

You Are What You Eat

Platitude or Key Concept?

Read Time: 3 minutes

Authority, physician, and expert Henry Emmons, knows a lot about the human brain. In his book, *Staying Sharp: 9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom*, claims, “Diet has a vital impact on brain health, for good or ill. The underlying cause of disease often lies in what you put in your mouth.”



You would think by now we would have the perfect diet all figured out. In fact, as far as nutrition goes, the average diet today is less healthy than previous generations. We've talked about this phenomenon previously in a couple different ways; Twenty-First Century eating is confusing. We've gotten mixed messages from our parents, we've read dozens of diet books that swear they have THE secret, even doctors have steered us wrong. Heck, we even have a government food pyramid—which turned into a food plate—and a food manufacturing industry with a history that really screwed things up good!

Modern Diet Reality

The modern diet—no matter where it comes from—is not food. Read this carefully and then read it again: Anything that has been changed from its natural form is no longer real food.

Wow! Really?

Breakfast cereal was the first modern processed food. A walk down any grocery aisle of cereals is testament to sugar overdose and processing suicide. There's no real grain in that grain. Manufacturing wanted to make it taste good and be cheap. “Just add sugar and fat,” they said. What happened was the fiber and its key nutrients went bye-bye in the processing.

Sugar Has Hit the Moon!

The latest information from JAMA (The Journal of the American Medical Association) says that high-fructose corn syrup is in the majority of foods. Two hundred years ago, the average American ate 2 pounds a year. Today, the average American consumes 152 pounds of sugar in one year. (42.5 teaspoons per day)!

This product:

**sugar,
glucose,
honey,
dextrose,
fructose,
corn syrup,
maltose,
corn sweetener,
sucrose,
molasses,
sorbitol,
lactose,
fruit juice concentrate,
high-fructose corn syrup,
brown sugar,
and its syrup have little to no nutritional
value; empty calories.**



Confused About Dietary Fats?

Join the club. They said, "Give up saturated fats in meat, dairy, and butter and use margarine and hydrogenated oils. Turns out they are dicey too: hydrogenated oils are unhealthy and saturated fats? Well, the jury is still out on that one, but the odds say saturated fat is not healthy either."

Omega-3? We really don't get it. It is good for us! Omega-3 elements turn off inflammation—one of the factors in chronic illness, but here is another hitch, turns out that the grains the animals eat aren't the same as yesteryear either.

Grain v Modern Wheat

The grain we eat today—a staple in many people’s diets today isn’t what our grandparents ate. The wheat today is what’s called a monoculture—meaning, it is one common available strain versus what were many options in the past (and many people cannot tolerate its proteins thus, you see gluten-free and lectin-free).

A group called precisionnutrition.com says,

- 93% of Americans fail to consume $\frac{1}{2}$ cup of whole grains per day.
- Why do so many people claim that “carbs” make them fatter? Maybe because the average North American eats about 1 cup of refined grains—every day.
- People who eat enough whole grains have a reduced risk of heart disease, diabetes, and cancer. Conversely, consuming **refined versions** of these grains leads to the development of *chronic disease*.

And Here's the Big Taboo

We eat too much. Since the 70s, a third of Americans are overweight. Our consumption went up 30 percent. (Just throw a small person on our shoulders, will you?) For proof, go back and look at some Turner Classic Movies or any classic movies. Those actors look downright skinny. SKIN-NY.

Your Brain on Processed Food and the Addiction Factor

Look at this video experiment, the link is listed below; it is about Dr. Chris van Tulleken who takes his body on a roller coaster and is shocked by the results after 30 days. As an experiment he had decided to go from 20% ultra-Processed food to **80% ultra-Processed food. Note what it does to his brain.**

<https://tinyurl.com/ywvsen7s>

If you do decide to watch this video carefully all the way to its conclusion, please leave a comment and let me know your feelings. Thank you.