

How to eat to provide our body with food which allows us to function optimally? Food which supports our health and well being. Food which keeps us vital. Food which does not create disease. This is not a mystery. It is a simple matter of looking at the research of the past thirty years. This research points to eating good, simple, fresh food, and especially plenty of multi-colored, delicious, whole food. It's no longer a mystery how to maintain one's health: We need love, given and received, clean water, adequate sleep (seven to nine hours daily), physical safety, daily exercise/vigorous movement to build and maintain muscle mass AND we need good wholesome food.

We can engineer a world which makes it easy for people to be safe, and healthy, in their body. Just as we engineer a world wherein we grade roads, freeway exits, and streets, to produce the most known safety for the available funds. We don't vote on the grading and materials used in our road construction. We allow science and math (and lobbyists) to create something we use and trust. We build bridges and buildings, again, using science, math, and art to create lasting structures. We do not vote on how to create the structures; we trust our engineers, our architects. We don't conceive that our "freedom" is somehow impeded with the use of asphalt versus concrete. We don't bemoan our lack of "rights" because our roads are graded to better drain storm water; graded to provide the most and best safety known.

So too, with our food. We already give our government the authority to dictate which vitamins and minerals will fortify those foods which by processing/refining, have been stripped of the bulk of their nutrients. (We've gotten real good at processing "food": the stuff you find in a vending machine, the stuff which lasts forever: the chips and soda, the candy that most Americans consume daily.) The public doesn't vote on this. Food fortification happens; in the interest of the greatest good for society. In 1998 the Food and Drug Administration mandated the addition of folic acid to all enriched white flour products. We did this to help decrease the incidence of neural tube defects, or Spina Bifida; and subsequent studies have in fact shown a decrease in neural tube defects.

We know that eating more produce (all fruit and all vegetables), eating whole grains, eating beans (legumes), nuts and seeds, decreasing our intake of saturated and trans fats, decreasing our intake of salt and sugar, all lead to reductions in chronic disease: diabetes, heart disease, cancer, arthritis, gastro-intestinal problems, even dementia. The diseases which create grave disability and death. The diseases which will bankrupt us in the 21st century. We do know how to prevent and certainly greatly delay the onset of these diseases.

So.....we can mandate that the commercial bakery industry produce all of their products with at least 50% whole wheat flour, and decrease salt and sugar by at least one-third. We can mandate that the rice served in restaurant meals be brown rice, a whole grain. We can provide subsidies for all produce (fresh, dried, frozen, canned fruit and vegetables) so that a mother does not have to spend \$2.00 to \$3.00 for a pound of fruit, or \$2.00 for a pound of broccoli. We could use the tobacco model and tax the food which creates disease, while subsidizing the foods which create health. This is not a mystery; we can do this.

We've got to make taking care of ourselves easier to do. We can't continue to provide cheap, disease causing food to the poorest of our population (via fast food, via school lunches), while the upper middle class are the only ones able to afford fresh, organic, wholesome food. We can use the fast food infrastructure of clean, cheap, ubiquitous outlets to fundamentally change the quality of our food. **Let it be as easy, as inexpensive, to get wholesome food that creates health, that strengthens our immune system, as it presently is to obtain food which creates disease.** We can do this.

Create a New Cultural Norm for Food

We can create a culture which recognizes that our children are consuming too much sugar, too much salt, too much refined food; and make the consumption of whole foods the cultural norm. We have already created a cultural norm in regards to children and pornography, children and drugs, children and tobacco. Our schools do not sell cigarettes or pornography to raise money for sports teams. But they still sell food which creates disease. Since the 1980's we have created a cultural awareness in regard to child abuse and molestation. It is no longer acceptable, no longer tolerated in silence to have Uncle Norman or Grandpa Ralph molest their relatives with abandon. Mothers who may themselves have been molested, are crystal clear, finally, that their children will not be molested. We teach children safe touch, good touch. We teach children to be aware of danger. It wasn't always so. It is no longer acceptable to smoke in public buildings. Why, because we have slowly created a cultural norm of decency, of protecting the most vulnerable, of protecting health. We have done this. We can do the same with our food culture. If it was wrong to use Joe Camel to sell cigarettes, it is just as wrong to use the Snide Tiger to sell Cheetos.

