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- Do you have a storm brewing in your body?!
- How to overcome the dangerous storms
- Let's get practical about GI

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Health Mentor session-

Carbohydrates continued

MENTOR SESSION 6

Storms brewing

Many people literally have a serious storm brewing in their bodies due to the long-term, uncontrolled consumption of high glycaemic index foods, unhealthy fats and little or no exercise.

This storm, which carries the risk of many diseases, is called **metabolic syndrome**.¹

The aim of this second session on carbohydrates is to use the knowledge gained in Session 5 about GI and GL to side-step the risk of metabolic syndrome in our lives!

Recap

In the previous session we introduced you to the extremely important carbohydrate concepts of GI and GL.

Let's summarise a few facts from that session:

-**GI** stands for **glycaemic index** and it basically refers to the effect that a carbohydrate food will have on your blood sugar after you consume it. Lower GI carbohydrates of less than 69 are safer to consume than higher GI foods of 70 and



Do you have a storm brewing in your body?

more. Below 55 is the most ideal.

-Consuming high GI carbohydrates is like taking rocket fuel for your sports car - you're going to damage the engine.

-The **glycaemic load (GL)** of a food or meal is the GI multiplied by the amount of carbohydrate in the food or meal. You can basically 'overload' on any food as long as the volume is enough!

Metabolic syndrome

In our previous session we listed some **MAJOR** benefits of eating a low GI diet as part of your lifestyle. They are:

- Prevention of heart disease ^{2,4,6}
- Reduction of cholesterol levels ^{2,3,4}
- Prevention of stroke ²
- Improved blood glucose control and the prevention of diabetes ³
- Feeling fuller after meals and staying fuller for longer
- Weight loss and the maintenance of weight ^{3,5,6}
- More energy and endurance

**Do you want to enjoy these benefits?
Do you want to lose weight in a healthy way?**

Metabolic syndrome is the first sign of a dangerous storm that wants to prevent you from enjoying the above benefits.

Individuals with metabolic syndrome are approximately 4 times more likely to die from heart disease and about twice as likely to die from any other disease-related cause.



Symptoms of metabolic syndrome: ¹

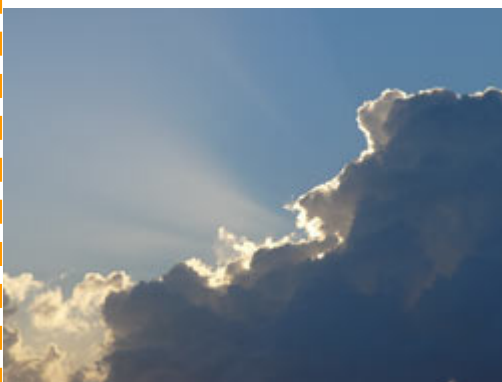
Here is the official medical diagnosis for metabolic syndrome:

- Waist circumference > 102 cm in men
- Waist circumference > 88 cm in women

Any two of the following:

1. Raised blood triglyceride levels (>1.7 mmol/l)
2. Reduced HDL level (<0.9 mmol/l)
3. Raised blood pressure (systolic >130 mmHg and/or diastolic >85 mmHg)
4. Raised fasting blood glucose (>5.6 mmol/l) or previously diagnosed type 2 diabetes

Silver lining?



Do you see some of the symptoms of metabolic syndrome in your life?

Are you worried that you may have it even though you haven't seen the results of blood tests yet?

Well, there is good news because there are definitely things that you can do to fix this situation.

Remember, metabolic syndrome can be reversed - yes, reversed!

Here is what we suggest.

- 1) Time for a visit to your doctor. We suggest that you also go for a fasting blood glucose and lipogram test at an accredited pathology laboratory. Sometimes it's necessary for a glucose tolerance test as well. Get some guidance from your doctor about this.
- 2) Change your dietary habits ASAP by following the principles of a low GI diet. The best advice here is to buy a Low GI cookbook and apply the principles immediately.
- 3) Follow a healthy (good) fat diet. More about this in the fats and oils mentor session
- 4) Regular exercise. More about this in the exercise mentor session.

Let's make it practical

By now you're hopefully all excited about the GI cookbook that you're going to buy, but before you get there, here are the GI levels of the most common foods, just to get you started (see the GI website for more detailed lists.)

