

## The American Diet: how's it workin' for ya ?

Fact: Americans are becoming increasingly unhealthy. Obesity, diabetes, and chronic illness are on the rise. Medical bills and insurance premiums are getting higher and higher as we are getting sicker and sicker. According to the World Health Organization, Americans spend far more, per capita, on healthcare than any other country and yet we rank 37<sup>th</sup> in the world in terms of performance. In other words, it's costing us a bundle for medical care and yet the care we get is ranked incredibly low. It is time for Americans to start taking their health seriously and in doing so we must begin to recognize the fundamental relationship between poor nutrition (the food we eat) and sickness. According to Ronnie Cummins (director of the Organic Consumer Association) 48% of men and 38.4% of women will get cancer at least once in their lifetime and 1/3 of those cancers will be directly caused by the food we eat.

Leading nutrition expert, Marc David, has said that America has been on a "high fact diet." How true! We have been bombarded with diet books, lifestyle books, confusing plans and theories. Some of the most popular diets are centered on the idea of eliminating one whole food group; no 'carbs', no fat, no grains, etc. This may work for a short time but you cannot realistically build a lifestyle around eliminating an entire food group. Many other dietary theories are entirely focused on calorie counting, which is a factor in weight loss of course, but what about the quality or type of calories you are consuming?

We can do better as a nation! Begin today. Each time you eat picture every morsel of food; as you chew and swallow it, the food travels down your throat, through your stomach, into your small intestine, and then into your blood where it travels throughout your body. We truly are what we eat! Our food makes up our hair, nails, skin, brain, etc. Food affects our energy, our emotions, and our thoughts. Each time you eat, each time you decide which type of food will travel throughout your body, you are making a decision that is directly affecting your health. Today you can choose food that will nourish your body, food that will provide you with boundless energy and vitality, and food that will build a foundation of health throughout your entire system. Or you can choose food that will make you feel tired and sluggish, food that can potentially harm you by helping to create an atmosphere for disease to flourish in.

Fill your life with organic, delicious whole foods, foods that nature intended us to eat. Fruits, vegetables, nuts and seeds, whole grains, some fish and lean proteins, and healthy fats. Steer far, far away from "food products" or things that pretend to be foods. A good general rule is the more money spent on advertising a product or food the smaller amount of nutrients that can actually be found in it. There is a good reason why there hasn't been a billion dollar campaign boosting the health affects of broccoli! Listen to your body, begin to build a keen awareness around how certain foods make you feel and behave.