

# Why are we fat?

*This post is dedicated to that amazing group from Unity of Muskegon who meet for Let's Talk Wellness and are making positive changes toward better health every day. I am SO proud of you all!*

Last year as I ended our second year of monthly meetings at Unity on wellness, I asked what people wanted to discuss in the 2014. The topic of interest most requested was the title of this article. Yes, we already understand that being as active as possible reduces our fat reserves, so I didn't focus on exercise. Everyone knows...get up and move! But if we don't address the misinformation out there, we don't stand a chance at weight loss and management.

Since I do not teach about short term fixes at the expense of the body's health, we must address lifestyle changes, dispelling the myths we've been told the last 3 decades, to build vital cells, tissues and bodies. The focus must be on sharing the [truth](#) about the need for healthy fats and nutrient dense foods and how the low-fat/high whole grain/"sugarfree" additive recommendations have led us to the obesity fiasco we are in now.

Below is my evidence based summary of why we are larger (and much less healthy) than we should be:

- Eating [BAD fats](#) (polyunsaturated, liquid vegetable oils, margarine, oils from [GMO crops](#) {soy, cottonseed, canola, corn}, fatty meat/poultry from conventionally raised animals {complete with antibiotics, growth hormones, GMO fed, pesticide residue, no to very little sunlight}).



*My family's favorite fat*

- Not eating enough [good fats](#) (coconut, extra virgin olive oil, grass-fed meat and poultry, wild caught fish, avocado, cod liver oil). Low-fat foods lead to obesity because we substitute with...
- Sugar and empty carb consumption (anything made with a fine powder like flour, like baked goods, candy, chips, pastas). These carbs are digested quickly and stimulate the [hormone insulin](#), which, among other things stores fat in fat cells. [High fructose corn syrup](#). [Diet sodas](#).
- Eating processed and [non-organic foods](#) (and using [chemicals on our bodies](#), in our homes and on our yards). These foods often have [pesticide residues](#) which keep our body from taking in the minerals we need to make our metabolism work correctly. Our bodies need nutrients to function and be the “right” weight for our structure. These empty foods lead to...
- Overeating – which we do WHEN WE ARE NOT EATING NUTRIENT DENSE FOODS! Our body keeps saying, “where are the nutrients?” and then “eat more and you might find some.” We can also get into the habit of over eating because of emotional issues, but again, it is often, if not always, nutrient deprived foods. We seldom eat too much when the food is REAL and nutrient rich.
- An unhealthy [microbiome](#). Our balance of good micro-organisms in our body plays a significant role in our health and weight.
- When we have an underactive thyroid, we have a very difficult time trying to shed pounds. Be aware that water with

chlorine and [fluoride](#) is thyroid disruptive. Drinking the cleanest water possible is a must. Also, good quality [coconut oil](#) supports the thyroid and is energy boosting.

What to do? The same thing I teach for other physical/emotional issues...

- Eat good fats at every meal
- Eat protein from clean (organic, grass fed, preferably local) sources at every meal – we need protein to make the happy chemicals in our brain
- Eat plenty of colorful, local (for more vitamin content), organic (for more mineral content) vegetables WITH LOTSA BUTTER (or ghee)!
- Take good quality coconut oil – even at every meal.
- Take a high quality probiotic and/or fermented foods and drink.
- Eat organic fruits as desserts (“cave people” ate them in the fall to fatten up for the winter)
- If you feel the need for baked goods, make them out of nut flour (organic preferably).
- Don’t starve yourself. This will mess up your hormones. EAT! Just eat the real foods described above.

Until next time...wishing you **real food** for **real health** so you can be **real happy**.

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## **Does it bug you that you’re eating Roundup? It should.**

I watched this video last week and felt so sad knowing many of my loved ones are seeking help for illness from the medical field while they’re eating foods that not only can’t sustain

them, but are literally harming them. In this interview, the actual mechanisms of harm are identified. I just had to share.

Many thanks to [Jeffrey Smith](#) and [Dr. Stephanie Seneff](#) for describing in detail what happens to the body as a result of exposure to Round-up. These destructive actions are contributing to most, if not all, of the diseases of our time. **If you or anyone you know has one of the concerns listed directly below the video, I urge you to take an hour and watch.** For those who can't, I've summarized key points below, along with the time reading from the interview so you can go directly to that topic if you like. This **IS** effecting you. It **IS** harming you.

