body work at its best without overloading it.