

Guillermou

Also this overview identified 39 meta-analyses on the associations between the consumption of ultra-processed foods (UPF) and health outcomes. We updated all meta-analyses including 122 individual articles on 49 unique health outcomes. Most of the included studies divided UPF consumption into quartiles, with the lowest quartile being the reference group. We identified 25 health outcomes associated with UPF consumption. For observational studies, 2 health outcomes, including decreased kidney function (OR: 1.25) and wheezing in children and adolescents (OR: 1.42), showed convincing evidence (Class I); and five outcomes with highly suggestive evidence (Class II) were reported, including diabetes mellitus, overweight, obesity, depression, and common mental disorders.

www.sciencedirect.com/.../S0261561424001225 (2024).--

Posted On 04/27/2024

Guillermou

Ultra-processed foods (UFPs) are poison for human biology. Humanity should not live with industrial formulations of processed food substances (hydrogenated fats, sugars, starch, protein isolates) that contain little or no whole foods and generally include flavorings, colorings, emulsifiers, and other cosmetic additives. Examples may include processed reconstituted meat products, potato chips, frozen French fries, candy, commercial cookies, soft drinks, refined grain pretzels, commercial bread, sweetened breakfast cereals, and baking mixes. A 2022 cross-sectional examination in the journal *Public Health Nutrition* found that people who ate the most ultra-processed foods were significantly more likely to report mild depression, as well as more mentally unhealthy and most anxious days per month.

The authors noted that the associations with adverse mental health outcomes and ultra-processed foods could arise from the greater presence of biologically active food additives and low essential nutrients. In one review, higher consumption of ultra-processed foods was cross-sectionally associated with higher odds of depressive and anxiety symptoms, both when these results were evaluated together: 1.53 and separately.

odds ratio of symptoms: 1.44, and odds ratio of anxiety symptoms: 1.48. Furthermore, a meta-analysis of prospective studies showed that higher intake of ultra-processed foods was associated with a higher risk of subsequent depression (hazard ratio: 1.22). We found evidence of associations between consumption of ultra-processed foods and adverse mental health , www.mdpi.com/.../2568 (2022) www.cambridge.org/core/journals/british-journal-of-nutrition/article/c.. (2022) www.tandfonline.com/.../1028415X.2022.2110188 (2022)

Posted On 04/27/2024

Guillermou

This review aims to summarize the magnitude and types of environmental impacts resulting from each stage of the UFP supply chain and develop a conceptual framework to display these impacts. This review found that UFPs are responsible for significant environmental impacts related with diet, greenhouse gas emissions, land use and food waste and up to a quarter of total diet-related water use among adults in a variety of high-income countries. The studies They also identified that the production and consumption of UPF has impacts on land degradation, herbicide use, eutrophication, and packaging use, although these impacts were not quantified in relation to the dietary contribution.

The findings highlight that environmental degradation associated with UPFs is of great concern due to the substantial resources used in the production and processing of such products, and also because UPFs are counterproductive to basic human needs.

www.sciencedirect.com/science/article/abs/pii/S0959652622027445 (2022) In recent decades, an increase in the consumption of UPF has been observed in both developed and developing countries. For example, a study including data on US youth from the National Health and Nutrition Examination Survey (NHANES) found a significant increase (from 61.4% to 67.0%) in the percentage of total energy of UPF consumption from 1999 to 2018.

Another time trend study that included 11 metropolitan areas in Brazil observed an increase from 19.2% to 28.0% of the total energy available in household food between 1987 and 2002. UPF consumption was associated with the use of alcohol, tobacco and illicit drugs in a national sample of adolescents link.springer.com/.../s11469-023-01038-6 (2023)

