

Food Today - why it makes you sick

{flv}Mercury{/flv}

The standard American diet is indeed a sad diet, not just boring and bland, it is indeed a starvation diet that makes you fat! The Standard American Diet consists of a myriad of processed carbohydrates (cereals, breads, pasta, cookies, cakes etc.), processed meat products, and just a few fruits and veggies. Basically, this diet is high in many things you don't need. It is full of hydrogenated TransFat oil, high fructose corn syrup HFCS, phytic acid, acrylamide, and monosodium glutamate (MSG) and lacking in basic essentials such as vitamins, minerals and enzymes.

Hydrogenated oil TransFat causes a host of problems. It contributes to cancer, heart disease and obesity. A recent study showed that monkey fed these oils gained a significant amount of fat around the abdomen, even though they were not fed in such excess as to warrant fat gain. This is bad! Fat gain without consuming extra calories and around the worst place on the body to gain it too, is one of the worst things for your health. We also know that TransFat boosts women's infertility by 70%, if you consume it for 2% of your total calories. For someone on a 2000 calories a day diet, that is only about 4 grams of fat. And 4 grams of fat is not a lot! You could get that much in one donut, or a small serving of fries. HFCS - High fructose corn syrup raises blood sugar levels quickly. There are links to the consumption of HFCS to type II diabetes and heart disease. It provides no nutritional value, and is the ubiquitous sweetener for foods that are known as "empty calories" why? "Because it is cheap and consumers want lots of it" because unlike sugar, there is no feedback satiety with HFCS, so nothing is telling the brain when enough is enough.

Phytic acid has been proven to be an anti-nutrient and an enzyme inhibitor. It is in all grains, nuts and seeds that have not been soaked and dried first. If you are eating boxes of food that are grain based, not only are you eating something that has no nutrition, you are also eating something that will readily take nutrients from you. Acrylamide C₃H₅NO₂ if you eat anything with carbohydrates heated to a high temperature, you are eating acrylamide. Higher levels of acrylamide develop during baking of whole grain bread where the grains come from depleted soil. The EPA (United States Environmental Protection Agency) has stated that possible short-term effects of ingesting acrylamide are damage to the nervous system, weakness and in-coordination in the legs. The possible long-term effects are damage to the nervous system, paralysis, and cancer. Acrylamide and furan develop in food processing as contaminants and in fried or baked goods acrylamides is produced by the reaction between asparagine and reducing sugars or reactive carbonyls. Browning during baking, frying, deep-frying, over-cooking or microwaving of foods will produce acrylamides, even more so, when the grains were grown in nutrient depleted soil.

Sodium Nitrate NaNO₂ Consumption of processed meats has been linked to cancer (colon, breast, prostate and pancreas). The Material Safety Data Sheet (MSDS) for sodium nitrate states that ingestion in the pure form could cause gastroenteritis and abdominal pains. Other symptoms may include dizziness, bloody diarrhea, convulsions, and collapse; and chronic exposure can cause methemoglobinemia. This happens in some individuals when bacteria in the stomach convert the nitrate to nitrite. Nausea, vomiting, dizziness, rapid heartbeat, irregular breathing, convulsions, coma, and death can occur should this conversion take place. If you truly don't want to give up your bacon, salami or whatever there is a way to fight the harm that sodium nitrate can inflict on your body. You have to consume large doses of vitamins C and E before you eat something with sodium nitrate in it. These wonderful vitamins inhibit the conversion of sodium nitrate to the carcinogenic form, nitrosamines.

Monosodium Glutamate (MSG) is in a class of chemicals known as excitotoxins. Excitotoxins, like MSG, introduced to the body in high doses have been shown in animal studies to cause damage to areas of the brain unprotected by the blood-brain barrier. A variety of chronic diseases can arise out of this neurotoxicity. In other animal research, MSG has been shown to indirectly cause obesity. According to laboratory studies, the chemical does this by down-regulating hypothalamic appetite suppression which increases the amount of food animals consume. This is another universal ingredient and can be found under names such as natural flavors, hydrolyzed yeast, spices, autolyzed yeast and other deceiving terms.

Unfortunately, the Standard American Diet is full of packaged foods. Most packaged foods have virtually no nutritional value! They are pretty packages housing calories. If this is all you eat, then you are on the fast track to being overfed, read: getting fat; and under nourished, read: starve to death. Eating a diet rich in refined carbohydrates and processed meat products is a sure fire way to walk the path of disease. Contamination Foodborne diseases are estimated to cause approximately 76 million illnesses, 325,000 hospitalizations, and 5,000 deaths in the United States each year.¹

Nationwide product recalls highlight the devastating effects foodborne illnesses can have: In 2006, contaminated peanut butter caused more than 300 people to become ill, of whom at least 50 were hospitalized, while in 2007, contaminated spinach caused 206 illnesses, three deaths, and more than 100 hospitalizations. Most recently, the United States Department of Agriculture recalled 143 million pounds of beef "35 million pounds of which had entered a school lunch program" in the nation's largest food recall, highlighting the need for better tracking and audit trails of food.

What we eat affects behavior

Food additives and poor diet could help explain poor school performance, criminal behavior, alcoholism, and the growing numbers of Alzheimer's patients.

