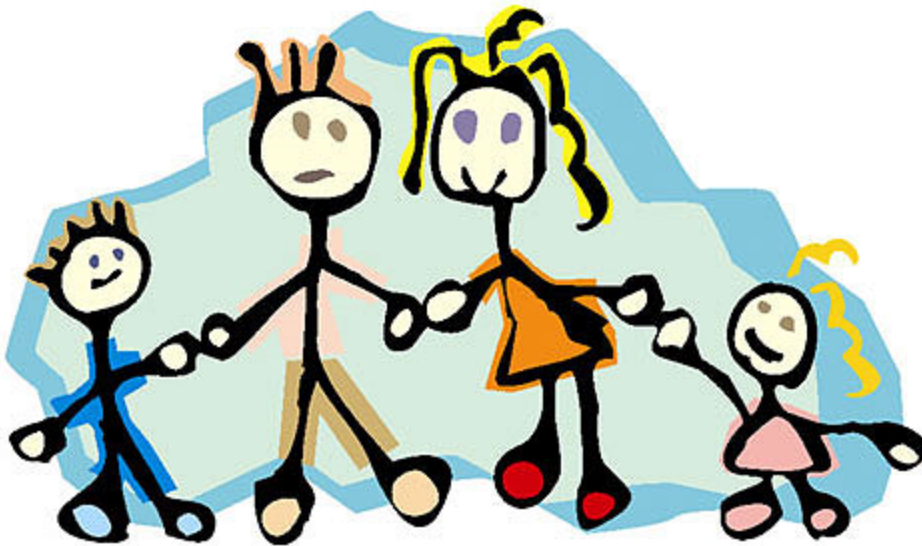


Nutrition Matters



In case you haven't heard yet, tens of thousands of processed food products are being recalled because of possible salmonella contamination. The culprit here is the HVP (hydrolyzed vegetable protein) in the products.

This is expected to balloon into what authorities believe could become one of the largest food recalls in North America.

Now, many people are scratching their heads, wondering what the heck HVP is. Allow me to explain:

So What's HVP Anyway?

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In case you're not familiar with hydrolyzed vegetable protein, here's how it's made:

Food manufacturers take cereals or legumes (like soy, corn or wheat) and boil them in hydrochloric acid. (Yum!)

Then they neutralize the solution with sodium hydroxide, also known as lye. Lye is used as a strong chemical base in the manufacture of paper, textiles, soaps, detergents and as a drain cleaner.

...Oh, and of course, in your favorite snack food or packaged entree too.

The resulting dark colored liquid from this process contains glutamic acid, which is better known as monosodium glutamate, or MSG.

This goo is used as a flavor enhancer in many processed foods, and since it can simply be called "HVP" it allows the food giants to skirt around the necessity to add the controversial monosodium glutamate "MSG" ingredient on the product's label. Sneaky, huh?

By the way, a similar product made from dairy products is hydrolyzed whey protein.

The REAL Danger

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The risk of salmonella poisoning isn't the biggest scare here. Yes, it causes some nasty vomiting and diarrhea and can lead to a serious dehydration risk for children and the elderly, but that's not the worst thing.

The worst thing about processed foods is the effect they have on your health every single day.

The Health Toll Of Processed Foods

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Processed foods are THE most heinous insult on human health ever known. This is because for the first time in the history of human existence, we are choosing to eat things that are not food. And our bodies are showing it.

Consider These Startling Facts:



* In the year 1900, cancer caused only 3 out 100 deaths in The US, and breast cancer was basically unheard of. Now cancer is the cause of at least 2 out of 10 of all deaths in the US, and breast cancer affects 1 in 3 women.

Processed food is a primary cause.

* Vitamins and minerals that are vital for brain function in younger children and teens are missing in processed foods. And they can't just be added. This is a major cause of the sharp rise in attention deficit (ADD/ADHD), depression, eating disorders, headaches and angry, aggressive behavior in our kids.

* Currently 6 out of every 10 Americans over the age of 20 are overweight. Nearly 1 in 4 is obese, and 1 in 21 is grotesquely obese.

