



melmed center

# Nutri-Tip from Jan

*Volume 28, September 2019*

## SUGAR: FOE OR FRIEND?



### Foe potential

Too much refined sugar rushes into the system causing a burst of energy and blood sugar levels to escalate. To compensate, the pancreas produces a rapid release of insulin to break down the sugar, leaving the body and brain short on fuel - often times, when it's needed most. Another "unfriendly" side effect: you (or your child) may experience hunger and weakness which causes a craving for yet another "hit" of sugar to compensate for low blood sugar levels - creating a hormonal roller-coaster of hyperactivity, anxiety, lethargy and irritability.

### Friend potential

Intentional meal planning prioritizes complete proteins, complex carbohydrates, and ancillary fats. These foods are digested slowly providing sustained energy and nutrients to keep each and every cell (and neuron) well-nourished and blood sugar levels stable. A small serving of refined sugar eaten with foods that digest slowly can become a 3 x a day best buddy. Vegetables, fruit, seeds and nuts are also a big part of a "friendly" diet.

### Want to Learn More?

If you are concerned about your child's nutrition (or your own), schedule an appointment with Jan Katzen, CN, our nutritional therapist, for a comprehensive nutritional evaluation and a delicious, sustainable food plan. Contact the front office for a complimentary 10-minute phone or in-person consult with Jan.



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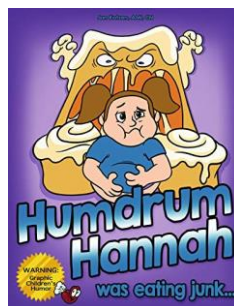
Nutritional therapy aims to identify nutrient deficiencies and food sensitivities that impact brain development and function along with the impact of food on emotions such as depression and anxiety. Nutritional therapy works with other therapeutic modalities including counseling, ABA, occupational and speech therapy, medical management with feeding therapists to identify priority foods.

Individualized food prescriptions can improve the severity of symptoms seen in autism, sleep disturbances, and ADHD. We address the nutritional side effects of medications, picky and binge eating, weight control, and digestive health concerns.

Jan Katzen, AMI, CFP, CN, Nutritional Therapist and Educator, studied nutrition and health under the tutelage of the Director of Brain Chemistry and Human Nutrition at the London Metropolitan University. She interned with the founder of Foresight Preconceptual Care and has served on the advisory boards of the Mother and Child Foundation (UK), the Montessori Education for Autism Foundation (UK), and ePap Nutritionals in South Africa. Jan is the nutritional instructor for the Center of Guided Montessori Studies online teacher training/credentialing classes.

Jan has written nutritional education books for both adults and children. She has years of clinical experience coordinating nutritional care with developmental pediatricians, pediatricians, psychologists and mental health professionals.

Check out Jan's Most Recent Book on Amazon.com!



**Complimentary 10-minute introductory phone consults with Jan are available**

Please contact the front office for details