[Jeffrey Smith interviews Dr. Stephanie Seneff about Glyphosate from Kristin Canty on Vimeo.](#)

Problems influenced by glyphosate – the active ingredient in Roundup: anxiety, aggression, autism, ADHD, Alzheimers, cancer, depression, diabetes, fibromyalgia, gastrointestinal problems, heart disease, infertility, multiple sclerosis, and Parkinsons. If you have any of these issues and your health care professional has not advised you to stop eating conventionally raised food, you have not been given the whole truth. That professional has likely not been made aware of the **danger**, but it is **real**.

The interview begins by explaining that crops are now “Roundup Ready”, meaning the plants actually drink up the pesticide which leaves more in the food end product. Smith points out that the allowable residues have gone up since the plants were made Roundup Ready. Initially we were told Roundup would make it so less pesticides would have to be used, but the pests became resistant, and now its use has more than doubled. In the first 16 years, 527 million pounds of Roundup has been used. Current studies show, in the Midwest {7:20}, 60% to 100% of ALL samples of air, water and rain contain glyphosate. This

is call for alarm. It is even found in the blood of newborn babies.

In a [recent post](#) on my site, I talk about how disease is caused by exposure to toxins and not having enough nutrients to protect ourselves. These are exactly the concerns Dr. Seneff cites {2:45} that Roundup is responsible for. She relates that glyphosate depletes calcium, magnesium, iron, zinc, cobalt and other minerals causing nutritional deficiencies AND leaves toxins in the body.

Dr. Seneff points out that Monsanto was able to say that the active ingredient in Roundup didn't effect human cells because it works on a metabolic pathway called the shikimate pathway, which humans don't have. However, as I pointed out in [last week's post on the Microbiome](#), we have 10 times more bacterial cells than human cells, and those bacteria ARE negatively effected by glyphosate, causing inflammation and other harmful responses.

What does glyphosate do in the body?

1. Harms our good bacteria and then bad (pathogenic) bacteria can take over (autism {5:00}) and produce toxins (i.e. ammonia and formaldehyde) that can lead to encephalopathy (Alzheimers {20:00}) and DNA damage {13:00} (cancer {34:30}). Dr. Seneff stressed the #1 action to take for Alzheimers is to remove all sources of glyphosate (it is in processed food and used often in lawn/yard care).

2. Blocks the CYP 450 enzyme pathway {17:00} which harms the liver, ezymes that help us detoxify, hormones and our ability to make vitamin D.

3. Destroys amino acids in food as well as interrupting the body's ability to make aromatic essential amino acids {25:03} like tryptophan and tyrosine. We need these aminos to make serotonin (lack = depression, aggression, obesity) and dopamine (Parkinson's {32:00} and fibromyalgia).

4. Contributes to multiple sclerosis {41:00} both by destroying the myelin sheath and by causing leaky gut which leads to the body attacking itself (autoimmune disorders – of which we are seeing a dramatic increase). Leaky gut, or intestinal permeability, also leads to bowel inflammatory disorders {45:30} like Crohn's disease, colitis and IBS.

5. Since minerals like zinc, cobalt and manganese are no longer available in our foods and our body requires these to function, we keep eating more and more in our body's desperate attempt to get what it needs (Obesity {59:00}).

6. Disrupts our cells' ability to store sugar (Diabetes {59:00}).

What about safety studies? {36:20} Monsanto did do short term (90 day) studies for safety. However, when independent studies were done, in the fourth month of research, the female test animals (80%) developed mammary tumors (breast cancer) and the males developed tumors in their kidneys and liver problems. Much more on Monsanto's pseudo-science is available from the [Institute for Responsible Technology](#).

GMO crops in this country include alfalfa, canola, corn, cotton, papaya, soy, sugar beets and squash (zucchini and yellow summer squash). And it's not just GMOs anymore, Folks. Smith points out {60:00} that glyphosate is now being sprayed on non GMO crops such as barley, rice, wheat and rye immediately before harvest.

Bottom line...the mechanisms showing glyphosate/Roundup cause disease are now known and while you and I may not understand them in the detail Dr. Seneff does, we can take action to minimize their damaging effects on us. Eat NO GMOs. Eat organic. Do NOT spray your lawn and yard with Roundup or other toxic chemicals (that get on your shoes, your pets' feet, young children playing outside).

If you haven't already, I urge you to watch the film [Genetic](#)

[Roulette](#) – The Gamble of Our Lives.

As always, wishing you **REAL** food, for **REAL** health so you can be **REAL** happy.

