

Healthy Nutrition = Immediate Physical Effects

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Take a look at what recent research studies say about the rather immediate effects of *healthy nutrition* on the body:

After 15 minutes: Your internal chemistry is most active first thing in the morning so breakfast is critical. If it consists of whole grains, lean protein (e.g. egg whites) and fresh fruit you are energized...physically & mentally after just one meal.

After 3 hours: Your artery linings begin to expand more and to increase the flow of blood to your body's tissues and organs.

After 6 hours: The HDL (good cholesterol) in your blood perks up and begins to unload LDLs (bad cholesterol) from your blood stream. Think of LDLs as delivery trucks...making deposits of cholesterol, while HDLs are like garbage trucks that serve to pick up those LDLs and deliver them to your liver to be broken down.

After 12 hours: Your body begins to BURN FAT because you have eliminated sugar! As long as sugars are coming in...you're liver has to work incessantly to break it down. Note: Fat will hang around as long as your body is busy breaking down sugar. Sugar always comes first so it actually puts a *lock down* on fat metabolism.

After 16 hours: Your body wants to be a healthy weight, so if you're carrying around a few extra pounds...your liver will begin the process needed to shed unwanted weight. As a bonus, you're very likely to get a restful night's sleep too.

After 24 hours: If you were carrying a few extra pounds around...you've probably already dropped 1-2 as your body has started the process of eliminating excess water and toxins from your system.

After 3 days: As you continue your journey, losing weight if needed, your numbers (e.g. blood pressure, cholesterol, blood sugar) also begin to travel in a healthy direction.

After 1 week: Your bowels are likely to be in better working order, your cholesterol panel is likely to have significantly improved already. If you have a goal of weight loss you can expect and your weight can be up to 5 pounds down.

After 2 weeks: If you have been diagnosed with hypertension, you can expect to have healthy drops by now. If you were carrying extra weight, depending on how much, your body is likely to have dropped up to 10 pounds.

After 1 month: By now your LDLs have fallen up to 30% - a drop similar to what is seen using cholesterol-lowering drugs, and your liver is not having to filter junk from your blood stream as you are no longer eating and/or craving *junk!*

After 6 weeks: Your blood cholesterol and triglyceride levels are substantially improved and, if needed, you have lost a substantial amount of weight; up to 20 pounds).

After 12 weeks: By this time your numbers (e.g. cholesterol, blood pressure, blood sugar, triglycerides, glucose and insulin) will have begun to, if not completely, normalized.

After 6 months: You feel great by now...healthier than ever! “*Why?*” You’re consuming, and retaining, the vitamins and minerals essential for your body to operate at an optimal level. You’ve reduced your sugar intake over this period, and insulin production has normalized. Your energy levels have increased dramatically as you are now completed the detoxification process. You’re probably a healthy weigh by now, and your goal is to be a *conscious eater* and to maintain good health moving forward by making healthy lifestyle choices each-and-every day.

Along with the idea of detoxification comes a cleansed palate. The result of a clean palate is reduction in those cravings you used to have for sweets and junk food. You may be surprised that you don’t even miss them! If, on the other hand,

you do...these types of foods can now be reintroduced in moderation. The key is moderation and to monitor your numbers.

Be healthy...be happy! 😊