

## The concept of Good Health: Old Versus New

**Old Concept-** The health and weight loss experts until recently, linked good health and lean body to only two parameters:

1. **How much to eat-** Calorie counting with focus on different dietary plans- low carbohydrate, low fat, and high protein plans.
2. **How much to exercise-** Focus being on more calorie expenditure via high-intensity exercise plans.

The above treatment philosophy of “Eat less, Move more,” practiced globally for the past 40 years, at the cost of billions of dollars each year has produced disappointing results.

**New Concept-**The recent research has linked good health and lean body to sensible parameters which bring about definite results:

### 1. What to eat-

The primary focus should be on the quality of the food and not on the quantity (calorie counting) of the food or the proportion of the individual macronutrients such as that of carbohydrates, protein, and fat. Plant-based unrefined foods grown under the energy of the sun are naturally low in calories, and when eaten in the right balance can provide all the needed macro and micronutrients. The commercial foods, on the other hand, lack an appropriate balance of macro and micronutrients. These packaged, dried, and desiccated diets are deficient in essential nutrients. That deficiency gets the body into a food-seeking behavior called “Nutrient deficiency hunger.”

2.

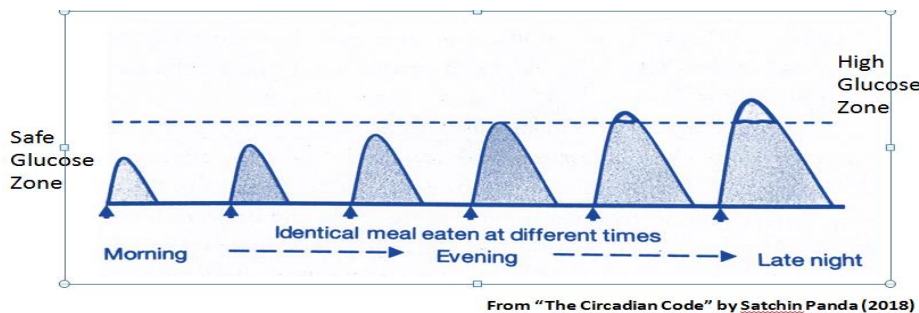


Synthetic

Natural

3. **When to eat-** During the daylight hours body requires more energy for physical activity. Insulin is the hormone which helps the body use glucose for energy. The body remains highly sensitive to insulin during daylight hours to boost energy production for immediate use. At night the body is in rest and repair mode with minimal energy needs. So the body shifts gears and converts glucose into the reserve energy fat for later use. Late-night eating, especially after 8 PM, will lead to higher blood glucose levels and abnormal fat storage even when one eats the holistic natural food. Late-

night dining also disrupts deep rejuvenating sleep. That adds to weight gain by increasing the level of the stress hormone cortisol.



4. **How often to eat**-Frequent eating every 2-3 hours creates a vicious cycle of constant glucose supply coming from the digestive tract. A meal of any size (including snacks) provides 2-3 hours worth of glucose for energy. After this time the body must fall back on the glycogen and fat reserves for energy. Eating every 2-3 hours takes away from this great benefit of using up reserve fat energy between the meals. To maximize reserve fat energy use; there should be a separation of 12 hours between the dinner and the next morning meal and 5-7 hours between any two meals of the day. There should be no snacking between the meals, except for young growing children and athletes or manual laborers, who have high energy needs.
5. **When to sleep and wake up**-Lack of exposure to sunlight or bright daylight in the morning hours reduces the synthesis of the essential sleep hormone melatonin in the brain. Additionally, exposure to artificial light and blue light from digital appliances, computers, and television, diminishes the release of melatonin from Pineal gland at night. Poor sleep leads to stress, overeating, obesity, and weight gain.
6. **Exercise and activity**- Muscles use up to 80% of glucose energy produced in the body. Less muscle activity means more of free unused glucose available to make reserve energy fat.