



# *NLJ Fitness & Wellness Consulting*

## *Call Today 206-852-4768*

### **You Are What You Eat**

**By Nancy Jerominski**

Watching TV, I counted 16 out of 20 commercials selling fast food, prescriptions and over the counter medications in 3 minutes. Not one aired for nutritionally dense food. Who would lose billions annually if we didn't need those drugs or ate that "food"?

Clean sources of saturated fat create satiety and are the "building blocks" of all our hormones. Without those hormones, our minds and bodies will betray us. 50% of breast milk is cholesterol and saturated fat! Growing babies and youngsters need this for healthy brains and bodies.

Every body is different and needs different ratios of sustainably raised animals (fat and protein), plenty of vegetables, seasonal fruits, raw nuts and seeds, and some whole or sprouted grains. Those needs are dictated by where in the world our ancestors evolved and what foods were available to them.

Quality matters! Eating cheap junk food loaded with sugar, high fructose corn syrup, MSG (which is hidden under at least 50 different names on labels), Trans fats and artificial sweeteners, makes you look and feel like junk. The longer packaged "food" lasts, the worse it is for you. Today, calories and nutrition aren't synonymous.

#### **Look and Feel Better Fast Tips:**

- Avoid sodas, juices, and teas.
  - A 12 ounce can of soda or bottled juice, organic or not, contains 9-10 TEASPOONS OF SUGAR!
- Drink half your body weight in ounces of FILTERED water each day.
  - Tap water contains chlorine which kills off the beneficial bacteria in your gut which is important for good digestion and elimination
- Avoid packaged, processed, fast "food" and diet "food".
  - There's no nutrition in it, only calories. Diet foods contain artificial sweeteners and are 180-800 times sweeter than white sugar. They actually make you crave sugar and junk food. 75% of all FDA registered complaints are related to aspartame and sucralose (which isn't made from sugar).

There are no pasta bushes, aspartame berries or sucralose beets in Nature. If you can't say it, don't eat it. Enjoy foods the way humans have eaten for millennia. You'll look and feel better than you have in years. Pharmaceutical companies will try to convince you otherwise, but the longevity of homo-sapiens over 200,000 years proves otherwise.