
THE TOP 20

ALIDA

DIET MYTHS

DELIGEORGES

YOU NEED TO KNOW

BECOME INFORMED WITH THE
TRUTH ABOUT WHAT TO EAT
AND HOW TO EXERCISE

THE TOP 20 DIET MYTHS YOU NEED TO KNOW

"To diet or not to diet?" This is definitely the question, right? When I was growing up, the word 'diet' meant restriction to me, giving up something that I loved, eating food that I didn't like or better still, eating the same thing every day. All of this was done in hope to feel better and of course, to lose weight.

Luckily, as I became older, I soon realised "yo-yo" dieting was just not working and my bad relationship with food needed a big review! Like many people, I began to research nutrition and different ways of exercising, in hope to find a life-long way of living, rather than a 'quick-fix'.

And that's when I hit a roadblock for sure.

There is just so much conflicting information out there. I started to eat a certain way, only to find out that was bad for me. I was scratching my head to find answers and getting more and more confused each day.

My traditional education as a pharmacist led me down what I call 'a false lead'. The food pyramid alone should be burnt! It's crazy that we are still being fed this lie of what to eat and how much of it. I wonder how many people know that it was designed by the cereal king "Mr John Harvey Kellogg" himself. No wonder grains are in the largest section.

Many people have suggested turning the current food pyramid upside down to better illustrate what we should all be eating. I tend to agree with this approach.

Thank goodness I followed my heart and studied natural medicine. What an eye-opener this course was for me. I had to delete a lot of what was drummed into me to be true and re-learn the 'truth'.

This FREE list of ***"The Top 20 Diet Myths You Need To Know"*** will hopefully save you time researching and be a resource to you for what is now known to be true.

Amen to that I say!

Let's get started...

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Lie #1 - Skipping Breakfast Is A Terrible Idea

Breakfast isn't necessarily the most important meal of the day, for weight-loss at least.

What time you have your first meal of the day should really come down to your lifestyle and what you eat at your first meal.

If your first meal of the day is a doughnut at 11 am, then maybe you should be considering eating breakfast.

Breakfast is known to have a positive impact on the body, but skipping it won't necessarily slow your metabolism. Some studies have shown that intermittent fasting of 12-16 hours actually has many health benefits. These include the ability to improve insulin/leptin sensitivity, balance blood sugar levels, burn fat for fuel more easily, improve blood pressure and cholesterol, reduce cravings, improve brain function, and lose weight or maintain a healthy weight without needing to count calories.

So start the day how it feels natural to you and eat something healthy when you're hungry. Focus on having protein, fat and fibre when you do finally eat and you'll be set for the day.

Lie #2 - Fasting Slows Your Metabolism

Dr Michael Mosley popularised the idea of intermittent fasting, with his 5:2 diet. The diet involves restricting your calorie consumption to 25% of your energy needs, two days a week, and eating normally the rest of the time.

However, rumours still persist that going without food will slow your metabolism.

This is not true, as long as the fasts are for short periods only. New research suggests that occasional fasting may even boost metabolism.

Your metabolism slows down when your body runs out of fuel and has to start breaking down muscle mass, but your body should have enough glycogen stores to last a few days before this occurs.

Prolonged fasting and severe calorie restriction can disturb the endocrine system, but intermittent fasting can have positive effects on our health and waistlines.

Such fasting is even thought to help your body repair its cells, which may help prevent diseases including heart disease, stroke, Alzheimer's disease and other forms of dementia, type 2 diabetes and cancer.

Lie #3 - You Can Eat Whatever You Want, As Long As You Exercise

Exercise is not a very effective way to lose weight. The amount of exercise needed to lose even a single pound - if the diet is not rethought - is more than most people can do. Even the most rigorous workouts will not overcome an excessive daily calorie consumption.

If you are just exercising, the scale is unlikely to budge. You can make a better impact by controlling what you eat.

But don't give up your exercise routine. In addition to a host of general benefits, including protecting your brain, heart and bones, exercise is great for maintaining weight and regulating appetite.

A regular exercise routine is a shared trait among once-overweight people who successfully stay slim.

Lie #4 - Daily Exercise Is Needed For Weight Management

For years, we have been told that exercise is crucial to good health and weight maintenance. But all those hours at the gym may turn out to be more harmful than helpful.

