

Junk Food Junkie?

Secrets to overcoming cravings for unhealthy food



Walk into any convenience store and what you'll mostly see is food loaded with simple carbohydrates, processed fats, refined salt and chemical additives. Many people call these foods *junk food*, but don't actually believe they are junk, because they eat them anyway. Junk is something that has lost its value, so we discard it or get rid of it. So, if we really believe these foods are junk, we are acknowledging that they are worthless when it comes to supplying the nutrition we need to be healthy.

The growing sales of these processed foods matches the dramatic increase in obesity, diabetes, digestive disorders and inflammatory diseases, along with the continuing high rates of heart disease and cancer. This fact alone reveals the junk nature of these foods. Many people who eat these processed foods are not aware that they are contributing to their poor health because they were raised on them, but even people who theoretically know better still eat these junk foods. The question is, why?

There are three main reasons. The first is that these processed foods are cheap sources of calories, and many people feel it's all they can afford. The second reason is that they are convenient or "fast," which makes them tempting when we're busy and on-the-go. The final, and most important reason is that these foods are quite literally *addictive*. So, even people who could afford to eat better are *junkies* (i.e. addicts) because they are constantly craving a fix of these unhealthy foods. The phrase "junk food junkie" is acknowledging the fact that many people have become addicted to these processed foods.

Improve Your Diet, Improve Your Life

No matter what reasons a person has for eating junk foods, there is one big reason to change—their health. Getting the junk food where it belongs—out of one's life—will help a person lose weight, feel happier emotionally, increase their energy and heal from whatever diseases are afflicting them. It will also help a person think more clearly and improve their life in many ways by giving them greater mental clarity to solve problems and improve their life situation.

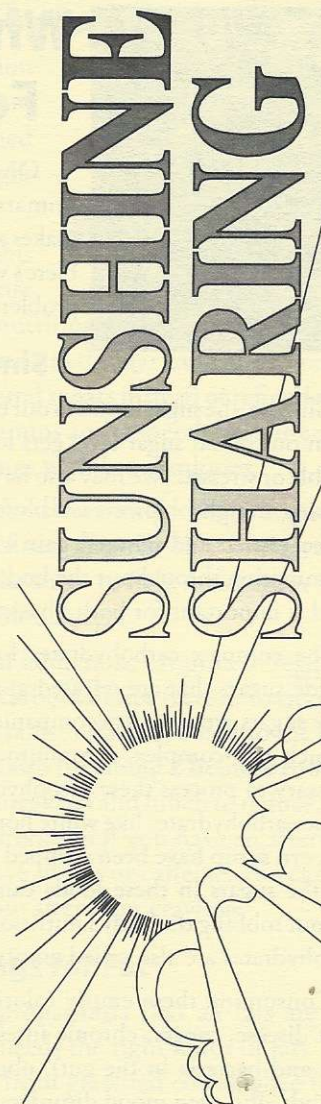
In this issue of *Sunshine Sharing* we're going to explain how to throw the junk food out of your life and switch to eating more wholesome, health-building food. To help you achieve this we'll do four things:

First, we're going to look at why the foods mentioned above are nutritional garbage. When you understand how much this highly processed food is harming you, it will help you see how worthless it is and help you stop desiring it and start avoiding it.

Second, we're going to look at why these foods are so plentiful. You'll learn why they are cheap, a factor that is driving low-income people to consume them and ruin their health.

Third, we're going to examine why these foods are addictive. We'll also discuss what you can do to break the addiction. Once you do, you'll stop craving them and you may actually start to find them repulsive, which makes it easy to avoid them.

Finally, we're going to address the convenience issue, providing you with suggestions on how to get high quality nutrition into your body while you're on-the-go. After all, it's never a good idea to be so busy that you aren't taking care of your health.



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Your guide to better health the natural way.

Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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Why Processed Food is Junk

On page one, we mentioned four primary ingredients whose presence makes a food classifiable as a junk food. Here's why each of these ingredients is problematic for human health.

Simple Carbohydrates

Glucose, the sugar found in our blood, is essential for our health. When our blood sugar level gets low, we can feel tired, nervous, irritable or stressed. We may also have a hard time concentrating or thinking straight. However, if blood sugar levels get too high, we can feel restless and agitated, gain weight and experience increased inflammation throughout the body. So, keeping blood sugar balanced is important for both physical and emotional health.

The complex carbohydrates found in fruits and vegetables provide sugars that are released gradually into the blood stream. These sugars are always accompanied by the vitamins and minerals (such as B-complex, chromium, zinc and magnesium) that are necessary to process these carbohydrates into energy. In contrast, simple carbohydrates like white flour, refined sugar and high fructose corn syrup have been stripped of these nutrients. This means that the sugars in these foods cannot be processed into energy without robbing the body's nutritional reserves. This is why simple carbohydrates are also called empty calories.

Consuming these empty calorie foods has been linked with heart disease, cancer, chronic intestinal dysbiosis (imbalances in yeast and bacteria in the gut), obesity, inflammatory diseases of all kinds, and even mood disorders like hyperactivity, anxiety and depression. They are also highly addictive, which is why they are junk and why they create junkies. If we want to be healthy we need to recognize they are nutritional trash and throw them out of our diets.