Posted On 04/27/2024

Guillermou

Recent data, from three large prospective cohort studies published in the British Medical Journal, showed that consumption of ultra-processed foods had a 29% higher risk of colorectal cancer. Also another study, each 10 percentage point increase in UPF consumption was associated with a higher incidence of cancer in general and specifically ovarian cancer (1,19). Additionally, each 10 percentage point increase in UPF consumption was associated with an increased risk of overall (1.06), ovarian (1.30), and breast (1.16) cancer-related mortality. www.sciencedaily.com/.../220831210024.htm (2022) www.bmj.com/.../bmj-2021-068921 (2021) www.bmj.com/.../bmj-2021-068921 .full (2022) academic.oup.com/jnci/advance-article-abstract/doi/10.1093/jnci/djac22.. (2022) academic.oup.com/.../6881083 (2022) academic.oup.com/jnci/article-abstract/115/2/155/6881082?login=false (2023)

Posted On 04/27/2024

juststeve

What grabbed my ear was when the clip exposed how Addiction Centers were highly charged up and Control Centers were heavily dampened. Perfect for a focus mainly on profit. Health, nutrition, longevity and a life worth living? Meh, not so much. So, we have populations consuming foods encouraging Addiction. Starting right as a baby, no less. Is it a stretch to expect if brains are being conditioned to be in an addictive state throughout life, this is a solid driver for such a large segment of our population to engage in Addictive Behaviors and Addictive Substances? A foundation also feeding Depression, Despair, Mental Illness, Violence? Also, alarming is when people get slammed with economic disasters, what is one of the first things they are faced with?

How do I manage what little I may have to spend? Often, its drop or reduce med's along with pick up what little food one can afford. What is heavily subsidized to be artificially 'cheap?' Ultra processed foods. Despair gets bad enough, the economic situation gets bad enough and it is to the streets and even bad foods get dropped to turn to even harder Addictive Substances to self-medicate Depression, Reality. All this and more leads to even those who have a means to afford foods more than likely are eating the Ultra Processed Fare affecting their mental, emotional status and this in turn may well say a lot about the decades of rising violence we once Did Not Have In Our Communities.

Posted On 04/27/2024

Then we also get this. The Empire Strikes Back at Healthy Sourced Foods: "Multiple U.S. agencies issued new warnings on Friday about the concerning spread of a highly pathogenic avian influenza strain public health officials are calling highly contagious. The U.S. Food and Drug Administration said tests of commercial milk samples have showed the presence of H5N1 virus fragments, though the milk is still safe to drink because it has been pasteurized. The World Health Organization acknowledged there were concerns with making sure the commercial milk supply stays safe.

Public health officials are urging the people not to consume raw milk, recommending instead to stick to pasteurized milk." First on Legacy Media one of their Talking Heads Doctors proclaimed - don't be alarmed, this is based on the PCR test, it picks up on fragments of virus. Wait what? No scorecard of the damned? No escalating numbers of chickens/cows/people of possible exposures yet not suffering any real debilitating sickness?

Like us, even the immune offended, immune dampened system of Industrial Factory Dairy Cows most likely not even sick. Doesn't this suggest all there is are fragments of the Doomsday Virus chopped up and defeated? Yet the message is do not consume Real Food Sourced From Animals With an Actual Healthy Immune System delivering more than calories, but healthy compounds found in Raw Milk not destroyed by Pasteurization. It suggests as Joe Salatin expresses in a proper herd or flock the sick animals are removed and the healthy are left alone.

This allows life to adapt to whatever the Dis-ease is moving through all of us. These smack of a one two punch. Once again, a Bird Flu epidemic being promoted as it once already has been done - and it was a big nothing burger. And an attack on Raw Milk and Biodynamic Regenerative Real & Healthy Produce. Who cares how contagious something is, if it doesn't make much of anyone sick? For those it does, what we've known forever, quarantine them.

Posted On 04/27/2024

Guillermou

Very well written Just. Big Tech, Big Food and Big Pharma constitute the network of misinformation and corruption at the service of the medical system, the FDA, the CDC, pulled by the strings of big capital. They are psychopaths who wreak havoc on innocent lives by indifferent, selfish, irresponsible criminal parasites and elected officials who lie to their constituents, trade political favors for campaign contributions, turn a blind eye to the wishes of citizens. electorate, bilk taxpayers out of hard-earned dollars, favor the corporate elite, entrench the military industrial complex, and give little thought to the impact their thoughtless actions and hastily passed legislation could have on defenseless citizens.

