

## Guillermou

A group of researchers from Ireland, France, Australia and the United States conducted an overall systematic review of studies and revealed compelling findings on the harmful effects of ultra-processed foods. All review articles were published in the last three years and had almost 10 million participants. None were financed by companies dedicated to the production of ultra-processed foods. There is strong evidence that increased exposure to ultra-processed foods is associated with an increased risk of developing at least 32 harmful human health effects, including cancer, major heart and lung conditions, mental disorders and premature death.

Due to their ingredients and high level of processing, ultra-processed foods are addictive. They generate little satiety and that makes them consume more. Ultra-processed foods, including packaged baked goods and snacks, soft drinks, sugary cereals, and ready-to-eat or heat products, undergo multiple industrial processes and often contain colorings, emulsifiers, flavorings, and other additives. They can represent up to 58% of total daily energy intake in some high-income countries, and have increased rapidly in many low- and middle-income nations in recent decades.

Compelling evidence showed that higher intake of ultra-processed foods was associated with a 50% increase in the risk of cardiovascular disease-related death. They also detected that the consumption of ultra-processed foods is involved in a 48-53% increase in the risk of anxiety and common mental disorders, and a 12% increase in the risk of type 2 diabetes.

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Strong evidence also indicated that higher intakes of ultra-processed foods were associated with a 21% higher risk of death from any cause, a 40-66% higher risk of death related to cardiovascular disease, obesity, type 2 diabetes, and sleep, and a 22% higher risk of depression. They made these recommendations to control and reduce the production and consumption of these products:----- 1) Front-of-package labeling, restriction of advertising and prohibition of sales in or near schools and hospitals should be established (these measures already apply in some countries).----- 2) Fiscal and other measures should be taken to make unprocessed or minimally processed foods and freshly prepared meals more accessible.

PThey proposed that United Nations agencies, together with Member States, develop and implement a framework convention on ultra-processed foods similar to the one that has already existed since 2003 for tobacco control, and that they promote examples of good practices.-----

[www.bmj.com/.../bmj-2023-077310](http://www.bmj.com/.../bmj-2023-077310) (2024).-

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Just the Gut Speaking, (fed by the way by the time honored, healthy Food Processing Method, fermenting - Kim Chi, Keifer, Yogurt, fermented Pickles, Sauerkraut, however I digress.) The Ultra Processed Foods supposedly eliminating Cow City Ghettos, er, CAFOs and the farting cows, only keeps in place the offenses to the "Gut Health of the Soil." The sources of many of the Ultra Processed Foods are huge environmental & inferior Products and instead of being fed to livestock, switched to a direct deposit to Us.

Even if Cow City Ghettos, er, CAFOs were eliminated, the Life Killer Chemical Heavy Plant Production stays firmly in place to spread Pollution generating Dis-Ease disrupting the Gut Health of the Soil, Water, Air, all Lifeforms, Great and Small. With Bill Gates and many others with deep pockets buying up farmlands is fermenting the question; Are the Too Bigs hedging their bets on the control of food sources? (Rhetorical question.) This along with ridiculous Jack-Booted attacks on the small farmers, gardeners, Regenerative Healthy Food Suppliers Networks, suggests for the Too Bigs comfort, too many have become aware, engaging in Healing the Soil, engaged in Healthy Real Food Supply Operations.

The skills valuing Proper Livestock practices, Regenerative Farming/Gardening, Seed Saving, things like growing sprouts, making fermented foods are increasing astronomically. Independently producing Real Wealth breaks the Chains of those who do not have our best interests, Humanities best Interest, the Circle of Life's best interest in their plans.

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Yes Just, above all feed the "Circle of Life's". Unlike conventional doctors, many functional doctors have made the connection between soil poverty and poor health. Many of them embrace nutrient-dense diets that resemble those that enabled our ancestors to live to old ripe ages, minus today's rampant disease. These diets often look very similar to the increasingly popular Paleo food route. Functional physicians are fond of quoting Hippocrates who said that "good health begins in the gut." Hippocrates was, of course, referring to good nutrition and our bodies' ability to use it.