My point is that we've got to make this business of taking care of ourselves easier. Make it part and parcel of the mainstream. As we did with making the mainstream respect that children will be minimally, if at all, exposed to pornography, tobacco and drugs. We haven't yet created this same kind of mainstream respect for collectively eating well. We can do this. We can use the same logic, the same scientific standards to create healthful food standards. We can make it easy to be healthy. **WE CANNOT HAVE GOOD HEALTH WITHOUT GOOD NUTRITION. Our public's health is part and parcel of PUBLIC SAFETY.**

For years, my motto has been: "All produce 50 cents a pound." Meaning that until fresh fruit and vegetables are cheap enough for working class and poor families to afford, we will not turn the corner on our diabetes and obesity epidemics. Until this cultural/societal change happens, two thirds of our overweight and obese population will turn into three quarters and more of us who suffer the painful disabilities of a body grown too large for the profit of a few.

EAT (and subsidize) THE FOOD WHICH PROMOTES HEALTH:

Use public money, which presently gives agricultural subsidies for corn and soy, creating ubiquitous and instead, subsidize the foods below:

Fruit and Vegetables

The nutrients in ALL fresh, frozen, dried and even canned fruit and vegetables provide valuable **phytonutrients** (plant nutrients) which are fibers, polyphenols, antioxidants, vitamins and minerals which enhance immune function, which help to keep us healthy. These phytochemicals help reduce inflammation, a leading cause of arthritis, heart disease, cancer, and dementia. They fight insulin resistance, the main fact of diabetes. Fresh fruit and vegetables provide a great deal of SATIETY, that sense of being satisfied when you eat, because they're rich in fiber and water. Deep colored fruit and vegetables contain more phytochemicals such as anthocyanins and carotenoids.

(On the subject of fruit and vegetables, I must say here that I DO support the consumption of organic, local, non-GMO foods, of course. But I am acutely aware that most people still cannot afford organic, locally farmed food; and we are purposely NOT told if our soy, corn, rape seed products have been genetically modified. When a farmers' market sells produce that exceeds the high cost of supermarket produce, this is

not affordable for most working class families. I am acutely aware of the role that class plays in our food choices, and until organic, local, non-GMO food is cheap enough for EVERYONE to afford, in good conscience I cannot promote this vs. food which is more affordable. There is also the argument that we cannot afford NOT to eat local, organic, non-GMO --- I know. But a person, a family has got to be able to buy a pound of apples that don't cost \$2.50 and up!)

Legumes

All manner of beans, peas, peanuts: garbanzo beans, black beans, pinto beans, soy beans and soy products: tofu, tempeh, miso, lentils, black eyed peas, etc. (Again, I'm not going to get into the pro or con of eating GMO soy, or the pros and cons of eating soy after a diagnosis of breast cancer.)

Legumes contain valuable protein, soluble fiber, vitamins, minerals, phytochemicals (such as lignans and isoflavones) which serve our body. They have a LOW GLYCEMIC INDEX which increases insulin sensitivity and decreases insulin resistance. Legumes also enrich the soil, by "fixing nitrogen" or converting nitrogen in the atmosphere into nitrogen in the soil. Talk about miracles!

Fermented (Cultured) Milk, Soybean, and Vegetable Foods

Yogurt (without added sugar), kefir, buttermilk, acidophilus milk, cottage cheese, tempeh, miso, natto, pickled vegetables (sauerkraut, pickles, olives, kimchee). These fermented foods provide PROBIOTICS, such as lactobacillus, which support the health of the gastro-intestinal tract, which will boost our immune system.

My only advice here is: watch your use of the SALTY miso and pickled vegetable intake!

Nuts and Seeds

Almonds, walnuts, pecans, pistachios, cashews, hazelnuts, sunflower and pumpkin seeds, etc. The entire array of Nuts and Seeds provide high quality fat, protein, fiber, vitamins, minerals, and the other phytochemicals which boost our immune system.

Good Quality Oils

Extra virgin olive oil, grapeseed oil, sesame oil, peanut oil, canola oil (again, I will not get into the pro or con of using GMO canola oil). These are the oils rich in monounsaturated fats which help prevent and reduce inflammation.

