Processed Food

Processed food (including restaurant & fast food) is a trillion dollar industry that consumes around 90% the American food dollar. This food is convenient, tasty and relatively cheap. Unfortunately, this same processed food is now contributing to an American epidemic of obesity, type 2 diabetes, heart disease, and premature arthritis and cancers. These diseases of civilization are largely food and sedentary lifestyle related.

The fact that processed food tastes so good is no accident. Before McDonalds or General Mills launches a new product, laboratory research is employed to make you want to over consume. Children are targeted to hook them into a life long addiction. Scientists have learned how to manipulate the portion of the brain called the appestat that regulates appetite. Sugar, high fructose corn syrup, salt, unhealthy fats, MSG, emulsifiers, bleaches and other Generally Recognized As Safe (GRAS) ingredients are used to make inferior processed grains, meats and vegetables (mostly potatoes) not just palatable but addictive!

Check out the ingredients on the canned, boxed, freeze dried or frozen prepared foods that are sold in a supermarket. Go to a fast food company's web site and do the same. You literally have to be a food scientist to understand the ingredients used to preserve, bleach, stabilize, soften, color, or sweeten food – the FDA lists almost 3000 of these substances. They are often certified as GRAS by the companies making the product. They are not listed individually on the label, but appear under a benign sounding label such as artificial coloring or artificial flavor.*

Individually or in small amounts food additives will not kill you outright, that would be a little too obvious. But over a year, the average American consumes 150 pounds of these additives. These foreign and often slightly poisonous substances have to be broken down, filtered and eliminated. On the flip side, almost all our meats are raised on a single grain, corn, that creates meat laden with unhealthy saturated and Omega 6 fats. Commercial feedlots add a massive dose of antibiotics that pass through to the consumer.

Processed foods are in effect foreign foods that we are not built to handle. They slow our metabolism, increase insulin resistance, inflame the circulatory system, create drug like cravings and adversely affect the endocrine system. And over the years the toll on our bodies accumulates. Combine these substances with nutritionally deficit foods and it is not difficult to draw a straight line from the food industry to the diseases of civilization. Obesity, type 2 diabetes, heart disease and higher rates of cancer follow.

Restaurants make extensive use of a few food service companies to provide partially or completely made food items. That "home made" double chocolate cake sold to you from a neighborhood restaurant is often a product sold nationwide. Again the emphasis is on taste, rapid preparation and shelf life; not nutrition. Price competition assures a race to the bottom in terms of food quality.

Each year the food industry will spend about 40 billion dollars convincing you their products are wholesome, natural and flavorful. The pharmaceutical companies will spend about half that amount advertising various pills to treat the resulting acid indigestion, arthritis, high blood pressure, strokes, "high" cholesterol and heart disease. How convenient!

Modern medicine will keep us alive longer, but for most people the last decade(s) of life will be severely compromised in terms of mobility, energy and freedom from pain. Even if Type 2 diabetes, heart disease and cancer are successfully treated, they diminish the quality of life and shorten your lifespan. Persons suffering from cardiovascular disease double their chance of developing dementia and Alzheimer's. The only way to avoid the food induced diseases of civilization is to take control of your food preparation. You must select the highest quality ingredients and prepare them in efficient and wholesome way.

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* For example, the artificial strawberry flavor in a fast food milkshake actual consists of the following, bon appetite! Amyl acetate, amyl butyrate, amyl valerate, anethol, anisyl formate, benzyl acetate, benzyl isobutyrate, butyric acid, cinnamyl isobutyrate, cinnamyl valerate, cognac essential oil, diacetyl, dipropyl ketone, ethyl butyrate, ethyl cinnamate, ethyl heptanoate, ethyl lactate, ethyl methylphenylglycidate, ethyl Nitrate, ethyl propionate, ethyl valerbate, heliotropin, hydroxyphrenyl-2butanone (10% solution in alcohol), a-ionone, isobutyl anthranilate, isobutyl butrate, lemon essential oil, maltol, 4-methylacetophenone, methyl anthranilate, methyl benzoate, methyl cinnamate, methyl heptine carbonate, methyl naphthyl ketone, methyl salicylate, mint essential oil, neroli essential oil, nerolin, neryl isobutyrate, orris butter, phenethyl alcohol, rose, rum ether, g-undecalactone, vanillin, and solvent.