

# INCREASING NUTRITIONAL AWARENESS

by Dr. Carol Ann Fischer, D.C., N.D.

Over the holiday season many people experience sugar cravings and stress. Sugar and carbohydrate cravings indicate several different nutritional deficiencies. The body digests the holiday baked treats, and the high carbohydrate meals with pasta, bread and potatoes in the same way. These foods are all converted into sugar. Becoming aware of what the craving really means can help determine what the body is really asking for.

Craving sugar and giving in to holiday cookies, candy and other sugary carbohydrates can result in high energy as blood sugar rises, and then fatigue and mood swings as blood sugar crashes. The craving for sugar and lots of carbohydrates indicates an inefficient digestive system, along with a stressed sugar handling system. The body is unable to both digest and metabolize sugar efficiently due to a deficiency of digestive enzymes, good fat, minerals and the B complex. It is best to obtain these nutrients from food sources where they occur in the correct balance as nature intended.

Vitamins and minerals taken in tablet form are often in the incorrect ratio for the body to use. Foods facilitate and aid the body to heal and repair. Synthetic or manmade vitamins force a biochemical reaction. For more information on the difference between whole food nutrition and synthetic vitamins visit How to Read Labels at <http://www.nutriteam.com/natural.htm>.

The whole B complex is used by the digestive system to metabolize all sugars. Inadequate dietary intake of the B complex can cause sugar cravings. The best food sources of the whole B complex include wheat germ, rice bran, molasses, almonds and sunflower seeds. Chromium and zinc are the minerals associated with sugar metabolism. Foods that are high in zinc include wheat germ, beans, oysters, peas and spinach.

Chromium helps to balance blood sugar, and suppresses the craving for sugar and carbohydrates. As a bonus, it also helps to break down fat easier, resulting in weight loss. One of the best sources of chromium is raw unpasteurized apple cider vinegar.

Apple cider vinegar is a fermentation product of pulverized apples. The primary active ingredient is “acetic acid”. Apple cider vinegar often helps relieve the symptoms of heartburn and reflux that can be related to insufficient levels of stomach acid. These disorders occur when the food ferments instead of being digested. Some people find drinking apple cider vinegar before meals can often aid digestion and reduce digestive distress.

Apple cider vinegar has been used for centuries for many purposes including cleaning, killing weeds, pickling food, and for digestive and arthritis relief. It also contains another beneficial acid, “malic acid”. This substance helps fight infections and relieves joint pain. “Malic acid” can ease the pain of fibromyalgia and gouty arthritis as it dissolves the uric acid deposits that form around joints.

A study published in the British Journal of Nutrition (2006) showed evidence that apple cider vinegar could lower cholesterol. Raw unpasteurized apple cider vinegar is a good overall addition to the diet. To learn more about apple cider vinegar read the classic book Folk Medicine written in 1958 by D.C. Jarvis, MD, which is still available in paperback.

There are several essential fats that the body needs to be healthy that must come from the diet. These good fats are found in flaxseed, nuts and fish. Yet, people often avoid fat because of the calories and use low fat foods instead. Without sufficient good dietary fat, symptoms of sugar cravings, depression, pain and difficulty thinking can occur.

The good fats are essential as the body uses them to protect the brain and all nerve fibers, and to make cell membranes. These fats are also needed to make hormones



in the body, and are vital for concentration and memory. Eating good dietary fats helps to signal the brain that sufficient food has been eaten, preventing excess calorie consumption.

Turn those sugar and carbohydrate cravings around with some simple dietary changes. Try adding raw unpasteurized apple cider vinegar and

nuts, like almonds, to the diet. Almonds are high in protein, the vitamin B complex and contain good fats, all of which can curb appetite. For those who do not have a sensitive stomach, drink 1 teaspoon of raw unpasteurized apple cider vinegar in a glass of water 15 minutes before each meal. Both of these dietary additions can help reduce sugar cravings. With sugar

and carbohydrate cravings under control, the holidays will be less stressful and filled with more cheer.

For more information contact Dr. Carol Ann Fischer, D.C., N.D. of TLC Holistic Wellness 31580 Schoolcraft Rd, Livonia, MI 48150, visit [TLCHolisticWellness.com](http://TLCHolisticWellness.com) or call (734) 664-0339.

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