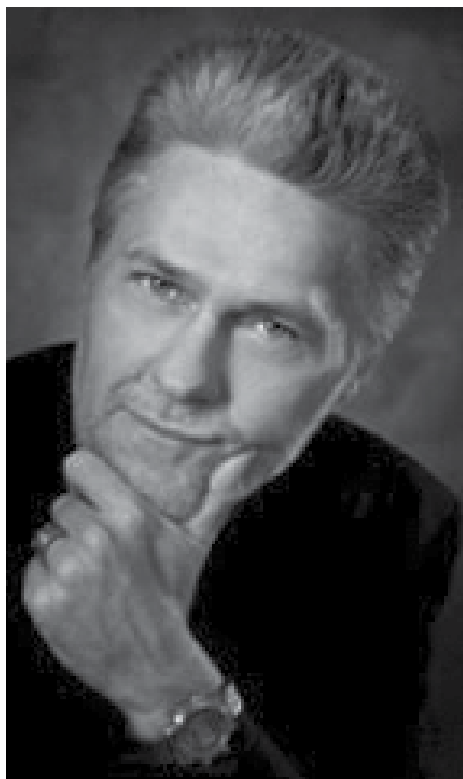


## How Do You Know That You Are What You Eat?



Gary Duncan, MS, MA, CSM/OCP

When I was seven, my mother began a radical transformation regarding our family's nutrition. This began with vitamin supplements and became a new way of eating. Appearing on the coffee table were J. I. Rodale's books, *Prevention* magazine, and *Organic Gardening*. Rodale became my mother's saint. Our family had always had a very large garden, but it changed to both a traditional and an organic garden with me in charge of making compost. Eventually, my mother became a vegetarian and remained so throughout the rest of her life; she died at age 86.

From my mother, I learned "*you are what you eat.*" And her messages about food affected my entire life. To this day, I eat healthy foods including organics, vegetables, fish, free range eggs, chicken, some meats, fruits, nuts and berries. I am sixty-four years old and weigh 147 lbs. I exercise, meditate, and am in good health.

### YOU MIGHT NOT BE WHAT YOU EAT

But, while I believe that healthy food choices have contributed to my good health, I've also come to realize that "healthy eating" is very much an individual thing—shaped by our unique personal biochemistry.

Realizing the benefit of healthy food not only depends on *what* you eat, but *how well you digest and assimilate* what you eat. Although your diet might be

rich in the nutrients essential to good health, if your body is not digesting and assimilating those nutrients, you are losing their benefits.

For many people, poor eating habits over time have impaired their digestive systems and their ability to assimilate the key nutrients they need for health. Once the digestive system is compromised a whole range of problems occur, from indigestion and reflux to constipation—signals that you aren't getting the nutritional benefit of the food you consume.

### ASSIMILATING KEY NUTRIENTS: FATS, PROTEINS, VITAMINS, AND MINERALS

If you have problems digesting your food you will have problems digesting and assimilating fats. Fats are used for extra energy, but excess fats will deposit throughout your body, creating fatty tissues. If you are overweight, that's a sign that you are not digesting and assimilating your dietary fats properly. This can result in gallbladder problems, heart disease, high blood pressure, and Type II diabetes.

You also may not be assimilating proteins in your food. Lacking protein, the body enters a catabolic state and begins to consume itself, which results in muscle aches and pains and the inability to repair muscle injuries. The body can also get too much protein and this can lead to kidney problems.

Diets heavy in processed and fast foods contain loads of salt. Too much salt creates electrolyte imbalances resulting in high blood pressure and water retention, which is bad for the heart and affects nerve conduction. Electrolytes are electrically charged salts that balance the fluids in the body.

If your digestive system is not functioning properly, you also are failing to absorb the proper amounts of key minerals and vitamins, including calcium—necessary for maintaining strong bones and muscles—and vitamin C—to maintain your immune system.

### HOW DO YOU KNOW THAT YOU ARE WHAT YOU EAT?

Putting healthy foods on your plate doesn't guarantee their nutrients are getting into your system. Your body's unique biochemistry—shaped by a myriad of factors—affects your ability to digest and

assimilate your food. So, how do you know if you are digesting the foods you eat, and assimilating nutrients needed to maintain a healthy body? Is there a way of measuring dietary imbalances and deficiencies?

Yes. A year ago, I discovered a way to measure how well your body digests and assimilates foods you eat.

This test allows you to monitor your digestion and assimilation by measuring biochemical imbalances. Daryl Coston, a Certified Health Coach, and I distribute this test through Customized Wellness Solutions, LLC, to the general public.

This is the only test available on the market that accurately measures digestion and assimilation over a 24-hour period. It is a urine test measuring six biochemical digestion and assimilation categories. In contrast, a blood test or a spot urine test only gives a reading for that instant in time and a 24-hour blood test requires hospitalization, is painful, very costly, and does not measure digestion. The 24-hour urine test we distribute is inexpensive, easy to use, and is a very powerful instrument designed just to measure digestion and assimilation.

The test provides you with measurements on how well you digest and absorb your foods, if you are digesting and assimilating your fats, if you are digesting and assimilating proteins, how well your electrolytes are balanced, and what your calcium and vitamin C levels are. Once you know this vital information, you can take corrective action. With this test, you are in total control of your digestion and assimilation health maintenance. You can now measure and know *that you are what you eat.* hhh

*As a child, Gary W. Duncan was introduced to organic gardening, supplementation, and vegetarianism forming his interest in Wellness. He began his career in the funeral business, became a polymer chemical researcher, a behavioral/social science researcher, a psychotherapist for 21 years and 12 years in the natural health business. For over 40 years, he taught at various colleges and universities, and currently is an ordained Gnostic Catholic Priest, published author, lecturer and Wellness Educator. Customized Wellness Solutions offers individualized consultations, group lectures, seminars and workshops. For information on the 24-hour urine test or other healthy lifestyle management techniques, contact: (919) 403-8314 or darylcoston\_452@msn.com*