One of the things that many functional doctors agree on is the recent influx of excessive amounts of calories into our diet - many of them coming in harder-to-digest forms and much worse when we turn to ultra-processed foods. Smaller fruits, such as berries, or tart or tart fruit such as limes, lemons, sour cherries and tart apples all contain good vitamins and minerals than their sweet counterparts, minus the overdose of fructose. Looking back once again at the time our ancestors for guidance, we found that these sour fruits were in greater abundance.

The type of saturated fat that contains cholesterol - which only comes from animals - has been consumed in large quantities by man since the dawn of man. Cholesterol is essential for human health. Cholesterol is essential for delivering nutrients to our cells and our brain cannot function without it. Polyunsaturated oils are now recommended, which are associated with all types of diseases and whose processing causes oxidation and glycation between carbohydrates and proteins.

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Big Agriculture, Big Food, Big Pharma and Big Medicine have had an economic vision. All they had to do was turn a blind eye to what was happening with food production and consumption. This seems to call into question the wisdom of the function of a food and medical system that functions within a modern, capitalist system. The guilty players include not only Big Medicine, Big Pharma, Big Food and Big Ag, but oil companies, commodity trade boards, as well as those companies dealing in agricultural poisons, genetic manipulation and suppression. of seed diversity. And of course, the ability of these wealthy players to buy influence with the ultimate big player: corrupt government institutions.

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**juststeve**

Professor, your observations in your second reply underscore how seriously the Beast has been wounded. All the Too Bigs are intertwined in a corrupt incestuous relationship built over a century in the States with heavy Rockefeller influence using Oil and Finance to make all Roads to Led to an outright ruled by a few. If looked at closely, deeply, it becomes pretty clear it is hard to see where one starts and the others begin all the way up and including buying Gov't's. Everything is turned into a Circus of Chaos supplying distractions supplied by lick spittle's in a process focused on who raises the most money, a horse race, the largest sideshow to keep attention on distractions meant to Divide to Rule.

To distract from any real solutions to the real issues. This Poly Faced Globalist Corporation cannot afford to have citizens see more than one or two faces at any time. Or citizens to see how dangerous it is for all to have so much control funneled into one lane. One or two parts stumble and fall and the rest run the risk of falling like dominos.

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**sue2613**

I often wonder if these people such as Gates and his friends who are destroying our planet are aliens. Who else would not care about the planet they have to live in? Maybe David Icke is right.

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**sue2613**

You could make your own bread with Einkorn berries. Sprout the berries and follow the recipe for the Essence bread. Many people who ae gluten sensitive can eat Einkorn wheat. I don't know about celiac.

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## PintoHorse

@Gui. Our bodies can produce their own cholesterol. We don't absolutely have to have it in our diets. At least - according to Johns Hopkins Medicine.

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## billstri

According to one historical book, the book of Genesis, mankind's lifespan used to be over 900 years and you could still get pregnant and have kids when you are over 500 years old making it possible and likely to have several hundred kids born from one set of parents. From about 6000 years ago to about 4400 years ago, man and air breathing animals did not eat animals, but the sacrifice of animals was used to make clothing to cover our sin. After the world destroying flood, sacrificing animals for food was allowed and encouraged, but the reasons for that change were not given.

During the post flood ice age, the lifespan of man slowly decreased from 900+ years down to less than 100 years, but that reverse of evolution took place slowly, perhaps a thousand years. At one time, we could live up to perhaps 1000 years and now we can only live to perhaps 100 years. Not sure it is possible to get back to a much longer lifespan, but it seems possible to expand lifespans for a higher percentage of people if we eliminate factory manufactured foods from our diet, along with adopting other healthy lifestyles.

