

Working together, we'll get you straight!

Do You Know What's In That?!?

We eat to provide our bodies with nutrients, and an energy supply. Knowing what is in what we are eating can help us build healthier bodies.

This issue of *The Winston Informer* newsletter will help you decipher food labels and know what's in that box, can, or package of food you're planning to eat.

Labels are required to include the name of everything included in that container. Most food labels have the basic information such as serving size, servings per container, calories per serving, and calories from fat.

Stay away from foods that have a long list of nonfood related ingredients. These are chemicals, artificial colorings, additives, etc., that are not natural to the body and can add strain to your organs when eaten.

Also know that each serving size holds that total amount of calories. If you eat four serving sizes, you have just multiplied everything listed by four, i.e., calories, fat, etc.

Here are some facts you should know: When you see fats, i.e., polyunsaturated, mono-unsaturated, and cholesterol, be careful. Out of the entire fats, poly and hydrogenated fats should be eliminated or reduced in your diets. These are the culprits of heart disease and cancer. Of the fats, try to consume monounsaturated fats, which are found in canola and olive oils. Another fact is cholesterol is only found in or as a result of animal FAT!

Folks with hypertension, heart disease and kidney problems need to keep **Salt** (aka sodium) intake to a minimum. Don't add it to your food. Purchase salt alternatives or use herbs such as basil, cumin, cayenne, and garlic, to add flavor to your foods without adding health risks.

Proteins are essential to the body, and usually come from animal, beans or seeds. These are the building blocks of amino acids needed for the body to function optimally.

Carbohydrates, an important source of energy for our bodies, can be divided into three categories: monosaccharides (simple sugars), disaccharides (double sugars) and polysaccharides (starches and fibers, which includes breads and potatoes). Natural sugars are not the same as the processed and packaged sugars in some foods. Plainly speaking, carbohydrates are the culprits in diseases such as diabetes and atherosclerosis, and it is carbohydrates which make you gain weight.

Sugars are a type of carbohydrate. Fructose, a monosaccharide and natural sugar, is found in fruit (not grapes) and honey. Glucose, another monosaccharide, also known as grape sugar, dextrose, or corn syrup, occurs naturally in the body, and is needed for brain function. Lactose, a disaccharide that is found in milk, is not digestible by 80% of the world's adult population.

Eating whole foods that are naturally sweet provides you with nutrients that aid in the ingestion of sugars. Refined sugars are missing these nutri-

INGREDIENTS: SALT, MALTODEXTRIN, CHICKEN, SUGAR, MONOSODIUM GLUTAMATE (FLAVOR ENHANCER), ONION POWDER, CHICKEN FAT, HYDROLYZED CORN GLUTEN, AUTOLYZED YEAST EXTRACT, GARLIC POWDER, TURMERIC, NATURAL FLAVOR, MODIFIED CORN STARCH, CORN SYRUP SOLIDS, PARTIALLY HYDROGENATED SOYBEAN & COTTONSEED OIL, HYDROLYZED SOY PROTEIN, L-CYSTEINE HYDROCHLORIDE, THIAMIN HYDROCHLORIDE, DISODIUM INOSINATE & DISODIUM GUANYLATE (FLAVOR ENHANCERS); BHA, BHT, PROPYL GALLATE, CITRIC ACID (PRESERVATIVES).

source: bouillon cubes

ents, and this creates a problem for your body in the process of sugar metabolism.

Although sweet, the following are not sugars: Acesulfame-K, Aspartame (NutraSweet), Saccharin (comes from petroleum, is 300 times sweeter than sugar and noncaloric).

Aspartame found in diet drinks and foods was recently implicated in multiple sclerosis and systemic lupus. It can cause all kinds of

continued on back

Nutrition Facts

Serving Size 1 Package (272g)	
Servings Per Container 1	
Amount Per Serving	
Calories 320	Calories from Fat 110
	% Daily Value*
Total Fat 13g	19%
Saturated Fat 3.5g	18%
Cholesterol 50mg	16%
Sodium 950mg	40%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Sugars 4g	
Protein 19g	●
Vitamin A 2%	● Vitamin C 0%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg

source: frozen dinner

Remember, the information in The Winston Informer is for educational purposes only and should not be used to diagnose and treat illnesses.

If you have any health problems, consult your health practitioner before beginning any course of treatment.

