

## **Cut the dense carbs – increase your energy**

**Question:** Why do I get so sluggish after my afternoon lunch meals? I am not the only one in my office. It seems to be most of us.

**Answer:** Sluggish and drained shortly after your mid-day meal? It most likely is what you have eaten for lunch. Eating starchy dense carbohydrates is usually the culprit. Breads, pastas, corn, rice, and potatoes – especially fried potatoes like french fries – put excess demand on your digestive system. They also are more responsible for creating a fat obese society than any other cause.

Undigested dense carbohydrates are converted to fat because they are the last food in the digestive chain to be processed. When these dense particles of food sit in your gut at lunch and you go back to a sedentary job the stomach requires all its energy to work on breaking down these foods into smaller particles so they can be digested and absorbed. So much energy is required that it takes energy from the brain and muscles giving the feeling of lethargy.

This sluggish sensation can spill over until your evening meal and affect your sleep. The vicious cycle continues to get worse as you feel like you can't catch up on your sleep and then you become tired even after you wake up. Repeating this dangerous diet leads to chronic fatigue and ultimately terrible general health and quality of life. If this sounds like you then change your diet. Try this for one week and see if you feel a difference. For a week eat only proteins and fruits and vegetables for your midday meal. That means no sandwiches, and if you must have a burger, don't eat the bun. Find a healthy

salad bar or enjoy a clear broth-based soup. Don't overeat to compensate for eating well. I can almost guarantee you will be pleasantly surprised at the immediate change in your afternoon energy levels and your sleep quality. When everyone else is looking for an extra cup of coffee, candy bar or soda to bring their energy up you can tell them how you corrected your own problem.

**Quote of the week:** *"Most people think they know the answer. I am willing to admit I don't even know the question."* – Arsenio Hall