

You Are What You Eat

How we nourish ourselves through food is as fundamental to our health as the air we breathe and the water we drink.

What you can do:

- Choose locally grown, organic produce whenever possible. Apples, grapes, green beans, pears, peaches, strawberries, and spinach have been shown to have especially high pesticide residues, go to <http://www.localharvest.org/> to find a market in your area.
- Avoid food preservatives such as saccharin, aspartame, and olestra. For a complete list, visit <http://www.puristat.com/standardamericandiet/processedfoods.aspx>. You'll also learn about fake foods, toxins, processed foods and why refining destroy foods goodness.
- Avoid processed foods, go to <http://www.yourtruhealth.com/> for a complete list of additives also everything you need to know about the water you're drinking, distilled or otherwise.
- Know where your fish comes from. Unfortunately, fish-an intrinsically healthy food-often contains PCBs (polychlorinated biphenyls) and/ or mercury. Choose smaller fish, which do not bioaccumulate as many toxic chemicals and choose fish from more pristine waters such as those in Alaska. Visit <http://www.ewg.org/safefishlist> for a list of safe fish and go to <http://www.ewg.org/forparents> for an extensive resource on tips, tools, and guides for raising healthy children.
- After you make these smart food choices, enjoy eating and know you are doing your best for yourself and your family.

There's more to eating locally grown food than just supporting your local farmer. Edgar Cayce, Association for Research and Enlightenment was a huge proponent of eating locally grown food way before the movement started. For more on Cayce visit <http://www.cayce.com/caycebasicdiet.htm>. In addition, how eating locally grown food helps the environment go to http://environment.about.com/od/greenlivingdesign/a/locally_grown.htm

After you make these smart food choices, I assure you you'll enjoy eating more while at the same time know you're doing the best for yourself and your family, you deserve it!