It is a system based entirely on treating the symptoms of the disease, "managing" the disease, rather than teaching people how to avoid the disease through nutrition, foods, and natural remedies. We are biology and the disease manifests itself when the basic rules of health have been attacked. Since conventional medicine lacks this understanding, they keep the patient in fear, which always aggravates the problem. Fear-based medicine, it's Rockefeller medicine, not science-based medicine, is what the CDC and FDA push.

Western medicine has fooled most Americans into believing they will die easily from disease. No television commercial or public service announcement will encourage you to prevent disease and live a long, healthy life. Empower people to take charge of their own health, learn about nutrition and become independent thinkers who can discard the manipulations of Big Pharma Big Food or Big Government, which try to keep you in a state of chronic degenerative disease so that doctors, drug companies and hospitals can extract as much of your money as possible before you die.

Posted On 04/27/2024

Guillermou

A Decalogue of False Claims of Allopathic Medicine; -----1) the symptoms are the cause of the disease -----2) EMF (electromagnetic fields) do not cause harm -----3) Only conventional medicine can effectively treat life-threatening diseases such as cancer, heart disease and diabetes. -----4) diet/nutrition does not play a major role in cancer prevention/reversal -----5) mammograms are saving lives -----6) GMOs are safe while feeding the world with ----7) vaccines are safe and effective ----8) Fluoride in water stops tooth decay ----9) High cholesterol means you will have a heart attack imminently soon ----10) Not paying attention to maintaining health conditions in favorable biological conditions has no impact on the severity of a virus or infection. www.wakingtimes.com/10-monumentally-false-claims-made-conventional-med..

Posted On 04/27/2024

juststeve

Bravo Gui! So very well expressed and covered!

Posted On 04/27/2024

GodsWhisper

Raw milk is the real super food! THEY know it and are trying to scare people into not drinking it! That, of course, before they FORCE us not to have access to it! I am on a campaign now to get our own cows. It's a tough battle with my husband, but he's happy I made us move to the country and get chickens years ago! So, hopefully, I'll win this battle! Wish me luck!

Posted On 04/27/2024

juststeve

Godwhisperer, it is my foundational prayer, Heal Us, Make Us Whole. While this may cover you, I'll add a Post Script and ask for your success! Best of success in your efforts we all need to succeed. JUST

Posted On 04/27/2024

Guillermou

Studies show that ultra-processed foods can also lead to adverse health outcomes due to overconsumption-related associations with obesity, heart disease, and non-alcoholic fatty liver disease. Alterations of the intestinal microbial ecosystem (changes in the relative abundance of specific microbial taxa or in intestinal bacterial diversity) and intestinal barrier dysfunction have been linked to excess adiposity, insulin resistance, type 2 diabetes and cardiovascular diseases. The underlying mechanisms are hypothesized to include increased bacterial production of atherogenic metabolites such as choline, trimethylamine N-oxide, and betaine; endotoxemia-induced low-grade systemic inflammation; modulation of the host immune system; and weight gain.

Other mechanisms may involve increased host calorie intake, alterations in energy homeostasis, and hepatic lipid accumulation. A study published in the American Journal of Preventive Medicine linked the consumption of highly processed foods to premature death. The study estimated that in 2019, the deaths of up to 57,000 Brazilians between 30 and 69 years old were related to ultra-processed foods.

www.sciencedirect.com/.../S2161831322004628 (2021)

academic.oup.com/eurheartj/article/43/3/213/6446064?login=false (2022)

academic.oup.com/.../6675536 (2022)

pubs.rsc.org/en/content/articlelanding/2023/fo/d2fo02628g/unauth (2023)

Posted On 04/27/2024

I watched the video and would like to see it in reverse. I would like to see daily or regular interviews with a person who regularly eats many ultra processed foods just quit cold turkey and see what happens over a month long period and also do brain scans to see what happens. I guess there would then be the problem of that person having a support group and rewards to help them through. Most people trying to eliminate ultra processed foods have no social support and most probably have negative support and people will laugh at them for trying. Most of us have to stop one ultra processed food at a time over a period of a couple of years. But what happens if a person tries to stop cold turkey?

