

# THE Wellness Minute

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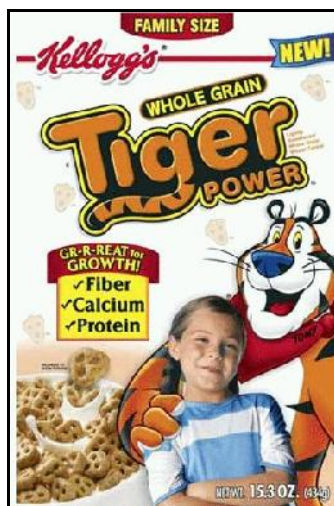
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## Health Foods That Aren't... Part 1

### Are There Health Foods That Are Just Not Healthy?

There are a number of food items, available in your local health food store which cannot be construed to be healthy.

1. **Soy Milk.** Studies have failed to confirm the supposed benefits of soy with respect to heart disease. The American Heart Association released a study in 2006 concluding that "earlier research indicating that soy protein has clinically important favorable effects as compared with other proteins [with respect to heart disease, cancer prevention, bone loss prevention, and menstrual irregularity] **has not been confirmed.**" Moreover, studies testing specific isoflavones and other anti-nutrients in soy suggest that long-term consumption might actually disrupt thyroid function, menstruation, and hormone balance.



2. **Whole Grain Breakfast Cereals.** Breakfast cereals are essentially a combination of highly refined flours and sugar. This is the very combination

believed to lie at the root of metabolic syndrome in America today. Organic or not, whole grains contain loads of phytic acid, an anti-nutrient that binds minerals in the gastrointestinal tract so that they cannot be absorbed into the body. To top things off, many cereal makers add antioxidant vitamin fractions to the mix in a pointless attempt to preserve the delicate polyunsaturated fatty acids in the grains, which turn bad as soon as the seeds are cracked open back at the processing plant.

3. **Low-Fat Milk.** This really goes for anything low-fat. The low-fat craze started in the early 1960's as a result of some erroneous conclusions about heart disease... that it was caused by fats. For nearly forty years the public has been lost in a grand snow job. The fact that fat is where we get fat-soluble vitamins (A, D, E, K) as well as essential fatty acids has been ignored. Back in the 1930s, Dr. Weston Price traveled around the world to study isolated populations who suffered virtually no heart attacks nor any of the other modern diseases such as cancer, diabetes, stroke, and obesity. From the mostly meat-eating Eskimos of Alaska to the agricultural tribes of the African plains, their diets varied considerably. Yet regardless of which traditional diet he studied, Dr. Price found that the amount of fat-soluble vitamins was about ten times higher than in the typical modern diet of mostly processed foods. So not only is there no reason to ban natural fats from your diet, but you're quite likely damaging yourself if you do. We haven't even discussed pasteurized milk vs. raw milk and the nutritional differences. (continued)