

# Bad food basics

It always seems that I get into discussions with people about “good and bad” food choices at meal time.

It is natural that a discussion about food would come up at meal time, but it is really a rather awkward time to have such a discussion. After all, it feels rather cruel to be telling someone about the dangers of refined sugars, refined flour and fried foods when they are just about to bite into their much-anticipated Beaver Tail.<sup>19</sup> So now is my chance to put it all out there. This list is not comprehensive but will be a good starting point of things to consider eliminating from your diet in your pursuit of life more abundantly.



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## BAD FOOD CONSIDERATION 1:

# Added sugar

We may as well go for the jugular as we begin our list of bad foods.

Let me be clear: added sugars are toxic and they may be killing you. Added sugar contributes to obesity, heart disease, skin issues, diabetes, cancer, depression, premature cellular aging, and fatty liver disease.

Please keep in mind that “added sugar” comes under many names. Many people mistakenly believe that fructose, the primary ingredient in soft drinks and sweetened drinks, is more healthy than glucose.

However, it is even worse than glucose in terms of addictiveness and increasing your desire for food. In addition, when it comes to the risk of developing diabetes, it must be noted that fruit juices are culprits as well as soda pop. The World Health Organization’s recommendation is to consume no more than 6 teaspoons or 25 grams of sugar a day.

Keep in mind that one can of pop contains 52 grams of sugar. Not surprisingly, then, most North Americans consume a lot more added sugar than these recommended daily amounts, with the average American consuming 17 teaspoons (71.14 grams) every day and the average



## Reflection Question

**Reflect on your childhood diet.**  
 • What was it like? How has it impacted your current food choices?

Canadian adult consuming 20 teaspoons a day!

Even worse, the average Canadian child consumes between 23 and 27 teaspoons a day! For Americans, that translates into about 57 pounds of added sugar consumed each year per person, and for a Canadian child that can be an unbelievable 92 added pounds of sugar each year!

If you feel inspired to drive sugar out of your diet, I applaud you.

But I also caution you. Sugar is addictive, and chances are, if you haven’t been watching your sugar intake up to now, you have a serious sugar addiction.

19. For any non-Canadian readers, a Beaver Tail is a fried-dough pastry pulled to resemble the long, flat tail of a beaver. It’s then topped with a myriad of sweet condiments and confections.

When it comes to sugar, you have two things going against you:

1. **SUGAR HAS THE ABILITY TO RELEASE DOPAMINE**, a neurotransmitter in the brain that stimulates reward pathways, and
2. **SUGAR FEEDS CANDIDA, A FUNGUS** living in you that has been shown to take over your food cravings in its demand to be fed.

As much as I offer you a caution, I also offer you hope. I am a recovering sugar addict. I grew up on a steady diet of Boo Berry® for breakfast, Scarios® for lunch, meatloaf with barbecue sauce and ketchup with creamed corn for dinner and gobs of candy in between, garnered from the redemption of random pop bottles found in the back alleys.

Although I still have a sweet tooth, you will rarely find me eating anything with added sugar. I found the most success in my efforts from doing multiple cleanses to rid my system



## Research Question

**Think of your favourite dessert of all time. Now, take a few minutes to look up some ways you can adjust the recipe to make it healthier.**

**What did you find?**

of candida and training my tastebuds to crave healthy foods. (I discuss cleansing tomorrow.)

I also have a selection of essential oils that I add to my water that curb sugar cravings (see my Essential Oils for Water recipe in Appendix A).



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