

Achieving Our Ideal Weight with a High Fiber Diet

We all dream of making it through the holidays and keeping our ideal weight plan intact. The best tool we have during this calorie laden time is fiber. Research indicates that fiber is the single best predictor of success when it comes to weight improvement. First and foremost, fiber promotes satiety- in other words, it makes us feel satisfied or full. The federal government recommends that adults consume a minimum of 25 grams of fiber a day. Fiber fills us up so we ultimately consume less calories a day.

A recent article in the Journal of Clinical Endocrinology and Metabolism found that a high fiber diet was most beneficial for promoting insulin sensitivity. A classic Mediterranean diet rich in fruits, vegetables, nuts, seeds, beans, and legumes has been shown over and over as the best way to improve metabolic syndrome. High-fiber foods are digested much more slowly than are low-fiber foods. This delays the emptying of food from the stomach, allows for the gradual absorption of nutrients from the small intestine to the bloodstream and helps regulate the uptake of sugar reducing insulin surges.

A century ago before highly processed food became the norm, people ate an average of 28 grams of fiber a day. In cultures that eat a traditional, plant based diet, diabetes, cancer and cardiovascular disease are still rare. One European study found that those with the highest amounts of fiber in their diets had a 40% lower risk of developing colon cancer. Other recent studies have found that increasing daily fiber by 10 grams lowers the risk of coronary problems 14%.

There are other important factors to include in our ideal weight strategy plan. Cardiovascular exercise, such as a brisk walk, lowers cortisol levels thereby reducing fluid retention. Adequate water intake aids in the digestive process by improving the dissolution of solids in the blood stream. Regular massage has been proven by the Touch Research Institute at the University of Miami to raise e levels and helps us avoid eating because of stress. Check out the Bright Side web site for previous articles on the benefits of the MUFA, mono unsaturated fatty acid, Diet and drinking high quality fresh green teas.

In conclusion, not only will a high-fiber diet reduce our cholesterol, blood pressure and blood sugar, it will also give us energy and help us attain our ideal weight. For more articles on natural health please go to my web site at www.wrighttouchweb.com or call me now to schedule an appointment. I trust you have a glorious holiday season full of health, happiness, and love.

Be well,

Rebekah Wright, LMT