

For your Health and Wellness!

The Enemy Within

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Processed foods containing additives, preservatives, artificial flavorings and colorings, agricultural chemicals, pesticides and, herbicides are contributing to chemical toxicity and stress at the *cellular* level! Chemicals, trans fats, and processed sugar can cause cellular congestion and inflammation, which are now being linked to virtually every chronic disease in our society. Much of the traditional thinking about good nutrition—a good diet high in carbohydrates, low in protein and fats,—is misguided.

An anti-inflammatory, whole food diet is about balancing your hormones with a specific range to control hunger. It balances three macro nutrients -- proteins, carbohydrates, and fats at every meal and snack. Receiving these macronutrients from whole, unprocessed food is essential. Whole foods provide vitamins, minerals, and phytonutrients, whose combined effects provide the cellular nutrition needed to have energy, heal and repair, maintain optimal weight, and feel satisfied.

Processed foods raise silent inflammation in your body, which has been linked by researchers and scientists to be the underlying cause of chronic diseases such as cancer, heart disease, diabetes, chronic pain, and increased weight gain.

Have you tried dieting and exercising and still struggle with weight loss? It's not working anymore. The "obesogens" found in processed foods are chemicals that disrupt the function of our hormonal systems; many researchers believe they lead to weight gain and, in turn, the numerous chronic diseases. Do you think these foods are addicting and keep you coming back for more? You're right! Additives such as MSG and aspartame change brain chemistry to keep you craving.

To decrease cellular inflammation, you must remove the chemical toxicity -- bad fats, artificial ingredients and processed sugar from the diet. Start by eating smaller more frequent meals that consist of whole food sources of protein, carbohydrates, and fats. Yes that's right, a fat with every meal. Big business has sold us on the idea that margarine and polyunsaturated fats are good. They lead to illness! Butter is better, use olive oil, and coconut oil. A generation ago Grandma cooked with lard and they didn't have the obesity and cancer statistics that we have today.

What else is good in trying to maintain better health? Sometimes you just can't control what you eat. Whole food supplements are the answer. The Standard Process nutrition line that we use in our office for Nutrition Response Testing fits the bill. They are organically grown whole food concentrates made in the USA. Ask Dr. C. how he can help.



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