

# Basic Nutrition

Remove and Replace to Restore Ideal Function

By Dr. Mike Gabriel

Optimizing one's health and athletic performance is beyond just caloric choices. The last generations of children and adults in America have removed fats from their diets which were substituted by high levels of carbohydrates (sugar). Couple that with lifestyle changes and lack of food regulations in the U.S., it has led to rising rates of obesity, ADHD, allergies and the new, childhood, epidemic of non-insulin dependent diabetes. What went wrong? Excess Sugar, Lack of Movement and Chemicals/Toxins!! Our children fortunately exercise, so let us focus on the other 2 issues.

## Step 1: Address Excess Sugar

### Basic Facts:

We evolved (mankind) under circumstances of scarce calories under constant stress. Our bodies became excellent at storing calories that was how we survived when meals were spread over a long time span. Today there are high calorie foods all around us, many children sitting in front of an Xbox under very carefree-low stress environment. No real saber tooth tigers running around just virtual ones!!

**“The amount of carbohydrates children in the 1950’s consumed in 5-days, our children today now consume in 7-hours!!”**

### REMOVE

- ❖ -Simple sugars; especially liquid ones like commercial juices, energy drinks and sodas
- ❖ -Limit Sports drinks; unless extreme weather (over 80% temp and humidity)
- ❖ -Processed Snacks; children have replaced quality meals with processed snacks

### REPLACE

- ❖ -Increase water for hydration and iodized, sea salt in diet
- ❖ -Drink Coconut water for hydration as well as a natural source of electrolytes
- ❖ -Eat more complex, whole grains, coupled with protein, good fats and vegetables
- ❖ -Add fruits or protein as snacks for those growing athletes

## Step 2) Clean Up Excess Chemicals

There are many chemicals in our environment of which, approximately 70% are in our food. A lack of vitamins and minerals in the typical, American diet leads to an accumulation of these toxins in our body. Over time they lead to oxidative stress and eventual disease. For athletes it inhibits optimal, performance. The answer is not complicated; limit toxins, increase nutrients. Flooding the body with nutrients will allow your body to clean or detoxify itself.

Quote from Shoreline FC Coach Roger Marment during England trip last year,

***“There are many more chemicals in the food in the United States compared to England.”***

Fact: There are many more chemicals and additives that are allowed in U.S. Foods compared to Europe.

### REMOVE: learn to Read Labels

- Buy products that have limited and recognizable ingredients
- Colors, dyes, preservatives
- High fructose corn syrup and artificial sweeteners
- Limit GMO foods

### REPLACE: complement your diet with supplements

- Eat organic as much as you can- especially “Dirty Dozen”
- Eat more fruits and vegetables (4-5 servings per day)
- Juicing vegetables is a great way to get many of these nutrients
- Add a quality Multivitamin and Mineral for optimal functioning!!
- Probiotics (found in yogurts, kefir, sauerkraut) are essential as our guts functions as our first line of defense, a key part of our immune system and our second brain
- Balancing fats with Omega 3 sources (Wild Salmon, Krill/Cod liver oil, Chia seeds, Flax seeds)
- Drink lots of water and get enough sleep