A word from Dr. Winston



Dr. Cynthia Winston

The new water formula

There is a more precise formula for good health than simply drinking

eight glasses of water a day.

The updated formula matches water intake to body weight.

People should drink half an ounce of water for each pound they weigh.

For example, a person who weighs 190 pounds should drink 90 ounces of water a day or roughly 12 eight-ounce glasses.

A 130 pound woman should drink 65 ounces of water—which does

work out to the traditionally prescribed 8 glasses.

And for every alcoholic or caffeinated beverage you drink, plan on drinking an additional glass of water to combat the dehydrating effects of those beverages.

Nicotine is by far the most dehydrating substance. If you're a smoker, you should drink a glass of water for every cigarette.

What's in that, continued from front

neurological symptoms, i.e., fibromyalgia, spasms, leg numbness, cramps, dizziness, headaches, ringing in ears, etc.

BHT (butylated hydroxytoluene) is a preservative used in many processed foods. I know I don't want that in my food because studies have shown it to be a possible carcinogen.

All **Food Coloring** should be eliminated from your diet unless it's natural.

MSG (monosodium glutamate) has no

nutritional value or preservative value, yet it is often used as a flavor enhancer. Some reactions to MSG include gastrointestinal distress, headaches, dizziness, and mental confusion.

Nitrates can convert in the body to nitrosamines, which are highly carcinogenic chemicals, i.e., cancer causing. You find these in bacon, cured meats, etc.

Olestra, the new synthetic margarine substitute, equals **synthetic fat**. The jury hasn't reached a verdict on this one yet. Just

remember that it is made in a laboratory.

The best defense in protecting your body would be to know what you are putting into your body. If you are wondering what is making you sick, investigate what you are eating.

Eliminating some of the basic additives from your diet, may make the difference in your weight, blood pressure, diabetes, allergies and overall health.

For additional information read *The Staying Healthy Shoppers Guide*, Elson M. Haas, M.D.

Announcements

Saliva, Hair, Fecal Analysis and Blood Typing kits are now available to detect Parasites, Candidiasis, Hormonal, Allergens and other health concerns. Contact Dr. Winston for more information.

Are you interested in Massage Therapy? Call our offices and let us know your preference for a male or female masseuse.

Do you know our E-mail address? We are open to concerns or questions or services that you would like to see implemented in our practice or this newsletter. Contact us at drewinston@aol.com.

Working together,

We'll get you straight

Dr. Cynthia Winston

Chiropractic Physician

New office hours: M, T, Th, F, Sat

Now open 5 days by appointment

Physician's Building
2200 W. Roosevelt Road
Broadview, IL 60153

708.345.0223
Pager: 708.243-1514
Fax: 708.345.0269
E-mail: drcwinston@aol.com

Today's Healthful Tip

For better health, note the fat content in the foods you eat, and how you to better combine your foods is extremely important. Check out the charts below for more information.

Nuts, servings	Fat Content
Almonds, 1 oz.	15g
Cashews, dry roasted, 1 oz.	13g
Chestnuts, roasted, 1 oz.	1g
Macadamia, roasted in oil, 1 oz.	22g
Peanuts, roasted in oil, 1 oz.	14g
Peanut Butter, 2 tablespoons	16g
Pecans, 1 oz.	19g
Pistachios, 1 oz.	14g
Seasame seeds, 1 tablespoon	4g
Sunflower seeds, 1 oz.	14g
Walnuts, 1 oz.	16g

Fruit Food Combination Chart

Highly Acidic	Mildly Acidic
Oranges, Tangerines	Pear, Peach
Lemons, Limes	Strawberries
Grapefruit	Sweet Plum
Tomato	All Berries, Kiwi fruit
Sour grapes, plums, apples, peach	Papaya, Mango
Pineapple	Sweet fruits
Cranberries	Bananas
Cherries	Dates, all dried fruits, Raisins

Try not to combine highly acidic fruits with mildly acidic fruits. Correct food combinations are important for proper digestion, utilization and assimilation of nutrients. If we do not digest our foods properly, they can pass through the intestinal tract without being completely broken down. This results in food getting caught in the crevices of the intestinal tract, causing toxic waste that putrefies. These toxic particles pass in the bloodstream which can cause an allergic reaction or illness.

Source: *Prescription for Cooking*, by James F. Balch, M.D. & Phyllis A. Balch, C.N.C.

Working together, we'll get you straight!