If you're stressing your body with intensive, daily exercise and still not losing weight, maybe it's the exercise itself that's the problem.

Too much exercise can stress out your body, cause injury, and ruin weight loss attempts.

In short, it's what you eat, not how hard you try to work it off, that matters in losing weight. You should definitely exercise to improve your health. However, the key is balance.

An active lifestyle is far more important to weight loss than laboured work in the gym. A daily walk or bike ride, rebounding on a trampoline and activities such as gardening and carrying groceries to your car are all excellent ways to keep your muscles, including your heart, strong. Do something that's fun and that you enjoy.

TYPES OF TRAINING RECOMMENDED:

1. Cardio/Aerobic Training

Although there are many benefits associated with cardio/aerobic training, there are also many negatives. Such training will lower your resting heart rate, lower blood pressure, keep your brain young by increasing circulation to the brain and aids in detoxification by stimulating the lymphatic system.

But long, vigorous cardio/aerobic training decreases testosterone levels, decreases the immune system post exercise, and raises stress hormone levels (cortisol). Increased levels of cortisol stimulate the appetite, increase fat storing and slow down or inhibit exercise recovery.

The solution is burst training. It's a great way to burn belly fat fast in a positive way.

It involves exercising at 90-100% of your maximum effort for 30-60 seconds in order to burn your body's stored sugar (glycogen), followed by 30-60 seconds of low impact for recovery. This causes your body to burn fat for the next 36 hours to replace your body's vital energy (glycogen) stores.

You only need to do 4-6 sets of 30-60 second bursts 3 times a week to see marked changes and improvements.

It's best to do cardio when you wake up, since it provides you with energy for the day via increasing mitochondrial activity and vascularisation in muscle tissue.

Just remember, more is not always better - make sure you have days of rest.

2. Strength & Resistance Training

Strength and resistance training invokes the release of human growth hormone (HGG). This hormone is essential for fat mobilization. It also signals fat burning enzymes and aids in muscle mass development. HGG also encourages a more restful sleep which is an added bonus.

Strength/resistance training will improve your glucose tolerance and increase insulin receptor sensitivity. This will help your body become a fat burner, rather than a sugar burner. This type of exercise also creates a bigger metabolic after-burn than aerobic training, while also increasing fat-free muscle, bone density and metabolism. So aim to strength/resistance training before aerobic training 3 times a week.

Lie #5 - Eating Fats Will Make You Fat

The health industry in the 70's and 80's fed this lie and we are still seeing a lot of low-fat foods in the stores. Sadly, the result of all this low-fat eating in society today is mental issues and obesity.

Healthy fats are necessary for your body to function properly. In fact, some are classified as essential (like Omega 3, 6 & 9). Not only does fat keep your skin and other cells soft and flexible, but your body also uses fats to create neurotransmitters needed to balance your mood. Eating good fats is the best way to have a healthy body and mind.

From lowering bad cholesterol, improving mood and helping shed excess weight to giving you shiny hair and healthy nails, your body will reap the benefits of these healthy fats.

RECOMMENDED FATS:

• Saturated Fats

These are solid at room temperature, do not normally go rancid, and do not break down when heated to high temperatures, making them ideal for cooking, especially in the oven.

Examples: grass-fed butter (not for oven), ghee, coconut

• Monosaturated Fats

These oils are liquid at room temperature, can become rancid, and do break down at high temperatures. Olive oil is often recommended since it is most stable and has many health benefits. Ideal for salads or cooking at low temperatures, such as on a stove top.

Examples: olive oil, nut & seed oils (eg flax seed, chia seed, sesame).

Also contained in avocados, almonds, cashews, Brazil nuts, hazelnuts, macadamia nuts, pecans, and pistachios.

Canola oil belongs in this group, but it needs to be avoided. Today, about 90% of the world's canola crop is genetically modified. It contains 63% monosaturated fats and 28% polyunsaturated fats. During the nasty manufacturing process, much of these "heart healthy" polyunsaturated fats have already gone rancid and a large portion have turned into trans fats.

• Polyunsaturated Fats

These stay liquid even in the refrigerator, are extremely unstable, and easily can become rancid. They are only recommended fresh and should never be heated or used for cooking.

