

Our Beloved Diet Revealed

The More You Know, the More You Grow.

Chef Wendell

Self Defense from
The Standard American Diet



Got to admit it's Getting Better

Love your body. It's the only one you get.

- Newspaper and TV News report the US diet is causing disease
- Hooray! America's having an 'Ah-Ha' Moment
- We're a wee gullible
- We're learning our food is marinated in chemicals
- 'Up Against the Wall, Big Food'
- Med. Proof that today's processed foods cause disease
- Food IS addictive
- Want to learn what to do?
- Your 'smart' choices make a difference
- IT'S NOT YOUR FAULT
- We've been misled
- Food is Medicine so eat from your garden
- Only you control how you feel every day with informed choices
- What does the label say? Jet Fuel?
- De-program from addiction to sugar
- Stevia, honey, maple syrup...We have so many alternatives
- Not everyone wants to change
- That's OK. Just love 'em, don't bug em'
- Meet your potential: maximize your career and social skills
- Become closer to your creator and your family

The Big Picture?

- Whole health is the absence of disease
- We've departed from the road of nutritional righteousness. *Machine cuisine*
- Operating on a damaged system; undernourished and less than whole
- We live in this 'Vegaphobic' society where *“people are fed by Big Food which pays absolutely no attention to human health, and we are treated by the health care industry which pays absolutely no attention to the preventive majesty of real, living, food”*

Ah, ha! Hydrogenated Oils

- Are not from a verdant garden
- Unquestionably causes heart disease
- NYC & Illinois first to ban it. Serious biz!
- Read labels-trans fats / hydrogenated oils are everywhere in everything
- 1000's of convenience foods, crackers, cookies and even **Girl Scout** cookies!
- They extend shelf life and hold fat in
- These altered oils contribute to **heart disease & nutritional deficiencies**
- The **degradation of cellular health**
- Olive, walnut, flax, unrefined coconut oil, & grass-fed butter rock
- **Jump on the train!**
- **American's birthright of Health is being restored**
- **No more Machine Cuisine**
- **Become a label reader and all will be well....and skinny**



High Fructose Corn Syrup

On the ropes!

- Consumption of high-fructose corn syrup in beverages play a role in the epidemic of obesity
- Soft drinks sweetened with (HFCS) contribute to the development of **diabetes, particularly in children**
- Associated with **obesity, tissue and heart disease**
- **Liver Cancer**
- Full of lip-smackin' **mercury**
- In everything from soda to breakfast cereals
- Cheap, cheap, cheap. \$\$
- KFC, Arby's, Burger King, Chic-fil-a, Dairy Queen, Arby's, Subway, Jack-in-the-box, and Gatorade
- **Rats--Mountain Dew** is the devil's brew. Rats!
- Not from a Green Garden

(The NIH, WebMD, Mayo, Harvard, Cleveland Clinic, American Cancer Research Center.)



Busted! Ground Turkey

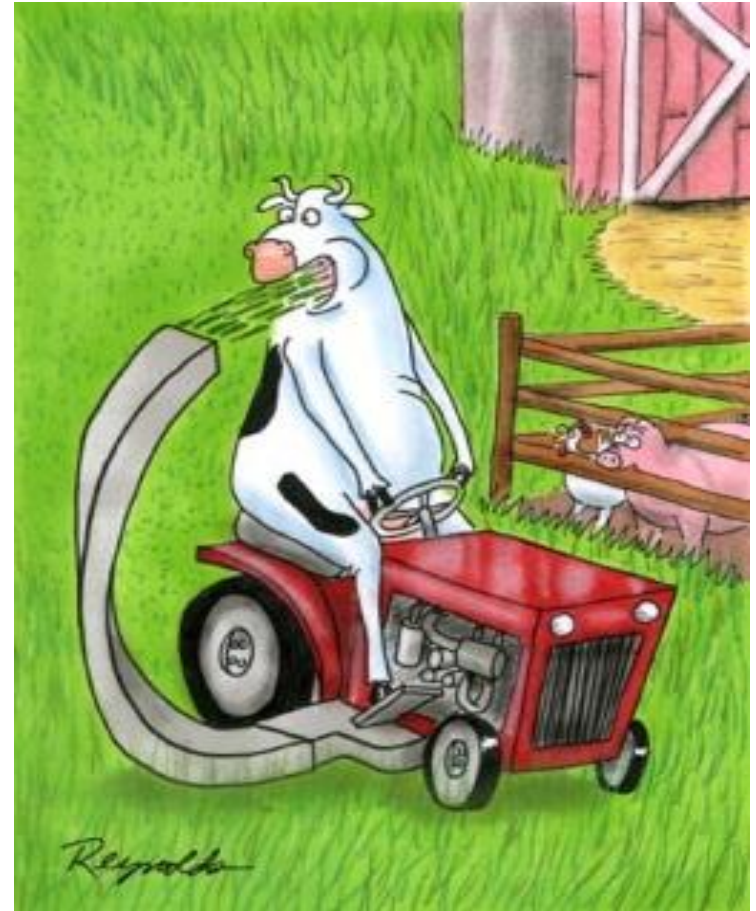
- Bacteria and salmonella, resistant to antibiotics was discovered in ground turkey
- Look for the organic turkey **breast**, which, was not fed antibiotics and hormones
- Separate meat from other groceries, so microbes won't spread
- Clean surfaces touched by raw meat
- Keep bleach wipes handy
- Cook your burger to a safe 170° internal temperature



All-American Hamburgers

Your Earth Suit deserves compassion!