* Our kids are getting fatter too--nearly 1 out of every 3 kids in the US are overweight or obese.

* 100 years ago, diverticulosis and diverticulitis were non-existent. Now diverticulosis affects at least 1 out of 10 people over age 40, and nearly half of the people over age 60. Processed foods, my friend.

* Over 30% of Americans now use antacids regularly, and many need them after every single meal. Plus, acid reflux in kids has skyrocketed, resulting in the birth of products like Kids' Tums or Kids' Pepto Bismol. And the list goes on and on.

So, what's changed in the last 100 years? Why are we

getting fatter and sicker by the minute? There's no mysterious disease attacking us.

No new virus.

Our DNA has not taken a strange twist.

The ONLY thing that has changed is the food.

Let's Take A Peek Inside

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Here are the reasons why processed foods are so deadly:

- They use up enormous amounts of energy to digest them. They also give your body nothing it needs and turn into nothing but waste. This leaves you toxic and loaded with acid (making you a breeding ground for disease of all kinds).
- They contain no water to move nutrients through your body or to carry away wastes from the body. This makes you even more toxic and full of even more acid.
- The body's hungry feeling is caused by a need for nutrients. Since processed foods have no measurable nutrients, even though your stomach may be full, your body thinks it still needs more food because it hasn't gotten any nutrients. That's why you can polish off an entire family-size bag of Fritos then feel hungry again an hour later. It's also why you aren't able to see your toes any longer.
- They're loaded with chemicals (dyes, preservatives, coloring agents, emulsifiers, flavor enhancers, texture enhancers, tongue manipulators)--all things that the human body was not designed to handle. While some of these have been so-called "safe" by the FDA, there has been NO testing on the long-term effects of ingesting these chemicals.

So, my friend, if a fair amount of what you eat comes in a bag, box or can, you are a walking (or perhaps waddling) guinea pig.

How To Avoid Food Recalls...and Disease

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Do yourself and your loved ones a favor. Spend the majority of your time (and money) in the grocery store buying REAL food--what you find in the produce section, meat and fish counters.

Pound for pound, they're cheaper, not more expensive like you probably believe. And since they give you the nutrients your body MUST HAVE, you won't need or want to eat as much.

So you will eat less, spend less and weigh less.

Now, I realize that it may be tough for some of you to completely remove ALL processed foods from your weekly shopping cart...at least right away.

So At Least Follow These Rules:

- The more ingredients you don't recognize or can't pronounce, the worse it is--don't buy it.

- Buy Organic Whenever You Can.

- Stick to those that have the least amount of processing. Less processing = less harmful. (i.e.: frozen vegetables without sauces are OK)
- Stay away from ANYTHING that has hydrogenated or partially hydrogenated oils. They're death in a box.
- Make processed foods a once-in-a-while thing instead of an everyday thing. For example, using a can of tomatoes in a homemade soup is fine. Eating Spaghetti-O's,

Hamburger Helper or frozen pizza every night for dinner is not.

- The more your kids want it, I guarantee the more processed it is. Sad but true. You must learn to say no and find some less harmful organic alternatives. Or better yet, get your kids used to a banana, an apple, some baby carrots or cucumber slices as a treat.

Let Me Help You

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The Great Taste No Pain system has over 100 simple recipes that make minimizing processed food easy and so delicious. When you get used to eating great-tasting REAL food, you'll never miss the packaged garbage--and your body will thank you in countless ways. It will get healthy fast.

- <http://www.greastastenopain.com/great.asp>

Plus the GTNP manuals will teach you about proper acid/alkaline balance, and help you create tempting, low acid meals that your entire family will love, love, love.

Soon you'll be saying "Goodbye acid reflux", "Hello to my toes again" and much more.

Eating real food is easy and doesn't take much time. If you have the time to watch Oprah, Survivor or American Idol, you have the time to make real food.

After all, aren't you and your family worth it? I hope you say yes....



Sherry Brescia
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