What full disclosure guide is there to list all of the things a person has to stop eating to win the war against obesity? Does a normal healthy person who stops suddenly get benefits like good sleep, mental clarity, decreased anxiety, and other sudden hard to miss benefits or does it take a year or more for a seemingly healthy person to detoxify to notice anything at all? It has been said it can take 7 years or more to detoxify from too many PUFA's. It is hard to be part of a social team to help a family in a church move and everyone gets access to a fancy pizza dinner in thanks for the help and you have to be the person who refuses the tasty food everyone else gets and watch everyone eat while you sip on your water bottle.

We clap for the person who plays a nice violin piece, but there is no clapping for the rare person who has disciplined themselves to completely avoid ultra-processed foods, just laughing and teasing. The person who takes care of themselves saves their insurance company half a million dollars in claims over a lifetime and contributes to lower insurance costs for everyone, but that person usually only gets less pain and suffering for all of their effort. The sick person gets more social life with pizza parties, and in hospitals and doctor's offices.

Posted On 04/27/2024

Almond

For some time, now, I have noticed bread in supermarkets does not smell the same. We know that "food" (?) manufacturers are changing the recipes to maintain profits. I have repeatedly stated that most of the food in supermarkets is unfit for human consumption. Recently, I have been noticing that animals will not eat store bought bread. Even though does are thin and hungry after dropping fawns (some early this year?), they will not eat it. When I was a child, I recall that deer would approach us for chocolate chip cookies. I assume there is something more noxious in bread nowadays than there was in chocolate chip cookies in days gone by. (?) Not only will the deer not eat generic white bread, but neither the birds or even the field mice. Obviously, animals have better dietary instincts than most people. What does this tell us? What is wrong with store bought bread nowadays? Or, maybe I should ask, instead, how many things are wrong with store bought bread?

Posted On 04/27/2024

grulla

I keep my bread consumption to a minimum as too much of it can bind and block my gut, very painful. And that goes for any and all white/wheat flour products such as pasta, pie crust, as well as other dense foods such as nuts, rice, hard chocolate, etc. This past year, I started buying only sourdough bread based on various Mercola articles, such as yesterday's fermentation article, but still cautiously consume it minimally.

Posted On 04/27/2024

GodsWhisper

Our corn, wheat and most grains contain glysohate. A lot of it! The seeds are gmo and contain glysohate. The fields are sprayed with glysohate before planting and the fields are sprayed three days before harvesting! So people are suffering from the effects of this poison, which has been proven in courts to be toxic, yet it is still being sold and used. Now, this year the EPA will most likely approve the use of chlormaquat, which makes the grain stand up straighter when sprayed. It has been found to cause sterilization in rats! Over the years, with much of the knowledge I have gained from Dr. Mercola, I have cut out various items out of our diet.

Soy, dyes, seed oils have been eliminated from our every day lives here at home. This year the goal is only organic grains. I have started to bake bread. I can't wait until I can perfect it! I only buy pasta from Italy now, as well. I remember years ago reading about a farmer in France. He offered his chickens two types of corn. One was gmo and one was not. The chickens would only eat the non gmo! Looks like the "dumb" animals are much smarter than us! You're right about the store bought bread. It's time for us to get back to the basics like our grandparents! Good luck!

Posted On 04/27/2024

Almond

To all... I am not a squirrel and am not certain I descended from a common mammal ancestor, either... As for breads and pastries, learn which can be made without flour. Save some recipes and adapt others. A number of years ago, Dr. Mercola posted a recipe for a cake made with beet pulp, cocoa and eggs instead of flour. Very good. Nut flours can be used, too. Flour extenders can include puree of plum, squash, zucchini (shred, salt, let set 20 minutes, and wring dry?), yam, potato, various legumes, carrot, applesauce, etc. This will add color, flavor and variety to menus. Many of these will replace or reduce the need for sweeteners.

I still use some whole, organic, ancient grain flours. I was fortunate to purchase these vacuum-sealed flours on sale before inflation hit and stored them properly. (Sale likely due to the public's unfamiliarity and preference for white flour products and ready-to-eat food.) We also rely on homegrown cornmeal and rice flour. Whenever possible, I try to replace the starch of grains with starchy homegrown vegetables for reasons of health as well as frugality--green beans, squash, beets, etc. I try to limit what is store bought and feel that strategy is healthy.

