

2nd OPINION

A weekly commentary by Ken W.Goewey based on current information gleaned from personal research . Feedback welcome! kgoewey@gmail.com

GOOD FOOD BAD FOOD www.wellnessjourney.org

In eating our favorites, our cells lack nutrition.

Here's five of the worst:

DOUGHNUTS. Lots of sugar, white flour, 35/40% trans fats. 200-300 calories ***DRINK A GLASS OF JUICE.***

SODA can=10 teaspoons sugar, 150 calories; 30-55 mgs caffeine Even diet linked to osteoporosis, obesity, tooth decay & heart disease. Drinking 56 gal./year depresses appetite & immunity.

DRINK WATER.

FRENCH FRIES =simple sugars=glucose spikes insulin/depresses immunity. TRANS FATS @ high temps (even vegetables) creates ACRYLAMIDE carcinogen and can cause clotting, (strokes), joint inflammation, mucous & obesity.

HAVE A SIDE OF SALAD/FRESH FRUIT.

CHIPS (Corn, Tortilla, Potato) high TRANS FATS cooking oil=ACRYLAMIDE carcinogen plus other diseases.

CRUNCH CARROTS/CELERY.

FRIED SEAFOOD = shrimp, clams, oysters. Frying=ACRYLAMIDE plus TRANS FATS, mercury and possible parasites/viruses, high heat may not kill. Farmed fish feed a concern

EAT FRESH CAUGHT FISH/SALMON

Our bodies need good nutrition beyond our favorites.