



USING MIRACLE NOODLES

*for*  
**Health**

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## USING MIRACLE NOODLES FOR HEALTH

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# *Soluble Fiber and Weight Loss*

## **Why is soluble fiber essential for weight loss?**

The primary answer to this question lies in the ability of soluble fiber in enough quantity to provide a sensation of fullness once it enters the digestive tract.

Soluble fiber will expand and form a gel in the digestive tract that will slow digestion, prolonging the sensation of fullness and at the same time slowing the digestion.



You also get a more complete and sustained absorption of glucose and other nutrients. This slow absorption of glucose can even out your blood sugar and reduce the cycle of cravings, mood alteration, and fatigue that can come with eating high sugar products or high glycemic foods (more about that in later email).

The problem with soluble fiber in our Western culture is that it is not found in large amounts in low calories foods. The common sources of dietary fiber in Western culture are oat bran, oatmeal, beans, peas, rice bran, barley, citrus fruits, strawberries and apple pulp. The problem is that eating these in large quantities will of course lead to weight gain as these are high carbohydrate foods.

Asian culture, on the other hand, has another alternative. the shirataki noodle used for 2000 years has virtually no calories and no carbohydrates, but provides an amazing source of high soluble fiber that can be used as a noodle or pasta replacement only limited by your imagination.

## *Soluble Fiber and Weight Loss*

### **Why is soluble fiber essential for weight loss?**

The goal here is to create a tasty alternative all the while increasing fiber and lowering calorie intake.

The next email will discuss how to start incorporating shirataki Miracle Noodles into your diet.

**All of our testimonials are unsolicited and the people's email addresses are available upon request if you wish to talk to them. Read what Dawn has to say :**

Miracle Noodle Team,

I just wanted to let you know i received my first sample package of noodles and i absolutely loved them. I have been on a limited diet fo carbs and pro-tein since January. I love pasta being that my husband is full Italian and I am half. I have missed pasta big time. I tried the angel hair, and the dark kind (can't think of the name) they were delicious and he loved them too. I just ordered the sample package and I am excited to receive them as well. Thank you for having a site that offers an alternative to all the pasta that is full of carbs. I just wish people would post more recipes (on the forum) to try out. If I come up with a new one I will gladly share with everyone out there.

Thanks again your product is delectable!

**Dawn P.**

## *Practical Uses of Miracle Noodles*



### How do most people use Miracle Noodles?

There is no one answer to this question so I will let our employees speak about that.

**Jonathan:** I advise all people to use a one carb per meal eating plan to avoid eating too many carbs. If you have already had a potato, then you shouldn't be eating any more carbs for that meal. In this example I would then add Miracle Noodles as a side dish with some sauce or as a bed to my main protein."

**Jill:** "The noodles are the perfect on the go lunch. I have two small children and I am always on the go. I eat the noodles when I am feeling hungry and don't feel guilty since they don't have calories. I then feel as though I can eat a well balanced meal at my next meal because I don't feel starved."

**Andrea:** "Soups, soups, and more soups!! I love soup and make every kind of variety that you can imagine. They are the perfect noodle for soup especially rice. They provide bulk without calories, making the soup feel like a meal. I put them in every soup."

**Susan:** "I always prepare a lean protein with every meal. I use them as a bed for my salmon or chicken or lean beef. It frees me up in the kitchen to then add a carb like sweet potato and still enjoy noodles without adding extra carbs and calories."

## *Practical Uses of Miracle Noodles*

**Lewis:** "I don't cook, Susan is my wife. I have to watch my blood sugar so being able to eat noodles and have a little carb in something else like sweet potato or fruit makes me feel like I haven't given up much to watch my sugar."

As you can see one is only limited by their imagination.

**Have fun discovering how to use Miracle Noodles in your daily diet! All of our testimonials are unsolicited and the people's email addresses are available upon request if you wish to talk to them. Read what Jaclyn has to say :**

I have been buying the tofu shiritaki noodles and I found the Miracle Noodles by far are much better! I like the fact that they do to them great. I found that the angel hair is my favorite. Overall, Miracle Noodles are the best pasta I have found and am a big fan and will continue to buy them for a long, long time.

