

Training & Nutrition Rants with John Koenig

High Fructose Corn Syrup - Yet Another Reason to Avoid It

Many of you have heard me rant about high fructose corn syrup, but the new marketing of sugar as a "health food" is a dangerous and deceptive game. I hate it.

Both table sugar and high-fructose corn syrup have the same two ingredients: glucose and fructose. The more damaging of the molecules is fructose, but check the proportions: High-fructose corn syrup is 55% fructose and 45% glucose. Plain old garden-variety sugar, now being sold as the "healthy" alternative to HFCS, is 50/50.

The problem with HFCS isn't so much the extra 5% fructose, but the fact that it's so cheap that manufacturers now use it in everything, including foods that were never even sweetened before. This increases the fructose load on the body, not so much because of the little bit of extra fructose, but because we're consuming so much of the stuff.

It's hard to see how substituting the same amount of a 50/50 mix ("natural" sugar, give me a break!) helps address the problem, which is that we're eating too much sugar, whatever form it comes in!

And by the way, the new darling of the health food set, agave nectar, is more than 90% fructose.

Fructose in its natural setting — like in an actual apple — isn't the problem. It's when you extract it and use it as a sweetening agent, either as 55% of HFCS, 50% of sugar or 90% of agave nectar. Then it's a huge problem.

What do I think? Stop eating and drinking sugar!



Don't Waste Your Money on Creatine Ethyl Ester products

There are many of these high-priced "breakthrough" forms of creatine heavily advertised in magazines, and touted in supplement stores. Without boring you with the science, be aware that at best these are a waste of money. Worse case scenario, they elevate your creatinine levels, which gives your doctor something to ask you a bunch of questions about. Good old-fashioned creatine monohydrate works, your body likes it, and it's relatively inexpensive.

(taken from The Brinkzone.com)

What do I think? Creatine is effective for many people, but it's not magic.

Oprah Wrong, says Jillian Michaels of "Biggest Loser"

In a wide-ranging interview published in the November issue of *Health Magazine*, TV star and *Biggest Loser* trainer Jillian Michaels tells it like it is on a variety of health and fitness topics. I very much enjoyed what she had to say about Oprah Winfrey.

"...if there's someone I think is utterly misguided, it would be Oprah Winfrey. She says she had a thyroid problem and ate soy, and I'm like, 'How? Where is Dr. Oz?' She's just so misinformed, it is shocking to me on a daily basis. Soy is terrible for you [if you have thyroid issues]."

I also like what Michaels has to say about those who consider walking such good exercise:



"We sell ourselves short when it comes to capability and potential. We read on the treadmill. We walk. People will be like, 'I've been walking.' And I'm like, 'Really, Really?' 'OK, you walked to the car, and then to the door at the mall, and then you took the stairs, too? Come on, man.' People have no concept of what the human body is really designed to do. They have no concept of their strength! And they function in a zone that is well below what their potential really is.'"

What do I think? Use common sense and don't automatically believe what you see on TV or read.

Personal Training Success Story

Sherrie Hurley loses herself in Gold's Gym!

Back in early March, Sherrie Hurley decided enough was enough and she joined Gold's Gym. Sherrie was tired of being overweight, tired of fad diets that don't work, tired of being tired! She knew there was an answer, didn't know what it was, but hoped that learning about diet and exercise was going to be it.



When she came to me, Sherrie weighed 288 pounds, and had never been a member of a gym or fitness facility in her life. She'd raised a family, worked full-time, but desperately wanted quality of life back, and frankly a longer life.

After Sherrie and I began working together, she found that the process was as much educational as hard-work. Taking a leap of faith, she allowed me to guide her through the meals of her life, to help her re-train her taste buds, to learn about nutrition and the role it plays not only in body composition, but also in getting the most out of her workouts.

Progress has been steady; to date Sherrie has lost 65 pounds, and has an entirely new viewpoint of life.

During this process she's lost no lean muscle tissue at all; all of her weight loss is body-fat. Only a careful program of nutrition and exercise that constantly evolves as her body changed makes this possible.

Sherrie Hurley isn't finished, and plans to lose another 45 pounds. The more fit she's become, the harder she works in the gym. A couple of her favorite moments have been when she's run into old friends, and they didn't recognize her! That's when you know you're making real progress.

Sherrie Hurley is now in charge of her own life.

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