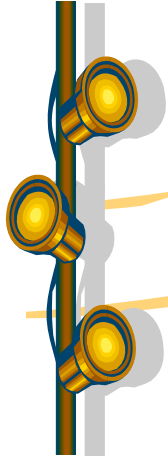


## of the Week...

SPOTLIGHT



### *Eat Less Packaged Food*

Reduce exposure to the toxic plastics chemical (BPA) might simply be to eliminate packaged foods from your diet. Plastic bags, containers, cups, wraps, and other types of food packaging often contain not only BPA, but other harmful plastics chemicals. By eating only fresh, non-packaged foods, you can reduce your blood levels of these chemicals by up to 90% in just days.

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### **Milkshakes, French Fries, Chips and Cocaine...**

In the 04/04/11 issue of the online edition of *The Archives of General Psychiatry*, a group of Yale University researchers reported on why it can be so hard to maintain a healthy weight, and why it has been so difficult to find obesity treatments that work.

Obesity is one of the biggest challenges facing this nation as well as the individuals of the US. Could the brain's response to the tempting appeal of fast food (sugary, fatty, salty, and/or greasy foods) be the same response an addict's brain exhibits when it is anticipating the next "dose" of whatever it is addicted to?

The research hypothesis was that if certain foods are addictive, many people may be fighting a losing battle in their efforts to achieve sustainable weight loss.

The researchers found that compulsive eating may be driven, in part, by an enhanced expectation of the reward of eating a particular food. This is the same mechanism at work in addictions.

What causes the brain to seek "reward" may lie in the chemicals that have been added to many "junk" foods. These foods are highly processed and tend to be loaded with flavor enhancing chemicals like MSG, Aspartame and High Fructose Corn Syrup. All of these are KNOWN to be highly addictive.

MSG, which we have reported on in the past, over-excites the brain to the point that it actually causes neurological brain damage -- but because it "tastes" so good, people quickly become addicted to it.

### **The Bottom Line...The Bottom Line...The Bottom Line...**

Natural foods and spices do not trigger the same addictive response in the brain as junk food chemicals do because they have not been chemically engineered to over-stimulate one's taste buds and the brain. From this perspective, the chemicals in junk food affect the brain much the same way as addictive drugs do. One more reason to make the CONSCIOUS CHOICE to eat a healthy diet, stay away from junk, fast and processed foods and NOT become a food addict.