Posted On 04/27/2024

grulla

I forgot to mention that I've lately been experimenting with making my own corn bread with chiles or jalopenos and bacon bits. But I have a long way to go to get it right. Practice makes perfect. :-)

Posted On 04/27/2024

Almond

grulla and all... Your cornbread sounds yum! Nothing wrong with good quality basic foods prepared with care. One of my favorites with cornbread is to add leftover squash puree for part of the liquid called for. Then, instead of adding milk or water, add something richer, like yogurt, sour cream or buttermilk until you get the desired consistency. Your cornbread will be almost cake-like. For cornmeal this year, I will grow Montana Lavender Corn. I have grown Painted Mountain, and it does very well in a good year, but Lavender is dependable. I do not like that ears grow low to the ground, though, within easy reach of rabbits. The 3-Sisters native American garden plants that are the easiest to save seed from are corn-beans-squash.

I hate to waste anything, so if I get a few ears of popcorn that do not ripen sufficiently to pop, I will also grind them as cornmeal and separate them from regular cornmeal. I have had good luck with Dakota Black popcorn. It is a small kernel, though. I just got back from town and will offer advice. Hopefully, by now, Mercolians have been saving heirloom seed and trying to find garden spots or alternatives, even if living in an apartment. Anything you can grow to put food on the table is going to help you get thru the next year. I do not think it is an exaggeration to say food prices will double again.

Unfortunately. Food quality keeps declining. The cost of fruit trees and starter plants is very high. IMO, maybe (?) twice what it cost last year. That should also tell you that seed is only one of the increased costs farmers face. Costs are going to get passed on to the consumer!!! It will be a double whammy with shortages and high prices. If fishing is an option, consider filling your freezer, too! I just heard on a radio talk show--listening in my truck--that buying steaks for summertime grilling for 2 people now costs \$50 (-80). The venison in my freezer looks awfully good right now! Wild berry jellies as gift sets for Christmas gifts...

Posted On 04/27/2024

ThePazyryk

But herein lies the crux of the whole problem, ever since the dawn of agriculture some 10k to 12k years ago. While virtually everyone, including uneducated consumers in "food deserts" is well aware that ultra-processed "foods" (chips, cookies, biscuits, candy bars, donuts, Hostess Twinkies, Cupcakes, ice-cream, cola) is unhealthy, if not fattening, carcinogenic and artery clogging, people still accept and consume starches as a staple – if not "natural, healthy" – foods: bread (leavened and unleavened, like tortilla, naan, chapati), rice, noodles, macaroni, porridge, breakfast cereals). Even the mainstream media and health experts insist you eliminate or avoid ultra-processed foods, and consume organic leafy greens, eggs, dairy products (especially Greek and Bulgarian yogurt), dark chocolate, red wine, blueberries, salmon, green tea, raw walnuts, avocados .

. . BUT at the same time, while they say that you should avoid unhealthy, white bread, white rice, children's cereals, they still recommend "healthy" whole grains, ie. brown bread, brown rice, whole wheat noodles, granola cereals. What this usually means for most people is combining a "healthy" staple starch with some form of protein (meat, chicken, fish), which in reality is one of the worse food combinations for the stomach and one's health (after ultra-processed "foods" themselves).

Posted On 04/29/2024

josephunger

If not convinced check out the Pottenger cat studies.

books.google.com/books/about/Pottenger_s_Cats.html?id=qWVMOQAACAAJ Processed diets produced deformities and diseases. 75 years ago and still not impacted the mainstream nutrition community. SAD. (aka Standard American Diet)

Posted On 04/27/2024

goodbody2

Some of the whippersnappers try to hide just how processed it is. Now, 'unhealthy' snack that have been banned in Europe and elsewhere are finally slated to taken of the shelves in the U.s. Why has the fda approved them for so long?? If all the fake food is banned, what are we to eat. Real food?

Posted On 04/27/2024
