



WHAT SHOULD WE EAT?

By Dr. James Denito D.C.

That question has probably been asked by Man for centuries. Today, we are closer than ever to truly understanding the nutritional needs of the body. What has become increasingly apparent is the fact that the optimum human diet is similar to most of our ancestors' That is, lots of fruits, vegetables, nuts, seeds, grains, sprouts, and occasional animal meat and animal by-products. The problem we're encountering is that there's an amazingly large sector of our economy built on feeding us improper nutrition. Junk food is big business! The diet in America today, the marvel of modern science, beckons a far cry from what I consider compatible to a healthy life. It's true chemistry has saved us from the problems of spoilage and the usual food poisoning epidemics associated with poorer nations. And, as a result of this major fact, we have longer lifespans than poorly fed countries. But, most Americans are still dying 50 years before their genetic lifespans. And they die generally because of the way they ate.

You have to admit, life in America evolves around food. It's as if there were no other earthly pleasures besides food. Because of this obsessions to satisfy the never satisfied taste buds, modern chemistry has again come to the rescue. Sometimes a simple dye added to a food makes your mind think it tastes better (at least different)! Still, the basic tastes of sweet and salty are usually the ones that get you

salivating the most. And it's these two that may cause more bodily harm than a lot of those fancy chemicals added to the food. So how do we eat better, if our bodies seem to crave substances that Nature produces abundantly?

First of all, food availability and choices will not change in the marketplace until the consumer demands it. Small groups pounding hard at the doors of big food corporations will barely scratch the surface. Not to say this should stop, because these grass roots assaults serve many good purposes, mainly to spark the local populace into awareness. Educating American consumers to proper nutrition will be slow, mainly due to lack of knowledgeable educators. Authoritative figures, like the medical profession, still largely ignore diet as a basis for health care. A major reason for this, is simply economics and philosophy. Once you admit food can make you sick, and food can make you well, the whole basis of modern medicine (allopathy) is undermined. Secondly, the drug companies would stand to lose billions of dollars. Therefore, change will come from the rank and file consumers who have enough intelligence to ask questions, and say 'enough is enough.'

What questions can we ask about our food? How much to eat? How to cook or not to cook? When to eat? What are good food combinations? Obviously I could go on and on, and these questions get further complicated by each individual's

unique metabolism and environment. But even with so much possible complexity, eating right is very simple. By observing the big picture of our world and our bodies relationship to it, a beautiful philosophy materializes.

In following articles, I will discuss various types of eating disciplines to make you a happy, educated food consumer.

DENITO CHIROPRACTIC CENTER is located in Plano, and has convenient hours including evenings and Saturdays. Using Chiropractic as a starting point, a total health care package can be custom developed for your needs. For more information call 214-578-0515.