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DIET DIZZINESS

BY DR. SUSAN MAPLES

Even among health educators there remains much confusion about which diet to endorse. Our culture is hyped on the diet du jour. It's vegan! No ketogenic! Mediterranean! Low-fat! Low-carb! Wait, gluten- and dairy-free!

It's a conundrum to figure out how we became the only mammals on the Earth that have an inability to control our blood sugar. And with that we became obese, heart-diseased, diabetic and cancer-stricken. In the history clock of the human race that phenomenon happened in the blink of an eye. We all know the fault belongs to our modern food supply, so we scramble through trial-and-error diets, hoping to learn which food combination will bring our population back to health.

We don't want to accept the simple answer. Our ancestors ate, as other mammals do, foods as they were found in the environment. Unprocessed plants provide us gobs of fiber with a myriad of micro-nutrients that nourish our cell health. Wild-caught fish, vegetable-fed animals and their biproducts provide fat-soluble vitamins like A, D and K2.

Our ancestors didn't remove fructose (sugar) from the plant and mainline it — a modern wonder that is sickening our

organs, decaying our teeth and addicting our brains. Our ancestors didn't add man-made fats and chemicals to store food for years. Our ancestors moved their bodies more and slept from sundown to sunup, without TVs, screens or alarm clocks.

Our ancestors chewed a lot more than we do—it was required in order to eat whole foods. Chewing built better muscles that broadened the tongue-box, improved nose-breathing (versus mouth-breathing) and facilitated oxygen delivery to cells.

Our mouths are exquisite indicators of sickness or health. Crowded teeth and small jaws, a tongue that is low, lazy and blocking our breathing tube, continual tooth decay, cracked/worn teeth, inflamed gum tissue and parched dry mouths are all warnings that our bodies are ailing.

For a healthier mouth and body, consider adding:

- An abundance of vegetables and spices that are not chemicalized; they're rich in fiber, which decreases blood sugar, feeds good gut bacteria and provides your cells an abundance of micro-nutrients.

- Fish and animal flesh — but know where they lived their life, because if they didn't see sunlight, didn't move, didn't eat real plants and matured early because of hormones and antibiotics, they're going to be sick and make you sick also.
- Animal products like eggs, real cheese, real yogurt and milk — again, all from healthy animals.
- Good fats such as avocados, olives, olive oil and coconut oil.
- Fermented foods such as real yogurt and cheese, kombucha, kimchi, miso, kefir and yes, a glass of red wine.
- Fruits for your sweet pleasure — they have fiber and micro-nutrient benefits too.

For a healthier mouth and body consider cutting out:

- Refined sugar — be assured this is in 90 percent of commercial foods.
- Refined flour — because it acts just like refined sugar in your bloodstream.
- Commercialized oils such as canola, vegetable and seed oils — be careful, these are in most packaged foods also.
- Artificial sweeteners — they're not only unhealthy, but they keep you from training your palate to enjoy the sweet tastes of vegetables and fruits. ■



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