



## Low Carbs or High Carbs – What’s the Truth?

This has been “the question” in America and around the world for the past 50 years. America adopted what I term the great 50-year carbohydrate eating experiment. The results of this 50-year experiment? America has become the most overweight nation in the world, the majority of American women have severe hormonal problems, and everyone is becoming diabetic. To determine what the proper food for a human should be is easy. Just turn to the Textbook of Medical Physiology, Basic Medical Biochemistry, Harper’s Biochemistry, Essentials of Biochemistry, etc. The answers are all there. And the answer is crystal clear, if people only bothered to look instead of expressing their opinion. Let’s start with some of the science and I warn you in advance, prepare to be shocked!

Because we have been told to make carbohydrates the basis of our diet, we’ll start with the biochemistry of carbohydrates, but first think about this.

- 1: Imagine if the cause of our weight and health problems is given as its solution. Wouldn’t this explain why in spite of everyone trying so hard to do the right thing, failure is everyone’s reward.
- 2: More than a mere 4 ounces a day of carbohydrates prevent you from burning body fat and increases stored body fat according to both the Textbook of Medical Physiology and the book of Basic Medical Biochemistry. If you eat more than just a couple of bagels or 2 pieces of fruit a day, you have unknowingly reached this threshold for increasing body fat
- 3: Fat is stored only when eating carbohydrates. That’s right! Shockingly, fat does NOT directly go to more fat. Fat is either burned first for energy or goes to the structure in your body.
- 4: Insulin is a fat storage hormone. Insulin is a response to almost exclusively carbohydrates very little insulin response to protein consumption and no insulin response to fat consumption. Are you in complete disbelief yet? Given this new information, please re-read #1 above – we have been given the diet which makes us fat as the solution. Furthermore, insulin production is directly tied to blood clots and increased heart attacks, too.
- 5: Here’s more scientific fact, and it’s a quote, too. “Amino acid consumption, from protein in foods like steak, and fish, CAN’T be stored (as body fat), in contrast with glucose (from carbs), nor are they excreted”. There you have it. This medical textbook quote makes it crystal clear. Protein does NOT go to body fat – it goes to either body structure or biochemical processes. We have been misled by recommendations to minimize protein consumption.

You discovered in the last column that contrary to popular belief, saturated fat does not clog arteries. It’s the adulterated processed fat and cooking oils that clog arteries. Now you have discovered that protein can’t make you want, either. It’s the carbs, and only the carbs, that make us fat. You can’t consume excessive amounts of fat because fats are the most filling of all foods. How much cheese can you eat before you are completely full? It’s not much.

The next “million dollar question?” How do I stop the incessant carbohydrate cravings for sodas, pie, ice cream, cakes, cookies, and sweets? It all ties back to supplying your body with the healthy

essential oils that it can't make on its own – solving a widespread yet unpublicized nutritional deficiency. My research has clearly shown that constant carbohydrate cravings for sweets is a SYMPTOM of the healthy essential oil deficiency. I discussed how critical EFAs were in the last column.

If you want to receive a copy of my research giving you the scientific basis of the optimum omega 6/3 ratio, please e-mail me. My next column will give you the truth about ketones and ketosis so you can rest real easy at night after you've eaten lots of protein.