



HEALTH MYTHS DEBUNKED

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Introduction

Do you think you have it all figured out on the topic of health and well-being? I was surprised to see that there are some common misconceptions that I have found in working with others. Here is my top ten list of the most common misconceptions.

#10 Weight Loss Via Food

It is often thought that food such as celery or vegetable soup will help you burn fat. This is not the case. Food does not burn fat. The way it works is that the lack of calories in foods like veggies will make your body take energy from another source such as fat. This makes the myth seem legit. Understanding the science behind how your body uses energy helps you see through the gimmicks you read about regarding “fat burning foods.”

#9 Skinny Means Healthy

It is frustrating to see all the magazines out there that portray a skinny person (Usually a female) to represent health. This is far beyond the truth. The most fit people I know would be considered “obese” in the “BMI” (Body Mass Index) chart because of an important factor that the BMI as well as many nutritionists forget. Muscle. We know it weighs more than fat, so it is obviously going to make someone seem overweight if they have a lot of muscle. Besides this point, muscle also keeps the body from getting injured, as well as allowing you to push yourself during physical activity. For example, the marathon that I ran last spring was not very difficult due to the muscle I was able to put on through strength training.

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#8 The War on Germs

Public perception on certain topics seems to be influenced by the media. Commercials have done an excellent job of advertising for disinfectants by showing how much bacteria is on your countertops and that we are all at risk of getting sick. This was evident when a parent was scared to use my keyboard to type in her contact information because of all the hands that used it before! Do not believe all of this hype. If it was not for bacteria, we would be dead as they aid in digestion so we can absorb nutrients we otherwise would not be able to. In fact, we have more bacteria in and on us than human cells! If you really want to avoid getting sick, take care of your nutrition. Eat right, drink lots of water and exercise. This eliminates the majority of sicknesses. As a side tip, if you get congested, take an over the counter drug to clear the mucus in your body out. Otherwise, bacteria can get settled into your sinus cavity and cause a sinus infection. These can be very annoying!

#7 The Need for Multivitamins

Your body is designed to eat foods that are grown in nature. This is why the majority of the vitamins you take through supplements will get flushed through your body with very limited absorption. This is due to the synthetic pills that your body does not recognize as a source of nutrition. My own personal experience with this can back this up as well. I felt no change from the multivitamins that I was taking until I changed to eating everything that is 100% natural. The change has been so positive that I will never go back to a synthetic multivitamin.

#6 Low Fat is Good for You

I have read numerous studies that showed a diet rich in unsaturated fats through whole foods like legumes and avocados as well as oils like olive oil and canola oil is beneficial for one's health. Fats are essential in so many of the body's processes that taking it out of your diet will cause health problems. Foods labeled "low in fat" are often heavily processed, making them loaded with extra calories as well as cheap carbohydrates that will raise your insulin levels, leading to chronic illnesses such as type II diabetes.

#5 All Trainers are Equal

The chances are that people who have been successful putting on muscle and looking fit have done this in spite of what they are doing for training, not because of it. It's true some people have genetics that allow them to reach their fitness goals quickly with little effort. We need to be careful not to take advice from all the trainers out there who looks like they know what they are doing. Here's a good analogy to think about: Start with 1,000 5 year old kids who flip a coin. Every flip, take only the ones that flip heads. After about 10 flips, you will have one kid that has been successful every time flipping heads. Would you consider that kid great at what they do or lucky? Same thing with all the fitness experts. The best way to look through this cloud of confusion is to look at the track record of the trainer you want to follow. If that person has shown a lot of success with his/her training of a lot of people, the chances are they know what they are doing.

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#4 Eggs Are Bad

Eggs seem to be considered a nutrition nightmare. The main problem of eggs they say is that they are high in cholesterol. There is good (HDL) and bad (LDL) cholesterol. Eggs will not raise your bad cholesterol. If you are having many eggs as I often do, try to limit the amount of yolk you eat by having more of the egg whites. Eggs are a staple in my diet to provide a low calorie snack filled with protein. As a side note, brown and white eggs are nutritionally the same! Also, “free range eggs” does not mean the chickens are out in a field. Most free-range chickens are still in a confined room, just not a cage.

#3 If You Exercise, You Can Eat Whatever You Want

I used to believe this until I found out how important nutrition is to my health. My workouts were giving me no positive results until I changed my diet. The changes I made in what I eat and drank helped me achieve a stronger body while doing similar exercises. This proves to me how important nutrition is to the overall health of someone. If I had to choose anything to focus on with someone’s health, it would most likely be nutrition.

#2 8 Glasses of Water a Day

We get a lot of water from the foods (if we are eating whole foods) we eat. Everyone is different but the main idea is to never be thirsty. When we are thirsty, our body is already dehydrated. This also can help shed some unwanted pounds. Our bodies often confuse hunger with dehydration. Try a glass of water before you eat to see if you lost some of that hunger you felt.

#1 When Diet and Exercise is Not Enough...

This is my favorite quote from all the drug commercials. American medicine is all about treating the symptoms, not the cause. Too often we look to drugs to help us with the conditions we suffer such as high cholesterol or low vitality. There is a growing number of doctors, nutritionists and health coaches (Like me!) that are starting to lean towards the use of food as medicine. So many of our health problems in America could be reduced through nutrition. Research and case studies have all shown this. Is it time that you are a believer too? Try using me as a resource to get more information. It is well worth it!

[Recipe of the Week: Healthy Pizza For Kids](#)

Prep Time: 10 mins

Cooking Time: 15mins

Serves: 6

Ingredients: 6 portabella stuffing mushroom caps, 6 oz. pepperoni slices, 1/4 can tomato sauce (seasoned with a sprinkle of dried basil, oregano, fennel, garlic powder, pepper and salt)

Optional: If you want to add more taste, top each pizza with sun-dried tomatoes before baking. To balance the meal, serve with a salad. And remember: don’t tell your kids these pizzas are made of mushrooms!

Directions

1. Preheat oven to 350 degrees. 2. Chop pepperoni slices into quarters, or a size that will fit into your mushroom caps, then set aside. 3. Mix sauce and seasonings together in a small bowl. Set aside. 4. Wash mushrooms and remove stems by gently breaking them out. 5. Arrange mushroom caps empty side up on a foil-lined baking sheet and fill each cap with 1 tsp. of sauce. 6. Use 1 oz. of pepperoni in each cap and add a dollop of sauce on top of pepperoni. 7. Bake in oven for 12-15 minutes, until mushrooms start to get juicy. 8. Let cool and serve.

Quote

“What you eat in private shows up in public” -Unknown