

Naturally Well Newsletter #1 by Carol-Anne Bradley ND

The Wellness Industry is expanding rapidly and there is vast information out there, some of which can be very confusing. Within the industry there are many people devoted to making you well, but there are also many there just to make money!

The media bombards us with *eat this, don't eat that* and it is becoming a mine field. Start with the fact that there is not always just one answer. We are all individuals. Individual differences are very important and it is always wise to get a personal evaluation on what is right for you.

In this Newsletter I am looking at some of the toxic traps in food. We know fruit and vegetables are good for us, but are you aware that some vegetables are soaked in chlorine to prolong shelf life and need to be washed carefully before eating. Many fruits are picked green. In a citrus fruit, the Vitamin C can not be made unless the fruit naturally ripens on the tree. It is salicylate that turns to vitamin C and many children react badly to salicylates. The same problem is associated with some fruit juices.

In some places the soil has become depleted in particular nutrients. Farmers add nutrients to the soil for crops and animal feed, but some of these nutrients are so depleted; they are no longer in the vegetables and the food chain. The bio chemistry in the body is complex, and interaction between nutrients can be severely affected if a nutrient is missing from our diet. The body will always attempt to adapt, but over time this depletion can lead to major illnesses. Unfortunately we may think we eat a healthy diet, but we are in actual fact missing important nutrients.

A product may well be labelled *no added sugar*, but it may have artificial sweetener or a *natural* fruit sugar in high concentrates in the product. Artificial sweeteners can be toxic, but they are also much more acid in nature when ingested and an acid system is much more susceptible to disease and problems of all kinds. Natural sugar alternatives may be added, that are made from plants, but in some cases they have been highly processed. Surely we need to reduce our *sweet tooth*, rather than replace it with alternatives. Sometimes a little of the real thing is much better than a lot of the chemically processed alternative. Try a little natural honey for a change.

A product labelled *low fat* often has more salt or more sugar than the original product. This is done to make it taste acceptable. Sometimes the animal fat is replaced by another source of fat that can become toxic when heated to high temperatures in the cooking process. Research on some vegetable oils and margarines shows in some cases it becomes toxic at high temperatures making it only one molecule away from a plastic!

Beware advertising and media hype. Marketing and advertising agencies are out to sell a product. They might not give all the minute details that relate to a product or supplement. Always check who is behind the marketing and the research. Remember if it is in the news, chances are some sponsor or marketing manager has got it there for a reason, and it may not be a healthy reason! Money talks!

Eat to savour and enjoy your food. Choose fresh and natural foods as often as you can and seek the advice of a registered practitioner before you take supplements or leave whole food groups out of your diet. You are an individual and you have individual needs.

For further information please feel free to make an appointment for an individual assessment, or further information.