Processed Fats

Like simple carbohydrates, the processed fats found in margarine and shortening, and almost all vegetable oils, are highly refined, which means they are stripped of their nutritional value and can also be called empty calories. Natural fats are always accompanied by fat soluble vitamins and minerals. These natural (and healthy) fats are found in whole foods like nuts, seeds, avocados, whole milk, eggs, fish and meat. The fat soluble vitamins they contain not only protect these natural fats from rancidity, they also protect us from cancer and heart disease. They are absolutely essential for healthy bones and teeth, immune function and brain function.

Furthermore, the vegetable oils used in refined fats contain high quantities of omega-6 fatty acids and low quantities of omega-3 fatty acids. The ratio is about 40:1. Researchers have suggested that we need a ratio of about 7:1 omega-6 to omega-3 for optimal health. So, people eating processed fats have an imbalance in fatty acids, which contributes to increased inflammation, and thus, heart disease, arthritis, dementia, PMS and other chronic health problems.

A third and final problem with processed fats is trans fatty acids and oxidized cholesterol. No matter what the label says, highly refined vegetable oils always contain trans fatty acids, which contribute to insulin resistance and aging by hardening cell membranes. Also, the dehydrated milk and eggs used in pre-packaged cake mixes and other processed foods, contain oxidized cholesterol. Most people do not know that it is not natural cholesterol that sticks to your arteries, but oxidized cholesterol.

Clearly, anyone who wants to enjoy good health should put the processed fats in the trash. But, like refined carbohydrates, major food manufacturers put them in many foods, so it takes careful reading of labels to keep them out of your diet.

Refined Salt

Every chef knows that salt enhances the flavor of food, but canned and processed foods contain too much salt, which isn't good for your health. To make matters worse, this salt is also refined. Natural salt contains about 2-3% trace minerals, such as natural iodine. These minerals give the salt some color, which means that no natural salt is completely white. To make refined white table salt, one has to bleach the salt to remove these trace minerals, which reduces the nutritional value of the salt. Refined salt also contains additives such as anticaking agents (which aren't on the label). Here again, a natural substance that can be useful for human health has been converted into junk through processing.

Chemical Additives

Look at the labels of most processed foods and you'll see that they contain many chemical ingredients that aren't food at all. These chemicals put stress on your liver, which must use your already depleted vitamin and mineral reserves to eliminate them from your body. So, foods with chemical additives should also be considered junk foods.

When you see a product that contains *natural and/or artificial flavorings*, realize that these chemicals are added to processed foods to trick your taste buds into thinking they are nutritious. These chemicals are added because processed foods taste so bad that no one would eat them without these chemicals (and the addition of refined sugar, processed fat and salt) to fool people's taste buds. There is nothing natural about natural flavorings—they are just chemicals derived from plants or animals.

Artificial sweeteners also pose problems because the taste of sweet triggers your body to produce insulin to help process the sugar. When the sugar doesn't arrive, your blood sugar drops, making you crave more carbohydrates. This is why artificial sweeteners do not solve the problem of sugar cravings and obesity—they actually make it worse.

In contrast, the chemicals that give fruits and vegetables their bright colors and vibrant flavors are actually nutrients that reduce inflammation and have numerous other health benefits. So, in every way, natural food is superior to processed food.



Why Junk Food is Everywhere

Real food spoils, so these processing methods were created to prolong shelf life, not to improve health and nutrition. But major food manufacturers have also discovered that refined foods are addictive, so adding them makes people buy and consume more of their products. Because there is lot of profit in refined foods, a smoke-screen has been set up to confuse consumers and prevent them from discovering how harmful these foods really are.

We've been told that all fats are bad, all cholesterol is bad, all salt is bad and that we all have an unnatural craving for sugar. None of this is true. The fact is that it is only the refined and processed versions of these foods that are bad for us. The body craves sugars, starches, fats and salt because it needs these nutrients, but it also needs the nutrients that come with them in natural foods.

Junk food is addictive because it lacks the rest of the nutrients we'd get from whole foods. Because these other nutrients are missing, the food doesn't satisfy our appetites. The body sets up cravings because it needs nutrients it isn't getting. So, we wind up eating more *calories* than we need in order to obtain the *nutrients* we need.

So, the key to breaking the addiction to junk food is to start eating nutrient-dense real food, so your body gets the other nutrients it needs. It's really that simple.

However, there is another issue that further complicates the problem. The US government subsidizes farmers growing corn, soybeans and wheat. The majority of all processed foods (about 70%) contain these ingredients because subsidies make them cheap. It's also why processed junk food is less expensive than real food, even though it's actually more costly to produce and manufacture. This is part of the social dynamic that pushes low income people into buying junk food instead of health food.