Examples: nut & seed oils (eg walnut, flax seed), fish oils

Also contained in walnuts, flax seeds, salmon, mackerel, herring and trout.

Avoid the unhealthy vegetable oils such as corn, soybean, safflower, sunflower, peanut and cottonseed oils since they contain very high levels of polyunsaturated fats (PUFAs).

Although we need some amount of polyunsaturated fats, we absolutely do not need a lot. Also, polyunsaturated fats are highly unstable. They oxidize easily. These oxidized fats cause inflammation and mutation in cells. That oxidation is linked to all sorts of issues from cancer, heart disease, endometriosis, PCOS, etc. PUFAs are bad news.

FATS TO AVOID:

• Trans Fats

These fats are created by man by hydrogenating vegetable oil. This makes what is normally liquid into a solid.

They are not recommended since they are unnatural and they correlate with heart disease and type 2 diabetes.

Examples: margarine, shortening

These are often used in most processed foods such as baked goods, snacks (eg cakes, biscuits, crackers, doughnuts), fried food, and refrigerator dough products (eg pizza bases, pies, pastries).

Lie #6 - Salt Will Cause Me To Have High Blood Pressure

There is some truth in this statement, but not all salt is created equal.

The reality is that, just like sugar, salt has been heavily processed, refined and barely resembles what is naturally found in nature.

Your typical salt has gone through a multi-step refining process, including high heat that really destroys the salt. Through the processing, the 82 minerals that are normally found in salt are removed until all that remains is 98% sodium chloride.

Additives are then incorporated which are designed to make it more free-flowing.

Refined table salt now has added synthetic iodine, fluoride, anti-caking food additives (silica aluminate, ferrocyanide, talc), and bleaching residues. What was a natural, whole food has been processed into a highly industrial, pseudo-food we have come to think of as "salt" that causes a myriad of health problems.

Aluminium intake leads to neurological disorders, particularly when no selenium is provided to help the body to chelate it. Aluminium bio-accumulates inside the body, causing further degeneration over time. Talc is a known carcinogen and table salt may contain up to 2% talc.

The only salt you should use is either grey Celtic Sea Salt or Pink Himalayan Salt. Just remember - good salt is not white.

Such good salts are evaporated and sun-dried, and retain all of their natural minerals (84% sodium chloride & 16% other minerals - such as potassium, magnesium, calcium, sodium and more). We are actually nourished by this type of salt, rather than depleted.

Sugar cravings are also the result of eating the wrong kind of salt. The only reason people crave sugar is because the brain is not getting enough sugar. If you don't have the right kind of salt in your system, you will not be able to extract the sugar out of the carbohydrates that you are eating so your brain keeps looking for sugar, and asking you to eat sugar.

Contrary to the misconception that it causes high blood pressure, salt is actually essential for the regulation of blood pressure - in conjunction with water.

Other benefits of salt include:

- extraction of excess acidity from the cells in the body, particularly the brain cells.
- balancing the sugar levels in the blood; a needed element in diabetics.
- the generation of hydroelectric energy in cells in the body.
- absorption of food particles through the intestinal tract via improving stomach acid levels
- clearance of the lungs of mucus plugs and sticky phlegm, particularly in asthma and cystic fibrosis.
- clearing up congestion of the sinuses.
- a strong natural antihistamine.
- prevention of muscle cramps.
- prevent excess saliva production.
- making the structure of bones firm. Osteoporosis, in a major way, is a result of salt and water shortage in the body.
- sleep regulation since it's a natural hypnotic.
- stop persistent dry coughs when placed on the tongue.
- prevention of gout and gouty arthritis.
- maintaining sexuality and libido.
- preventing varicose veins and spider veins on the legs and thighs.
- communication and information processing of nerve cells the entire time that the brain cells work - from the moment of conception to death.

Lie #7 - Cereal And Toast Are The Perfect Starts To Your Day

The problem with cereal and toast for many people, besides the gluten issue, is that grains turn into sugar very quickly. It may break down slower than sugar, but the end result is still sugar.

If your cereal or bread has added sugar (most do), you have an even bigger problem.

This means you have just started the day with something that has no staying power whatsoever. Come 10-11am, you are not only going to be hungry, but tired as well. So, you then reach for the coffee and more food to try to make it to lunch.

