

Why Are We Dying to Eat Fake Food?

by K. A. Young

How would you react if you came over to my house for dinner, and I set before you a plate of baked sole (the bottom of a shoe) with papier mâché mashed potatoes and small green beads, masquerading as peas? I should hope you wouldn't eat it! I admit, however, there have been times when I've served my guests less than 100% real food—though nothing quite so obvious as shoe leather. There was a time, not many years ago, when my motto for eating well was this: Know what box to buy and how long to nuke it. My husband and I considered it a treat to eat out, and we treated ourselves frequently.

But not anymore.

Now, if you come to my house to eat, my husband and I will serve you a meal that's 90-100% organic, some of it homegrown and canned ourselves. I sacrifice time in my busy schedule to make sourdough bread, often from wheat that I ground myself in my high-powered food processor—slightly sprouted first if I can manage it. I make saurkraut from the cabbage we grow ourselves. We gave up our microwave. We go out of our way *not* to eat out.

Why the change?

Several years ago, my husband and I learned some little-advertised facts about food—from Rodale's books to begin with. This knowledge changed our lives. Not all at once, mind you, but little by little. Now, if you're anything like I was back in my microwave days, you may not even want to hear that some of what you're eating doesn't deserve to be called "food" because you've already got enough on your proverbial plate to be bothered with something you consider low priority. If it tastes good, fills your stomach, and it's been approved by the FDA as safe for consumption, what more do you want from your food—right?

I understand.

If it were just a case of you making a different lifestyle choice than mine, that would be your business. But you should be able to make your choice, based on facts, not lies and deception perpetrated for profit. Those of us who are Christians are told in the Bible to be "wise as serpents and harmless as doves" because there are "wolves" in the world. While this is certainly true in the spiritual sense, it is also true in the sense that most people make it their priority to get all they can from other people, not seek the good of others and serve them out of love. I hope you'll hear me out just to see if there is anything in what I have to say that merits consideration. There are good reasons to consider what you eat—in spite of any changes such knowledge might make to your lifestyle.

A Few Reasons We Should All Consider What We Eat

1. **Our Health** – Problems with obesity, difficulty with being able to stay on a diet, high blood pressure—these and many other disorders are directly related to the kinds of food we eat and an increasingly sedentary lifestyle. In addition, our bodies must constantly battle to stay healthy in our modern environment, and if the food we eat is contributing to that toxicity instead of contributing to our health, it is only a matter of time before our bodies succumb to illness and disease. The older we get, the more this concerns us, but by then, our bodies have been stressed for decades. Being self-employed, my husband and I always say, "Good health is better than good health insurance." But even if you have both, it's important to recognize what we eat

contributes greatly to our health or to its decline. It's never too late to choose health over habit—but the earlier the better.

<http://www.sfgate.com/cgi-bin/article.cgi?file=/c/a/2006/08/12/MNGBUKHEOM1.DTL>
<http://www.positivehealth.com/article-list.php?subjectid=97>

2. **Our Children's Health** – Even if we opt to take our chances, if we have children at home, what chance are we giving them to stay healthy? What kinds of choices are we teaching our children to make? If our children are grown, what example are we setting for them?

<http://www.lhsfna.org/index.cfm?objectID=A8A11A68-D56F-E6FA-97D4E68099E079D9>
http://www.chechnet.org/healthhouse/education/articles-detail.asp?Main_ID=522
<http://children.webmd.com/news/20070906/food-additives-may-make-kids-hyper>

3. **Our Quality of Life** – Most of the people I've talked to said that, before making the decision to eat organic foods, they preferred the foods they ate to so-called health foods. I found out organic foods often bear little resemblance to non-organic "health foods." After making the switch, though, they said their taste buds awakened to satisfying sensations that went beyond what they previously experienced as "tastes good." I can relate to this. Besides taste, our bodies could tell the difference when my husband and I switched to organic foods. At first, we initially suffered constipation and headaches; any time you significantly alter your diet, your body typically suffers a period of adjustment. This tipped us off that there was definitely something different about our new food choices though we were eating the same types of food, just organic. After a period of adjustment, lasting a week or so, our taste buds and our bodies felt more satisfied, our energy levels increased. In the half dozen years we've been eating organic foods, neither of us have been sick with even so much as a cold. Once, during the height of pollen season, my husband couldn't breathe easily for three or four days, and he didn't take it for granted as part of his lot in life like so many people do each spring; he fought back with herbs until he was back to normal—less than a week later. Even though I'm a short, middle-aged desk jockey, I find it easier to lose weight and maintain my ideal weight now. In other words, we don't just eat better, we *feel* better.

http://www.alive.com/3182a6a2.php?subject_bread_cramb=5
<http://www.orlandosentinel.com/features/food/orl-intro2308apr23,0,1245250.story>
<http://www.progressiveic.com/n28may05.htm>

Following are some food facts that led us to change our eating habits and a link that sums it up well.