In addition, these three crops are used to make feed for raising animals in artificial environments, which creates ecological problems and produces eggs, dairy and meat that are inferior in both flavor and nutrition to pastured animals. Again, the smoke-screen is created by maintaining that raising animals for food is bad for the environment and that animal foods are unhealthy. The truth is that the primary ecological damage isn't being done by cattle on a range, it's being done by raising acres of these mono-crops, which require GMOs, agricultural chemicals and huge amounts of fossil fuels to grow.

Breaking the Addiction

Instead of focusing on trying to eliminate junk foods, simply start crowding them out of your diet by focusing on eating nutritionally-dense natural foods. When making this change, you won't crave nutritious food at first, but as you learn to prepare whole, natural foods in place of refined and processed foods, you'll not only start feeling better and thinking more clearly, you soon realize how bad tasting junk food is. Soon you'll find it easy to avoid. Here are some specific suggestions.

Beating Carbohydrate Addiction

The most difficult addiction to overcome is the addiction to refined sugars. In fact, refined sugar is so addictive that it ought to be classified as a drug.



The best way to break this addiction is to start eating more protein and choosing more nutritionally-dense treats. Use raw honey, real maple syrup, freeze-dried sugar cane juice, coconut sugar, date sugar or other natural sugars instead of refined sugar. These foods will give you vitamins and minerals with the sugar, which will satisfy your cravings with fewer calories.

Xylitol can be helpful for sweetening things as you are transitioning away from refined sugars. This low-glycemic sweetener can be used just like sugar to help satisfy your sweet tooth without spiking your blood sugar.

If you have a serious sugar addiction, eat protein (eggs and meat) for breakfast with no carbohydrates (cereal, toast, juice, etc.). Do this until your metabolism starts to adapt to the lower carbohydrate intake. You can also try taking 2 **licorice root** and 2 **Super Algae** capsules with breakfast and lunch to reduce sugar cravings. Take more in the afternoon if you have an afternoon energy slump and start to crave sweets or caffeine. You can also take **Sweet FX** to reduce those afternoon cravings.

Cravings for Fat

Don't be fooled by the propaganda that all fats are bad. Your body needs fats; it just needs the right kinds of fats. Start using real butter (preferably from grass-fed cows), ghee (clarified butter) and coconut oil in cooking. You can also use extra virgin olive oil and **flax seed oil** for salads. Also satisfy your cravings for fats by eating naturally fatty whole foods like eggs, whole milk dairy products (as long as it is not homogenized or ultra-pasteurized), fatty fish like wild-caught salmon, fat from grass-fed meat, nuts and seeds (walnuts, pecans, flax and chia seeds for example) and avocados.

It may also help to take **Super Omega-3 EPA** to boost your intake of omega-3 essential fatty acids and some extra fat soluble vitamins, such as **Vitamin A&D**, **Vitamin D3**, **Vitamin E** and/or **Krill Oil with K-2**. These will supply you with the fat soluble vitamins your body is missing and craving.

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Additional Help and Information

For more information about junk food addiction and overcoming unhealthy cravings contact the person who gave you this newsletter. You can also consult the following sources:

Nourishing Traditions by Sally Fallon

Salt, Sugar and Fat: How the Food Giants Hooked Us by Michael Moss

Fast Food Nation: The Dark Side of the All-American Meal by Eric Schlosser

The Truth About Beauty by Kat James

Are You Addicted to Junk Food?

Most Americans are addicted to junk food, and this addiction is causing an epidemic of obesity, diabetes, bone and joint problems, mental illness and heart disease. If you're one of the people who craves unhealthy foods, this issue of Sunshine Sharing will help you overcome your cravings and addiction and start enjoying a healthier life.



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Salt Cravings and Taste

Stop using table salt and start using a natural salt like NSP's **Sea Salt**. The pinkish color is a sign of its high mineral content. If you crave salty foods, you may be lacking in trace minerals. Try taking **Ionic Minerals with Acai or Mineral Chi Tonic** to provide your body with the trace minerals it needs.

Also, any time you see a food product with chemical ingredients avoid it. Instead, get re-acquainted with the wonderful color, flavor and aroma of natural foods, especially fruits and vegetables. Get a few cookbooks that teach you how to cook with fresh vegetables and other natural foods, so you know how to prepare flavorful meals. As your taste buds learn to appreciate natural foods, the artificially sweetened, flavored and preserved foods will lose their appeal.

Don't Let Being Busy Stop You from Eating Healthy

Fast food is tempting because we're often in a hurry. If you need some food to eat on the run, try apple slices, baby carrots, celery sticks, raisins, raw nuts, whole grain crackers and cheese for quick snacks. You can also make a meal replacement shake or smoothie, using **Love and Peas**, **Nature's Harvest** or **SmartMeal** depending on your preferences.

To add more flavor, try adding fresh or frozen berries, bananas, peaches, pineapple and/or papaya. You can cut up fruit and freeze it on a cookie sheet before putting it in plastic bags in the freezer for making quick breakfast shakes. You can also add things like whole milk yogurt (unsweetened), whole organic milk, almond milk or coconut milk. You can even add extra nutrition by adding a pack of **Solstic 24**.