Whole Grains

Whole wheat bread (please NOT "multi-grain" a term coined by the food industry to hide the fact that the primary ingredient is NOT a whole grain), oats, wheat berries, brown rice, wild rice, whole wheat pasta, whole wheat tortillas, whole corn tortillas, whole wheat chapatti, quinoa, amaranth, corn, popcorn (home pop your popcorn using good quality oil).

These whole grains contain the bran and germ portion of the grain or edible seed, thus they have a LOW GLYCEMIC INDEX. Whole grains provide powerful phytochemicals (lignans) which reduce inflammation, prevent diabetes (promote insulin sensitivity/reduce insulin resistance), and prevent heart disease.

Spices, Garlic, Onions, Ginger, "Hot" Foods

Cayenne pepper, black pepper, chili powder, paprika, oregano, basil, dill, marjoram, parsley, cardamom, cumin, cinnamon, clove, turmeric --- these spices all have an extremely high Oxygen Radical Absorbance Capacity (ORAC) which helps fight cancer, heart disease, and any auto-immune and inflammatory disease (the entire family of arthritis). Garlic, onions, ginger – foods used by women around the world to begin the

daily main meal – also provide high ORAC as well as other compounds (allicin) which help boost immune function.

East Indian curry dishes use turmeric to impart an earthy flavor and bright yellow color. Turmeric contains curcumin, a compound which is being explored for its anti-cancer properties.

“Hot” foods such as horseradish, Japanese wasabi, and mustard also boost immune function. Add “heat” to your foods, as hot as you can stand!

Also, get in the habit of literally chewing small amounts of fennel, anise, clove, cardamom, even caraway, or dill seed on a daily basis to boost immunity. Or, add cardamom, ginger, cayenne pepper, even turmeric to your tea, and sip enhanced immunity!

Teas and Coffee

Yes, teas and coffee! Long before Coke and Pepsi became universal, the world drank all sorts of brewed leaves and herbs, fresh or dried, as their beverage of choice.

Muslim society gave the world coffee and Thank You for this gift. Teas and coffee are plant foods, thus they are rich in phytonutrients, again which reduce inflammation, boost immunity, and help prevent chronic disease.

Nutrition - What to do?

For women over 50, **we'll need less calories** as the decades pile up, so **avoid food which is high in calories, but low in nutrients**, such as: crackers, cookies, candy, cake, pastry, chips, pretzels, sweetened beverages, sweetened yogurts, ice cream, etc. The list of what to avoid may SEEM long, but when you replace these basically empty calorie “foods” with fresh or dried fruit, vegetables, nuts and seeds for snacking, and no calorie teas or coffee for beverages, you will be making a major investment in your future vitality. **The less sugar you eat, the less you will crave.**

Here I've got to say a word about CHOCOLATE. Ah, truly food from the Goddess (the Aztec, and other Mesoamerican civilizations sure knew a good thing!) If, and this is a big IF, you can afford the extra calories of chocolate, then yes, eating small amounts, daily, of the darkest chocolate you can find, will help reduce inflammation and boost immunity (thus good for your heart). However, if your relationship to chocolate is an addictive one (and the theobromine in chocolate is as addictive as is caffeine), then you may wish to re-think eating this luscious treat. As with sugar, the more you eat, the more you will crave.

Limit your intake of alcohol. Yes, your beloved evening glass of wine (or two or three) will significantly increase your risk of breast cancer. Drink no more than four times a week, and limit your alcohol to four or five ounces of wine, or one and a half (1.5 oz) ounce of hard liquor, or one beer. Alcohol does protect the heart by increasing the good HDL cholesterol, BUT, the increased risk of breast cancer outweighs any heart benefit. Drinking less alcohol will also reduce our intake of empty calories.

Limit your intake of red meat (four leggeds). The latest research recommends eating no more than four to six ounces total “red” meat for the week. Limiting red meat will not only protect your overall health, it will significantly help the health of our planet. Livestock contribute a full 18% of all greenhouse gases (they produce methane), more than cars, trains, planes and all other forms of transportation! Staggering. Not to mention the inhumane treatment that livestock, and all of our factory meat (cattle, hogs, chickens) must endure.

