



Cornerstone of Life  
Healthy Living for Mature Adults

# Healthy Living Newsletter

## **Nutrition 101: Part 3 - Carbohydrates, Proteins and Fats (Opinion)**

**See (The Story) at Cornerstone of Life Website**

**CARBOHYDRATES:** These nutrients are mostly misunderstood and have been given a bad rap because they are viewed as fattening. Since we are a “Fast Food Nation” most carbohydrates consumed in America today come from processed and refined foods, which provide our bodies with empty calories. Empty calories rob the body of needed nutrients consisting of vitamins and minerals. In their natural state, carbohydrates provide many vitamins and minerals, which have important functions in the body. These nutrients must be present for the body to metabolize the energy that is needed to live a healthy and happy life. Refined carbohydrates make our body feel full without supplying proper nutrition and the results are that we cannot function at peak efficiency.

Because refined carbohydrates burn off rapidly, the body gets hungry, we continue to eat and put on weight or fat. When we look at our food intake in America, it consists of refined white sugar, refined white flour products, soft drinks with **HFCS** (high fructose corn syrup), alcohol products and many other processed foods in large quantities, it’s no wonder carbohydrates have a bad reputation. The question to ask your self is “how much natural food do I eat daily.” Some of the benefits of carbohydrates in their natural unprocessed state are as follows: they provide B vitamins; slows down the digestive system which allows carbohydrates to enter the blood stream naturally; gives the body a fuller feeling over a longer period of time and keeps blood sugar levels normal.

**PROTEINS:** Since over half of the human body, excluding water, is protein, we need to make sure we have a steady supply in our diet to be able to maintain many physical functions. Proteins are needed for cell and tissue maintenance, as every cell wall contains protein. Protein acts as a framework for keratin in hair, skin, nails, muscle and other connective tissues and blood cells. Besides maintenance, it is also needed for cell growth and repair. Protein is an intrinsic part of our DNA and RNA makeup, as well as the functions of enzymes, hormones and anti-bodies. Most of us know how important protein is to our health, but many of us fail to understand the complete synergy of getting other essential nutrients at the same time.

The amount of proteins required by the human body has changed over the years and even varies today depending on the source of information. As with all major nutrient foods which supply energy for the body, the amount varies according to size, state of growth, rate of personal metabolism, how much energy and how fast it is used. Therefore, I personally believe that daily recommendations give us acceptable guidelines when used in conjunction with individual age and lifestyles. The daily guidelines

that are recommended fall between a minimum of 40 to 65 grams per day. The internet has many web sites with additional information and good sources of natural protein. Remember that all food sources contain protein. Through the years, I have found the more I learn about protein, other nutrients, natural, organic and whole foods, the less anxiety and effort is involved in the type of foods my family and I consume.

**FATS:** Here is another calorie and energy source that has received a bad reputation. The human body needs fat in the diet, as there are certain functions in the body that no other substance can carry out. As an energy food, fat has twice the energy as carbohydrates and proteins. Fat is not water soluble, therefore it acts as an energy storing facility. Fat soluble vitamins such as A,D,E, and K are stored and transported in fatty tissues. Fat layers surround, protect and hold vital organs in place as well as insulate the body. Today in America, fat makes up around 50% of the total caloric intake, which is way out of proportion for the amount of fat needed as a nutrient. The Government in their "Dietary Goals" recommends that the amount of fat consumption of total food intake should not exceed 30% of your diet.

There are three types of fat: Saturated, monounsaturated and polyunsaturated. They are defined by their molecular structure. Saturated fats are solid at room temperature and come from animals and their byproducts. Monounsaturated and polyunsaturated fats are found in the plant kingdom.

The kind of fat used in the diet is especially important to serum-cholesterol in connection with cardiovascular diseases. Cardiovascular diseases have reached epidemic proportions in the United States and are the number one cause of death. There is still controversy over what factors constitute all of the risk factors of heart disease but, it is agreed that cholesterol is a constant factor. (This is a story for another day!)

Bear in mind that cholesterol is naturally present in the body and although it is essential for keeping the body running, there is no reason to eat any cholesterol because the body synthesizes all the cholesterol it needs on its own. In case you are wondering how all this talk about cholesterol fits into the debate on fats, consumption of saturated fats raises serum cholesterol; mono saturated fats have no effect; and polyunsaturated fats will actually lower serum cholesterol over a period of time.