<http://www.medicalnewstoday.com/articles/10587.php>

“Enriched”—What Does This Really Mean?

I always thought something labeled “enriched” meant that nutritional supplements had been added to the nutrients GOD put in the food, that man, exercising his GOD-given intelligence, had learned to enhance the quality of food in this fallen world. Not exactly. “Enriched” means the food has been stripped of all or most of the nutritional value our Creator placed in it for our well-being and has been replaced with man-made chemicals that poorly imitate those nutrients. It's the substitution of chemicals and other substances for the naturally-occurring nutrients, leaving the “enriched” product inferior in many respects to the natural form. A video by Thomas Edward Levy, M.D., J.D. shows how the iron that enriches at least one brand of breakfast cereal turns out to be metal shavings:

<http://www.youtube.com/watch?v=OMNxya1QZQI>

Food manufacturers capitalize on deception to sell their “enriched” products. Consider what my grandmother called “light bread” for example. Since grinding flour was hard work, most people settled

for courser, darker bread and considered the lighter, softer breads that were produced by finely-ground flour to be a coveted luxury. So when food processors introduced soft white bread, it was an easy sell.

They claimed it was fortified with multiple vitamins, not letting on that it was actually inferior, nutritionally, to ordinary “dark” bread. Even the artificial fortification can be easily lost, but they don’t advertise it. Milk, supposedly superior in vitamins and minerals, is sold in blow-molded polyurethane containers, sitting in a lighted display. After just 24 hours, this milk has lost 90% of its vitamin A and 8% of its riboflavin, according to Bob Gravani of Cornell University. The term “fortified” is similar and usually means that man-made chemical supplements add supposed nutritional value not already present in the natural food. That may sound like a good thing, but I’m of the opinion that GOD designed our foods with the nutrients we need to work synergistically to keep us in optimum health. It makes more sense to me to change my diet to include healthier choices than to fortify poorer choices with man-made chemicals. <http://www.msnbc.msn.com/id/17722342/>

Processed Food Can Be Healthy—or Not!

Processing food is normal and healthy. Cooking, freezing, fermenting, and drying foods are all methods of processing that make foods edible and capable of being stored for later use. Many foods, however, are processed beyond recognition for a variety of reasons that all translate into *profit*. Two of these reasons are: convenience in transporting the product and longer shelf life. Neither of these goals are bad in themselves—if obtained without undermining the purpose of food: to nourish and sustain our bodies. Food manufacturers don’t advertise the negative effects their methods of processing have on your health—and your children’s.

Refined sugar, white rice, chemical additives and preservatives, and even pasteurization are ways of altering food in ways that leave the food denuded of nutrients and sometimes toxic.

- **Brown is Beautiful** – I personally know children who refuse white sugar and junk food processed with sugar or corn syrup, preferring instead to use honey as a sweetener and eat fruits and nuts as snacks. They’ve been raised to make healthy food choices. Their taste buds and attitudes are trained to desire what is good. I know a teen-age girl and her mom who bake with honey or turbinado, a less refined form of sugar that still contain vestiges of the nutrient-packed molasses that is stripped from white sugar, leaving white sugar with even less food value than color. White rice has been stripped, too, of most of its value. Not only are these highly processed foods lacking in nutrition, they can be dangerous to your health.
<http://www.healingdaily.com/detoxification-diet/sugar.htm>
<http://www.biolbull.org/cgi/reprint/36/1/54.pdf>
- **Chemistry Lessons** – I have recently become an avid reader—of ingredients lists. Within reason, if I can’t pronounce it I don’t eat it. Many people are aware of the adverse reactions that MSG can cause. Many people aren’t aware of the harm that can be caused by consuming food dyes, such as the kind found in candy, snack foods, and cereals that children favor. Food additives may be linked to learning disabilities, ADD, and some behavioral disorders. The chemical cocktails average Americans consume daily present a definite risk of cancer.
<http://www.chem-tox.com/pregnancy/artificial.htm>
<http://www.foodnavigator.com/news/ng.asp?n=64724-food-additives-aspartame-msg>
http://www.organicconsumers.org/articles/article_9824.cfm
http://www.ncbi.nlm.nih.gov/pubmed/11813298?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum

- **Ultra-Pasteurization Can Be Hazardous To Our Health** – Like most people in the U. S. today, I was brought up to dislike, even fear, soured dairy products. My grandmother had always enjoyed cold buttermilk, but my taste buds hadn't been trained to find that agreeable. As a young adult, it surprised me to discover that yogurt, for which I acquired a taste, was a fermented dairy product. Only recently have I found out about the health benefits of fermented vegetables, raw (unpasteurized) milk, soured milk, and kefir.

