

Make Your Own Food Decisions

In spite of negative news of the economy and a higher unemployment rate, we live in a prosperous time! We are greeted by an unending variety of foods and other products whenever we walk into any supermarket. Just think of the things that are available today that were not to be found in most stores half a century ago. Some of the products hard to come by in many parts of the country in the 1950's were avocados, yogurt, kiwi fruit, brown rice, macadamia nuts, and even a good fresh pineapple.

Today not many people would have a hard time locating any of these foods. Now, get a visual image of these foods and where they lie in the average supermarket.... mostly right along the outside edges and in little pockets of the interior shelves. The bulk of the store is filled with unnatural, chemical laden foods. We have come a long way, in some ways, but in others we are not doing so well.

Fifty years ago, milk had pretty much left the doorsteps to take up permanent residence in the supermarket coolers. Why? Because now milk lasts a lot longer. It doesn't need to be fresh anymore... not since pasteurization and homogenization (making milk fat globules smaller so they emulsify evenly in the milk). High fructose corn syrup was first produced in 1957 and then adopted liberally by the processed food industry between 1975 and 1985. In addition, much of the fat now ingested is in the form of hydrogenated fats (they last on the shelf longer) and we even have chemical fat substitutes.

Along with these "modern" foods comes a cornucopia of health problems... diabetes, heart disease, cancer and obesity topping the list. Early in the 20th Century, people may have sometimes been worried about getting enough to eat, but they didn't have to worry so much about the quality of what they ate. Even though sugar and white flour consumption were a problem, chemical food additives and drastic food alteration were not.

At times I frequent a branch of the Wells Fargo bank where they have a large photo of the lobby of a bank in an earlier time, I'm guessing the 1930's or 40's. What I notice is that every one of the tellers in the picture has a lean, healthy appearance. No puffiness. No bulging waistlines. Today plump and rounded seems to be the norm... along with fatigue, aches and pains, digestive upset, and all the more serious health problems.

It is tougher today to stay healthy, even though we are surrounded by plenty. But it is possible. Here are a few tips for overcoming cravings for these unnatural "foods".

- When you want a candy bar or other unhealthy goody, bring up the memory of how it tastes and then tell yourself you don't have to have it now because you already did!
- Eat a natural fat/protein food first before you eat the goody, so that your organs aren't "shocked" into reacting to the overly sweet or unnatural food. You may also lose your craving as you satisfy your body's needs.
- Keep some nuts and seeds or other natural snacks in your purse/desk to avoid getting too hungry.
- Eat small frequent meals, each including some protein and good fat.
- Prepare some healthy substitutes for your favorite snack foods for special occasions... such as raw brownies made of walnuts, dates and cocoa (many recipes on the internet or in raw food cookbooks) or "soda" made of mixing carbonated water with fruit juice concentrate.

- Look up the restaurant menu before you go out to eat so you can choose healthfully.
- When you crave sweets, reach for fresh fruit first, or a banana with peanut butter or a blender smoothie sweetened with frozen berries. Eat slowly and enjoy.
- Go for a walk or engage in a hobby.
- Brush your teeth right after dinner to signal your body that you're done eating.
- Exercise. You'll gain a stronger self health image and will feel more motivated to eat right.
- Plant a garden or berry bush or fruit tree. Grow and enjoy your own natural products.
- Choose quality over quantity. By one special treat from a local restaurant or bakery that focuses on natural, quality ingredients.... instead of a factory made candy bar, store pastry, ice cream or cookie.
- Make your own oven fries and mix sweet potatoes with white.
- Make your own popcorn and try topping it with garlic sauteed in real butter. Don't pop more than you should eat.
- Fight against the insanity of the food market by refusing to buy unnatural products.
- Buy food locally - <http://lospoblanosorganics.com>
- Take your food supplements because most cravings are due to some level of malnutrition. Keep in mind that unless you are able to grow your own organic foods year round you will need some level of food supplementation (this is different than taking vitamin pills). A body that is well nourished does not crave junk foods. More specifically, if you have sugar, bread and pasta cravings, Genema and Glysen are two very effective nutritional / herbal products we carry in our dispensary that can knock them out and help you overcome these problems while we get your body's chemistry balanced and healthy.

Cravings for “junk” foods, sugar and starchy foods is a very common problem and one of the main challenges for many people who want to improve their health and appearance. I hope this information helps. We all need a little help sometimes.

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