

Natural Healing Express Weekly

Column Volume 115 Shocking Food Facts

This week I thought we would have a little fun and share some items from a book I found written by Craig Holden Feinberg and Dale Peterson. And, of course, yours truly will offer some side notes.

Their book is called "The Little Book of Shocking Food Facts". And, they are shocking. Please use this column for education and be grateful for what you have. 98% of the world does not live as richly as you and I, especially here in God's Country where we can grow almost any kind of food in our gardens.

Shocking Food Fact Number 1 – There are currently 923 million starving people in the world. This statistic comes from the Food and Agriculture Organization of the United Nations. Side Note – What is the most malnourished country in the world per capita? Yep, you guessed it, the United States.

Shocking Food Fact Number 2 – Two-thirds of Americans are overweight or obese. National Center for Health Stat – 2006.

Shocking Food Fact Number 3 – In the United States more than 3,000 people die each year as a result of choking, mainly on food. The American Red Cross, 2009. Side Note – Learn the Heimlich maneuver, you may save a life.

Shocking Food Fact Number 4 – Tomatoes, especially cooked tomatoes, can protect against prostate cancer. Cancer Research, 1999. Side Note – As much as I hate them, thank God I am not a man. You guys have my share, they are good for you.

Shocking Food Fact Number 5 – Americans spend \$55 billion per year on weight loss products and services. US Weight Loss & Diet Control Market – 2007. Side Note – This has increased an additional 15 percent since 2007.

Shocking Food Fact Number 6 – 27% or 96 billion pounds of available food is waste in the US each year. Economic Research Service, USDA 1997.

Shocking Food Fact Number 7 – 27 Million Tons of Fish are discarded as waste every year. Food and Agriculture Organization of the United Nations.

Shocking Food Fact Number 8 – Blueberries can protect your brain from the effect of aging. Neurobiology of Aging. Side Note – Eat your Blueberries – they are a super nutrient!

Shocking Food Fact Number 9 – Broccoli, and its family of cruciferous vegetables, contains sulforaphane which has been proven to inhibit the growth of breast cancer. The Journal of Nutrition. Side Note – There are many great ways to cook broccoli, but the best is raw. If eating some deters your chances of breast cancer, isn't it worth it to add to your diet?

Shocking Food Fact Number 10 – Curcumin, a compound in turmeric and curry powder, stops the growth of certain cancer cells and protects the brain against Parkinson’s disease. Nutrition and Cancer Research.

Bonus Shocking Food Fact – Americans eat Almost Triple (167%) the amount of recommended sugar. A source of 500 daily calories and 23% of the suggested caloric intake. USDA Research Service.

Sometimes, it’s good to check in with these sources and take a hard look at the numbers. Our country is trending upward terribly in diabetes and diabetes related diseases. It’s high time to take our health back into our own hands and stop these trends. If you need assistance in learning to eat better and lower your risk of disharmonies in the body, give us a call.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express