

Mmmarsha71

I remember in the 70's when almost everyone in school was an average healthy weight. There were few if any problems with obesity. I lived in a time where there were not a lot of fast-food places, exercise and playing outside was encouraged, most people had gardens/farm markets, etc. Then came along processed foods, GMO's, sugary soft drinks, psychotropics, corticosteroids, other steroids, stress which can raise cortisol levels, injuries which led to opioid drug addiction/less exercise, complacent lifestyles, fast food restaurants, bleached rice/bread/flour, etc. I've observed certain areas of the United States which weight, etc. is not an issue. The New England area, West Coast areas, etc. where people were more health conscious, stayed active, ate healthier, used preventive measures holistically with conventional medicine being used only when it was needed via emergencies, etc.

Posted On 05/13/2024

juststeve

You got that right. Back in the 70's the few many considered fat, overweight then, today many would be happy if they fit that profile. It is depressing to drop a young adult off at college campus and see walrus sized youngsters struggling with not just the excess weight, but health issues they should not have faced at until much later in life if at all.

Posted On 05/13/2024

juststeve

Same old same old, sell us one thing while actually delivering the opposite: *** "So bitter taste identifies toxins and sweetness tells your body that sugar is on its way. If your mouth detects fat in food that doesn't have fat or savory tastes without protein, - - - The flavor tells your body a nutrient is coming, but it never arrives. This throws off the homeostatic mechanisms built into mammals." * * * Never let a crisis, problem go to waste. Technocrats, yes there is a problem - we have a solution, but it doesn't solve the problem, and most likely triggers a new problem, but never you worry, we have another solution. Wash, rinse, repeat.

Posted On 05/13/2024

Guillermou

Very accurate Just: "Never let a crisis, problem go to waste." 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 compelling 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 05/13/2024

GoldCoaster

In the 50s-60s we ate biscuits, flavored milk, desert after dinner, chocolates, lollies, soda and cordial. Obesity wasn't a thing. I think it's more to do with seed oils that now replace saturated fat in processed food and frying.

Posted On 05/15/2024

GoldCoaster

So whey powder is ultraprocessed so should be avoided?

Posted On 05/15/2024

goodbody2

My grandma use to bring Sees candy whenever she came over. As a kid I ate 'em like there ain't no tamara. I could definitely feel a biochemical reaction in my body - but being so young. I didn't quite know how to interpret that. Fortunately, she didn't come over too often. Ultra-processed food is undoubtedly 'fixed' to cover up any warning signs that the body might have. Even new-agey brands are a division of food manufacturer conglomerates.

Posted On 05/13/2024

Isbells

Frustrating to hear about the whey. I think even Dr. Mercola used to sell it and we just spent a good chunk of change on some since we started weight training. :(

Posted On 05/13/2024

Darwina

I just have had enough thinking about it all. Just eat plain WHOLE food and you probably can't go wrong. I too used to have whey but it gave me acne.

Posted On 05/13/2024

memeknight1

The video is excellent! Very worth the time to listen.

Posted On 05/13/2024
