

Love Those Endorphins, Don't You?

By PHIL CAMPBELL, M.S., M.A., FACHE
Author: *Ready, Set, GO! Synergy Fitness*

I love endorphins.

Endorphins are the body's natural pain medication hormones. Endorphins (endorphins), when released, make us feel better, improve our mood, increase pleasure, and minimize pain. There are some good ways, and bad ways, to increase endorphins.

Low Endorphin Levels Make Us Crave Fat

Nan Allison in her excellent book *Full & Fulfilled* describes the relationship between endorphins, food, and exercise. By permission, Nan Allison, M.S., RD writes:

High concentrations of endorphins in the brain produce a sense of euphoria, enhance pleasure, and suppress pain, both emotionally and physically. When endorphins are low, people feel anxious; they

are also more aware of pain. They have an appetite for fat and fatty foods, such as fries, cheese, creamy sauces, margarine, butter, fried chicken, potato chips, and chocolate, to name some of the most popular examples. Upon eating some fat, they will notice a change in mood, feeling more pleasure. This feeling is related to a higher concentration of endorphin. Exercise, by releasing fat from within the body, raises endorphins and causes the same mood changes.

When we have cravings for potato chips and chocolate, it may mean that we need an endorphin pill rather than all the empty calories from chips. Well, there's a problem. We don't have an endorphin pill. But we have something even better; knowledge of how to deal with these specific types of cravings.

Low Serotonin Levels Make Us Crave Sugar

Similarly, another hormone, serotonin makes us feel calm, poised, confident, and relaxed. When our serotonin levels are low, we feel nervous, irritable and stressed. We don't crave fat, now we crave sugar.

Have cravings for sugar? Nan Allison advises that trying some crackers, frozen yogurt or popcorn may help by raising serotonin levels with far less calories.

Low Dopamine Make Us Feel Foggy

Mentally "foggy" at times? This just may be caused by low dopamine levels. When we don't get adequate protein,

(Continued on Page 27)

Our Focus is on our Customers' Success.



HYDROLogic
Turf Management Systems

800-422-1487 www.hydrologic.net

Endorphins—

(Continued from Page 26)

may be caused by low dopamine levels. When we don't get adequate protein, dopamine levels drop and this makes us mentally sluggish.

The best way to raise dopamine levels, get plenty of lean protein in your diet, with moderate fat and carbs, advises Nan Allison.

You Need Carbs Before You Exercise

It's a mistake to think that exercising without adequate carbs in your system will help you lose body fat. Nan Allison explains:

Many people mistakenly believe that if they limit their carbohydrate intake, and then exercise, their body fat will be broken down. What happens, in fact, is that they are lowering their capacity to burn fat, and will lower their metabolism. The reason for this is that the body will break down muscle to form carbohydrate. In addition, the muscle breakdown raises stress hormone levels and causes carbohydrate cravings.

High-Intensity Exercise Performs Best

Researchers have shown for years that high-intensity exercise increases these hormones significantly.

"Post-exercise beta-endorphin levels correlated with the peak speed attained during the sprint and the subjects peak power to weight ratio. These results suggest that the increases in plasma adrenaline are related to those factors that reflect the stress of the exercise and the contribution of anaerobic metabolism." (Exercise intensity-related responses of beta-endorphin and catecholamines, 1987, McMurray).

The Take Home

When we experience strong cravings for sugar and high fat foods, it's probably due to a low hormone level that can be resolved with a sensible food choice.

When it comes to diet, the research is clear, the best diet is a balanced diet / in moderation.

Remember to get some high-quality carbs before workouts. This will help fuel the intensity of the workout, and increase, not lower your metabolism.

Have a great day!

CLASSIFIED ADS

FOR SALE
Summer Reel Sharpening:
Northwest MN and North
Dakota, Pickup and
Delivery
Available, Save Money
Over Dealers and All Work
Is GUARANTEED!!!!!!
Call For Pricing, Can
Sharpen Just About Any
Type Of Reel.
Contact: Dan Redig
Mayville Golf Club
763-482-9163
Office: (701) 788-2371
Cell: (763) 482-9163

WANTED
New or used windshields
for Yamaha Golf Carts
Contact: Tod Blankenship
Big Fish Golf Club
(715) 934-4660

WANTED
Toro Greens Rollers
Contact: Dave Meuleners
Timber Creek Golf Course
952-201-1225

FOR SALE
Toro Cutting units, 2 point
adjust, 11 blade-for 3000
series greens master.
NEVER BEEN USED —
\$600 OBO
Contact: Tony Rahe
Dacotah Ridge
507-644-7844

WANTED
Used Lely pull behind
fertilizer spreader
Contact: Chris Klatte
Grand View G.L.
Duluth, Mn
218-522-0812

FOR SALE
2003 Toro Flex 21 walking
greensmower, 170 Hrs.
New condition, w/ wheel
kit, \$2950.00
Contact: Mitch Fossey
Troy Burne Golf Club
715-386-2902

FOR SALE
Set of five verticut reels for
Toro 5200/5300 fairway
mower - New set of five
Toro 5200 fairways mower
reels - New
Tycrop Cross Conveyor
with Swivel Kit - New
Contact: Tim Johnson
Spring Hill Golf Club
952-476-4875

FOR SALE
1994 Club Car Carry All 1
Manual Dump Box
New Seat Covers Put On,
New Front Hood (Green)
New Battery,
Excellent Condition
\$1,650.00
Contact: Barry Hines
Izaty's Resort
612-369-5540

TRY OUR Sand Wedge!

SPECIAL OFFER:

42 month lease
Only 6 payments per year
May - October
\$650.00/mo

Contact your *GreenImage* salesman
or Bruce Speirs for more details
800-950-4180 / 651-437-7747

