

Problems with our Modern Diet

Today's fast food diet is a far cry nutritionally from what we are able to achieve if we consume only what we raise and grow ourselves. Our bodies were created to function with nutrition that comes from the earth, with little processing. It is well established that chronic degenerative diseases such as heart disease, stroke, cancer and diabetes are directly related to nutritional status.

Just two hundred fifty years ago these diseases were rare. People were much more likely to die of a traumatic injury or infection than of any the degenerative diseases so common today. I encourage my patients with chronic health problems, internal disorders or weight loss concerns to move toward a diet that is closer to what one would have eaten on a farm outside of Boston in 1776. Up to that time plants, and the meat of animals that ate the plants, were much higher in nutrition. As a result, people who consumed these plants and animals were also much better nourished than we are today.

Donald Davis, a senior researcher at the University of Texas, performed research into the dwindling nutrients in food. He compared Agriculture Department figures on nutrient content for 43 common fruits and vegetables. Davis says historic data spanning 50 to 70 years show apparent declines of 5 percent to 40 percent or more in minerals, vitamins and proteins in vegetables.

A study conducted by Washington State University professor Stephen Jones and researcher Kevin Murphy showed that today's modern wheat has less nutritional value. They concluded that grains have been tweaked and fine-tuned for baking qualities related to protein (gluten), rather than for iron, zinc, selenium and other essential vitamins and minerals. According to the researchers, "You would have to eat twice as many slices of modern bread as you would of the older variety to get the same nutritional value."

In 2003 *News Canada* reported that today's fruit and vegetables contain far fewer nutrients than they did fifty years ago. Potatoes, for example, had lost 100 % of vitamin A content, 57% of vitamin C and iron, and 28% of calcium. The report examined data from the US Department of Agriculture involving vegetable quality. Over the entire 20th century the average mineral content in cabbage, lettuce, spinach and tomatoes, declined from 400mg to less than 50mg.

Can we achieve a healthy level of nutrition today? Certainly, by eating only locally raised grass fed meats and locally grown organic produce grown in nutrient rich soil, with the bulk of the produce uncooked. The problem is that most people are unwilling or unable to eat this way. In addition, the many toxins found in the environment today further tax our health. Additional nutrients are needed to clear these toxins out of our bodies. This is why everyone needs additional nutritional support from organic, concentrated whole food supplements. Not synthetically derived high potency vitamin pills. These are often produced from industrial by products like coal tar, and do not contain all the known and unknown vitamin cofactors. High potency synthetic vitamins eventually throw the body out of balance and may lead to more serious health problems. This is why we use nutritional whole food concentrate supplements from companies like **Standard Process®**.

I always tell my patients any improvement to the diet is a plus and the more natural, organic, nutrient rich foods they can add to their diets, the better their health will be!

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