At the minimum, it appears that for many people, improving what they eat has very much improved their quality of life, for both the younger generation and the older generation. It obviously also appears that the longer you postpone the elimination of a high junk food diet, the more you will suffer later in life. This of course assumes the Earth and the Universe are just over 6000 years old and Genesis history is a fact. The rest of the Bible was written assuming the accuracy of Genesis.

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Yes PintoHorse, therefore we should not attack cholesterol when we have healthy levels and avoid its oxidation by maintaining a good level of HDL cholesterol and controlled triglycerides. The liver and intestines produce approximately 80 percent of the cholesterol in the body, since cholesterol is essential for the proper functioning of the body. Only about 20 percent of the cholesterol in the body comes from the foods a person eats. The body carries cholesterol and other types of fat cells, called triglycerides, into the bloodstream. Triglycerides are fat-storing molecules that circulate throughout the body and serve as a source of energy.

Both triglycerides and cholesterol are insoluble in water. Therefore, they need proteins and molecules called lipoproteins to transport them in the blood throughout the body. The main types of lipoproteins that the body uses to transport lipids (fats) in the body are:-- 1) Chylomicrons: These large particles transport dietary triglycerides and cholesterol from the intestine to the liver and other tissues in the body.-- 2) Very low density lipoproteins (VLDL, ): the liver produces these particles.

Muscles and adipose tissues metabolize VLDL into low-density lipoproteins.--- 3( LDL: Small dense LDL particles carry most of the cholesterol in the body's circulation to the tissues. Free radicals can oxidize them, causing atherosclerosis.-- 4) High-density lipoproteins (HDL, ): These particles play an important role in transporting cholesterol back to the liver, which helps prevent it from depositing in the arteries. HDL has antioxidant and anti-inflammatory properties, which can inhibit atherosclerosis.-  
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## wareagle82

EVs are touted as environmentally friendly, too, but only if you think industrial-scale mining and child labor are good things. The gullibility of society is frightening; a large segment of the population can be counted on to blindly believe whatever they are told, no matter how ridiculous it sounds or how badly it fails to pass even the slightest test of reasoning. Trying to convince people that artificial "meat" is superior to the real thing hints at a society that has already reached the level of Idiocracy.

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## billstri

I think most people believe elected officials more than anyone else. But they are just lawyers and politicians, mostly with degrees in law and political science and speech giving. Their beliefs match the groups who finance their political agenda and may or may not include scientists. Even science and those with science degrees are divided between those who believe in creation based on utter randomness over billions of years versus those who believe in a perfect created creation just 6000 years ago that is wearing out and becoming more corrupt over time due to man's sin caused corruption entering that creation. Real science does not seem to be based on which religion (evolution or creation) you believe (man's power versus God's power) as long as you believe that man cannot create or destroy and that total energy and of a closed system is always declining, the two laws that all science is based on.

In other words everything including life itself is slowly turning into randomness and falling apart and we are speeding up the process of the destruction of mankind by eating lower quality foods and other bad habits like the current faster rate of destroying our environment. Main problem with evolutionary belief is the idea built into us that by man's power, we can evolve man to eventually have eternal life on earth where science says we are going the other way and all we can do is maybe slow down and postpone the inevitable extinction of man and animals.

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## heather123456

There are not intended for vegans and I don't know any vegans (and I know vegans) who consume these. A real veggie burger and veggie sausage can be made at home with nice ingredients possibly already in ones pantry. Sadly some restaurants had a suitable vegan option and it was replaced with these inedible things and also, shelf space all over was taken from nice family owned \ employee owned companies that use real ingredients.

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## MoMac46

Heather - Totally agree - home made taste far better than the ones sold in stores etc

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## sue2613

If you want more protein use beans, but prepare them first by soaking them. Rice burgers are great tasting and there are many recipes online, also for bean burgers. Add beets to burgers for the red color.

