

Natural Healing Express Weekly

Column Volume 116 Shocking Food Facts, Part II

In response to the many emails we have received regarding Shocking Food Facts Part I, I decided to continue forward and do a Part II. Last 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. We will continue with another 10 more this week and call it a rap.

Their book is called "The Little Book of Shocking Food Facts". And, as I said last week, these facts ARE shocking. And, again, please use this column for education and be grateful for what you have. And, may I remind you, that 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.

If you are reading this article for the first time and missed out on Part I, which is Shocking Food Facts 1-10 with a bonus one, please go to www.naturalhealingexpress.com under the icon Newsletters. Or simply call the Flash in Warren and request a back copy. Here we go!

Shocking Food Fact Number 11 – Eating at Fast Food Restaurants two or more times a week is strongly associated with weight gain and insulin resistance, leading to an increased risk of obesity and type 2 diabetes. The Lancet 2005. Side Note -People---Please make the association between "junk" food and "junk health". You are what you eat! Make time to cook for yourself and your family. It works wonders!

Shocking Food Fact Number 12 – The rate of obesity among men in England has increased by 75% since 1993. National Health Service, 2006. Side Note -Not a big deal if you don't know any Englishmen, but a STARTLING statistic nonetheless – up 75%-- I wish my investments would have increased that much.

Shocking Food Fact Number 13 –One in three Africans are malnourished and about half of the continent's people live on less than \$1.00 per day. Bread for the World Institute. Side Note -Think about that for a minute. It's hard to even get a cup of coffee for less than 1.00 per day, yet many people survive on that budget.

Shocking Food Fact Number 14 – Organic Crops contain higher levels of important nutrients than conventionally grown crops. Journal of Alternative and Complementary Medicine. Side Note- I always compare the differences of the nutrient levels before I buy. Some are subtle and not worth the cost, but most of the time, when available, organic is the way to go.

Shocking Food Fact Number 15 – High Blood Pressure / Hypertension can be reduced by eating celery. Science News. Side Note -We have an awesome product called Zyflamend Heart that helps to reduce triglycerides (the bad fat), one recent client down 95 points in six months!

Shocking Food Fact Number 16 – Close to one quarter of the US population suffers from a condition called metabolic syndrome, which results in an inability to process sugar. Journal of American Medical Association. Side Note- Do you know what that means? Yep...Eat the Sugar and it becomes Fat...

Shocking Food Fact Number 17 – High Fructose Corn Syrup (this is the sweetener used in most soft drinks and Many, Many, MANY processed foods) is metabolized directly into body fat. American Journal of Clinical Nutrition, 2004. Side Note - Hello? Super-Size it means Super Fat Me. Liquid Fat.

Shocking Food Fact Number 18 – Carbonated Caffeinated Drinks Leach Calcium from bones therefore contributing significantly to osteoporosis. American Journal of Clinical Nutrition.

Shocking Food Fact Number 19 –Dark Chocolate is not only very high in antioxidants, but it can also lower blood pressure and help with insulin sensitivity. American Journal of Clinical Nutrition. Side Note = Dark chocolate, like raw cacao is very good for you. Search for good sources and stay away from Milk Chocolate and non-reputable manufacturers.

Shocking Food Fact Number 10 – Garlic is a strong immune stimulator and can also inhibit the growth of cancer. Cancer letters, 2007. Side Note – Garlic is one of the strongest immune system builders there is. I recommend it with as many meals/snacks as possible. With a strong immune system, disease/disharmony is rare and dates with vampires even more rare.

Bonus Shocking Food Fact – Once ingested, the artificial sweetener aspartame converts into formaldehyde. Formaldehyde is a toxic and carcinogenic (this means cancer forming). It accumulates in tissues such as the liver, kidneys and brain. Life Sciences. Side Note – For any of you that have spent ANY time around me at all, you know my Aspartame Rant. Aspartame is the single worst product ever. Read the labels, watch out for yourself and help educate your family. There are NO long term studies that show any positive results. Icksnay! STAY AWAY FROM ASPARTAME !!

With that said, again, I believe 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.

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