



# The Body ReNEWS

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**We will be closed on Monday, May 28th for the Memorial Day Holiday.**

## Lact-Enz—Supports and Maintains Healthy Digestion

Lact-Enz combines normal intestinal flora with digestive enzymes to facilitate metabolism and support cellular immune functions. Friendly bacteria that normally occupy the large intestine support human health by metabolizing essential nutrients that are necessary for digestive, immune and cellular functions in our body.

Lact-Enz contains digestive enzymes and normal intestinal flora that assist the friendly bacteria in the breakdown of macronutrients. *Bifidobacterium longum* and *Lactobacillus acidophilus* make up the majority of bacteria in a healthy gut. The ingredients of Lact-Enz work together to support the growth of these friendly bacteria so they can provide optimum metabolism

of vitamins, minerals, and nutrients. The normal bacterial composition of a healthy intestine can be harmed by stress, diet, age, and environmental factors.

These friendly bacteria digest proteins and carbohydrates to produce important short-chain fatty acids. These are readily absorbed for energy production and incorporation into human tissues. These functions of good intestinal bacteria support health by generating vitamins B and K in the process. *Bifidobacterium longum* supports metabolism by competing for nutrients that would otherwise be lost to harmful bacteria. *Lactobacillus acidophilus* supports nutrient-circulation in which human metabolic products are continually transferred

from the large intestine to the liver and then back again. Without this key re-absorption step, several nutrients including estrogens, folic acid, vitamin B<sub>12</sub>, bile acids, and vitamin D would be lost during digestion, compromising health.\*

During the month of May, **Lact-Enz will be 10% off the regular price.** Lact-Enz comes in a large bottle (150 capsules) regularly priced at \$41.00 or a small bottle (40 capsules) regularly priced at \$12.50.



## Gluten-Free Strawberry Pie

4-7 cups strawberries

1/2 cup water

2/3 cup Xylitol

2 Tbsp cornstarch

Pamela's Gluten-Free Bread Mix

To make the crust, follow the instructions on the bag of Pamela's Gluten-Free Bread Mix.

While crust is in the oven, wash, hull and halve strawberries. Put 2 cups of strawberries and 1/2 cup of water in the food processor and blend until smooth. In a medium saucepan, add xylitol, cornstarch, and smooth strawberry mixture. Cook and stir over medium heat until mixture is thick and bubbly.

Set aside and let cool for 10 minutes. Once it has cooled, add to the remaining strawberries and gently toss to coat. Place mixture in cooled pie shell.

Chill pie for 1-3 hours before serving. More strawberries may be added as desired.

Recipe by: Angela Davenport

## Pasta Not Bacon Makes You Fat—by Dr. Joseph Mercola

Even though the low-fat craze is not as popular as it once was and more people are embracing healthy fats in their diet, there's still a large group that has not heard the news yet...Eating fat will not make you fat as quickly as eating carbs will. This is what you need to realize if you're struggling with your weight, as limiting non-vegetable carbs is crucial to weight loss.

**Carbs are Killing You and Making You Fat!** Today, it's safe to say that most people eat far too many carbs and not enough healthy fats with about 50% of the average American's

diet consumed as carbs. Severely limiting grain carbs and sugars, while simultaneously increasing your fat consumption can be the U-turn you've been looking for if you are currently overweight and/or your health is suffering. Overconsumption of carbs is the primary driving factor for insulin resistance and type 2 diabetes. Unfortunately, the conventional medical wisdom has unwisely put the carbohydrates as the "foundation" of the highly flawed food pyramid.

If you are wanting to lose weight and optimize your health, foods like bread, rice and pasta

should comprise very low percentages of your diet. The problem is that overeating carbs can prevent a higher percentage of fats from being used for energy, and lead to an increase in fat production and storage. It also raises your insulin levels, which can cause insulin resistance, followed by diabetes. Insulin resistance is also at the heart of virtually every chronic disease known to modern man.

**Your Body Stores Excess Carbs as Fat.** Your body has a limited capacity to store excess carbohydrates. This is why elevated blood sugar fol-

lows their consumption. One of the ways your body avoids dangerously elevated blood sugar is through converting those excess carbohydrates into excess body fat primarily in your belly. So, although carbohydrates are "fat-free," this is misleading because excess carbohydrates end up as excess fat. Puffed rice, in fact, is capable of making your blood sweeter than white sugar, due to the fact that it is higher on the glycemic index.

