

Nutrition as Protection for the Busy Person

~ By Candace Corson, M.D.

If you knew... Would you add two things to your daily food intake that would make a world of difference for your quality of life and longevity?

There are two big things that would make that kind of difference, for all people: greatly increasing your fresh fruit and vegetable intake (like two-thirds of your plate!), and increasing your GOOD fat intake!

1) Why GOOD fats? (Are there any good fats?)

These are called the essential fats (your body HAS to have them, to build a brain and every cell in your body, and you cannot make them, so you must eat them, but very few people today are getting the needed kind to make cells that actually work right).... You may have heard of the omega-3's, that's right! Sources: deep-sea fish (like salmon, cod), walnuts, flax seeds, sea vegetables, AND land animals that eat green food, that is free-range (as they were designed to do originally) ... this allows them to produce their fat as omega-3. It is grain-feeding (in large part) that has unfavorably altered the good fat to bad fat ratio in our systems over the past decades, leading to a host of serious, long-term health problems.

So... Start eating Flax-seeds (found at the health-food store; flax is a very economical source of good fats and excellent fiber "lignans" that reduce excess hormones in men and women); also walnuts; deep-sea fish (NOT farm-raised, that will not work the same); and free-range eggs and chickens, if you do eat meat.

What is the worst fat ? Trans Fats (or "partially hydrogenated" fats).

These are to be totally avoided, and in the beginning, it will take you glancing at all your processed food labels to know that these are everywhere, just for "shelf life". Remember, in general, the longer the shelf life of your food, the shorter YOUR life !

Our long-term health problems today, are now known to have inflammation as the basis for much that has gone wrong.

Bottom line: the good fats are anti-inflammatory and promote normal brain function.

2) Why Fruits and Vegetables?

You can eat all the good fats in the world, only to have them immediately become harmful ("lipid peroxides") in your body as they are rapidly oxidized (damaged) by the normal process of burning your fuel in the absence of a protective shield ("anti-oxidants") against that burning process (oxidation).

Fruits and vegetables --These are the mandatory source of our "anti-oxidants"...that's the protective shield against cell breakdown due to the "smoke" we are obliged to produce by having to burning our fuel (food) at the cellular level, to produce the energy of life. The damaging "sparks " or "smoke" that is produced in burning fuel, cause what is called "oxidative stress", at the rate of some 10,000 oxidative strikes on each cell, every single day-- WOW. This causes early aging and degenerative diseases, when it is not quenched by the mandatory source of our damage-control: fresh, raw fruits and vegetables! (NOT vitamin pills; these do not contain all the missing parts, and they simply do not have the same protective effect; this is now well established by science all over the world).

This is why, the current recommendation of 5 - 9 fresh fruits and vegetables, every single day, is now being revised upward to 9 - 13 servings a day!! (aiming for 5 Cups of fresh produce, of many differing kinds, which form a network of anti-oxidants that are synergistic, working together powerfully). That is what it is actually known to reduce cancer and heart disease incidence greatly. Is it worth it to you? If you cannot get this variety of fresh produce in every single day, it is extremely smart to consider ways of getting it into your system in a concentrated manner. There are proven ways to do this today.

Bottom line: eating a wide variety of fresh, raw fruits and vegetables every single day, protects you against heart disease, inflammation, toxicity, premature aging, and cancer... and extends your energy supply for a longer life... and a life of quality.

Are you worth it? Those who depend on you will be saying, Yes!