Women over 50 should **obtain baseline vitamin D and B12 levels** from your M.D. and have these checked once each five years. We typically do NOT get enough vitamin D from our food, and with the use of sun screens, we're not producing it via our skin. Also, those geographically north of Los Angeles or north of the 34th latitude do not absorb vitamin D in the winter months. Lastly, darker pigmented skin also blocks sunlight's absorption of vitamin D.

People with optimum levels of vitamin D appear to have less risk of ALL chronic disease, including cancer, and of course stronger bones.

B12 is a vitamin vital for good cognition and mental well being. If you are presently taking any type of stomach acid blocker (Tagamet, Prilosec, etc.), the acid blocker may block the absorption of B12. Also, as we age, we often produce less stomach acid (even without taking an acid blocker). Age related dementia may be caused by lack of B12.

Take a low dose, "senior" multi-vitamin with minerals. This is GOOD INSURANCE for our older years. The zinc, beta-carotene, and selenium in the multi-vitamin also serve as good insurance against **Age Related Macular Degeneration**.

If you do not consume two servings of milk products daily, then be sure to take a **calcium supplement**.

Take a **fish oil supplement** (omega 3 fatty acids) daily. Flax seed oil will not do, as flax seed oil converts very poorly to omega 3's in our body. The fish oil helps with joint pain (which happens for most of us as we age) by powerfully decreasing inflammation; protects our cardiac function, and helps mental cognition.

As a vegetarian, I struggled mightily with taking fish oil; I had used flax seed oil for years. But when I was in tremendous daily pain with a hip injury, I began taking a fish oil supplement to decrease the inflammation, thus the pain; and it worked.

For relief of menopausal symptoms, some women swear by the use of Evening Primrose Oil (high in gamma-linolenic acid – GLA) supplements, but there is little science to support its use.

Take a **low dose (81 mg) "baby" aspirin daily**. The aspirin helps protect the heart by decreasing inflammation. Aspirin takers also have less incidence of colon cancer.

A wonderful web site (and their monthly Nutrition Action Healthletter) for accurate nutrition information is: www.cspinet.org, the Center for Science in the Public Interest. Another is: www.aicr.org, the American Institute for Cancer Research. (Remember, ALL changes which benefit cancer reduction, will benefit your ENTIRE body and reduction of ALL chronic disease.) A wonderful web site for solid information regarding supplements is: www.nccam.nih.gov the National Center for Complementary and Alternative Medicine. To research various diseases or health conditions, go to: www.nlm.nih.gov/medlineplus the National Library of Medicine site.

Until our society wakes us to the danger of our present factory food system (dangers not only to individual health, but to the health of our planet), I suggest, in addition to the above:

Learn to Cook. Cook a variety of whole grains, legumes, vegetables. Decrease your intake of four legged flesh (beef, pork, lamb); eat no more than four to six ounces a week. Eat legumes daily or several times a week to replace animal proteins. Decrease your intake of refined flour, sugar and salt. Increase your intake of fresh fruit, all vegetables. Use dried fruit, instead of candy if you want a burst of "sweet." Use nuts and seeds, home popped popcorn to snack on, instead of chips, crackers, cake, pastry. Eat

whole wheat breads, whole wheat pastas, whole wheat tortillas, whole corn tortillas, brown rice, any other whole grains you can afford (quinoa, amaranth, wild rice). Eat delicious, simple food.

If you don't cook, if you don't know how to prepare simple food deliciously, then learn. This is not a mystery. Women all over the world still cook; the smartest, the uneducated. They create food which tastes good. Which they feed to their families each day; every day, over and over throughout the years. They make this basic food taste delicious. They use herbs, spices, roots, garlic, onions, ginger, and good oil to make tasty food which no one tires of. The Chinese woman cooks only Chinese food. The East Indian woman cooks only East Indian food; their families don't have the luxury of variety of tastes: Italian one night, Mexican another night and so on. The family doesn't tire of the taste of the food, BECAUSE THE FOOD IS DELICIOUS and it supports health! This food is filled with phytochemicals, antioxidants, fiber which boosts the immune system, which reduces inflammation, which provides health. My point is that if they can do it, so can you.

