

## Why We Eat What We Eat

People, who know me, know that I believe passionately about the direct association between food and disease. So it occurred to me that I should research in what causes us to make the food decisions we make every day. Listed below are the reasons and what could be done to break the cycle of poor choices, which in turn diminishes the quality of our lives.

**Habit:** If you have been eating the same foods for the last fifty years, there is a good chance that you acquired a taste for this item. Even though it could be harmful to your health, as long as the danger was not imminent, you might be reluctant to desist.

**Culture:** Very much related to habit. This is why different races and cultures have very predictable differences in the likelihood of developing cancer and heart disease.

**Convenience:** The sale of prepared foods and take-out continues to rise. The busy American public puts a much higher priority on the ease of obtaining food as opposed to food preparation. Unfortunately, the public is paying for this convenience with shorter lives.

**Government:** Because of the undue influence of the food industry, our government has led the public to believe that

meat and dairy among others are essential for good health. These lies, along with subsidies of unhealthy products like sugar, have helped to perpetuate myths about what we should be eating.

Taste: The truth is you can make anything taste good if you add enough sugar and salt, and this is exactly what the food industry and restaurants do. When one reduces their addiction to sugar and salt, they will find that their senses will alter. This will result in a new appreciation for the taste of real whole food.

I realize it is not realistic to think you can change minds when you are up against all of the powerful forces listed above, but I will never stop trying, because I know that I speak the truth, and my goal is only to help people stay healthy.

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