Since I stopped eating grains, I have been eating a variety of breakfasts. I start the day with lemon juice in warm water on rising, followed about half an hour later typically with some coconut yoghurt, with berries and nuts, scrambled eggs with my homemade almond-based bread with some grass-fed butter spread, a protein shake boosted with collagen powder and coconut oil, or a green smoothie with added chia seeds.

I would recommend you don't stick with a traditional breakfast either. Soup, salad and even meat dishes can be eaten in the morning. Just think outside of the box and aim to eat some protein, fat and fibre for the most staying power.

Lie #8 - Amalgam Dental Fillings Are Safe To Have In The Body

'Silver' dental fillings are barely silver, only 30%. They are actually 50% mercury which is a known toxin. We are expected to believe that it is safe in our mouths, despite being told that it is dangerous before it is put in your mouth and after it is taken out. How can this make any sense?

Mercury vapours are released into your mouth every time you chew and it accumulates in bodily tissues, including the brain. Studies done on a 5-year-old filling found that it no longer contained the 50% mercury it started with, but was down to only 27%.

If you have these fillings, they need to be removed. However, you should only have this done by an experienced holistic dentist who knows what they are doing.

Also, due to the toxicity of mercury, you would need to undergo some kind of heavy metal detox to help you eliminate it from your tissues.

Doing so can improve your overall health tremendously.

Lie #9 - Fluoridated Water Is Safe To Drink And Helps Prevent Tooth Cavities

Fluoride, like mercury, is toxic - more toxic than lead. We are supposed to believe that drinking it constantly from our water supply is safe. I don't think so!

Ironically, it doesn't even help with tooth decay. It can in fact damage your teeth causing dental fluorosis, a defect of tooth enamel caused by too much fluoride intake during the first 8 years of life and presenting as a white patchy stain (I have this on one tooth!).

Unfortunately, fluoride is found in other things besides our water supply. The antidepressant drug, Prozac (fluoxetine), contains 75% fluoride and the fluoroquinolone antibiotic, Ciproxin (ciprofloxacin), is well known for its many side-effects related to fluoride toxicity.

Since fluoride is not the only toxic thing in our water, I strongly recommend drinking filtered water to prevent exposure as much as possible, as well as using filtered shower heads in the shower.

Lie #10 - All Oils Are The Same Quality

Not all oils are created equal. They are usually labelled Extra Virgin, Virgin and Refined.

In the case of Refined coconut oil, it is made with dried coconut (not fresh) and heated to 400 degrees. The end result is a heavily processed product which has lost much of its nutritional value.

Virgin oil is usually heated also, but not as hot as the Refined oil.

Extra Virgin olive oil, on the other hand, is used to describe the fresh "first cold pressing", which is the least processed since no heat was used to extract the oil from the olives.

Aim to purchase Extra Virgin olive oil for around \$10/Litre. Anything less may not really be true Extra Virgin since some importers are substituting with a lower grade of oil.

Lie #11 - Eggs Are Evil For Cholesterol

Recent research has debunked the idea that eggs are bad for heart health and cholesterol.

Eggs are one of the most nutrient dense natural foods available. They are rich in iodine, needed for making thyroid hormones, and phosphorus, which is essential for health and teeth. They are also packed with vitamins A, B, D and E.

In addition, eggs activate serotonin, the happy hormone.

Bottom line, eggs are good for body and mind, so get cracking, preferably with free-range or organic eggs, which studies have shown to be more nutritious.

Lie #12 - Night-time Eating Makes You Fat

Put this diet myth to bed. There's no conclusive proof that late-night meals cause you to put weight on.

What we do know is that too many calories cause weight gain, and many night eaters do tend to overeat and choose high-calorie foods.

Eating right before bedtime can lead to heartburn and indigestion. So try to stick to regular and earlier mealtimes.

Lie #13 - It's Better To Eat Lots Of Frequent Small Meals Rather Than Fewer Larger Meals

This is only slightly true.

Our metabolisms rev up slightly each time we eat, as our bodies process what we've consumed. So by having many mini meals instead of fewer, larger ones, we shift our metabolism into a higher gear more often, and burn a few more calories.