I personally believe the types of fats used in someone's life will make a huge difference in their overall health in the long term. My family uses natural or organic sunflower, olive and coconut oils for cooking. We will not use soy or corn because of GMO infiltration, and I would not touch canola oil under any circumstance. Please remember, my mission is to provide nutritional information.

## **Nutrition 101: Part 4 – Vitamins (Opinion)**

Vitamins are essential for the body and because vitamins are not produced by the body, we have to get them through the food we eat. Vitamins are like vital links in the chain of biochemical actions and reactions taking place in the process of digestion, which makes nutrients available from the food we eat for the body's growth, regeneration, repair and energy. If a link or many links of the vitamin chain are missing, the bringing together of one element with another for the desired reaction does not happen and then cells can literally starve to death in the presence of plentiful nutrients, all for lack of a vitamin. A vitamin deficiency shows itself rather quickly by manifesting a wide range of physical malfunctions.

(THIS IS THE BEGINNING OF SICKNESS OR DISEASE)

For a complete list of vitamins and why they are necessary for the body, deficiency symptoms, and food sources, please go to the [Cornerstone of life website and click on the Vitamins and Minerals box.](#)

## **Nutrition 101: Part 5 – Minerals (Opinion)**

Minerals are micronutrients, which our bodies require, in small but steady supplies. The importance of minerals in our diet is far greater than the required amount indicates. Our material bodies are made up of more than 100 elements, which have been identified by science. Of these elements, four make up 96% of our bodies: carbon, hydrogen, nitrogen and oxygen and the remaining 4% are referred to as minerals. The bulk of these minerals are stored in the bones, mostly in the form of calcium and phosphorous, with the soft tissue and blood stream carrying a great variety of minerals in very microscopic proportions. A body weighing 160 pounds, for example, contains about 5 pounds of minerals.

Since minerals are obtained from the earth, water and air, maintaining the natural balance of our environment and the environment in which our food is grown is very important. Unfortunately our current agricultural practices have depleted most of the minerals from the ground where our food is grown and has added chemical fertilizers and other toxic chemicals to the mix. I find that it is important for myself and family to supplement with a good liquid mineral product and buy as much natural, local and organic fruits and vegetables as possible.

For a complete list of minerals and why they are necessary for the body, deficiency symptoms, and food sources, please go to the [Cornerstone of life website and click on the Vitamins and Minerals box.](#)

**I hope you have enjoyed and found some beneficial information in my five part opinions that will assist you to enjoy health and happiness.**

## **BEWARE OF VITAMIN, MINERAL AND NAME CLAIMS IN OUR FOODS**

In an effort to optimize your diet, how many times have you reached for food products that are labeled **FORTIFIED**; products that proclaim to be healthier due to their vitamin or mineral content. These fortified foods with extra nutrients are nearly always processed; the nutrients added are synthetic and will not promote better health. It is fact that 90% of all commercial vitamins and minerals sold today are synthetic and consist of coal tar, petroleum and ground up rocks. Like refined and processed foods, they can create numerous problems and imbalances in your body. At the very least they will not be as beneficial as high quality whole food and plant based vitamin and mineral supplements.

What does the **“ALL NATURAL”** label really mean? When it comes to processed and refined foods, this label means virtually nothing as there are no industry standards except on meat and poultry which means, no artificial flavors, colors or chemical preservatives. In the processed and refined food arena a

“natural” product can be virtually anything. The product can be genetically modified, full of pesticides, **HFCS** (High Fructose Corn Syrup), additives, preservatives and artificial ingredients.

What does the “**ORGANIC**” label really mean? Similar problems pester the organic label. There is really only one organic label that means the product is 100% certified. The green circle that state’s “**USDA ORGANIC**”. This seal is your best assurance of organic food quality.

There are three “tiers” within the USDA organic labeling system:

- Products labeled “100%” must contain only organically produced materials
- Products labeled simply “Organic” must contain at least 95% organic ingredients
- The label “made with organic ingredients” cannot contain less than 70% organic ingredients

Farmers and growers of organic produce and meats bearing the USDA seal have to meet the strictest standards. Livestock must have access to the outdoors (natural grazing) and cannot be given antibiotics or growth hormones. All organic food and crops must be grown and processed using organic farming methods. For example, crops must be grown without: synthetic pesticides, bioengineered genes, petroleum-based fertilizers or sewage sludge-based fertilizers. Organic products cannot be irradiated, contain preservatives or flavor enhancing chemicals, have no traces of heavy metals or other contaminants.