- USDA frequently warns about ground beef found infected with Clostridium, E-coli, Staphylococcus, and Listeria
- 1000's perish
- 1 pound = 100 cows
- Preserved with **Carbon Monoxide and red food colorings**
- Let the internal temp. reach at least **160 F**, so microbes die
- No more raw or charred burgers
- High meat consumption linked to cancer (National Cancer Institute)
- Buy local, grass-fed, Farmer's Markets meats. Today's cows are fed corn
- A real , Macho man eats **kale**
- Purchase your ground beef in bulk from a local farmer



OMG! Chicken McNuggets

Things aren't what they seem

- Only 20% chicken
- Mostly corn and seaweed fillers
- Made from exhausted, retired egg layers
- **TBHQ**, derived from petroleum is sprayed on the nugget or the inside of the box to "help preserve freshness"
- *Consumer's Dictionary of Food Additives*, **TBHQ is a form of butane (i.e. lighter fluid)** the FDA allows it in our food
- Glutamate / MSG
- Tendons, tissue, cartilage, organs and other offal 'parts'
- Wheat Starch-Gluten
- **Anti-foaming agent** in frying grease. Dimethylpolysiloxene, a delicious carcinogen, causes tumors, and negatively affects reproduction
- A silicone used in caulks and sealants & a filler for breast implants
- A key ingredient in Silly Putty
- Your body is your buddy and requires food from the Celestial Apothecary



The MSG Syndrome

Become a label reader

- “...is bad for you (*NYT, MAYO, Cleveland Clinic, Harvard*)
- The Chinese Syndrome (*NYT*)
- It's an Excito-Toxin
- May cause nerve damage, obesity, brain lesions, and rapid heart beat (Tachycardia)
- *Textured soy concentrate, maltodextrin, yeast extract, autolyzed vegetable protein, and hydrolyzed vegetable protein*, soy protein isolate, cold cuts, gum, Ranch, soups, instant iced tea, sports drinks, dipping sauces, spice mix packages, beverages, chicken and sausage products
- **Burger King, KFC, McDonald's, Taco Bell, Dorito Chips, Nathan's, Campbell, and Progresso soups, Planters Nuts**
- **Hamburger Helper, snacks, soft drinks, sports drinks, and candy bars**



Sodium Nitrite

Felonious Assault

- Highly carcinogenic
- Not from the garden
- Found in meat products like ham, bacon, hot dogs, bologna, salami, jerky, smoked salmon
- Preserves color and freshness
- Linked to leukemia and brain tumors
- 12 hot dogs per month can increase a child's chances of Leukemia 9X
- Respiratory Distress
- Abdominal pain, irregular breathing, nausea, vomiting, convulsions and coma
- A dose of 1 g to 2 g is considered lethal
- What a macho bummer, eh?
- You'll live, I guarantee
- **Now you know**

(National Cancer Research Center)



Indicted! Pink Slime

Now you can make better decisions

- Lean finely textured beef and boneless lean beef trimmings
- A [food additive](#) added to [ground beef](#) and beef-based [processed meats](#) as a cheap filler
- Beef scraps, [sinew](#), fat, and [connective tissue mechanically removed](#) from the [fat](#) into liquid fat, into a protein paste
- The slime is treated with [ammonia](#) gas or [citric acid](#) to kill [E. coli](#), [salmonella](#), and other [bacteria](#)
- It's finely ground, compressed into blocks, and [flash frozen](#) for use as an additive to beef products (**Arby's**)
- Grandpa and Granma would freak out!
- Un-holy Meat glue in turkey loaf?
- Really?



Love & respect yourself

Follow the golden rule. Treat your body as you'd like it to be treated.

Now that you know what's is your food, you can make informed decisions

- You'll want to eat more from the Celestial Apothecary
- Your temple will flourish
- Become who you truly are
- Achieve your life's potential
- Your self-esteem will soar
- Become better parents, friends, and employees
- Unleash your career skills
- Release your natural beauty and glow!
- Health and happiness happens through consuming living, garden-fresh food

- Stop blunting mental growth
- Reduce medical costs
- Reduce on-the-job injuries
- Bye-bye brain fog
- Enjoy a higher quality of life
- Strengthen a great nation
- Be happier and healthier

Great News!

- **A refreshed compassion, kindness, and tenderness will occur**
- **Beware! You'll occasional experience spontaneous outbursts of joy & bliss**
- **And develop a closer relationship with your Creator / Higher Source**
- **You're worth it!**