GOD made milk resistant to bad bacteria and plentiful in the good bacteria our bodies need to properly digest milk and other foods. Since pasteurization kills the good bacteria with the bad, pasteurized milk spoils easily, and the results of this spoilage isn't a healthy souring. I'm not saying we should drink spoiled milk. But real milk, *clean, not* homogenized, and *not* pasteurized is healthy when sweet or sour. *Sanitary* foods, properly processed to make use of the natural lactic acid our Creator put in certain foods as a healthy, beneficial preservative increases our health and well-being. Pasteurization is actually detrimental to milk; although it is necessary for some foods, and if done properly retains some nutrients. *Ultra-pasteurization*, on the other hand, depletes all nutrients simply to attain longer shelf life.

Now that I know these things, I obtain fresh, unpasteurized milk, preferably goat's milk, whenever I can. I choose pasteurized products over ultra-pasteurized ones. I make my own sauerkraut (see the Whyte Lights page for the simple, easy, quick recipe) or buy organic sauerkraut, preserved with salt. When I'm home-canning, I make greater use of the natural preservatives of lemon juice, honey, and salt and cook the foods at lower temperatures for slightly longer periods of time to maintain as much nutritional value as possible. Foods my husband and I have canned still taste good after three-four years.

<http://senatorbrubaker.com/agriculture/091807/fallon.pdf>

<http://www.nourishingourchildren.org/parents/real-milk.html>

<http://www.karlloren.com/aajonus/p17.htm>

- **Meat Matters** – I'm not a vegetarian. There are several reasons for that, but I can understand the sentiments that prompt some people to become vegetarians. I have learned that it pays to be cautious about the meat I do consume. In spite of the efforts of honest inspectors, massive recalls make it into the news. But how many news reports show the effects of hormone-laced meat on little girls and women? Pre-mature maturity, PMS, and menopausal problems may result, but this seems to be of little concern to those who manufacture both the animal hormones and the medicines needed to stave off the effects. Antibiotics in meat cause our bodies to become resistant to antibiotics. Hormones, antibiotics, diseases, etc., coursing through an animal's bloodstream at the moment it is killed, concentrate in the blood. The Bible repeatedly states that "the life is in the blood" and commands us not to consume blood. Modern methods of animal slaughter result in blood-soaked meat, and so my husband and I rub our steaks and roasts with kosher salt, rinsing them well; we soak our ground beef and drain the blood; we rub and rinse poultry; and we grill meat until it's done to perfection: no blood. We buy organic grain-fed beef and free-range chicken when possible. These animals are raised without chemical additives in their diets, antibiotics, and hormones. In addition, we try to eat meat in moderation rather than making it the main dish at every meal.

<http://www.misa.umn.edu/vd/whyorgmeat.html>

<http://www.organicconsumers.org/Organic/nonOrgMeat.html>

<http://www.ota.com/organic/foodsafety/OrganicBeef.html>

What Are Genetically Modified Organisms?

In the past, selective breeding of plants and animals relied on the GOD-created processes of reproduction, limiting cross-breeding and new species to like kinds. DNA modification is an entirely different scenario. A TV documentary woke me up to the fact that fish DNA is injected into tomatoes to help them withstand the cold. The unnatural results, called GMO's carry a double risk: the GMO itself and the virus it carries. A well-documented DVD, *The Future of Food*, woke me up to the fact that viruses are injected into the molecules of food because a virus can penetrate the cell wall and transport vastly foreign DNA inside, leaving it to infiltrate and mutate the food so that it resembles the look and taste of food ... sort of ... but it's no longer what GOD created. I trust that my Creator put the DNA helix of my foods together with my best interests in mind. I don't have that confidence in the companies that are rapidly creating new varieties of GMO's yearly. Even if you don't find the concept of genetically altered food repugnant, consider the ramifications. Modified foods have not been properly tested to determine the long-term effects. All too often, GMO's carrying viruses harmful to humans are supposedly confined to animal food, but end up in the human food supply. In addition to risks of worldwide epidemics, there looms the concrete possibility of famine since GMOs do not reproduce.

Genetically modified organisms are in most of the food consumed in the U. S., and you won't find a notice of it anywhere on the label. Why doesn't the FDA require foods to be labeled as genetically modified? (Europeans require such labeling.) Monsanto, a major source of GMOs, regularly supplies the FDA staff with its own board members, who later return to Monsanto, and often rotate back to the FDA after awhile. Could there be a connection? Almost all corn and soy in the U. S. is genetically modified. If a food product in the U. S. contains corn syrup or other corn product, soy or soy product, if it doesn't specify on the label that it is NON-GMO, it is. Next to be targeted is wheat. GMO corn imported from the U.S. has already contaminated crops in Mexico and other Third World countries, threatening them with famine or slavery to companies like Monsanto.

