



What You Know About Calorie Counting Is Wrong

The Sugar Trehalose is rated at 3.6 calories per gram but the truth is much different.

Smart Sugars Lesson #99

by JC Spencer

Our monolithic medical model is broken. How we count calories is one such example. When wrongs are discovered, instead of making correction, the errors are let slide and are repeated so the next generation of science students learn the same faulty information.

Calorie counting is as flawed as labels on bottles of synthetic vitamin and mineral tablets. Oh, ingredient numbers may be accurate but when you can still read the company's name on the vitamin tablet at the city sewage plant, your body did not absorb the labeled nutrition.

We count the available energy in foods using a scale of about 9 calories per gram for fats and 2 to 4 calories per gram for fibers and carbohydrates. One kilocalorie is the amount of energy needed to heat one kilogram of water one degree Celsius. This calorie count is not close to the energy cell absorption.

Product labels do not take into consideration, what I call, "*the frac and flush factor.*" An ounce of flax seed may contain 151 calories but if they can be flushed and later planted and germinated, you never metabolized one calorie much less 151. An ounce of peanuts may contain 161 calories but peanuts are poorly digested. Peanut butter is also poorly digested and digestive systems are not equal. Correcting the flaws in modern calorie counting is a hard nut to crack.

Biologist, Rob Dunn, in The Food Issue of Scientific American (9/2013), said, "*Everything you know about calories is wrong.*" Another major challenge in making any adjustment with our modern calorie label system is how foods are processed. The sliding scale showing how

well each item is metabolized in different human bodies makes the mountain of label change difficult to climb.

A few years ago, we started receiving interesting reports from diabetics who had switched to using the Smart Sugar Trehalose. Their blood sugar became more normalized than when they were eating regular table sugar. Yet, there are about 4 calories per gram in both the bad sugar and the good sugar.

When we apply "*the frac and flush factor*" to Trehalose, we gain better understanding of its stable characteristics. The two glucose molecules that make Trehalose are uniquely bonded with one molecule turned upside down. It is extremely difficult to frac Trehalose as we have proven in a hydrochloric acid test. Regular table sugar immediately turned black while Trehalose was unchanged.

More research is needed, but it appears evident that much of the caloric energy count of Trehalose actually metabolized by the human body is nowhere near the 3.6 calories per gram. Yet, Trehalose maintains its remarkable functionality for neurological benefits. That's One Smart Sugar!

Source includes: Scientific America September 2013

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