But the calorie difference is so small that it doesn't make any real difference. And for some people, eating more often may mean simply eating more overall.

Lie #14 - Supplements Are Not Needed Since You Get Everything You Need From The Food You Eat

I wish that this was true, but it just isn't. In order to have nutrient dense food available to eat, we need nutrient dense soil for it to grow in. In most parts of the world, the soil has become majorly depleted from constant use. The fertilizing that is being done is not replacing everything that was removed.

I recommend eating organic whenever possible, because you will get more of your needed nutrients and you'll be helping to take better care of the soil. In addition, I also recommend that you take a good quality multi-vitamin/mineral supplement to fill in the gaps that your food intake lacks.

Lie #15 - Detoxing Only Makes You Feel Worse

Every day we are exposed to toxins in our air, water, food, and personal products.

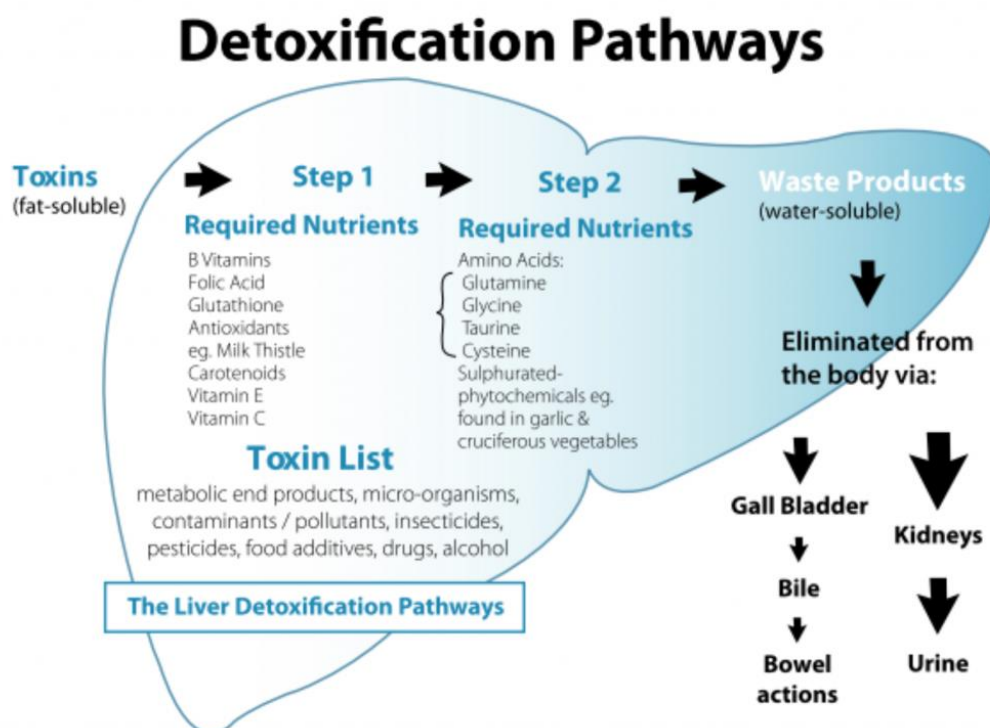
The good news is that we do have organs of elimination and detoxification that work hard to clear these from our bodies. When it comes to detoxification, the most important organs are the skin, lymphatic system, digestive system, liver, and the kidneys.

The liver is the primary detoxification organ in the body, reducing the toxicity of harmful substances and making them ready for excretion.

When there is excess levels of toxins, symptoms such as skin rashes and itching, acne, fatigue, headaches, body aches, digestive problems, menstrual issues, difficulty focusing, and even weight gain are common.

A well-designed cleanse enhances the functions of the detoxification organs and helps to restore balance to hormones, digestion and nutrition.

The main focus should be on enhancing phase 1 and phase 2 liver detoxification (see below), while at the same time supporting elimination via the kidneys, digestive tract and skin.



Often people start a detox regime with the intention of getting healthy, but end up feeling so lousy because they forget about the elimination pathways of the body. However, if you follow some basic key steps, cleansing can be a healthy, comfortable and rewarding experience.

