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ECOACH**BIGGI.COM**
PERSONAL TRAINING AND COACHING

Your Personal Trainer on Health, Fitness, and Nutrition

Dear Biggi,

Here is the latest monthly newsletter from your Personal Trainer Biggi. In this issue you will find:

- *Share this newsletter!*
- *And last month's winner is...*
- *Are carrots bad for you?*
- *Make sure to check out the sidebar for more tips, our services, and coupons.*

Share this informative newsletter with the people you care about - your family, friends, and colleagues. Just forward this e-mail to them, and remember we hold a monthly drawing for a free training session for our subscribers, plus here is a special bonus for your friends:

Between now and October 31, 2007, receive **10% off** any eCoachBiggi.com Personal Training package! Just print out this newsletter and bring it to your free consultation, which you may schedule by calling 650-278-2937 today.

(This offer applies to new clients only purchasing any 8 week package. Offer must be presented during the initial consultation.)

If a friend has sent you this newsletter, make sure to [subscribe](#) to our list for your own copy of future issues. (To be removed from this list, see instructions at the bottom of this newsletter.)

"Our health always seems much more valuable after we lose it." - Unknown

Take small steps today:

- Grill, steam or bake instead of frying;
- If you find it difficult to be active after work, try it before work;
- Do crunches in front of the TV.

Services offered:

- One on one Personal Training
- Outdoor Group Fitness Classes
- Program Design

And last month's winner is...

Every month we hold a drawing for a free Personal Training session among our subscribers. The August winner is Ann Klein from Albany. Congratulations, Ann!

Are carrots bad for you?

I was recently surprised when a friend told me she doesn't eat carrots because they are bad for you and an obstacle to weight loss. Hmm. How can this delicious, low-carb, fibrous vegetable be bad for you?

Some research was in order. My friend based her opinion on the fact that carrots have a high glycemic index.

The Glycemic index (GI) is a ranking system for carbohydrates based on their effect on blood glucose levels.

Carbohydrates that break down rapidly during digestion have the highest glycemic indices. Carbohydrates that break down slowly, releasing glucose gradually into the blood stream, have a low glycemic index.

Scientific research suggests that individuals that follow a low GI diet may reduce their risks of diabetes, coronary heart disease, and obesity.

Opponents of the GI criticize that the GI value is based on a portion that contains 50 grams of carbohydrates only. However, this criticism can be addressed by taking the Glycemic load (GL) into account.

The Glycemic load is a ranking system for carbohydrate content in food portions based on their GI and the portion size.

The formula for glycemic load takes into account typical portion sizes and therefore gives you a much better idea of the food's effect on your blood sugar.

Take spaghetti and carrots, for example. The glycemic index of 50 grams of spaghetti is only "moderate," but you'd be hard-pressed to find someone who eats just 50 grams of spaghetti. The glycemic load of spaghetti is huge. And while the glycemic index of 50 grams of carrots is "high," you probably wouldn't eat 50 grams of carrots. (There are only three grams of carbohydrate in a single carrot.) Carrots have a high glycemic index but a very low glycemic load.

- Nutrition Coaching

- Massage Therapy

- Postural Assessment

- Body Composition Analysis

- The Egoscue Method - Postural Therapy

Free during all sessions:

- Towels

- Water

- Fruit

For sale:

- Fitballs

- Foam Rollers

- Energy Bars and Protein Drinks

Referral Bonus

Refer a friend that spends a min. of \$350 with us and receive:

1 Free Personal Training Session or \$35 in cash!

Using the glycemic index is a great start in learning about the impact of food on your blood sugar. But glycemic load is even better, because it takes into account what you're likely to eat.

Some related web sites I like are:

[Tree/freetext search-style database of Glycemic Index and Glycemic Load](#)

[Low glycemic index recipes, cooking tips, and food lists](#)

I am also attaching a comprehensive spreadsheet of GI and GL values for your reference.

You can contact Biggi at 650-278-2937 or via e-mail at biggi@eCoachBiggi.com.

Our mailing address is: 1164 Solano Ave. # 405, Albany, CA 94706

If you would like to comment on this newsletter or have suggestions for future topics, please send e-mail to feedback@eCoachBiggi.com.

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View attachment 'Glycemic Index and Load Spreadsheet' [Glycemic Index and Load Spreadsheet](#)