<http://www.actionbioscience.org/biotech/pusztai.html>

<http://www.organicconsumers.org/monlink.cfm>

http://www.saynotogmos.org/monsanto_1.htm

What Can You Do?

There are immediate ways you can begin to choose foods more wisely. How far you can and want to go in the direction of organic whole foods is an individual matter. Here are some suggestions.

1. Read labels. Avoid foods that contain an abundance of chemical additives, sugar, corn syrup, soy products (unless labeled non-GMO), and white flour.
2. Buy whole wheat instead of bleached white. Eat more fresh fruits and vegetables, and choose frozen over canned. Use local honey as a sweetener. Refuse ultra-pasteurized products when alternatives are available.
3. Soak and drain meats before cooking. Cook meats well; don't consume the blood.
4. Buy organic when possible. Search your area and the internet for outlets. If you have friends who also want to eat organic, team up with them to purchase food in bulk to save money. Organic products are usually more expensive, but not when compared to loss of work due to illness, medicines, doctor bills, and overall reduction in the quality of life.
5. Buy local. Shop at farmers' markets or roadside stands, but don't be shy about discussing with the sellers what methods they used to grow the fruits and vegetables. Find out if they were grown from hybrid or irradiated seeds (beware both). Let them know you prefer organic.
6. Supplement your diet with natural, not synthetic, vitamins and minerals.
7. Continue to educate yourself and your family until making healthy food choices becomes a habit.

Our Heavenly Father, the Creator of this amazingly diverse and sustainable planet and all the wonderful life it holds, knows our bodies and what they need, and He designed our foods for our optimum benefit. While some scientists desire to be responsible stewards of this planet and our food supply, others cooperate with companies who manipulate scientific knowledge for profit. Worst of all, this manipulation is hidden behind lies and propoganda-in-advertising.

I think it's important that we take a stand every time we sit down to eat and put our food faith in GOD.

Recipe for Fake Food

Real food – (minus) **nutrients and taste** (put there by the Creator) + **a lengthy list of man-made chemicals** (some downright dangerous) + **“natural” flavors** (from what part of nature?) = **FAKE FOOD**.

FAKE FOOD x (multiplied by) **viruses** injected into your food's molecules to contaminate them with alien DNA = **FRANKENFOOD**.

Suggestions for Further Reading:

<http://children.webmd.com/guide/10-ways-to-raise-food-smart-kids>
<http://www.organicconsumers.org/epa-alert.htm>
<http://www.ecu.edu/news/releases/2006/08/baileyhealthbook08282006.cfm>
<http://www.jamaica-gleaner.com/gleaner/20080314/news/news8.html>
<http://www.gardenoflife.com/OurTeam/JordanRubin/tabid/708/Default.aspx>
<http://hgic.clemson.edu/factsheets/hgic3483.htm>
<http://nutrition.about.com/od/askyournutritionist/f/processedfoods.htm>
<http://www.healingdaily.com/detoxification-diet/sugar.htm>
<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=128>
<http://www.greenlivingtips.com/articles/94/1/Brown-rice-vs-white-rice.html>
<http://www.greenlivingtips.com/articles/73/1/White-sugar-vs-raw-sugar.html>
<http://yourtotalhealth.ivillage.com/nutrition-benefits-brown-rice-versus-fortified-white-rice.html>
<http://www.cspinet.org/reports/chemcuisine.htm>
<http://envirocancer.cornell.edu/factsheet/cFOOD.cfm>
<http://int-pediatrics.org/PDF/Volume%2014/14-1/beseler.pdf>
<http://www.patentstorm.us/patents/6039985-description.html>
http://www.ppnf.org/catalog/ppnf/health_tips.htm
http://www.crohns.net/Miva/education/articles/CaseForSuppl_Rubin.shtml
<http://www.biosafety-info.net/article.php?aid=17>
www.genewatch.org/uploads/f03c6d66a9b354535738483c1c3d49e4/GMOs_short_briefing.doc
http://papers.ssrn.com/sol3/papers.cfm?abstract_id=947366
<http://www.csa.com/discoveryguides/gmfood/overview.php>
<http://www.planetark.org/dailynewsstory.cfm/newsid/25604/story.htm>
http://www.opednews.com/articles/genera_linn_coh_080203_an_open_letter_to_hi.htm
<http://www.gmfoodnews.com/monsanto.html>