

A.G.E.S. -- Sugar and the Aging Process

What are A.G.E.S. and why are they a problem? The following information could significantly improve your long-term health.

A.G.E.S. stands for Advanced Glycation End Products. They are a complex group of compounds produced in the body from the interaction of sugar and amino acids (protein). Translated, this means all of the sugar we are eating is causing incredible **inflammation** and **damage** to our bodies. This is showing up as diabetes, cardiovascular disease, Alzheimer's, autoimmune diseases, cancer and overall aging (think wrinkles and sagging skin, obesity, hormone imbalances).

Do you know that Americans consume 180 pounds of sugar per person per year- that translates to ½ a pound per day? Yikes – way too much! If you don't eat much sugar - keep up the good work!

It is not just sugar that is causing the problem - it is all the other processed, high carb foods such as breads, pizza, pasta, pastries, cookies, rolls, bagels, soda and candy. This stuff is so prevalent in our food supply and so hard to give up because it is very addicting. Artificial sugars have their own share of problems, so we do not recommend these either (stevia and xylitol are the sweeteners of choice).

Another problem - Americans eat a lot of fructose, mostly in the form of high fructose corn syrup. This unnatural sweetener has to be broken down in the liver and ends up being stored as fat (VLDL and triglycerides). We DO NOT want this in our arteries! Fructose also increases uric acid levels, leading to more low level inflammation. Fructose is a great trickster! It turns off your appetite control system so you eat more and gain weight with the consequences of obesity, cardiovascular disease, high blood pressure and stroke. The only fructose you should consume is the small amount you get from low glycemic fruits.

It is time to take back our health. We all have control over what we put in our mouth and how we spend our food dollars. By avoiding the purchase of poor quality foods, we have just voted for better products! This is using your food dollar wisely!

What are Healthy Foods?

Focus on whole, preferably organic, nutrient dense foods, i.e. grass fed meats, pasture eggs, all vegetables - especially green leafy and cruciferous, onion and garlic family, low glycemic fruits - especially berries, beans and legumes.

Grains are a concern today with all of the unnatural Genetic Modification and hybridization. We only recommend minimal amounts of non-gluten, whole grains, such as quinoa, wild rice, teff, and gluten free oats.

Healthy fats are important for energy and healthy cell membranes. These include unrefined coconut oil, pasture butter, extra virgin olive oil, avocado, raw nuts and seeds (avoid peanut butter).

Other tenants of good health to help reduce inflammation are: exercise, optimizing your Vitamin D levels, avoiding toxic chemicals in personal care and cleaning products as much as you can, and not smoking.

Eat Well Nutrition & Wellness is here to help you achieve your health and wellness goals.

My wish for you is good health.

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