

Regarding the Food Industry

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Our world is interesting isn't it? We see it through so many perspectives. The Democrats see it one way, the Republicans another; the Christians one way, the Islamic culture another. So it is in the health industry. The medical and pharmaceutical models see medication as the answer to our health woes. The food industry sees refining our foods as well as the adding of synthetic ingredients as health giving. Those of us changing people's health and lives through true nutritional guidance see the answer in a return to the wisdom of nature.

I consider national health as a marker of our country's strength. If the medical and food industry has been correct, then it seems to me we would be in a much healthier state, yet obesity, diabetes, heart disease, depression and anxiety are rampant.

Dr. Weston Price, a 1920's dentist and anthropologist, began to see and to question the dramatic change he was witnessing in the children of his practice. The increased rate of cavities and narrowing of the dental arch which led to crowded and crooked teeth caused him concern. Choosing to understand the underlying cause instead of just managing the changes, he closed down his practice and began a worldwide study of indigenous cultures. The excellent teeth of primitive cultures had long been written about. Dr. Price was on a mission to find what the tooth protective factor present in their diet was.

Here is what he found. That in those primitive cultures eating "close to the earth" with natural foods there were few, if any, cavities. These folks also had appropriately sized mouth structures and straight teeth. As a side note he observed that there was very little evidence of disease.

As Dr. Price moved away from these cultures and into those that were influenced by a western diet of refined foods, he noted dramatic changes in their oral health. Here he found more tooth decay, narrower mouths, crooked and missing teeth. There was also the increased number of diseases these people concurrently suffered. Here miscarriages, infertility, arthritis, heart disease and colon issues were found.

Family members of these tribes who had left home were also studied to compare their health status with that of their still at home siblings. Those who had moved to places of western diets had increased health issues.

Interestingly, for those caught up in our "search to find the one magical component" world, is that the diets varied in content, but shared commonalities. It was the nutrient quality of the foods and its closeness to nature that mattered.

Of special note was that the diets of the indigenous people with exceptional disease immunity always included animal source nutrients.

Building upon his own early evidence, Dr. Wiley, the originator of what is now known as the FDA, had an incredible vision for the health for our country. He took his responsibility seriously as overseer of our food sources and for creating a nation of healthy individuals. Dr. Wiley understood the importance of providing nutritionally dense foods and the ramifications of food adulteration way back in 1912. He was quite clear about how our food sources should be not be toyed with. He was shortly booted out with the lobbying efforts of the white bread bakers.

I am not advocating a return to tribal life, but to a world where we have learned from and apply the wisdom of nature, returning to it as our source for health. Where character as was found in Dr. Wiley would be welcomed. I refer you to "Nutritional and Physical Degeneration" by Dr. Price. You will never again look at your food choices with disrespect.

I depend upon my hands-on clinical evidence as a marker for putting my nutritional training and knowledge to use. The improvement I see in my client's health when they use nutritional wisdom - real foods, plenty of pure fresh water, a good quality sea salt, exercise and whole food supplements where needed - speaks more to me than any words of any government or food industry spokesperson.