Learn to cook at least SIX to TEN BASIC RECIPES which you love, which your family loves, which you can be proud to serve to guests. You can do this!

You might say, well, that's fine, but I DON'T WANT TO COOK. I DON'T WANT TO PREPARE. And I SURE AS HELL DON'T WANT TO CLEAN UP! As a dear friend of mine told me, looking at me with her beautiful clear blue-gray eyes across a dinner table at Green's in San Francisco: "This [eating and food prep] is relentless." And I just kept eating across from her and nodded in total agreement. This eating and food prep thing IS relentless. We've got to do it daily, or at least more days than not. Fact of life.

So I beseech you: FALL IN LOVE with just a dozen or so things that you love the taste of and can make. Can teach yourself to make. YouTube www.youtube.com has countless "how to cook" clips. Watch them and experiment on your own. There are also countless recipes on the web allowing you to create meals which are less fatty, less salty, delicious and nutritious. Eatingwell.com www.eatingwell.com has easy, truly delicious recipes, as does the New York Times www.nytimes.com . If this were your child, you would make it for her, over and over and over again. No questions asked. Do the same for yourself.

But our world, our society, has got to make it easier. Convenient. Just as we have made things easier in all aspects of our lives. We've come to expect convenience. This is not a bad thing.....but the cheap food and convenience we've come to expect must provide us food which promotes health. The food which creates disease must become prohibitively expensive and difficult to obtain.

There are those who may never unleash their hidden culinary talents on the world, whose creativity is vented on music, in words, in clay, in wool. Not all will love food and why it blesses our lives. Thus we've got to make whole food, locally grown, organic food easier to obtain, and certainly much, much cheaper. This will allow the artist, the scholar, the scientist to stay healthy while performing their genius. This will create public health, which will create public safety, which will reduce health care costs. We can do this.

Don't Drink Sugar. Until the past 100 years or so, humans only consumed beverages which did not contain added sugars. We used non-caloric water, teas and coffee as the primary drinks to quench our thirst. Of course we drank alcoholic

beverages, milk and fermented milk products as well. But our primary thirst quenching drinks had no calories! We didn't drink much fruit juice because we had no refrigeration.

When we DRINK our calories, our body is not programmed to "register" that we've taken in these extra calories, so we don't compensate by eating less, we just get fat.

Don't drink sodas, sports drinks, "energy" drinks, etc. which contain sugars. **Don't drink the artificially sweetened drinks** either. The artificial sweeteners are not 100% proven safe, AND, the studies are so far inconclusive whether or not they increase appetite or stimulate secretion of insulin. Drinking artificially sweetened drinks has NOT proven to help with weight loss (hello, we've had "diet" drinks for over 50 years now and we're only getting fatter!). Artificial sweeteners keep the brain craving sugar and sweets.

The more sugar (sucrose and high fructose corn syrup) and artificial sweeteners we consume, the more we will want!

The next most important thing regarding food and eating:

Don't overeat. Don't overeat. Don't overeat.

David Kessler (the former head of the Food and Drug Administration) has just published his book: **The End of Overeating**. He tells us the food industry secrets which promote our overeating, thus our obesity. Overeating creates great stress on your body. You know what happens when you overeat. You feel that sensation of too full, discomfort, not wanting to move, maybe some nausea, some heartburn, which you know all too well. You may overeat to help you fall asleep; to help you forget; to help you cope with stress and anxiety. You eat past the point of tasting, past the point of any reason, just because the food is there, just because you want to, just because your father/mother/brother/sister/whoever taught you to overeat. To "clean your plate." You learned to overeat as a child, as a teen, when you first left home; whenever. At first, for years in fact, you don't notice how much discomfort you have after overeating. Then, as the pounds creep on, this period of discomfort begins to extend, get longer, get more frequent; it gets to be daily. And you begin to notice. Notice enough to start the TUMS, the ROLAIDS, then move up to the over the counter Prilosec, or Tagamet. This bodily discomfort which leads to weight gain and no desire to move. So you conserve your movements, and in so doing, you gain more weight. You're not eating any more than you did a few years ago, but you're moving less. It gets to be too hard. It's an effort to move, so you don't. Now you're buying larger size clothing and joking about your weight. And you keep overeating.

