

## **Hello from Cyndi at Changing Habits**

I've just read a wonderful book, called *Lighten Up*. It's all about decluttering your home, office, filing cabinet, garage, video/DVD cupboard, the lot. I'm a person who hates clutter so I clean out on a regular basis, but after reading the book I started to really look around, and realised I had some work to do. I had not attempted my filing cabinet, which had files from 20 years past. So I took the authors advice on how to do it and I now have a filing cabinet that was once breaking at the seams to an organised uncluttered filing bonanza. Oh, it feels good to know where all those papers are. Having said that physical clutter, clutters us not only physically but emotionally and mentally. One of the most energetic things you can do is declutter your life. I asked Pushpa Prem a woman who declutters for a living to add something to what it means to declutter.

"Clear your clutter and take charge of your life! Remember how good it feels after you've done a 'spring clean' and how amazed you were at the amount of stuff you just didn't need or want anymore? Well that is basically what uncluttering is, letting go of things that no longer serve or represent who you are now or who you want to be. As you know your thought create your reality, therefore if you can manage to keep your home and office environments organised and tidy you will naturally feel in harmony with your surroundings.

Any time is a good time to start however some people may find they are more inspired when moving in to or out of a residence, or at the change of seasons, after a holiday, or when there has been a change in their life. When sorting make sure you will not be interrupted and never clear someone else's clutter without their permission. Some people clear out everything at all at once, others do it in stages. In order to avoid unnecessary angst when deciding what to clear, realise there are no right or wrong choices. Let go with love and allow the space for similar or better items to come to you. Live simply, live well.

Be grateful for what you have now, recycle and keep your focus on abundance. You can do it!" [pushpa@satnav.com.au](mailto:pushpa@satnav.com.au)

Now that we have the clutter out of the way and have some extra energy, lets get down to better health. This months newsletter is a review of the high protein diet and what I think of this craze in the diet industry. Please pass this onto any of your family, friends and colleagues so that they can benefit from this knowledge.

## **Happy Changing Habits**

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## **Creating a Balance between Proteins and Carbohydrates**

The proponents of the high protein diet and the high carbohydrate low fat diets have been at logger heads of late, and I'm often asked what I think of the high protein diet. I know that protein and fat are important in the diet; I also know that a diet devoid of fruit, vegetables and grains cannot be a complete diet supplying all our nutrient needs.

What is interesting is that the high protein diet was first designed to reduce the incidence of seizures in children with epilepsy. But because the diet was hard to maintain and some children showed signs of cardiac irregularities, it was discontinued as a mainstream treatment.

A high protein diet changes the body's metabolism. Metabolism is the process by which cells convert nutrients into energy after food is digested and absorbed into the blood - the higher your metabolic rate, the faster the food is converted into energy.

The decrease in carbohydrates on the high protein diet causes glycogen stores (carbohydrate food stored for energy) to become depleted within 24-48 hours. This causes fat to be released into the bloodstream. This fat is then taken to the liver where it is converted into ketones. The body, including the brain and the muscles, is forced to use ketones instead of glycogen for energy. When the body uses ketones instead of glycogen for energy, it goes into a metabolic state called "ketosis", causing a decrease in metabolic rate. This is the body's wisdom taking over to save fuel in this time of starvation and a sure indication that your body is not getting what it needs. In fact, 3 weeks into ketosis the metabolic rate will have decreased by 9% and after 6 months it will be down by 24%. A decrease in metabolism is not what we are trying to create on a life time diet.

When the body is in ketosis, the blood becomes more acidic so disposing of the excess ketones increases the need for water, resulting in dehydration if sufficient water intake is not maintained. Ketosis leaches potassium, calcium and sodium from the bloodstream. These three important elements are the main players in the correct working of the heart; in particular, potassium, which has a vital role.

In a recent study where the participants were on a high-protein low-carbohydrate diet, it was found that 20% had heart problems, including heart attacks, strokes and arrhythmias. In one study in the US, 60 people died while on a low-carbohydrate diet, albeit a liquid protein diet, which brings to mind protein powders.

With the increased popularity of protein as a main food source in the diet, the ever popular protein powders are being consumed without regard for their components. Most protein powders are, in essence, made of soy protein isolate and vitamins and minerals created in a chemical laboratory and not by nature, thus adding their own health problems, including excessive aluminium, increased

xeno-oestrogens and non-bioavailability of nutrients, with the unwitting consumers being part of an unsupervised experiment where the results may not be known for many years. Are you willing to take the risk?

Let's take a look at the Atkins diet, the most famous of the high protein diets. During the two week 'induction' phase when the calories are reduced, there is not much change in the percentage of protein consumed compared to a normal western diet, but the carbohydrates are almost nil and the intake of fat increases to a whopping 65%. You could almost call it a high fat diet rather than a high protein diet. The diet is extremely high in fat, vitamins A and B12, phosphorus, sodium and potassium, and very low in fibre, vitamin E, iron, magnesium, calcium, thiamine and carbohydrate.

During the ongoing or maintenance phase of the Atkins diet, fat remains high, protein remains at about 30% and very few carbohydrates are introduced. Studies have shown that a diet lacking in fruit and vegetables increases the risk of cancer of the colon, breast, pancreas, lung, stomach, oesophagus and bladder. Low fibre consumption is never a healthy choice.

Without sufficient fruit, vegetables and especially grains in the diet, it is almost impossible to obtain an adequate amount of the essential trace mineral selenium. We know that selenium, a mineral essential for cancer prevention, is already deficient in many western diets, but without organic whole grains in the diet, selenium levels drop dangerously low, affecting the thyroid, ovaries, prostate, heart and brain.

Thirty years ago, while everyone was focusing on a low-fat high-carbohydrate diet, people forgot about protein. The whole premise of the low-fat diet was to eat a diet low in fat, not to replace the fat with sugar; nor was it to eat large portions of low-fat products. The message was to reduce fat intake and eat more fruit, vegetables and whole grains as part of a healthy diet. The low fat diet was misunderstood. We went overboard and the result was an increased incidence of heart disease, escalating cancer rates, a 300-fold increase in diabetes, and a society that now has more than 50% of the population obese or overweight- in all, a very unhealthy group. Are you willing to make a similar mistake by going to the other extreme?

From the above information it seems that by being extreme in a diet you may decrease weight, but you will not create a healthier body. Western society seems to take one aspect of research and twist it till it suits popular demand; then as time passes, the real ramifications of such foolhardy actions become evident.

Let's go back to something in between; a diet that has moderate amounts of protein, fat and carbohydrates; a diet that our hunter gatherer ancestors ate- meat, vegetables, fruit, nuts, seeds and grains. Why make it so complicated? Are we so obsessed with the desire to be thin that we have lost sight of the need to be healthy?

It's time to stop all the nonsense and get back to normal eating. I believe people intuitively know what is right; they are just too busy looking for a quick fix. The only fix that works is - ***a change in lifestyle for a life time.***

### **Actions Steps for this Week**

1. Accept that there is no quick fix
2. Avoid extreme quantities of any food or food group
3. Enjoy a balanced diet with moderate amounts of fat, protein and carbohydrates.