

What Has Changed?

- ❑ Always had carcinogens, heavy metals, contaminants
- ❑ Always had allergens

*Now we have polluted food
as well as food that is addicting!*

- ❑ Polluted food attacks the gut – involving the immune system which can attack any organ or system
- ❑ Addictive food attacks the brain involving the endocrine system
- ❑ Both attack the liver – job is to clean things up

What Causes Leaky Gut

- A. Chronic or acute food allergies - GE or HH grains & vegetables**
- B. Foods high in the glycemic index, and dairy products raw or pasteurized.**
- C. Foods high in refined flours, almost all processed foods that are not organic, foods with little or no fiber**
- D. Foods high in caffeine that are chronically used**
- E. Excessive use of alcohol or long term use of antibiotics**
- F. Chronic use of drugs like aspirin or ibuprofen (NSAIDs)**
- G. Mercury laden foods or mercurial environmental toxins**
- H. Severe food poisoning**

How We Gain Muscle Mass + Accumulate Body Fat

Ingest Foods Without CLA

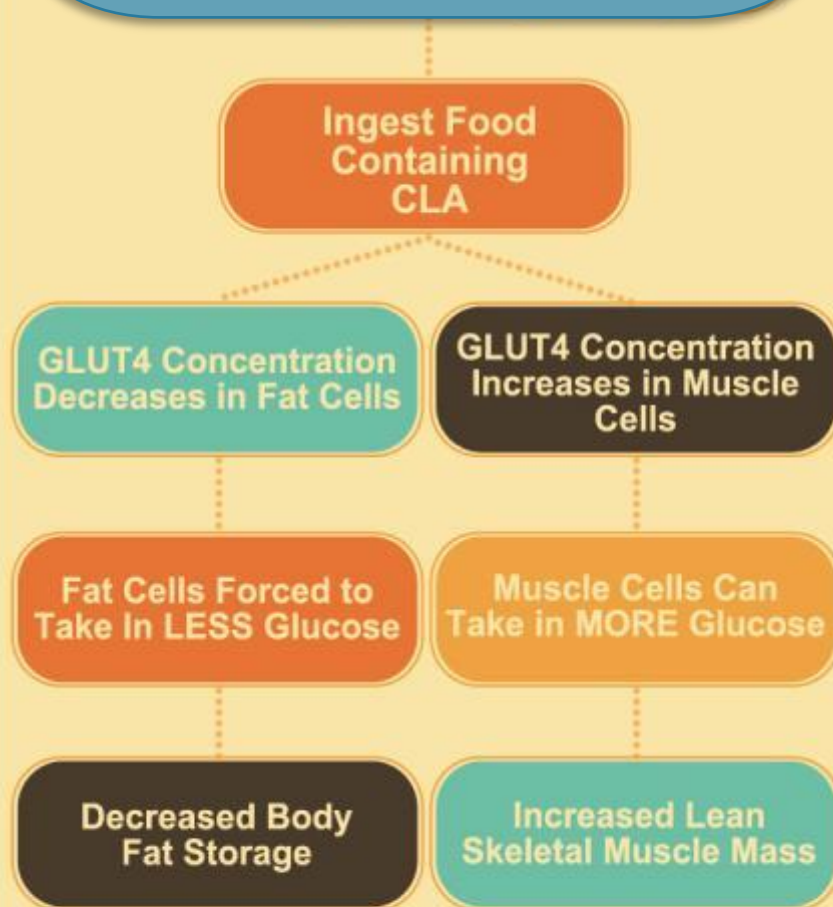


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How CLA Affects Muscle Mass + Body Fat

Ingest Foods With CLA



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Sources of Trans Fat CLA

- ❑ **Full fat milk, raw cheeses, butter – from grass fed cows**
 - **Grass-fed cows have 300 to 500 percent more CLA than cattle raised on feeds.**

- ❑ **Kangaroo meat– highest concentration. Raised wild in Australia, kangaroo meat is sold in 55 countries including the United States**

- ❑ **Poultry – un-caged, pastured. The CLA in eggs withstands the cooking necessary to render it safe from food-borne pathogens.**

- ❑ **Nonmeat sources:**
 - **Fats from vegetable sources are usually low-quality sources of CLA.**

Now think of what we're eating for breakfast in this country...

If you don't want to get fat you're told to drink low-fat milk, and eat corn or wheat or toasted cereal.

It's the prescription to make you as fat as possible as quickly as you can get there. You'll never stop wanting to eat because you're never getting any food that causes satiation.

Dr. Al Sears, MD Power for Healthy Living

Food Addiction

According to Mark Gold, chief of addiction medicine at the University of Florida's McKnight Brain Institute, food addiction involves:

- 1. Eating too much despite the consequences, even dire consequences to health**
- 2. Being preoccupied with food, food preparation and meals**
- 3. Trying and failing to cut back on food intake**
- 4. Feeling guilty about eating and overeating**



ED Field Adverse to Addiction Model

Seen as standard treatment for alcohol and drug addiction, not eating disorders

"I have a difficult time around the food addiction model, where certain foods are demonized. People have to learn how to manage food." Chevese Turner (2011)



Founder and CEO of the
Binge Eating Disorder Association

What We Feed Them May Be Killing Them?

Not only do we fail to teach children to avoid the harmless substances found in processed, fast and deli foods.... we actually feed it to them! Parents are unaware that:

- **95% of processed foods**
- **88.6% of fruits and vegetables**
- **92% of grains**



are loaded with addictive neurotoxins, pesticides and/or are genetically engineered.

These percentages may be even higher in foods that are targeted to children.

What Can I Do?

- Learn to eat clean: Grass-fed, fresh-caught, organic, minimally processed. No sweeteners, limit # of soft drinks to only those with natural sweeteners, red wine in moderation and NO BEER!**
- Use of coconut oil, grass-fed raw butter or ghee as the main fat in diet – fat handout (Olive oil in limited amounts)**
- Avoid most grains or buy them from Italy (Jovial Foods) Eat Sour-dough if you have to eat bread**
- Liberal use of probiotics**
- Use of fermented carbohydrates in natural foods. Examples are sauerkraut, pickles, Kimichi, Kombucha, yogurt, kefir, artichoke, horseradish, rosemary, tumeric, and oregano**