**Jaclyn**

## *First Plan for Using Noodles for Weight Loss*



**P.S. The 10 pack is a great way to start. Just substitute the carbs at lunch with Miracle Noodles and cut calories dramatically**

Japanese women have been using shirataki noodles for weight loss for years. If you go to Japan and ask the women about shirataki (as I was fortunate enough to do in May while visiting a friend in Osaka) or as it is sometimes know as konnyaku, the first things you will hear about is how it is good to eat to keep slim.

Shirataki and weight loss go hand in hand. For the American, however, not used to eating them - one must know how to use the shirataki Miracle Noodle in a sensible plan for weight loss. Although a full treatment of this topic is beyond the scope of this short course. There are many principles that can be described to get a better understanding of shirataki and weight loss.

**1.** The Shirataki Miracle Noodle is made of a healthy soluble fiber so that when you eat it will expand slightly in your stomach and provide a sense of fullness. Adding shirataki to the beginning of a meal or main part of the meal and eating slowly will provide a feeling of fullness and satisfaction.

**2.** The Shirataki Miracle Noodle has no calories, so while the noodles are in your digestive tract they are absorbing cholesterol and slowing down the absorption of glucose so your blood sugar will even out and you won't have spikes of energy and exhaustion. All the while not contributing to the calories.

## *First Plan for Using Noodles for Weight Loss*

**3.** My suggestion, assuming you get enough nutrients at your other meals of the day, is to substitute the carbs at lunch with the Miracle Noodle, drastically reducing the calories and providing a sense of fullness throughout the afternoon.

Just by substituting the carbs at lunch with Miracle Noodles you will see weight loss and an increase in energy.

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### **TESTIMONIAL:**

I don't think I can rave enough about these noodles. Not only are they a delicious daily meal for me, but they have really helped me kick the plateau on my weight loss. I have had these noodles for only 6 meals and each day. I have dropped a little more. It is the first time my scale has moved in about 5 weeks. I am so pleased!! Not only have I had a decent weight loss from these miracle noodles, but I also feel very satiated after I eat and I am eating a lot slower.

**Pia**



## *Soluble vs. Insoluble Fiber*



Today I would like to discuss what the difference between soluble and insoluble fiber is. I hope to provide a general education in nutrition so that you can make the right food choices for your health.

The simplest example would be to take the place. The tough skin on the surface is the part that is insoluble and the pulp contains a soluble fiber called pectin.

### **What makes the soluble fiber significant?**

As you already know now, since Miracle Noodles are made of it, the soluble fiber becomes a gel when it enters the stomach, but the benefits of this are as already mentioned in a previous email.

- 1.** Slower and more thorough digestion
- 2.** Evening of blood sugar so that you do not get blood glucose spikes which lead to cravings and binging.
- 3.** They make you feel full!

Insoluble fiber passes through the gut mostly unchanged. This would be found in foods such as seeds, whole grains, nuts, and vegetables like broccoli, celery, and zucchini.

## *Soluble vs. Insoluble Fiber*

Insoluble fiber provides bulk to your stool and allows for soft stool. If stool remains in the colon for too long all the water in it is absorbed and then the stool is hard and can cause hemorrhoids. By upping your intake of insoluble fiber transit time in the colon is shortened and the stool is softer.

The key is really to focus on eating whole foods which provide both soluble and insoluble fiber. The one thing you need to watch is sources like beans, fruits, and grains which also contain a great number of calories from carbohydrate. This is where choices make a huge difference. A complete meal should contain some protein and fat. In my upcoming newsletters I am going to cover how to make the right choices of whole natural foods containing carbs, fats, and proteins.

Knowing how to make these choices in most people is the difference between vibrant health and in some cases debilitating chronic disease.

In medical school, doctors are taught so little about nutrition it is embarrassing. My medical school education did, however, provide me the basic knowledge about the body to understand nutrition in a deep way once I spent my own time (obsession:)) learning about it.

