***Steps to Eating into a Healthier YOU!***

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Let’s face the facts; We are a fatter more unhealthy nation than we’ve ever been in the history of our existence. We have listened to the FDA tell us what to eat and look where it has gotten us. We are in the beginning stages of the biggest obesity epidemic and obesity related disease epidemic the world has ever seen and we owe it to the foods we’ve all be told are safe to eat!

Below is a short article that can get you eating healthier and start fixing what’s broken, “OUR DIETS”!

**Stop the Insanity**  
Stop eating margarine. Butter, especially from pastured cows, is a much-needed daily source of infection-fighting Vitamin A. Margarine has none.  
  
Stop using vegetable shortening. Lard, from outdoor-living pigs, is a much-needed daily source of infection-fighting Vitamin D. Crisco has none.  
  
Together fat soluble Vitamins A & D fight infection as they help our bodies absorb minerals.  
  
2. Avoid deep-fried foods unless prepared in heat-and oxidation-resistant more stable saturated fats like coconut, beef tallow or creamy lard.  
  
Most restaurants use chemically unstable, highly processed vegetable oils that – in very small amounts – promote oxidation – cellular damage.  
  
Trans-free or not, most restaurant-prepared French fries contain the truly ‘bad’ fat of mass destruction: damaged omega 6 linoleic acid.  
  
3. Eat an orange; don’t drink orange juice. As the Corn Growers Association crowed about $20 million times, “Sugar is Sugar.”  
  
They’re right: a 10 oz glass of orange juice contains the sugar of 6 to 8 large oranges – several teaspoons of sugar.  
  
Excess sugars, especially the combination of glucose and fructose – as in white sugar or HFCS – promote sticky traffic jams in the liver – and ultimately fatty liver disease, now increasing even in younger people.  
  
4. Include fresh eggs for breakfast (unless you are allergic to them). Most of us need 30 grams of protein before noon. Complete protein-rich eggs (7 grams per large egg) provide the building materials needed by your body to build cell membranes and other structures – and provide steady energy all morning long. Sugar can’t do that!  
  
5. Avoid dried or powdered eggs and milk found in packaged, processed food products. Dried eggs and milk provide oxidized cholesterol, the only type of cholesterol “They Should Be Warning You About – but don’t.” Choose fresh eggs and whole raw milk from small producers as much as possible; avoid dried, powdered or pasteurized products that promote cellular rusting.  
  
6. Stop using commercial vegetable oils, such as canola, soybean, and sunflower. If the genetically modified organisms don’t bother you, the excess omega 6 and the trans fatty acids produced during high temperature, high pressure deodorization should. (Our traditional healthy fats don’t need high heat processing or chemical solvents like hexane.)  
  
7. Have a glass of water first thing, but remember, there is no one formula for how much water we need daily. As noted by Roger J. Williams, PhD, author of Biochemical Individuality, “We’re more different than alike.”  
  
Food also contains water, and for optimum digestion, most people should restrict water during a meal. Get in the habit of intentionally drinking water – stay hydrated – but don’t overtax your kidneys or follow “one-size-fits-all” advice about much of anything health or medical.  
  
8. If you supplement with one mineral, make it magnesium. While I am not in the supplement business, I recommend magnesium-emphasized ConcenTrace Mineral Drops. They provide all minerals in easy-to-absorb ionic form, including 250 mg of magnesium in ½ teaspoon. Simply add to your drinking water. There are other useful magnesium compounds to consider as well; cheap magnesium oxide is not one of them.  
  
9. Eat fermented vegetables and old fashioned bone broths. It’s vital to learn about traditional food preparation techniques. Fermented vegetables such as sauerkraut are incredibly good for our gastrointestinal health – home of the immune system. Bone broths are inexpensive to produce mineral-rich elixirs. (Chicken soup from slowly simmering chicken bones is a rich source of antimicrobial monounsaturated palmitoleic acid – eat the skin too.) These are key foods that have promoted good health and longevity throughout the ages.  
  
10. Exercise not any cardio I mean resistance exercise. Wake up those muscles with push-up, set-ups or join a gym and really use the membership and LIFT THE WEIGHTS! It will increase your metabolism and burn fat far more effectively than any cardio exercise ever will!  
  
11. Eat red meat and juicy fatty pork. Lamb and pastured beef are your best sources of L-Carnitine and zinc, while pork is your best source of Vitamin B-1. Beef, pork and chicken livers provide abundant Vitamin A and all B-Vitamins. These animal foods are nutrient dense – provide complete protein – and when purchased from small producers, contain no hormones or antibiotic residues.   
  
12. Do your own research and stop reading the garbage in the magazines. Remember doctors (most of them) are in the business of making MONEY, not making you healthy! Drugs are chemicals and they all have ill side effects! Heal yourself naturally. It starts with education!