

10 Things You Should “Never” Eat

By: Dr. Jennifer T. Murphy, Chiropractic Physician

I hate to be the “bearer of bad news”, but it is the time of year for resolutions to be made. Every January I folks sit down and decide what changes or modifications they need to make in their lives to become better/healthier people. Almost everyone has on their list “I want to lose weight” or “I want to exercise more regularly”. We resolutely begin with our “to do list”, but by mid-January to February most are long forgotten and we fall back into our regular life patterns. It was while I was gathering information to assist with my resolutions-as listed above-that I ran across Ted Broer, a nutritionalist and exercise physiologist. What I found out changed both my outlook on food and the outlook of those around me with whom I shared the information. Mr. Broer pointed out the “Top Ten Things You Should Never Eat” to maintain what he calls “Optimum Energy”. This list will shock and amaze you. I will list them in order, but for those who are light-hearted, I would not read beyond this point.

1. Aspartame: AKA, “Equal” or “NutraSweet”. A favorite diet aid, especially in diet soft drinks and sugar free gums and mints. According to the author this product actually reduces the effectiveness of your diet by slowing down your natural metabolism and keeping you from burning fat and calories effectively. Second, when broken down in the body and mixed with processed meats (such as pepperoni or sausage), this product forms one of the most dangerous cancer-causing agents known to man. My husband personally experienced the negative affects of aspartame withdrawal. He was a two-liter bottle a week Diet Coke drinker, and after reading Mr. Broer’s book, decided to stop drinking Diet Coke all together. He went through 4 days of severe back and leg cramping. This is a common reaction to aspartame withdrawal. Now if he has anything with Aspartame in it, he immediately develops migraine headaches.
2. Processed Meats: Now I’m not at all saying become a vegetarian, but sausage, bologna, pepperoni, hot dogs and other sandwich meats are ground portions of the leftover meats not used in whole cuts full of nitrites. Try to stick to unprocessed meat that generally has a lower fat content.
3. Margarine, Lard, and many Oils (peanut butter): Most oils are hydrogenated or partially hydrogenated oils which are oils that are not easily broken down by the body and are immediately stored as fat. They do not get converted into energy and are a waste to the body. Natural oils and butter is by far a better choice.
4. Crustaceans (crab, clams, shrimp, scallops, etc): This is the category I have the hardest time leaving out! Although fish is a good food, other popular seafood choices retain waste on the inside and are best avoided.
5. Dairy Products: Another killer for me. Growing up in Wisconsin, it was a sin to not eat dairy products! An interesting fact that Mr. Broer pointed out is humans are one of the only animals that continue to drink milk after being weaned. Domestic cats and dogs will drink milk when it is presented, but do not seek it out

on their own. Butter is the exception because it is still a better choice than margarine, but only in small amounts.

6. Tap water: We hear constantly that we should drink more water and that is true, but unfortunately, we have altered our natural drinking water by adding chlorine, fluoride, and other chemicals to it (contact your local water company or municipality for a complete list). Chlorine is added to keep the water clean, but chlorine has nasty side effects to the human body. A byproduct of the chlorine is chlorinated hydrocarbons that are linked to many forms of rectal, colon and bladder cancer, causing an increase speculated at 44%. Think about how dry and tight your skin feels and how your eyes hurt if you are in a pool with a lot of chlorine in it. Fluoride was added to drinking water due to a need to get rid of this byproduct of aluminum products and some anecdotal evidence from one small Texas town where they found a low incidence of cavities associated with higher levels of fluoride. They did not account for the bone mottling (holes eaten through the bone), male reproductive issues, and neurological deficits caused by fluoride. Dr Broer states distilled water is by far the best you can buy, but I tend to disagree. Vital mineral are removed from distilled water so my recommendation is to invest in a good water filtering system, not only for drinking but for your house. Don't forget the skin can absorb as much through it as you can get ingesting it.
7. Processed sugared and salted foods: Chips, crackers, candy, and donuts are empty calorie foods that waste your body's time in digestion. These foods have nutritional value, even if they are fortified with vitamins and minerals. (Fortified means the manufacturers removed the natural vitamins and minerals and replaced them with artificial ones) They are pure junk. Don't forget your favorite soda pop. The average Pepsi and Coke has 10-12 tablespoons of sugar per 12 oz. can.
8. Olean: the new "miracle" product that is in WOW chips. This substance is unable to bind or digest in the human body and thus is supposed to pass through the body. But, not all of it passes through and what stays in does not break down. It also causes stomach cramping and diarrhea in some people. Luckily, this product is in decline.
9. Caffeine: This is a stimulant that depresses the body. Those who need morning coffee/mocha/expresso to "wake up" or the first can of Pepsi are addicted to caffeine, just as a cigarette smoker is addicted to nicotine. Caffeine is also very hard on the heart and circulatory system.
10. Alcohol: Another empty calorie product that uses more energy than it produces in the body. Alcohol is not easily broken down in the body and is a toxin that puts undue stress on the liver and kidneys. If you doubt this, explain that hangover the next day!

Now, in all honesty, no, I have not given up all of the items of this list and don't know if I ever will. I do know that I feel better when I eat a proper diet and avoid many of the things listed. I have tried to eliminate certain foods that I might like, but can live without. I'm also reducing intake of the foods I don't want to completely give up. But if you want to lose weight, keep it off, and have more energy than you have ever known, read *Maximum Energy* by Ted Broer and see what you can do to make yourself healthier.

You might not feel that you can make all these “sacrifices”, but every little bit helps!
Remember, you are the only one that can make a difference in your health.

Broer, Ted. *Maximum Energy*. Siloam Press, July 1999. 377pgs.