

## **You Are What You Eat!**

Most of the food we eat today is not as healthy as what our parents were eating fifty years ago. Farmers' roles changed dramatically as corporations began to dictate their demands on the farmers. As the industrial age pressed upon them, the farmers got further away from planting with the moon cycles. Even larger cycles such as resting in the winter were changed when the advent of pesticides, green houses and other unnatural means of producing food were introduced. This has greatly affected the foods you eat.

Fruits and vegetables are often transported 1500 miles or more from where they are grown which necessitates spraying with chemicals to stop the natural ripening process and pesticides to deter insect infestation. How many farmers live off their land? Very few, for most are forced into mono-culture, raising only one or two crops each year. This also creates a burden on the soil, depleting it of valuable nutrients resulting in food products that lack minerals necessary for health.

Today, there is an average loss of over 50% of the minerals that were found in plants 50 years ago due to over-farming and the overuse of pesticides, herbicides and chemical fertilizers. To make matters worse, the food is then whisked off to processing plants where they are heated, diced, chopped, pulverized, mashed, then canned, dehydrated or boxed. Each process further destroys any remaining nutrients.

Once you purchase these items, you take them home and heat them, often cooking the oils at high temperatures that makes the oils toxic. The water used to prepare these items is usually laced with fluoride and chlorine, both extremely toxic substances. For ease, these foods are then popped into a microwave, thus, by the time the food reaches your table, it is void of nutrients, has had the life force irradiated out of it and enough toxins to make you one step closer to the grave.

Factory farms raise animals inhumanely on flesh from other animals, forcing them into unnatural, cannibalism. Most are forced to eat grains, such as corn that are not a part of their normal diet, thus creating tremendous stress on their bodies and toxic viruses such as E. coli. These animals are then subjected to a series of antibiotics and fattening agents such as growth hormones, all of which are toxic to animals and you, the consumer.

These grains are often genetically modified (GMO), creating all sorts of havoc in their system. Scientists have proven that GMO products affect the genes of those who eat these products. Therefore, the animals that eat GMO plants are being altered genetically and in turn, the same happens to you when you eat their flesh. It is no wonder that there is a rise in birth defects and other health conditions.

During the pasteurization process, dairy products including milk, cheese and yogurt, is heated to temperatures that destroys the health benefits but still leaves the bovine growth hormones. Much of what we consume today is not only toxic, it is completely unnatural.

Food and products labeled as being "natural," are often misleading. Manufacturers can use only one or two "natural" products while adding a myriad of chemicals as preservatives, food coloring and flavoring agents to qualify the usage of a "natural" label on their products.

Fast foods and other processed foods have created an undernourished, obese and chronically ill population. Much of the obesity that exists is due to the body storing these unnatural items that it doesn't know what to do with. This creates liver dysfunction and clogs every cell throughout your body.

We live in a new world where food must be understood for what it is now, not 50 years ago, and educate ourselves with knowledge that prevents malnutrition and toxic accumulation of salts and chemicals. I believe that the prevention and cure of any disease comes with holistic knowledge. Holistically healthy people are much less affected by colds, allergies, flu, immune disorders or common "old age" disorders. Sickness is a long progression of immunity depressing habits found in one's "normal lifestyle" in today's modern world. Disease is preventable and most often, reversible.

## **You Are What You Eat!**