Detox Steps Include:

1. Consume food and drinks that support detoxification

Some important foods and drinks include:

- cruciferous vegetables (such as broccoli, cabbage, cauliflower, Brussels sprouts, radishes, arugula, bok choy, and kale)
- sulphur-containing foods (such as onions and garlic)
- high fibre foods (such as fruits, vegetables and legumes)
- antioxidant rich foods (such as colourful fruits and vegetables)
- herbal teas (such as milk thistle, dandelion, nettle, burdock, yellow dock)

2. Avoid common reactive foods

Eating reactive foods leads to inflammation, which can lead to a number of symptoms and diseases.

Common reactive foods include gluten, dairy, eggs, peanuts, soy, caffeine, alcohol, and sugar.

A cleanse is a great time to take a 10-21 day break from these foods and to see for yourself how much these impact your health.

3. Keep the exit routes clear

Ensure your bowels, kidneys, and skin are all working effectively to clear toxins released during a cleanse.

Lots of fibre is key for the bowels, whilst the kidneys need plenty of filtered water. The skin needs exfoliation to keep the pores clean for adequate sweating and to also scrub off dead skin.

4. Exercise

Exercising during a cleanse leads to the release of toxins that were previously stored in fat cells.

5. Avoid environment toxins

Reduce toxic exposure by eating organic, using natural cleaning products, drinking filtered water, and choosing non-toxic skincare.

6. Enhance detoxification with supportive cleansing techniques

Certain supplements (such as milk thistle) and nutrients (such as glutathione), can help phase 1 and 2 liver detoxification pathways.

Hydrotherapy, massage and bouncing (such as trampoline rebounding) can also improve blood and lymph flow.

7. Cleanse emotionally

This might seem unrelated, but I find that emotional cleansing is the key to a successful deep cleanse program.

Emotions come up during a cleanse, and it's a great opportunity to work through them using techniques such as meditation, guided imagery, EFT (emotional freedom technique or tapping), and even journaling.

Lie #16 - Artificial Sweeteners Are Not Really Bad

If you haven't stopped using artificial sweeteners, please do so immediately! Artificial sweeteners have been controversial since they were first introduced to the market in the 1950s, and scientific research shows they are associated with many dangerous side effects.

The 6 Worst Artificial Sweeteners:

1. Saccharin (954)

Brand Names: Sugarine, Sugarella, Sweet 'N' Low, Hermesetas, Sucaryl

In the 1970s, saccharin and other sulphur-based sweeteners were believed to possibly cause bladder cancer. Studies continue to link saccharin to serious health problems, such as kidney lesions, eye deformities, and metabolic disruption. It's believed to contribute to nausea, digestive upset, photosensitivity, tachycardia and some types of cancer.

Sadly, it's the primary sweetener for children's medications (e.g. 'Panadol' - excluding 1-5 years/5-12 years colour-free, and 'Nurofen' range), cough syrups, and other over-the-counter and prescription medications.

Saccharin is 300 times sweeter than sucrose. It is also found in tabletop sweeteners (49%), cordials/fruit drinks (31%), carbonated soft drinks (16%), desserts/breakfasts (2%), and jellies/milk-based puddings (2%).

2. Cyclamate (952)

Brand Names: Sucaryl

This sweetener is banned in much of the world (including U.S.A) as it was found to cause cancer among other things.

Sadly, it is still used in Australia.

Cyclamate is 30 times sweeter than sucrose. It is found in cordials/fruit drinks (51%), carbonated soft drinks (34%), tabletop sweeteners (4%), jellies/milk-based puddings (4%), and desserts/breakfasts (4%), and other (3%).

3. Aspartame (951)

Brand Names: NutraSweet, Equal, Equal Spoon For Spoon, Hermesetas Gold, Hermesetas Granulated

It's currently used in more than 6,000 consumer foods and drinks, and over 500 prescription drugs and over-the-counter medications.

Recent studies have found that aspartame may impair memory performance and increase oxidative stress in the brain.

Alarming, such studies have also shown aspartame to have carcinogenic effects. As a result, it was recommended that pregnant or nursing women avoid this dangerous artificial sweetener at all costs. It was shown to predispose babies to metabolic syndrome disorders, and obesity, later in life.

Common side effects of aspartame include headaches, migraines, mood disorders, dizziness, and episode of mania. Comprising of phenylalanine, aspartic acid and methanol, these substances can stay in the liver, kidneys and brain for quite some time.

