



ELITE

Personal Training and Fitness Solutions

HEALTH TOPIC OF THE WEEK

9/12: Processed Food

One of the most significant things you can do to improve your health is to eliminate or radically reduce processed food consumption! Why? Because hundreds of studies link processed food to:

- obesity
- cancer
- cardiovascular disease
- diabetes
- high blood pressure
- stroke
- early mortality

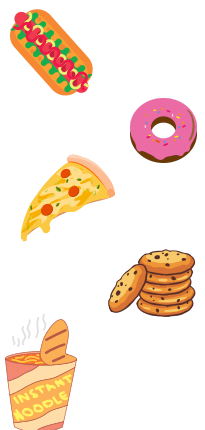


Unequivocally, processed foods cause all sorts of chronic diseases!

The U.S. Department of Agriculture (USDA) defines a processed food as one that has undergone any changes to its natural state—that is, any raw agricultural commodity subjected to washing, cleaning, milling, cutting, chopping, heating, pasteurizing, blanching, cooking, canning, freezing, drying, dehydrating, mixing, packaging, or other procedures that alter the food from its natural state.



The USDA's benign definition is almost comical. Processed foods are foods that you buy in packages, containers and jars that contain a staggering amount of harmful chemicals, preservatives, emulsifiers, colorings, dyes, texturing agents and artificial and "natural" flavorings. Typical processed food includes pleasure and convenience foods like hot dogs, sausages, French fries, soda, frozen or microwavable meals, pizza, packaged breads, processed cheese, crackers, potato chips, breakfast cereals, lunchmeat, instant noodles and soups, store-bought cookies, pretzels, cakes, candies, donuts and ice cream.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

Chemicals in our food are extremely dangerous. Many ingredients have been banned in other countries. Harmful ingredients include tar derivatives, pesticides, toxins, carcinogenic chemicals, and a host of “mystery” ingredients buried in names like natural and artificial flavoring and red dye #5.

In addition to dozens and dozens of toxic chemicals, processed foods are high in sugar, salt, unhealthy fats and refined carbohydrates. However, they are low in fiber and vitamins and minerals.

Whole Foods Versus Processed

Whole foods are the opposite of processed foods. Whole foods are grown and do not have labels of their ingredients. No label is required for an apple other than one that states the price and variety. In contrast, processed foods have a lengthy list of chemical ingredients with long, unpronounceable names. Another way to think of this is – whole foods are plants and processed foods are made in plants.

How is Processed Food like Smoking?

When people smoke, they inhale tar, nicotine, and hundreds of dangerous chemicals. The hope is that the lungs will filter out these toxins. The lungs can do this but only for a limited time. Eventually, the lungs become overwhelmed, leading to bronchitis, emphysema, chronic obstructive pulmonary disease, and cancer.

The only difference with processed foods is that harmful chemicals are ingested and absorbed through the digestive track rather than inhaled. Like the lungs, your kidneys and liver serve as filters. But again, there are limits.

A Life-Saving Tip

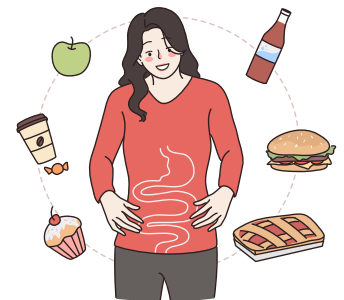
Here is a simple tip that that can help save your life:

Do not purchase food without looking at the label. If there are multiple chemical ingredients, put it back on the shelf. Make no mistake. A steady diet of processed food will derail your health. It is a matter of when, not if.

For help reducing processed food, please reach out to EPT.



Ingredients: Corn, Vegetable Oil (Corn, Canola, And/or Sunflower Oil), Maltodextrin, Salt, Tomato Powder, Corn Starch, Lactose, Whey, Skim Milk, Corn Syrup Solids, Onion Powder, Sugar, Garlic Powder, Monosodium Glutamate, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Dextrose, Malic Acid, Buttermilk, Natural And Artificial Flavors, Sodium Acetate, **Artificial Color (Red 40, Blue 1, Yellow 5)**, Sodium Caseinate, Spice, Citric Acid, Disodium Inosinate, And Disodium Guanylate.



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