Eating works to zone you out/space you out/help you relax/give you comfort/reduce anxiety; and the discomfort afterwards is so very familiar, that you ignore it. You take another pill. The too sweet, too salty, too fatty, overly refined food that you've over eaten most of your life.

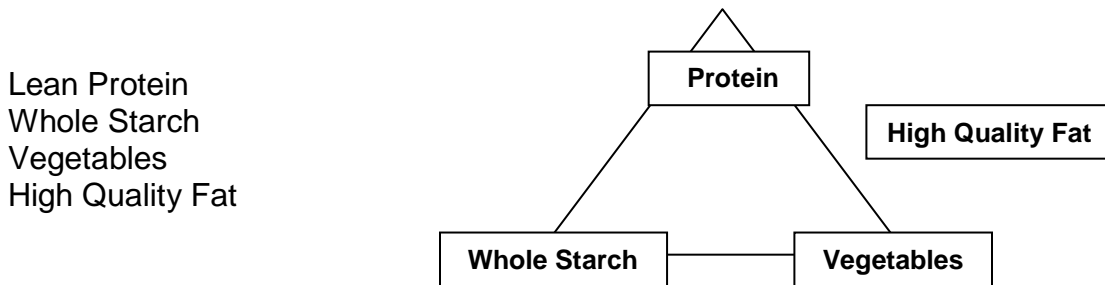
Overeating this food creates heartburn, gas, bloat, often diarrhea, obesity, diabetes, heart disease, cancer, arthritis; but you keep eating it, and don't think about feeling bad. You tell yourself: "I don't smoke; I don't drink; hell I don't even have sex! What's wrong with eating?" You keep overeating cause the factory food is processed to MAKE YOU OVEREAT, and you don't know any other way of eating. And it's cheap. It's a cheap way to relax, to reward yourself, to "come down" after a horrible day at work, after being with screaming kids all day, after dealing with a boss, spouse/partner who disrespect you.

How to Not Overeat

First, recognize that overeating is a problem for you, and desire to change. Create a CONSCIOUSNESS of not overeating. Eat only till you are satisfied. Sated. Eat only till satiety. Stop eating when you JUST BEGIN to feel full. Don't eat past this point. At first it will seem strange, you will want to keep eating. But don't. Stop before you normally stop eating.

See: **What to Eat** and **The Way To Eat** to help you stop eating before you're too full, before you're stuffed.

The **What to Eat** to help you stop overeating:



When you eat a source of **lean protein, whole starch** (whole grains or roots), **vegetables**, and **high quality fat**, all at the same time, at the same meal, then you will be able to eat less. True.

The combination of these four foods, and especially the amino acids in the protein, and the fiber from the vegetables and whole grains or roots (e.g. yams) allows your body to feel satisfied, sated. You reach satiety, and if you are paying attention, if you have the desire to not overeat, you won't.

The combination of eating a protein, a whole starch, vegetables and high quality fat is the way most cultures, most societies eat. This is the "meat, potatoes, vegetables" that Americans used to eat. (We now eat meat, refined flour, and (fried) potatoes.) This is the fish, rice, vegetables that Asians eat. This is the dahl, chapatti, vegetables that East Indians eat. This is the beans, corn tortillas, vegetables that Mexicans eat. This is the pasta, legumes, vegetables that Italians eat. This is the peanuts, sorghum or millet, vegetables that Africans eat.

Get your **proteins** primarily from beans (legumes), tofu, tempeh, fish, seafood, poultry, and low-fat cheeses, cottage cheese. Avoid deep frying. Avoid, or eat very sparingly of four leggeds (beef, pork, lamb) and high fat cheese; these are highest in total fat and saturated fats.

Eat LOTS of **vegetables** with your meals. Cooked vegetables will give you more fiber, will digest easier, and will provide you with more phytochemicals (e.g. lycopene) than raw vegetables. Ahhhhh, surprise! Yes, cup for cup, cooked vegetables give you more. "BUT I DON'T LIKE COOKED VEGETABLES! I ONLY LIKE THEM RAW!" she screams at the screen! OK, OK, then eat them raw, but eat LOTS of them raw. A measly dinner salad just won't do. Sorry. And get a good variety. The best way to get variety is to cook from different cultures: Italian, Chinese, Mexican, East Indian, etc.

