

tips for NUTRITION & OVERALL HEALTH



A healthy diet is one that helps maintain or improve overall health.

The requirements for a healthy diet can be met from a variety of plant-based and animal-based foods. In addition to exercise, a properly balanced diet is important for lowering health risks, such as obesity, heart disease, diabetes, hypertension and cancer.

Kenai Spine has developed this educational information for the benefit of patients.

There are hundreds of different diets that have been promoted for maintaining a healthy lifestyle and losing weight. In reality, there is not a miracle diet or one-size-fits-all solution to nutrition.

Research has shown that achieving and maintaining a healthy weight is advantageous for an individual's overall health. Overweight individuals face excess stress on weight-bearing structures, especially the discs in the lower back. The World Health Organization has developed the following guidelines towards nutritional health:

- Eat roughly the same amount of calories that your body is using. A healthy weight is a balance between energy consumed and energy that is 'burnt off'.
- Increase consumption of plant foods, particularly fruits, vegetables, legumes, whole grains and nuts.
- Limit intake of bad fats while increasing consumption of the healthy fats

- Limit intake of sugar
- Limit intake of salt / sodium
- Limit intake of refined carbs (pasta, breads)
- Enjoy food that is high in vitamins and minerals.
- By drinking water and staying hydrated, overall nutrition is improved and the risk of constipation is decreased.
- Get adequate sleep
- Good posture, ergonomics, avoid sitting for prolonged periods.
 - Exercise contributes to a healthy lifestyle in many ways. Benefits include prevention of muscle atrophy, loss of strength, and helps maintain and improve strength of ligaments, tendons and joint function.
 - Avoid excess alcohol





EAT RIGHT

Protein intake should be 1-1.5 grams per pound of body weight regardless of what diet you use. This is essential for proper muscle development and recovery. Everyone has tried a diet at one point or another in some form. The problem with diets is that people find that the diet either does not work, works for only a short period of time, or it's too hard to maintain long-term. Making healthy lifestyle changes can provide results without the stress of "dieting." Here are a few frequently asked questions.

So, what are the differences between simple carbohydrates and complex carbohydrates?

If you've heard that eating complex carbohydrates is a good thing, and that eating sugar is a bad thing, you may wonder why? The reason has to do with the processes of digestion and absorption. Simple sugars require little digestion, and when someone eats a sweet food, the glucose level of the blood rises rapidly. In response, the pancreas secretes a large amount of insulin to keep blood glucose levels from rising too high. This large insulin response in turn tends to make the blood sugar fall to levels that are too low only a few hours after the simple sugar has been consumed. This tendency for blood glucose levels to fall may then lead to an adrenaline surge, which in turn can cause nervousness and irritability. The roller-coaster ride of glucose and hormone levels is not experienced after eating complex carbohydrates or after eating a balanced meal. This lends credibility that the foods we eat can affect mood and temperament.



Food and exercise are the two main variables that have the largest impact on the body. GOOD NEWS! You have the ability to control them.

Why does it matter how much water I drink in a day?

Water is the main component of our bodies. The body is made from approximately 60% of water and muscle is composed of roughly 72% water. Proper hydration is extremely important because it clears out toxins, helps metabolize fat and reduces fluid retention.

Which diet is best for maintaining a healthy weight?

There is not one-size-fits-all approach to diet and exercise. Each person responds differently to food and exercise intake. To find the diet that is best for you, learn the basic principles of the human body. This allows insight into how different foods affect your body. The body lives in a homeostasis state and by understanding the different affects food has on the body you can notice the subtle signs that show if food combination is beneficial, or if you need to change something.



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