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Below is the 2 GOOD HEALTH e-Newsletter. If you are reading this from your Junk mailbox, please remember to add sburrage@2goodhealthllc.com to your email address book, so that next time it can come directly to your Inbox.

This February issue of the 2 GOOD HEALTH e-Newsletter has a new feature, the linked table of contents below. If you would like to go directly to another section, without reading the entire newsletter in order, you can click or ctrl+click the section title below to go directly there. Since this is a new feature, we would like your feedback on the links, especially if you have any troubles with them. Thank you and Enjoy!

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Greetings from 2 Good Health!

We are writing this e-Newsletter just after Valentine's Day. A wonderful anomaly happened to us this weekend...our weekend was cancelled. Sheril's standing meeting was postponed; our daughter's gymnastics class was cancelled, so on and so forth. What resulted was a great family weekend with no schedule to it. We thoroughly enjoyed spending time with our little sweethearts (our 2 little girls); we all got to sleep in on Saturday morning, ate breakfast at 10 and lunch at 2, and just got to RELAX. It was fabulous!

We share all of that to remind you of a very important fact about your health. Many people tend to think of being healthy as only physical health. True health, what we refer to as wellness, is a balance between our physical, intellectual, emotional, spiritual, social, and occupational dimensions. One of the many things that 2 Good Health shares with our individual clients, and through our educational programs, is the importance of a wellness plan—being well and whole. Being physically healthy is only one part of that wellness plan, not the solo act. This Valentine's Day weekend turned out to be the best gift of health that we could have received. Far better than chocolates, flowers, even jewels—the gift of time—time with each other, time alone, and time to just BE. Our love cups runneth over.

We hope that your Valentine's Day was an enjoyable one. However, if your life has been a little too scheduled, maybe you can take a tip from our story and make a cancellation in the name of health and wellness.

We wish you good health, but most of all, we wish you **well**.

Blessings,
Charles and Sheril

P.S. – Don't worry. Even though we had a relaxing weekend, it is only the quiet before the storm and we are always here for you. We are happy to say that we have made some great new partners and will be involved in some exciting new endeavors in the near future. As you read about new upcoming events, we thank you in advance for continuing to support 2 Good Health, and we also ask that, if you get a chance, please get to know our new partners as well. Thank you.

Feature Article

Myth Buster #1: Too Much of a Good Thing... (High Protein Diets)

I frequently get asked what I think about high protein diets. Finally, I am putting my thoughts and concerns in writing. However, before I do, here is a small disclaimer. All high-protein diets are not created equal. Some are better than others, but to be safe, you should always consult with your physician first and stay closely monitored. That being said, on with the show...

Though protein is absolutely essential to our bodies, we do not need as much as we may think. First, let's take a look at exactly why we even need protein in our diets? Here are just a few benefits of protein intake:

- Protein is a constituent of all body tissue
- Protein is an energy source for exercise
- Protein helps regulate blood sugar
- Protein helps maintain healthy blood Ph balance

Next, we'll find out how much protein is needed for our bodies. Research indicates that daily protein intake should be roughly between .08 – 1.6 grams per kilogram of body weight, dependent upon the level of physical activity. What does that mean to the average person? Here is an example. A 130 pound person who is moderately to very active would require between 47.3 and 94.54 grams of protein daily. DAILY. So, now you may ask "How do I know how much protein I am getting daily?" The FDA requires that protein be listed among the relevant nutrients on the nutrition facts labels that appear on the back of food products. So, just take a look at the nutrition fact label and add up the grams of protein throughout your day.

Now that we have laid some foundation about protein, let me get back to the mission at hand...what my general opinion is of high protein diets. Simply put, if your goal for going on a diet is to lose weight and permanently keep it off, then the high protein diet will ultimately fail you. Yes, I will answer the inevitable question—why?