Eat a source of **whole starch** (whole grains or a root starch – potato, yams) with your meals. These will provide you the calories and nutrients you require to complete

the sense of satisfaction.

There is **NO NEED** whatsoever to forgo starches/carbohydrates at a meal. The Adkins diet myth has created a carbohydrate phobic public. The only carbohydrates you need to avoid are sugars and refined flours: the candy, cake, cookies, ice cream, crackers, chips, soda, energy drinks that contain sugars (primarily corn based) and starches which are devoid of food value. The baked, refined white flour products, along with fried fast food are the primary source of deadly Trans Fats (partially hydrogenated vegetable oil).

Cook the lean protein, vegetables with a **high quality fat**. If not cooking, and eating say a lunch of whole wheat bread, baked tofu on top of a bed of mixed greens, carrots, cukes, tomato salad; then use a high quality extra virgin oil for your fat source. Or if you have a whole wheat turkey sandwich with raw celery, carrots, and tomato, then eat a small handful of walnuts or almonds for the high quality fat.

The **Way to Eat** to help you stop before you're too full, before you're stuffed is:

EAT S - L - O - W - L - Y

That's right, **s-l-o-w down your eating**. Eat slower; eat slowly; take your time.

You watched your father eat rapidly; you **HAD** to eat fast, else your brother/sister/whoever would have taken that last piece of meat; you got married and your husband/wife/partner eats rapidly, so you do too; you learned to eat rapidly in the military, while being a policeperson, while being a fire fighter, while at school; you **HAVE** to eat rapidly cause you use your lunch time to run errands, and Goddess only knows that you've got to run these errands during lunch. Of course. There are zillions of reasons to eat rapidly.

The problem is that when you eat rapidly, it becomes a habit; and this is one habit which can lead to the types of diseases which are fatal; which kill. This habit of eating rapidly almost always leads to overeating, which leads to obesity, which leads to diabetes, gastro-intestinal problems, heart disease, cancer, arthritis.

S-L-O-W down your eating. Taste your food. Enjoy your food. Feel your body as you eat. When you **JUST BEGIN** to be full, **STOP EATING!**

This will be one of the most difficult things to do. You are overeating rapidly, without thinking, with no consciousness. Desire to change. Wish to change. Ask for help from the Universe to change. Stay conscious of how and what you eat, and slowly, slowly, it **WILL** happen.

Thus the things that you can do, right away to truly change your life, change your body, improve your health are: Learn to Cook; Don't Drink Sugar; Have a protein, vegetable, whole starch, high quality fat at least twice a day; Don't Overeat **AND** Slow Down your rate of eating. Don't gulp, gobble, wolf down your food.

Of course I have much more to say about nutrition, as I spent thirty years of my life learning and teaching nutrition. I will write more.

One last, there is **NO PERFECTION** here. No "holier than thou". No perfection regarding what we eat; just as there is no perfection in our human interactions. We are

all learning to be more loving, compassionate, and graceful humans. We are all learning, daily, to better care for our bodies, our hearts, our souls. Eating well holds no “virtue” on its own; rather it just enables us to care for our temple, to enable us to honor others.

Here are three links to my published writing on general nutrition:

One, a booklet I authored for the California North Coast Indian Tribes:

Reclaim Your Body and Health, Nutrition Facts and Commodity Food Recipes for the California Indian Community

by Mary E. Farkas, M.S., R.D., M.A.

available as a free download: www.ncidc.org

Two, a book I helped to edit (and authored the Nutritional Therapies and Popular Diets sections):

Integrative Medicine, A Balanced Account of the Data

by Steven Wirth, M.D. (Mary Farkas, M.S., R.D., M.A. associate editor)

available: www.amazon.com

Three, a chapter I wrote for Z. Budapest, who I first met in the 70's in Boston. I wrote chapter 7: **The Politics of Food**, prior to completing my Masters in Nutrition at Tufts.

The Holy Book of Women's Mysteries

by Zsuzsanna Budapest

available at z's site: www.zbudapest.com or www.amazon.com

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