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## My hometown is waking up...are You?



*Regaining Our Health part 1*

This journey helping others regain wellness is an exciting one. From the “Natural Mommy”s building their childrens’ innate immune systems, to the monthly [Nourishing the Lakeshore \(Century Club\)](#) and Let’s Talk Wellness meetings ([Unity of Muskegon](#)) to the clients eager to reduce their medications due to side effects, to those who just want to eat better shopping at [Sweetwater](#), we are waking up. People in and around Muskegon are learning that what they put in their mouth and on their body affects how they feel. And then there are the fermenting classes and Fermenting the Lakeshore group, but we’ll talk about that next time.

New people approach me every week asking what they can do. Everyone knows someone, often themselves, with aches and pains or a diagnosis of an auto immune disorder. So many have GERD or other digestive problems, achy joints (aka digestive problems), hair loss, mood issues and weight gain (especially around the middle). How about you?

The imperative here is self-EDUCATION.

The answer to these issues is complicated and yet very simple. Healing boils down to reducing our toxic exposure and increasing our intake of nutrients to build strong bodies/immune systems. However, with so much profit driven mis-information out there, figuring out what to do is confusing.

Let's look at our food. Our supply has gone toxic – from [GMO seeds](#) (i.e. corn, soy, sugar beets, canola, zucchini) to [pesticides](#) used on those seeds, to the harmful [processing of our milk](#) and [animal products](#), to the [over-hybridized wheat](#) which is making everyone gluten sensitive. And don't even get me started on [excitotoxins](#) like [MSG](#), [aspartame](#), and [splenda](#) that give people the impression diet sodas help them lose weight (when the reverse is true).

[Personal care products](#) are filled with carcinogens and toxins. We can't quantify yet how much they contribute to [obesity](#) and illness. Then add [chemical cleaning products](#) and [air fresheners](#) and our personal toxic load goes over the edge into illness.



What's the answer? Clean up – your personal care regimen, [your cleaning supply closet](#) (vinegar is great), and any other product you use at home, work or in your car.

Another step, of course, is getting safe, clean, nutrient dense foods to build your body. Yes, you are what you eat, and this is serious. Your [source for dietary information](#) must be objective and without a motive for profit (the USDA has a goal

to sell agricultural goods – remember this). I have [helpful articles](#) and [recipes](#) on my site that I use to educate people back to the radiant health that is their birthright. If you haven't already, I encourage you to work your way through the articles on my [START HERE](#) page with links to other researched pages I trust.

We will talk soon about the gut microbiome – part 2 of Regaining Our Health

Wishing you **real food** for **real health** so you can be **real happy**.

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## Rethinking the Food Pyramid...



Did you know that after the USDA released the Food Pyramid in 1992 the rate of obesity skyrocketed? That's what happens when you encourage people to consume 6-11 servings a day of grain products without mention of product quality. And yes, there was a major link to the grain lobby. At the same time, the tip of the pyramid made the recommendation to use fats sparingly...no regard for the difference between good and bad fats. No mention of the fact that all our hormones are made from cholesterol.

The pyramid evolved and we were encouraged to eat less grains, make them whole, consume more fruits and veggies, but still

eat “lowfat” milk and protein sources. We now have a “plate” as a guide – it’s better but does not address the need for high quality fat consumption (so necessary DAILY for cell and brain health) or the processing of grains/nuts/seeds in a manner so our body can better use their nutrients. The issues of pesticide residues, dangers of genetically modified organisms, concern about antibiotics and hormones in our animal products are not mentioned. These issues are real and are negatively effecting our health with every bite.

With so much **mis**-information out there, are you feeling overwhelmed? Feeling misled? Please don’t despair. The movement to get back to REAL nutrient dense food is growing exponentially. We will get there one step at a time. Pick a place to start this month. How about finding a local market in your area where you can meet the REAL farmer who grows your food. Or pick one vegetable or fruit in your diet and promise yourself you will only buy it if it’s grown organically.

One positive effort by the USDA is the program [Know Your Farmer, Know Your Food](#). This is a step in the right direction to deal with the issues mentioned above. Here in Muskegon County, we are fortunate to have a source for local and organic food called [Sweetwater Local Foods Market](#).

Take that first step.  
Just start...

Until next time, wishing you **real food** for **real health** so you can be **real happy**.

Update January 2014 – Denise Minger has now published an amazing book I highly recommend [Death By Food Pyramid](#).