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## PintoHorse

Cook some beans in a slow cooker (or otherwise if you wish); mash them up; add chopped onions and other vegetables - mushrooms are nice; add some salt (tamari) and herbs/spices if you wish; add an egg (or egg replacer if you are a vegan); also some good quality bread crumbs or oatmeal; mix it all together; then cook or bake in the oven. Tastes good. Cheaper than the awful Impossible Burger. All foods, even made-from-scratch at home, are going to produce health issues if you eat them day after day. Rotate your menu choices.

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## honeybee22

Vegans I know have died early from heart attack or cancer. Some people can manage it well and they have the proper food and possibly genetics. For me, I did not have a healthy outcome and after 8 years made a change back to a wider range of food and let my body tell me what I needed. So glad I was not coerced by the 'morally superior' attitudes that surrounded me at the time. Happy to be a simple omnivore and exercise care over choices.

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## LynneH2

I live in the UK and I'm 75. I tried to stick to a vegan diet for almost 30 years, until I started breaking bones, due to osteoporosis. I started weighing and logging my food intake and eventually realised that my diet was short of essential proteins. All these years on a restricted diet, I didn't realise that our bones require some animal protein, to provide collagen, as this forms the bone frame work, that the Calcium binds too. I gradually added occasional outdoor reared lamb, free range hens eggs and organic dairy ie milk, proper cheese and butter, from out door reared, ie grass fed cows, in the hope that they had some quality life. I felt guilty eating it for ages, but eventually realised that I felt better physically. I've continued to buy Quorn mince to have instead of beef, but now question how healthy it actually is?

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## AntoniaG

@Gui, you mentioned gluten and FODMAPs. This has been my experience. Cut out gluten in an attempt to figure out what was causing my used-to-be washerboard flat stomach to be protruding. It continued to stick out. After a few months, I began to suspect apples because I couldn't get hold of my usual organic ones for a week and my stomach looked better. (Actually it was my bowel area.) Eliminated apples and gluten and voila, flatter stomach area. Reintroduced gluten, in the form of Einkorn or Red Fife sourdough, and never looked back. I can't eat onions or garlic (both high FODMAP) anyway due to migraines.

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## Chimonger

In 2019, right as Impossible burgers & Beyond burgers launched, we took a road trip from WA to UT. Before leaving, I'd looked at the Impossible website, & read what appeared to be a rational statement about soy (main ingredient). So, we stopped at 4 places, had 3 Impossible & 1 Beyond. Flavor was better than decent (tho the Impossible was better than the Beyond, we thought—for taste). Upon return tho, that soy page had been replaced by an angry sounding tirade swearing GMO soy was just as healthy as organic soy; the company had in the 2 weeks we were away, admitted they use GMOsoy to make Impossible "meats". On top of that, we checked into an airport motel near SLC—the place has a pool in the lobby—the entire place reeked of chlorine bleach.

Our room was at the end of a long hall away from the pool, but the chemicals were still "loud". Only there 1 nite, felt flu-like, headachy from the chemicals. Then, drove over to NE UT. by then (only in 3 days), lesions started happening on my face. By 5 days into trip, my face was starting to look like a bad pizza. I felt exhausted, had more trouble thinking straight, & in general, struggled to get thru our 2 week trip. By the time we got home, it was awful. The lesions were bigger, & seemed to show signs of multiple pathogen activity, or worse.

I used various alternatives on them, battling the various signs, which helped some, but the lesions wouldn't leave. They got smaller, but seemed like not going away. At that point (after over a year trying), I used (very carefully) a hot knife on the ones lingering. to literally burn them away that finally worked. Also, I'd used a stint of ketogenic diet, then a detoxing medical meal replacement (UltraClear GI Sustain), then, picking fresh, edible weeds daily to augment fresh, organic foods. It's been tough keeping doing that. & I think, too, that those dam products are also causing more cases of various cancer\$, & screwing with human's immune systems.

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