



WHEN PEOPLE LEARN THAT I AM A HEALTH AND NUTRITION COUNSELOR, THE FIRST THING THEY ASK ME IS ALWAYS, “**SO WHAT DO I EAT?**”

As I stated in my recent blog post, people tend to complicate this matter for several reasons. First, we have WAY too many choices of food and food products. Only a generation or two ago, we ate seasonal and local foods and did most of the cooking ourselves. As modern transportation and food technology improved, we were able to ship foods from far away lands and create food products in the lab. This made it possible to eat fresh raspberries in March. It also gave us food-like products that were chemically addictive, high in sugars, salt and constituents that the body does not recognize such as high-fructose corn syrup and hydrogenated fats. Walk into any super-supermarket and it's easy to become quickly overwhelmed at the choices. If you start to read the labels, you become even more confused.

So let's figure this out by learning...

...WHAT NOT TO EAT:

I will try to list these in a reasonable order of what, in my opinion, are the items to avoid from worst to “let's eat this only on a rare occasion”.

- **HYDROGENATED FATS OR TRANS FATS.** THESE ARE FOUND IN MOST BAKED GOODS, CRACKERS ETC. READ THE LABELS!
- **HIGH-FRUCTOSE CORN SYRUP OR “CORN SUGAR”.** IT IS DANGEROUS AND SHOULD BE AVOIDED. PERIOD.

IF YOU AVOID THESE TWO THINGS, YOU WILL HAVE IMPROVED YOUR DIET WAY BEYOND THAT OF THE GENERAL POPULATION OF AMERICANS! **THESE TWO ITEMS ARE NOT FOODS. THEY ARE CHEMICALS DERIVED FROM A LAB.** YOUR BODY DOES NOT RECOGNIZE THEM, AND HENCE, SETS UP AN IMMUNE RESPONSE AGAINST THEM. THEY ARE ARGUABLY A LARGE REASON FOR THE EXTREME INCREASE IN AUTOIMMUNE DISEASE AND OBESITY IN THIS COUNTRY.



- **CONVENTIONALLY RAISED MEATS.** Choose beef that is grass-fed, hormone and antibiotic-free, preferably organic. Look for “vegetarian diet” so you know they aren't being fed dead

animals. True story. Choose free-range chickens without antibiotics and pork should also be without antibiotics. (It is illegal to use hormones in either of these animals.) Again, organic is best, although expensive.



- **NON-ORGANIC DAIRY PRODUCTS.** If you eat dairy, make it organic. You don't need the growth hormones or the antibiotics. Eight-year-old girls should not have breasts! Look for raw cheeses and unhomogenized milk –raw if you can find it. (if you have any concerns about digestion of dairy products, please don't eat them at all!)
- **PROCESSED FOODS.** This is where it gets tricky. In general, you shouldn't need an ingredient panel to tell you what a food is. In general, if it comes in a box or can, it probably isn't a great choice. Exceptions, of course: canned beans, canned fishes. Avoid things with more than 5 ingredients on the label, and any food that has a word that you cannot pronounce. Eat a hunk of cheese, not Velveeta! This is what I mean by food vs. food product. **EAT REAL FOOD.**

- **SUGAR.** This is another tough one. It is ubiquitous. Some people handle sugar better than others—it is a highly addictive substance. Please avoid overt sugar at all costs—candy, cookies, soda, processed garbage like donuts and Hoho's. Rely on fruits for your sweets. Eat dark chocolate. If you must have a cookie, bake a batch! At least you can control the ingredients and there are many healthy recipes out there.

There you have it... a nice, easy list of things to avoid if you are trying to break away from the SAD (Standard American Diet) diet.

Next time, I'll let you in on the things you should be eating, so stay tuned!!

Several new clients and a new degree have my life hoppin' right now! **But I always have room for one more client.** Now is the time for you to decide you need help making the simple changes, step by step, to improve your diet and improve your health. Email me @

herbalm@gmail.com

or call 908-377-0773. I'm all ears!

Summer inflation buster rates last through August! Hot prices for hot times!!

Blessings,

Diane