Have you or anyone you know ever gone on a high protein diet? What happened after they reintroduced carbohydrates back into their diet? Unfortunately, they begin to regain their recently lost weight, and then some. So, here are five reasons that high protein diets will ultimately fail.

1. High protein diets can often cause us to decrease our consumption of vital carbohydrate energy which will affect your daily energy levels, mood, productivity, etc...
2. High protein diets can also cause a decrease in water intake due to the decrease in carbohydrate intake. This can lead to dehydration and the many signs and symptoms that dehydration causes.
3. High protein diets can cause muscle tissue breakdown in order to create carbohydrate energy that should have been obtained through the diet. This will cause weight loss, but not the kind of weight loss that is beneficial in the long-term.
4. Though weight may be lost in the short-term, healthy dietary practices have been sacrificed which can lead to poor health in the long-term.
5. Last, but not least. Once the high protein diet ends, then what? Will the weight come roaring back as in our example above? Probably. The carbohydrate depletion that occurs during protein diet will inevitably lead to carbohydrate super-consumption by the body once carbohydrates become available to the body again.

Where does this leave us? There are other, safer practices to help you lose weight. When looking to a diet to jump start your weight loss, keep in mind the motto of Balance, Variety, and Moderation. Our bodies were created to consume a diet that is **balanced**—choosing foods from all of the food groups, a **variety** of foods from each of those food groups, and everything in **moderation**. Also, don't forget that exercise is important. And, if you exercise, you need lots of carbohydrates in your diet to create the energy needed for that workout.

Finally, don't let the "super star" magazines dictate what you should look like or how quickly you should acquire that look. Some things in life are best done the old-fashioned way, with time, effort, and care. Take the time and effort to care for your body and please be safe.

Fit Tip

Following the above article about high protein diets, this FIT TIP is about protein in sport drinks.

During a vigorous cardio or strength training workout, lasting more than 30 minutes (e.g., endurance runs, cycling events, etc.), it is important to stay hydrated. Rather than solely hydrate with water, it may also be very beneficial to hydrate with a carbohydrate and protein solution (i.e., sport drink). Recent research has shown that hydrating with a sport beverage such as Accelerade™, which contains glucose and protein in a 4:1 ratio, can actually help you to sustain high levels of activity for longer periods of time, than hydrating with a strictly glucose drink such as Gatorade™.

Triathlon and marathon seasons are here. If you need some assistance setting and reaching your goals, please contact 2GH to help at 770-881-7733 or info@2goodhealthllc.com. Remember to keep your body well hydrated and go for the gold.

2 Good Health – the Talk of the Town

Join 2 Good Health and Barrow County's WCTV 24 on Talk of the Town. The interview will be aired in early April. Check our website for details. www.2goodhealthllc.com

The Doctor Speaks

2 Good Health is excited to announce our partnership with Piedmont Regional Library – Winder Branch to provide additional health/wellness programs throughout this year. The next scheduled session is Monday, April 21 at 6:30 pm. The subject title is *Aging Gracefully through Healthy Nutrition*. Although we cannot "turn back the clock" on aging, we certainly can slow down the effects of the aging process and age gracefully with the daily nutrition choices that we make. Come learn about those choices and other tips on how to age gracefully. Updates and reminders are available in the 2 Good Health e-Newsletters and at the Winder Library.

Also, stay tuned to the 2 Good Health e-Newsletter or website and Winder Library for detailed information about a summer youth session and other programs to come this year.

2GH – Sponsor at SNBF, Inc. (Supernatural Bodybuilding and Fitness, Inc.)

2 Good Health is a sponsor at this year's Georgia State SNBF Bodybuilding Championships (www.snbf.com) to be held on Saturday, April 12 at the Gainesville Mountain Center. If you are a competitive bodybuilder and having a little trouble reaching your goals, it's not too late for 2GH to help. Give us a call or email. 770-881-7733 or info@2goodhealthllc.com. Registration forms can be requested through 2GH or SNBF.