Lesson Learned Along the Way to Eating Healthy

Author : Peter Wright, NTP, CGP

Real Food is hard to find

There is very little real food in the average supermarket. Real food is packed with nutrition. You'll find it in organic raw fruit, organic raw vegetables, raw nuts and seeds, free range chicken and eggs, grass fed beef, wild caught fish, and raw dairy. The best source is local farmers. Start at the local farmer's market and ask a lot of questions, both from the sellers and the buyers. You'll soon discover where the real food is.

Bad Food is abundant and cheap

Real food costs more. Bad Food is cheap because it's made in the most cost-effective manner

possible. That sounds like a good thing until you learn that cost-effective, when you don't measure the "true" cost, includes tons of pesticides, processing which strips nutrients, toxic additives and preservatives, and abhorrent conditions and feed for livestock. Do you really want the "cheapest" food you can buy?

Conventional Nutritional Wisdom is a lie perpetrated by greed

Yes, those are strong words. The government's Food Pyramid is created by powerful lobbyists eager to promote the products of the food industry. There is no one guarding you're health. Funding for research is paid for by the food industry. They have the money and the ties in Washington to promote any product they want and pay for the research to support it. The health claims printed on processed foods are an atrocity. It is a massive misinformation campaign contributing to the chronic diseases plaguing our nation. The government is not going to protect you.

Some of the best food you'll ever taste you've never tried

The standard American diet (SAD) is so loaded with sugar we've lost our ability to appreciate the taste of anything else. When you get sugar out of your diet you begin to weaken the sweet addiction and you start to taste other foods. If you're serious about eating better and eliminate the processed food from your diet you'll initially be at a loss for what to eat. Then you'll start to try some new foods; fruits and vegetables you've never tried, new recipes, cultured dairy maybe. You'll discover a world of taste you never knew.

Food is Medicine

Changing my diet changed my health in ways I couldn't imagine. I lost 50lbs without ever counting a calorie. Now, almost two years later, I haven't regained an ounce. A life-long affliction with psoriasis is over. It's gone. It's not better, it's gone. Chronic back pain which led to debilitating spasms is gone. I could count on my back "going-out" every few months. It had been like that for years. Now it's been more than a year without my back "going out".

Can food really do all that? Real Food can. Remember, you won't find it in the supermarket.

Written by Peter Wright

This post is part of Fight Back Friday, Monday Mania, and Real Food Wednesday.

Photo 1, by Christopher Paquette
photos,2009, https://lh6.googleusercontent.com/-XQpQNxoV7s0/ThmmfxrxDnI/AAAAAAAAANQ/grsOl5OGEGc/s640/CSA_Week11.jpg