

CARBOHYDRATES

Carbohydrates (or CHO) are unnecessarily being avoided due to a lack of information. They offer our only sources of energy for our brain; they are needed for body hydration, and they are the richest sources of antioxidants and phyto-nutrients.

What most people fail to realize is that they intake far more CHOs than fats and proteins - and it's this imbalance that spikes blood sugar causing a sudden rush of energy and a release of serotonin making you feel happy, but soon causes agitation as blood sugar drops rapidly releasing adrenalin making you very hungry again very soon.

It's this chronic lack of control over blood sugar that leads to insulin resistance and diseases like Syndrome X. Because the sugar has fewer insulin receptors to help it into cells the cells can not burn it for energy. While floating in the blood stream it's picked up and stored as visceral fat. This type of fat slows metabolism further.



FATS

Fat is not your enemy. In fact, even if you're trying to lose weight, an intake of certain fats will help you. Fats slow down digestion making you feel full faster. They form myelin sheaths around nerves increasing the efficiency of the Central Nervous System.

Certain fats such as Omega 6 and Omega 3 are essential because we can not produce them ourselves. Taken at a ratio of 3:1 (Omega 6 to Omega 3) you can lower your blood cholesterol levels, and reduce inflammatory diseases. Grass-fed animals have for of these types of essential fats.

Vitamins/Minerals

You even need fats to absorb certain vitamins (A, D, E, and K). Vitamins C and E are very potent antioxidants, and vitamins work as co-enzymes to increase metabolism.

Because of this, vitamin and mineral deficiency will lend itself to weight gain and retention as well as a whole host of other maladies.

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Proteins

Just like in fats you have essential proteins (or Amino Acids), which our bodies can not make for themselves. Aside from water, protein is our most abundant structure.

The easiest way of ingesting all Amino Acids is through animal meat. Vegetarians need to consume higher amounts and much more varying types to insure they reach the same daily requirements. The easiest way of attaining a full required protein source is based on these coupled pairs:

Legumes + Seeds
Legumes + Nuts
Legumes + Dairy
Grains + Legumes
Grains + Dairy



Amino Acid deficiencies may manifest as poor wound healing, low energy, and poor hormonal imbalances (PMS).

In regards to vegetarians and vitamins - B 12 is only found in animal meats and over time a lack of it will cause neurological damage.