But that's not the worst of it. Any meal/snack high in carbohydrates will also generate a

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\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## Pasta Not Bacon Makes You Fat (continued from page 1)

rapid rise in blood glucose. To adjust for this rapid rise, your pancreas secretes insulin into your bloodstream, which then lowers your levels of blood glucose. The problem is that insulin is essentially a storage hormone, created to put aside excess carbohydrate calories in the form of fat in case of future famine. So the insulin that's stimulated by excess carbohydrates aggressively promotes the accumulation of body fat! In other words, when you eat too much sugar, bread, pasta, and any other grain products, you're essentially sending a hormonal message, via insulin, to your body that says "store more fat."

Increased insulin levels also:

- Make it virtually impossible for you to use your own stored body fat for energy.
- Suppress two important hormones—glucagon and growth hormone, which promote burning of fat and sugar and muscle development.
- Increases hunger: As blood sugar increases following a carbohydrate meal, insulin rises with the eventual result of lower blood sugar. This results in hunger, often only a couple of hours (or less) after the meal.

**How Many Carbs Can You Eat and Still be Healthy?** According to Paul Jaminet, PhD. in his book *Per-*

*fect Health Diet*, a 20 percent carb diet is healthy for nearly everyone. He also believes that 50-79 percent of your diet should be healthy fat (healthy fats include olive oil, and also saturated fats, like those found in raw dairy products, coconut oil, and grass-fed meat).

**A Word About Fructose...** You will want to be very careful about the amount of fructose you consume as part of your carb intake, as it is by far the worst type of sugar there is in terms of both your health and your weight. Fructose metabolism is quite different from glucose metabolism in that it places the entire burden on your liver, and this accounts for many of its devastating health effects. Usually people consume fructose in enormous quantities, which makes the negative effects that much worse.

Every cell in your body, including your brain, utilizes glucose, so much so it is "burned up" immediately after you consume it. Fructose, on the other hand, is turned into free fatty acids and triglycerides, which get stored as fat. The fatty acids created during fructose metabolism accumulate as fat droplets in your liver and skeletal muscle tissues, causing insulin resistance and non-alcoholic fatty liver disease.

When you eat 120 calories of glucose, less than one calorie is stored as fat, whereas 120 calo-

ries of fructose results in 40 calories being stored as fat. Consuming fructose is essentially consuming fat! Also, the metabolism of fructose by your liver creates a long list of waste products and toxins, including a large amount of uric acid, which drives up blood pressure and can cause gout.

If you want to shed excess pounds, maintain a healthy weight long-term, and radically reduce your risk of diabetes, heart disease and cancer, then you should restrict your consumption of fructose to no more than 25 grams per day, with a maximum of 15 grams a day from fresh fruit. If you're already overweight, or have any of these diseases or are at risk of any of them, then you're probably better off cutting that down to 10-15 grams per day—fruit included.

**It's Time to Let Go of Your Fear of Fat.** When you cut carbs, you need to replace those calories with healthy fats. Both are sources of energy, but healthy fats are far more ideal than carbs. However, not just any kind of fat will do. The Atkins Diet is one popular example of a low-carb, high-fat diet that has helped many shed unwanted pounds. Unfortunately, Dr. Atkins didn't pay much attention to the **QUALITY** of the fats, so while his diet worked in the short-term, many who tried it ended up experiencing long-

term problems.

Many do not realize this, but frequent hunger may be a *major clue* that you're not eating correctly. Not only is it an indication that you're consuming the *wrong types* of food, but it's also a sign that you're likely consuming them in *lopsided ratios* for your individual biochemistry. Fat is far more satiating than carbs, so if you have cut down on carbs and feel ravenous, thinking you can't do without the carbs, this is a sign that you haven't replaced them with sufficient amounts of fat. So go ahead and add a bit more healthy fats from the list below.

Another healthful fat you want to be mindful of is animal-based omega-3. Deficiency in this essential fat can cause or contribute to very serious health problems, both mental and physical.

As mentioned, your diet should be at least half healthy fat, and possibly as high as 70 percent. Your body requires saturated fats from animal and vegetable sources (such as meat, dairy, certain oils, and tropical plants like coconut) for optimal functioning, and if you neglect this important food group in favor of sugar, grains and other starchy carbs, your health and weight are almost guaranteed to suffer.

Source: Massive Health

### Good Fats

**Olives and Olive Oil**

**Coconuts and coconut oil**

**Butter made from raw grass-fed organic milk**

**Raw nuts, such as almonds or pecans**

**Organic pastured egg yolks**

**Avocados**

**Grass-fed meats**

**Palm oil**

**Unheated organic nut oils**