Aspartame is 180 sweeter than sucrose. It is found in carbonated soft drinks (66%), table top sweeteners (9%), sports, energy and weight management products (7%), flavoured yoghurts/mousses (7%), confectionary (4%), and other (7%).

Interestingly, it is also combined with saccharin in 'Panadol 7+ soluble tablets' for children, which also includes sodium lauryl sulphate (a known toxin) as a solubilising agent.

4. Sucralose (955)

Brand Names: Splenda

Sucralose was originally introduced as a natural sugar substitute. However, in reality, it's a chlorinated sucrose derivative. Chlorine is one of the most toxic chemicals on the planet, so this cannot be good at all. It was originally found through the development of a new insecticide compound and wasn't originally intended to be consumed.

Sucralose has been found to cause problems in the thymus, kidneys, liver, and spleen as well as hormone disruption.

At 600 times sweeter than sucrose, it's easy to see how the use of sucralose can contribute to an addiction for overly sweet foods and drinks.

Recent studies show cooking with sucralose at high temperature (eg oven) can generate dangerous chloropropanols - a toxic class of compounds. It has also been shown to alter glucose, insulin and glucagon-like peptide 1 levels. Sucralose is nothing short of poison.

It is found in carbonated soft drinks (59%), flavoured yoghurts/mousses (13%), cordials/fruit drinks (9%), tabletop sweeteners (5%), sports, energy and weight management products (5%), and other (9%).

5. Acesulphame-K or ACE-K (950)

Brand Names: Hermesetas Gold, Hermesetas Granulated, CSR Smart Sticks, Equal Spoon For Spoon

Composed of a potassium salt that contains methylene chloride, which has been shown to cause nausea, mood problems, possibly some types of cancer, impaired liver and kidney function, problems with eyesight, and perhaps even autism.

The human body can't break it down, and it's believed to negatively affect metabolism.

It is often used in combination with aspartame and other artificial sweeteners. In addition to sweetening foods, it's become increasingly popular as a flavour enhancer. Acesulphame-K is heat-stable and routinely found in highly processed foods and baked goods.

Acesulphame-K is 200 times sweeter than sucrose. It is present in carbonated soft drinks (52%), flavoured yogurts/mousses (22%), cordials/fruit drinks (9%), confectionary (7%), flavoured milks (5%), and other (5%).

It's worth noting that 'Panadol Colour-Free' range (both 1-5 years & 5-12 years) contain ACE-K in combination with sucralose. The range may contain less colouring agents, but they contain more sweeteners than the regular 'Panadol Elixir' range (containing saccharin alone).

6. Sugar Alcohols

Common Types: Erythritol, Maltitol, Mannitol, Sorbitol, Xylitol and other sugar alcohol that end in -itol

Sugar alcohols aren't absorbed well by the body and cause an allergic reaction for those who have a sensitivity to it. In addition, it has gastrointestinal side effects that include bloating, gas, cramping, and diarrhoea. Its laxative effect is so pronounced that it's actually part of the chemical makeup for many over-the-counter laxatives.

It is present in children's 'Panadol Colour-Free' range (1-5 years & 5-12 years both contain maltitol & sorbitol) and 'Panadol Elixir' range (sorbitol).

*In summary, please avoid **ALL** these artificial sweeteners. This is especially important for children and women who are pregnant or breastfeeding. The risk is simply too great.*

There are plenty of natural, healthy sweeteners available that provide essential nutrients and taste great.

Some Healthy Alternatives:

1. Stevia

Stevia is actually one of the safest sugar substitutes available. In its natural form, it is a herb. Most of what you find in the stores bears little resemblance to a green leafy herb and there are new brands appearing all the time.

'Sweet Leaf' is the only stevia-based sweetener that uses only cool purified water and the highest quality stevia leaves in its proprietary extraction process. The result is a pure and sweet tasting stevia - the way it's meant to be.

The plant-derived sweetness of stevia is 300 times sweeter than sugar. It is available in liquid drops or powder.

2. Raw Honey

Much of the honey in stores has been treated and processed destroying much of what is good about honey.

Raw honey is antimicrobial and can be a source of enzymes, vitamins, minerals, amino acids, and antioxidants.