If you will be patient with me, I will step by step lead you through making the right food choices for your health and more importantly understanding the reasons behind them!

## *Prebiotic vs. Probiotic*

**Every and I mean EVERY diet needs to have some probiotic foods in it.**



Probiotic foods are live foods. Foods like yogurt that have active cultures. Did you know that almost every traditional diet has some “live” foods in it.

The Russians have a favorite of mine, Kefir. For some reason Kefir just makes you feel good when you drink it and now with flavors like pomegranate or raspberry it is great. It is a milk based product and tastes like yogurt but is loaded with beneficial bacteria. My favorite brand is Lifeway.

The Germans have Sauerkraut which was originally fermented cabbage that had beneficial lactobacilli.

The Koreans have Kimchi which is also fermented cabbage.

The Japanese have several, one of which is natto, which is a probiotic powerhouse. It is fermented soybeans. It has awful smell but I kind of like it. My Japanese friends say I am the only non-Japanese person they have ever seen eat it!!

The point is that every healthy diet should include a live food to balance the beneficial bacteria of the digestive system.

## *Prebiotic vs. Probiotic*

So what is a PREbiotic?

Miracle Noodles act as a prebiotic. This means that by slowing down digestion, it allows for the multiplication of the beneficial bacteria you eat.

Are you starting to see why we call these Miracle Noodles?

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### **TESTIMONIAL :**

Miracle Noodle has been a wonderful resource for me --it's a way to have a comfort food experience without triggering addictive behavior. This past week I made an organic tomato spaghetti sauce with lots of veggies and simmered Miracle Noodles and broccoli in the sauce and added some parmesan cheese on top when serving. It was satisfying, delicious, and healthy. This week I am making a tofu, veggie stir fry and using Miracle Noodles instead of rice. I'm looking forward to ordering Miracle Noodles again- I think this time I'll try the black noodles....

**Liza**

# The Glycemic Index

First of all, I would like to explain why you should know what it is. The glycemic index of the foods you eat has a direct impact on the blood glucose levels in your body.

The blood glucose levels in turn will affect your insulin levels. Your insulin will impact your health in numerous ways - from regulation of your weight to the blood flow of small vessels, to your overall energy level.

By making the right choice of carbohydrate intake based on knowing about the glycemic index you will feel better and reduce your risk of numerous diseases.

Ok, now on to what it is.



**The glycemic index is essentially a ranking of carbohydrates. This ranking is based on the impact that these carbohydrates have on your blood glucose (blood sugar).**

Starting at one end of the scale ,if you were to eat glucose directly this would not require any digestion at all and would provide a rapid spike in blood sugar followed by a rapid spike in insulin (which allows the cells to use this sugar).

# The Glycemic Index

These spikes have horrible effects on your body raising your sugar levels, lipid levels, and wreaking havoc on your hunger response making you eat more than you need! The upper limit is 100. This side of the scale is inhabited by such foods as white bread (70), wholemeal bread (75), corn flakes (72), and jasmine rice (109).

There are more complicated factors than what I have listed, but what you should know is in general what it is and how to decide whether something is going to cause a spike in your blood sugar and hence have a detrimental effect on your health.

Low Glycemic Index foods would be, for example, sourdough bread (54), apple juice (40), pumpernickel (41) and oatmeal (48). For a full list of values online you can visit [GlycemicIndex.com](http://GlycemicIndex.com) and click on database. Shirataki Noodles have a zero index and likely lower the glycemic index of the foods they are eaten with but since I don't have any studies to prove this, it is only my speculation.

In summary, things like white bread, sugar, sweetened drinks and some types of white rice have a high GI value and things that take time to digest and have fiber often have a lower GI value.

Stick to the low GI foods and you will prevent those spikes of blood glucose and insulin that can lead to crazy hunger cravings as well as lead to disease.

Several diets have come on the market lately that take into account the GI but I think what matters is not being fanatical about it, but using your new knowledge to make educated choices about what carbohydrates you eat in your overall healthy diet!



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