

# A "Weighty" Issue of American Health

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Are all calories the same? Have we collectively gained weight because of the dietary recommendations of the nation's health officials? Do these two questions have anything to do with one another?

All calories are not the same. The first suggestion of this came in the dietary health recommendations made by the McGovern committee in 1977. It was pronounced that dietary fats, one of our three major calorie sources was causing heart disease. For those that remember, it was at this point in time that we became a fat phobic nation. Low fat, no fat and "lite" foods exploded onto the grocery shelves.

Say again? Since 1977 naturally occurring fats have been chemically extracted from processed foods, with the calories replaced by refined sugars.

The result: By avoiding fats Americans now eat on average 331 more calories per day than they did in 1977 and they have grown fat, very fat. The obesity rate that used to be steady around 16% charged upward and has yet to stop climbing. Obese now describes almost 40% of the adult population. Add in the merely overweight, and the normal weight person in the USA is threatened with extinction. The increase in type II diabetes has followed the same trajectory. These trends do not bode well for our health, happiness or our financial futures with ever escalating costs of medical care.

While we have categorically demonized fats, we have given sugar, lots of sugar, a free pass. Ironically, high quality fats and fats produced from plant fibers by microbes living in our gut are extremely satisfying to our appetites. Refined sugars? Just the opposite, they cause

excessive hunger. Eating refined sugars as a staple food leads to chronic inflammation, obesity, joint disease, diabetes, cancer, heart disease, and the shortening of our healthy years.

What to do? Dump the low, no fat and every other processed food with added sugars. Eat a plant centered diet utilizing as much fresh produce as possible. Replace fat phobia with scientific knowledge by learning the difference between good and bad fats. Saturated fats in moderation are benign, fats from fish and grass fed animals are exceptionally healthy. Most oils extracted from plant seeds are inflammatory, which means you should pass on the deep fried and happily go back to using real butter instead of margarine!

If you find you are addicted to sweets and refined carbs, and cannot lose weight no matter how much you try – come see me, or one of my colleagues at True Health Medicine, PC. We have the tools to help you lose the cravings, and to safely, reliably, and permanently lose your excess body weight.

What we eat and how much we eat are the single most important health factors in our control. Since 1977 our country has been eating its way to ruin physically and financially. In 2013 lets all decide to eat our way back to health, happiness, prosperity and long life. It all starts with you deciding what's on your menu today.



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