<http://www.glycemicindex.com/>

Some higher GI foods

Glucose	100
Potato boiled & peeled	85
Pretzels	83
Rice Crispies breakfast cereal	82
Cornflakes breakfast cereal	80
Pizza without cheese	80
Doughnut	76
French fries	75
Bread – wheat, wholemeal	75
Rice cakes	75
Sultana Bran	73
Bagel – white	72
Potato – mashed	71
Bread – wheat, white	71
Croissant	67
Barley flour bread 100%	67
Oats – One minute variety	65
Muffin—Banana	65
Bread – rye	64
High Fibre Rye Crispbread	63
Muffin - carrot	62
Ice cream	62
Sweet corn	62
Muesli Bar	61
Pizza with cheese	60
Muffin - bran	60
Couscous	60
Rice – white	60
Oats porridge – Not instant	59
Spaghetti – durum wheat	58
Pita bread—white	57
Potato crisps	57
Muesli	56
Baked beans	56



Let's make it practical

Some lower GI foods

Popcorn	55
Sweet corn	55
Special K breakfast cereal	55
Rice – brown	54
Muffin – Apple	54
Wholemeal rye bread	50
Porridge	49
Soy milk	44
Sweet potato	44
All-bran	40
Muesli natural sugar free	40
Lentils	37
Kidney beans	36
Spaghetti–wholemeal	35
Butterbeans	28
Coarse barley kernel bread	27
Chickpeas	10



GI of fruits and their juices



Banana	65
Pineapple	60
Grape as juice	58
Orange as juice	55
Kiwi fruit	50
Grapes	45
Pear as juice	44
Apple as juice	41
Apple	39
Pear	37
Orange	33
Cherries	22

Note how high the GI of the juices are. It's always better to have the whole fruit.

Meal ideas

Low GI breakfast ideas



Bowl of oats with a little honey
 or
 Bowl of Maltabella porridge
 or
 Plate of fresh fruit with an assortment of raw nuts, like almonds, cashews and pecans. Don't forget to add raw seeds like linseed, sunflower, sesame and pumpkin as well.

Low GI snacks

A portion of fruit
 or
 One serving of yoghurt (preferably goats' milk yoghurt)
 or
 Raw nuts and seeds with some raisins
 or
 Veggie snacks like carrot sticks or crisp green beans



Low GI lunch

2 Slices of whole-wheat or rye bread with cheese or organic beef strips (preferably goats milk cheese)
 or
 2 Slices of whole-wheat or rye bread with hummus, tomato and fresh basil (you can basically put anything on your bread - like avocado, lettuce, tomato, macadamia butter, honey, cucumber or red pepper slices).

Low GI suppers

Keep an eye out for Kathy's kitchen right through the mentoring programme for healthy low GI suppers!
 (Note that on the website's member section there are already healthy supper ideas).

Arabian secret revealed



Amazing Hummus

Hummus - the amazing low GI, high protein, good fat dip/spread that you can use anywhere with anything!

(Hummus has a GI of 6! Yes, you read it right - 6)

Make your own hummus:

Buy dried chick peas at your local health shop or supermarket. Chick peas are usually right next to the dried beans, lentils and peas.

Soak 250g of chick peas overnight in water

Strain off the water the next day and rinse

Boil the chick peas in fresh salted water until soft

Blend the soft chick peas with some of the boiled salted water until a smooth paste

Add cold pressed olive oil and blend further

The paste must have the consistency of a spread - not too thick or too thin

Now you can decide how to proceed:

Add the following for classic Hummus

- 150ml tahini
- 3 cloves garlic, roughly chopped.
- Juice of 1 to 2 lemons
- Salt and pepper

Any other way:

You can feel free to add the following according to taste:

- fresh crushed garlic,
- olive oil or water (let your budget make the choice) for a smoother texture,
- herbal salt,
- milled black pepper, or
- lemon juice,
- masala curry
- coriander.

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About Dr Anton



Dr Anton Janse van Rensburg is a practising medical doctor who has devoted himself to the study of unique, scientifically sound solutions to modern diseases. He is also a qualified metal toxicologist, has a master's degree in Applied Human Nutrition and is the South African programme director for the Robertson Wellness Brain Chemistry Optimisation Programme.

He has written on a variety of wellness topics for numerous South African magazines and newspapers and in 2009 co-authored the book 'Diamonds in the Dust – crafting your future landscape'. Dr Anton is no stranger to radio and television has been able to guide scores of audiences with his passion for wellness education.

Dr Anton is an established public speaker and is also a wellness coach to company executives. He specialises in motivating people to adopt healthier habits through well researched lifestyle and food approaches.

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