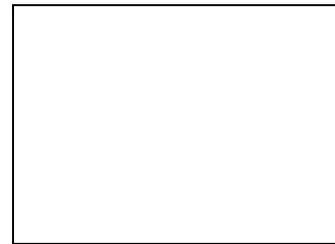


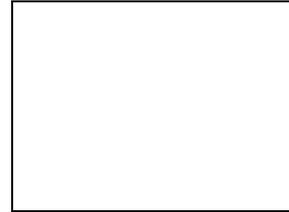
## ***ORGANIC WHOLE FOODS DIET***

- It is more important to invest in our future – EAT FOR LIFE!
- Consider that your body is a structure that is not stagnant. It is ever changing. It is made of over 10 trillion cells. These cells are not the ones we were born with. Every moment cells are dying and being replaced with new cells. Depending on what we put into our body – we can be creating cells that are better or deteriorating. Our bodies are our health bank accounts. Our daily decisions and habits are either making deposits for health or withdrawals towards decline, which will eventually lead to sickness and disease.
- The typical American diet has been accurately given the acronym, S.A.D., for Standard American Diet. It is truly sad to see the over consumption of nutritionally devoid food in our society.
- The American Cancer Society (ACS) suggest that next to smoking POOR DIETS and sedentary lifestyles are among the highest contributory factors that increase our risk for cancer.<sup>1</sup>
- The ACS predicts that a U.S. male has a 47% chance of getting cancer and a U.S. female has a 38% chance of getting cancer in their lifetime.
- The ACS has recommended eating 5 or more servings of fruits and vegetables each day for the prevention of cancer. Five is minimal. The US Department of Agriculture has updated it suggested requirements from what was 5 – 7 to currently 5 – 13 servings of fruits and vegetables each day.<sup>2</sup>
- A serving is relatively small:
  - ½ cup of fruit
  - 1 medium piece of fruit
  - 1 cup leafy vegetables
  - ½ cup raw or cooked vegetables
- It is exciting to know that new food choices can bring positive changes on a cellular level. According to George Mateljan, “Research has now shown that even the genes we’ve inherited that render us more susceptible to various chronic diseases do not, inevitably cause disease. Their damaging messages remain silent unless we make food, lifestyle, or environmental choices that trigger them into action.”<sup>3</sup>  
**THIS IS POWERFUL!!**
- T. Colin Campbell, PhD, writes in his book, The China Study, that research “findings demonstrate that a good diet is the most powerful weapon we have against disease and sickness.”<sup>4</sup> Dr. Campbell also overwhelmingly demonstrates that heart disease, diabetes and obesity can be reversed by dietary changes.



- Eliminating dead lifeless foods is an important step in forward progress. This includes sugar, white flour, white rice, white potatoes, refined, packaged and processed foods, as well as high doses of wrong oils and fats.

- Identify and eliminate food allergies.
- Eat your daily dose of fruits and vegetables.



- Remember to:
  - THINK COLOR – generally speaking the darker the color the richer the nutrient content.
  - THINK VARIETY – it is important to eat a rainbow of fresh color in our diet. Fruits and vegetables are nutrient rich foods. They are excellent sources of enzymes, vitamins, minerals and antioxidants such as flavanoids and carotenoids.
- The nutrients in fruits and vegetables are well documented protectants against cancer, inflammation, degenerative diseases and aging.
- Finally buy organic fruits and vegetables whenever possible. They are more nutritionally concentrated but also, absent of chemicals used in their growth and processing. These pesticide and additive free foods are especially important with children beginning in utero, whose cells are reproducing at a more rapid rate and due to their smaller body sizes are more susceptible to the harmful effects of exposure to these toxins. (Refer to the Dirty Dozen)

1. "Prevention and Early Detection." American Cancer Society. 02 Oct. 2006. American Cancer Society. 1 Jan. 2008  
[http://www.cancer.org/docroot/PED.content/PED\\_3\\_1x\\_link\\_between\\_lifestyle\\_and\\_cancermarch03.asp](http://www.cancer.org/docroot/PED.content/PED_3_1x_link_between_lifestyle_and_cancermarch03.asp)
2. United States. U.S. Department of Agriculture. U.S. Department of Health and Human Services. Dietary Guidelines for Americans 2005. 2005
3. Mateljan, George. The Worlds Healthiest Foods. 1<sup>st</sup> ed. Seattle: George mateljan Foundation, 2006. 82.
4. Campbell, Phd., T. Colin, and Thomas M. Campbell, Ti. The China Study. 1<sup>st</sup> ed. Dallas: BenBella Books, Inc., 2006. 3.