If you are concerned about the food you and your family consume, it is important to become knowledgeable about food product labels, especially on processed and refined foods. The major ingredients are required to be listed first. It is difficult to learn what ingredients are good or bad, but I would suggest if you do not know what the ingredient is or cannot pronounce it, there is a good chance it is not good for your body. Remember, virtually all processed and refined foods contain cheap, chemical-laden ingredients that will eventually take their toll on your health. By educating yourself on what “healthy food” really is and how not to be led astray by marketing claims and flashy advertising you can live a healthier and longer life.

## TEN REASONS TO CONSUME PROBIOTICS

**(Here is another article about your gut)**, because I believe that is where the majority of health issues and disease begins. The importance of taking daily probiotic supplements has been underestimated by even the alternative health community. The fact is that gut bacteria greatly effects both overall physical and mental health. There are over 400 to 500 species of bacteria residing in your gut or gastrointestinal (GI) tract, which would weigh in at three plus pounds. Good bacteria need to comprise 85% of the intestinal flora as two-thirds or more of your immune system relies on this. Whenever you take antibiotics prescribed by your doctor you are killing all bacteria and your body’s immune system is unable to perform its job. Without your immune system operating properly you are setting yourself up for serious medical problems. You need to replenish the beneficial bacteria immediately by taking probiotics.

- (1) Enhance immunity – a double-blind clinical test involving patients in intensive care proved that viable probiotics prevented Multiple Organ Dysfunction Syndrome, the number one cause of mortality among intensive care patients.

- (2) The immune protection of mother's milk is enhanced if the mother takes probiotics during or before pregnancy.
- (3) Probiotics can reverse ulcers, irritable bowel syndrome, crohn's disease, ulcerative colitis, inflammatory bowel disease and other gut inflammations.
- (4) Celiac disease or gluten sensitivity symptoms are handled by adding probiotics.
- (5) Processed foods and low fiber diets allow the pathogenic bacteria to overwhelm the good guys and diminish colon function.
- (6) When pathogenic bacteria upset the 85/15 balance of good versus bad bacteria, yeast infections such as candida flourish.
- (7) A healthy gut flora balance helps prevent cancer by nourishing enzymes that inhibit tumor production.
- (8) Sufficient probiotic intestinal flora prevents radiation damage from x-rays and CT scans to the large and small intestines.
- (9) GMO's are used in many processed foods and antibiotics are in most of our meat and dairy products that destroy good bacteria, making it very necessary to add probiotics to your diet.
- (10) In today's world it just makes good sense to take daily probiotics to give us the best chance from a nutritional standpoint to keep our bodies working properly so we can enjoy great health.

Probiotic products can be purchased at any Health Food Store, a Pharmacy or Online. Most high quality products contain a pre-biotic called FOS that acts as a growth factor for the good bacteria.

## **HAPPY PEOPLE LIVE LONGER**

If you are happy and you know it—it's likely you will live longer, according to a new study. Taking into account factors such as depression, physical health, wealth and others, the researchers concluded that the happiest people had a 35 percent lower risk of death than the least happy, according to a report in the London Telegraph. While claiming their results do not prove happiness causes people to live longer, the researchers also point to over 160 previous studies linking a positive outlook and happiness to a longer life. Dr. Andrew Steptoe, professor of psychology at the University College London, states "from our current study we believe there is a definite connection between happiness and longevity and highly supports and upholds past studies in this area.

## **ATTITUDE**

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failure, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company ... a church ... a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past ... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude ... I am convinced that life is 10 percent what happens to me and 90 percent how I react to it. And so it is with you ... we are in charge of our attitudes.

ARTICLE WRITTEN BY CHARLES "CHUCK" SWINDOLL, FOUNDING PASTER OF STONEBRIAR COMMUNITY CHURCH IN FRISCO, TEXAS, SERVES AS CHANCELLOR OF DALLAS THEOLOGICAL SEMINARY AND IS HEARD ON MORE THAN 2,000 RADIO STATIONS AROUND THE WORLD.

Thank-you,  
Dennis Shollenburg

### Disclosure

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