

# NEWSLETTER

Newsletter

Oct 2024

## CLIENT APPRECIATION DAY RECAP

Thank you to all who came out to Saturdays CLIENT APPRECIATION DAY. We were blessed with amazing weather and it was a pretty good turnout.

We want each and every client to understand how much we truly appreciate this community and everything we have all been through since our inception in 2019.

We had an awesome turnout, great food, tons of fun, and even SMORES and we cant wait to do it again next year!



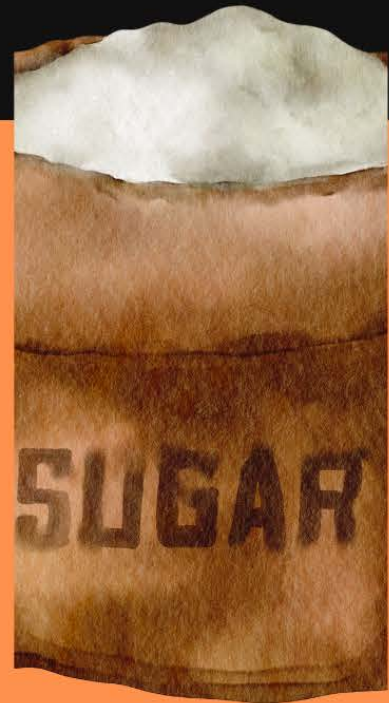
## SWEET TOOTH

### GOOD VS BAD SUGAR EXPLAINED

Sugar, often vilified in modern diets, plays a vital yet nuanced role in human health. It's important to differentiate between various types of sugar. Natural sugars found in whole foods like fruits and dairy, provide essential energy and nutrients. On the other hand, added sugars, like those in sodas, candies, and many processed foods, lack nutrients and can contribute to weight gain, insulin resistance, and chronic diseases when consumed in excess. Understanding the differences between these sugars is key to making informed dietary choices.

Glucose, in particular, stands out as the body's primary fuel source. Derived from carbohydrates, glucose is absorbed into the bloodstream after digestion and serves as the main energy source for cells, tissues, and organs. The brain, muscles, and nervous system rely heavily on glucose to function properly. Nothing operates efficiently without the presence of glucose. If glucose intake is not there, the body taps into glycogen stores in the liver and muscles, highlighting its critical role in energy balance.

Tirone, Brunicardi, Charles. World Journal of Surgery; Lupsingen Vol. 25, Iss. 4 (Apr 2001)



While glucose is necessary for optimal functioning, excessive consumption of added sugars, especially those found in highly processed foods, can lead to metabolic disorders. The key is moderation and consuming sugars from natural sources that come with fiber, vitamins, and minerals, which help regulate glucose absorption and maintain stable blood sugar levels. In conclusion, not all sugars are created equal, and glucose remains a crucial component for supporting daily activity and overall health. So eat your fruit without guilt but maybe cutback on the sugary drinks

CONSUMING NATURAL SUGARS IN FOODS SUCH AS FRUIT IS NOT LINKED TO NEGATIVE HEALTH EFFECTS, SINCE THE AMOUNT OF SUGAR TENDS TO BE MODEST AND IS "PACKAGED" WITH FIBER AND OTHER HEALTHFUL NUTRIENTS. (HARVARD HEALTH PUBLISHING. (2019, MAY 29).