

Quantum Living

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The Green Smoothie

If you are wanting to start your day off right, follow this recipe for a GREAT green smoothie.

- 1 avocado
- 1 cup spinach
- 1/2 cucumber
- 1 grapefruit (peeled)
- 1 cup coconut flakes
- 1 cup coconut water

Mix the above ingredients in a blender adding additional coconut water to your reach your desired consistency.

(for added fat you can add 1–2 tablespoons of coconut oil, and if you feel that you must add sweetness to the mixture, you can use glycine powder or stevia.)

Living Scripture

If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.

—1 Corinthians 13:1-3 NIV

The angel of the LORD encamps around those who fear Him, and He delivers them, taste and see that the LORD is good; blessed is the one who takes refuge in Him. Fear the LORD, you His holy people, for those who fear Him lack for nothing.

—Psalm 34:7-9 NIV

SUGAR: A Major Health Culprit

All throughout Nov., Dec. and Jan. we enjoyed heavy dinners, drinks, lavish desserts, chocolate cake, truffles, pies (mince is my favorite) and all the other festive sugar filled holiday delights. But now that the holidays are over and 2014 is in full swing it is time to visit our mirror and scales to assess the past season's damage. Unfortunately many of us will have an "oops" moment when we realize that there's a little more of us today than existed just a couple of months ago. Then the frantic planning on how to lose the extra pounds begins. Quite often we begin Jan. with new year's resolutions... "I will do this... not eat that..." but by mid Feb. many of these resolutions have already fallen aside. So I am suggesting that as you begin March, it is a great to revisit your goals for 2014 and possibly add one: to become a healthier you. Quite often the first question that people ask when seriously moving to a healthier lifestyle is, "Where do I start?" I suggest that you start with your sugar intake.

Sugar is the cause of so many health problems. Even though it may claim to be natural pure cane sugar— there is clearly nothing naturally healthy about it. Sugar is a major health culprit! The dictionary defines "culprit" as a person or agent responsible for an offense or fault. Let's look at that definition as it applies to sugar. Culprit: the person (you) who eats it (sugar), in turn the substance (sugar) causes the offense.

Sugar's offenses are many. It weakens your immune system, leads to fatigue, cloudy thinking, high blood sugar (as in Diabetes) and low blood sugar (as in Hypoglycemia) and the list goes on. Since it is the time of year for colds, flu and other viral bugs being passed around, let's start with how it effects the immune system. Past studies have shown us how your immune cell when exposed to sugar (simple table sugar) stops reacting and protecting you against the infectious little critters that enter your body. Sugar causes your white blood cells to simply act "drunk", not recognizing the foreign invaders. This effect can last as

long as 6–8 hours, with only a small amount of sugar exposure. Walking through an average day we might start off with a sugared cereal, followed by a few sweet treats and sodas throughout the day, ending with a little dessert at night, and voila...your immune system is in the tank for the day. Do this every day and you are asking for trouble.

Sugar binds with the proteins in our bodies that do the work of keeping us alive. It slows the function of these proteins causing us to age faster. I'm fearful that what I have said so far has not convinced you to stop eating sugar, so let's take a look at sugar and our body's defense/alarm system. When you eat sugar (or any sweet delight) you cause a rise in your blood sugar, to which the pancreas produces insulin in order to reduce the sugar level. Over the course of several hours the blood sugar comes down, causing your body to react to this drop in the sugar level. This is known as reactive hypoglycemia. When the blood sugar reaches a critical low point the brain perceives this as a threat and turns on the fight or flight system causing a release of adrenalin which tells the liver to release stored glucose (L-glycogen) to increase the blood sugar, returning it to the levels the brain can tolerate. Adrenalin is produced by the adrenal glands. These are the small glands above the kidneys which help to make the hormones that regulate the body's electrolytes, and release epinephrine (adrenalin) which is needed to ward off an attack. When this stress reaction occurs it sets a chain of events in motion, much like knocking down the first domino. The adrenalin makes you nervous and jittery as the low blood sugar adds to brain fog and increase sugar craving. This stress reaction is not a little thing. It wears out and shuts down the thyroid gland which regulates the body's metabolism. It can be shut the thyroid down for up to 18 hours with each reaction. Too many of these reactions will take its toll on your health. The resultant fatigue, added weight gain (from too much cortisol production), insomnia and overall body depletion is no fun. Do this for several decades and it will increase your weight

and put Diabetes on the horizon, as your system becomes too stressed to compensate any longer.

Alright, do I have your attention yet? With all of this said you may be thinking, "Now what do I do?" The answer is start weaning yourself off of the junk food, begin eating balanced meals with protein, vegetables and other natural foods; eliminate sugar from your diet. Sodas should be the first thing to go, replace them with water. Seventy percent of your body is water and most of us do not drink enough through the day. In fact you should drink half your weight in ounces of water daily. If you weigh 150 lbs that means you should drink at least 75 ounces (2 1/2 quarts) of water per day. Next clear your cupboards of all candy, pasties and other sugar laden treats. Sugar is addictive and causes cravings when you stop eating it, so remove the temptations from the house. To help you get passed the cravings you can use glycine powder which has a sweet taste and can be used like table sugar. As far as using honey, brown sugar, molasses, agave, high fructose corn syrup and all other sweeteners, including the unnatural ones like NutraSweet, Equal, Splenda... the bottom line is AVOID THEM ALL! Stevia is usually acceptable as a sweetener, however there is a chance that the body will perceive it as sugar and create the same undesired reaction. All in all, it is best to wean off of the flavor and as you do, you will begin to notice how good food without sugars actually tastes. Once I weaned off of sugar I realized how sweet a tomato can taste.

Final concern: "What about fruit?" Fruit is God's natural dessert, so enjoy it as such, in small amounts after a meal.

In closing I hope that you have found this helpful. Our newsletter is a work in progress, with new sections being developed almost monthly. Next month our featured article will be, "Gluten: Why the Fuss?" Until then I pray that you will be happy and healthy.

See you in March,

Juergen Winkler, MD