

March 2017 Issue

McCullom Health & Wellness



Newsletter

Which Diet is the Right One?!?!



by [James A. McCullom II](#) on March 1, 2017

HMM....

Choosing the right diet can be quite frustrating. I know I have personally gone from diet to diet to diet and have grown frustrated by the processes and the failures that are associated with them.

I have finally found out that there is no “right” diet. You have to choose a discipline that fits your current goals, beliefs and one that is realistic to remain on, because after all, diets are NOT supposed to be trendy! In order to fully benefit from a diet and its teachings, it MUST be a lifestyle!

I personally have found that the Seagan diet fits my goals and beliefs and is very realistic for me to live by.

I will briefly review some of the diets out there, but I want you to research for yourself and see what diet works best for YOU!



1.

VEGAN

I'm sure we've heard quite a bit about Vegan diets and what they are. In my line of work I hear the term at least 2-3 times daily!

Vegans do not consume ANY animal products whatsoever!!! They refrain from products such as meat, dairy, eggs and even honey. Many subscribers to the vegan diet look at everything as a whole and dare not to participate in the killings of animals for food. Instead they turn to a whole foods, plant based diet that boasts many, many benefits to overall health. Some opponents of the Vegan diet may argue that Vegans are Vitamin B12 deficient due to possibly missing out on natural Vitamin B12 that is found in animal byproduct.

Difficulty Level: Advanced

2. SEAGAN EATING

SEAGAN

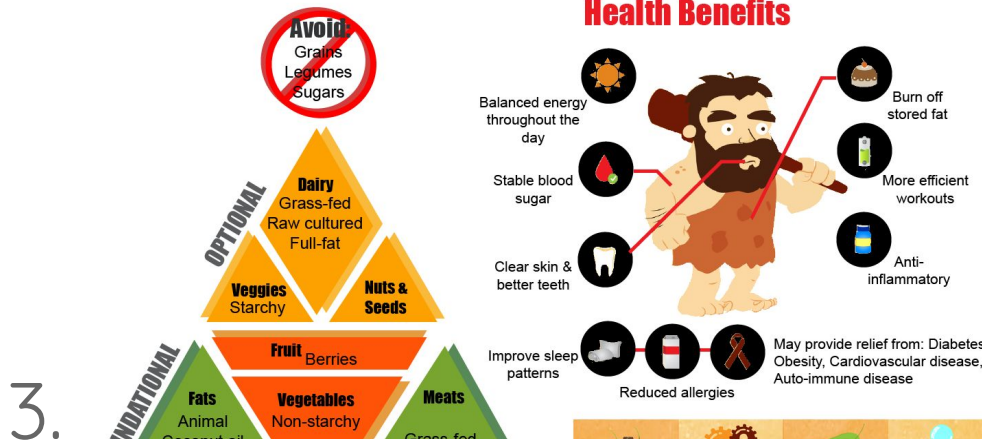
This term not so many of you have heard. This happens to be a perfect fit for me as far as sustainability and satisfaction of the diet.

Seagans are very similar to Vegans in that they do not consume ANY animal products with exception of Seafood. No, this is not a Pescatarian. Seagans differ from peskies in the fact that Seagans still do not consume dairy or eggs. Some Seagans may still have honey depending on who you are talking to. They still refrain from products such as meat and instead opt for more wild caught fish, shellfish and still adhere highly to a whole foods, plant based diet. Benefits of this diet are limitless as well considering how much antibiotics are constantly added to our meats and not to mention the elevated hormone levels in our meats. However, Seagans are often criticized by Vegans for still consuming fish byproducts. Opponents of the Seagan diet may argue that Seagans heavily expose themselves to elevated mercury levels.

Difficulty Level: Moderate-Advanced

comeback. Originally modeled after the diet of primitive man, the paleo lifestyle is becoming more and more well known as authors and events are inspiring folks to give it a try.

by gastroenterologist Walter L. Voeglin. It's since been promoted by a number of authors, researchers and gyms.



PALEO

ME WANT FOOD! This diet takes it back to the old school and by that I mean WAAAYYY BACK!

Paleo dieters prefer to ditch the whole foods concept such as wheat and grains and prefer to stock up on vegetables and lean meats, fish and eggs. Looking back at the physique of the many hunter/gatherers who abided by this diet, it is no wonder to see many people flocking to this discipline by the thousands. Paleo also tries to eliminate sugar from its regimen which is very wise and on par with many of the other diets out there. Opponents of the Paleo diet may suggest that back in 2000 B.C. we didn't have our meats constantly manipulated with GMO's, hormones and antibiotics.

Difficulty Level: Novice-Moderate

4.



KETOGENIC

Raise your hand if you've heard someone in the gym say "Bro, I have to get my body into Ketosis"??? I have! I mean I heard it twice while writing this article.

Ketos eliminate sugar out of their diets to get their body to use an alternate source of energy. In this case, FAT! So Keto-heads follow a low to no-carb, high fat diet. I know this may sound very backwards to many of you, but it totally makes sense. Our bodies burn glucose for energy, but by consuming very low levels of glucose (carbs), our bodies begin to burn fat for this resource and turns you into a fat burning machine! This diet can also be very dangerous if you do not hydrate often and can cause severe damage to your kidneys due to elevated levels of ketones. Consuming high fat in your diet also means that you have to eat plenty of dairy! Sounds good right?!?! Not so fast, dairy products in our country have been linked to many diseases and allergies, so slow your roll

Difficulty Level: Advanced

5.



GLUTEN FREE

“Is this muffin Gluten Free?” This is another one gaining quite a bit of popularity.

Gluten free eaters choose to avoid gluten which is a protein that is often found in many grains such as wheat. In my opinion, although not bad for the person following this diet, its real powers and benefits come into play when dealing with a person who has Celiac’s disease or has a gluten sensitivity. There can be many pitfalls to a person who does not suffer from GS or Celiac’s disease and eats gluten free. Abstaining from this particular protein can make a eater miss out on essential minerals, vitamins and fiber! So be careful and undertake this diet with purpose.

Difficulty Level: Moderate



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