Honey is still a fructose, so it's best to use no more than a teaspoon a day to not overburden the liver which struggles to metabolise it. Fructose is entirely processed by the liver and when consumed in large amounts, it overloads the liver causing insulin resistance, fatty liver disease, Alzheimer's disease, type 2 diabetes, and many other problems.

When baking a special treat like some grain-free cookies, I will frequently use 1 tablespoon of honey and 5-10 drops of stevia liquid in place of sugar.

Lie #17 - Coffee Isn't Good For You

The health effects of coffee are quite controversial.

Depending on who you ask, it is either a super healthy beverage or incredibly harmful.

But despite what you may have heard, there are reportedly plenty of good things to be said about coffee.

For example, it is high in antioxidants and linked to a reduced risk of many diseases (such as dementia, type 2 diabetes and liver disease). It can cause a short-term boost in energy levels, brain function, metabolic rate and exercise performance.

However, caffeine is also a stimulant that has various negative effects, such as causing anxiety and disrupting sleep, but this depends greatly on the individual.

In addition, it can cause elevated cortisol levels, high blood pressure, and many other negative hormonal events (such as insulin resistance), and increased inflammation. Adrenal fatigue symptoms definitely worsen with coffee and adrenal recovery is slow.

Caffeine is an addictive substance. It can lead to tolerance and well documented withdrawal symptoms like headache, tiredness and irritability.

Despite having been demonized in the past, the evidence still points to coffee being somewhat healthy... at least for the majority of people and within moderation (2-3 cups daily). Keep coffee calories in check though. Steer clear of trimmings like cream, sugar and flavoured syrups.

In summary, follow the evidence that your body offers you not what you read or hear. Pay attention to how you feel when you drink coffee.

Do you feel good for a short period, then shaky and irritable? Do you notice more pain or other kinds of physical distress?

If you're experiencing any of the symptoms, ranging from anxiety to inflammation, consider bringing a little decaf or herbal tea into your life.

Lie #18 - Less Calories In and More Calories Out Will Always Lead To Weight Loss

"Calories in needs to be less than calories out" - this weight loss mantra is the focus of many diets.

In many ways, this is an accurate statement. We store extra calories as fat, and when we burn more than we consume, that's when weight loss occurs.

But, the debate continues over the best and most effective way to burn more than we consume. A common misconception is that we can dramatically reduce the number of calories we consume by eating much less. But, this method is not sustainable and will only end up making you feel dissatisfied and prone to binges.

Instead, focus on the quality of foods you're eating and how you're eating them. For instance, grilled fish cooked at home with good quality olive oil is far healthier and leaner than fried fish from a fast chain outlet cooked in vegetable oil.

Lie #19 - Calories Don't Count If You Eat Healthy Foods

Avocados, nuts and olive oil deliver heart-healthy fats - and significant calories. Red wine and dark chocolate are full of antioxidants, but if you indulge every day without accounting for their calories, you're likely to gain weight.

Pay close attention to calorie counts of all foods and just eat in moderation.

Lie #20 - The Food You Eat Does Not Affect Your Mood

Focus on your relationship with food. So many people looking to lose weight neglect this and find they spend years in a bad cycle of restricting and bingeing, thinking that something is wrong with them.

You are unlikely to sustain healthy weight loss if you have a poor relationship with food. A healthy relationship with food means understanding which foods nourish you and make you feel best, not feeling stressed or out of control around food, and knowing that you can enjoy all foods as part of a healthy diet.

Summary

Instead of focusing on just intense exercise or one diet, shift your perspective and look at your lifestyle as a whole. How's your sleep? What's your relationship with food? Are you managing stress? Are you moving every day?

Rather than go hard in terms of diet and exercise for just a few months at a time, organise a nutrition and fitness plan which you can follow for the long-term.

Retraining eating habits, changing lifestyle habits such as increasing exercise, relaxation techniques, and becoming mindful of what and why you are eating plays a big role in weight management.

The most effective way to lose weight is changing the diet to a balanced whole food diet full of nutrients.

Eat a little bit of everything and not too much of any one thing - that's your "sweet spot" for well-being. Deprivation, starvation and fad diets are not sustainable long-term and can result in weight gain.

I wish you and your loved ones the best of health.

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