

April newsletter from: "Trust in the Process" <http://www.trustintheprocess.com/>

I have found that the number of events per month, have been increasing. So I am sure the increased number in emails can be bothersome. So, I will be moving to a monthly newsletter format, listing my **monthly events and a health tip or article.**

April's Health Facts on the dangers of Fructose:

1. Fructose elevates your uric acid levels, which is actually more dangerous than elevated cholesterol levels as it causes chronic, low-level inflammation, which increases your risk of cardiovascular disease, stroke, cancer, arthritis and premature aging.
2. Fructose also "tricks" your body into gaining weight by fooling your metabolism -- it actually severely impairs your body's normal appetite-control systems.
3. Excessive fructose rapidly leads to weight gain and abdominal obesity ("beer belly"), decreased HDL, increased LDL, elevated triglycerides, elevated blood sugar, and high blood pressure -- i.e., classic metabolic syndrome.
4. Fructose metabolism is very similar to alcohol metabolism, which has a multitude of toxic effects, including NAFLD (non-alcoholic fatty liver disease). Metabolically it's very similar to drinking alcohol without the

If you feel you must have a sweetener, here are a few guidelines to follow:

- Avoid ALL artificial sweeteners.
- **Avoid agave nectar like the plague (yes, you read this right! Agave is very high in Fructose and is highly processed, research provided by Dr. Mercola)**
- Limit sugar of all types as much as possible. You can buy pure glucose (dextrose) as a sweetener for about \$1 per pound, which has none of the adverse effects of fructose if used moderately. It is only 70 percent as sweet as sucrose, so you'll end up using a bit more of it for the same amount of sweetness, making it slightly more expensive than sucrose -- but still well worth it for your health.
- Use raw, organic honey in moderation or avoid it completely as it is 70 percent fructose which is higher than HFCS. However the fructose is not in its free form so that moderates the damage. But each teaspoon of honey has nearly four grams of fructose so you will want to carefully add the total grams of fructose (including fruits) and keep them under 15 grams per day.
- Use regular stevia in moderation, but avoid stevia-based sweeteners like Truvia and PureVia because they have undergone more processing.
- Exercise can be a very powerful tool to help control fructose in a number of ways. If you are going to consume fructose it is BEST to do so immediately before, during or after INTENSE exercise as your body will tend to use it directly as fuel and not convert it to fat Additionally exercise will increase your insulin receptor sensitivity and help modulate the negative effects of fructose. Lastly exercise will also help to blunt your appetite and control your sweet tooth.

If you have insulin issues, high blood pressure, high cholesterol, diabetes, or if you're overweight, I suggest you avoid all sweeteners, including stevia, since any sweetener can decrease your insulin sensitivity.

When Diet Changes, Everything Changes

Suzanne Frenette Holistic Nutrition Consultant, Digestive and Colon Therapy and Thai Yoga Massage

<http://www.trustintheprocess.com/about.html>