

# Suicide by Food

If you're in the Emergency Room of any hospital in the Western World, chances are very good that at least one person is being treated for a heart attack.

Cardiovascular disease (CVD) remains the leading cause of death in the United States, responsible for 840,768 deaths (635,260 cardiac) in 2016. From 2006 to 2016, the US death rate from CVD decreased by 18.6% and from coronary heart disease by 31.8%<sup>1</sup>. The number of people diagnosed with heart disease is increasing at alarming rates.

And, obesity has overtaken hunger as the biggest health crisis<sup>2</sup>. Every country, with the exception of those in sub-Saharan Africa, faces alarming obesity rates -- an increase of 82% globally in the past two decades. Middle Eastern countries are more obese than ever, seeing a 100% increase since 1990. "The so-called 'Western lifestyle' is being adapted all around the world, and the impacts are all the same."

People who carry around unhealthy amounts of weight don't just have heart disease and diabetes to worry about. Obesity is implicated in two thirds of the leading causes of death from non-communicable diseases worldwide and the risk of certain diseases differs for men and women<sup>3</sup>.

Heart disease. Obesity. Diabetes. Kidney disease. Cancer. These are all diseases that are mostly PREVENTABLE.

The foods that we have been choosing to eat and the way we've been choosing to live are causing these diseases and until we change what we put in our bodies, we really haven't addressed the underlying disease process.

We are literally killing ourselves with the food we put into our mouths. It's SUICIDE BY FOOD.

If I handed you a bottle of some sort of liquid chemical and said, "drink this", first thing you'd ask me is, "What's in it?" You wouldn't just drink it without knowing what it is or what it will do to you. And yet that's what we do when we eat the foods that everyone else eats.

Go to any restaurant in America and you'll see plates piled high with greasy, fatty, fried foods. Even when people care about the fat and grease and calories in their food, they tend to substitute the fattening food with "diet" foods that are filled with even more chemicals. They're asking, "How much fat and grease and calories and salt does it have?"

<sup>1</sup> <https://www.acc.org/latest-in-cardiology/ten-points-to-remember/2019/02/15/14/39/aha-2019-heart-disease-and-stroke-statistics>

<sup>2</sup> <https://www.cnn.com/2012/12/13/health/global-burden-report/index.html>

<sup>3</sup> Cecilia Lindgren of the University of Oxford and colleagues report these findings in a new study published 24th October in *PLoS Genetics*.

But we don't really ask "is this food I'm ingesting really delivering any nutrients to me?" "Is this food causing me to develop a disease that I am going to have to live with for the rest of my life?" THOSE are the questions we should be asking every time we put food in our mouths.

These days, plant-based diets are becoming more and more popular, and for good reason. A Whole Food Plant Based diet is associated with many health benefits because of its higher content of fiber, folic acid, vitamins C and E, potassium, magnesium, and many phytochemicals and a fat content that is more unsaturated. And compared with other vegetarian diets, vegan diets tend to contain less saturated fat and cholesterol and more dietary fiber. Vegans tend to be thinner, have lower serum cholesterol, and lower blood pressure, reducing their risk of heart disease.

Did you know that over a twenty-one-day period the heart completely remakes itself again? This means if you start today by eating a healthier diet, in twenty-one days you're going to end up with a healthier, stronger heart. Do what Oprah Winfrey, Bill Clinton, Mike Tyson, Russell Brand, and others have done. Try going vegan for 21 days and see how easy it is. You have nothing to lose, other than the risk of dying from a preventable disease.

In the time it took you to read this article 97 people died of a heart attack somewhere in the world. And even more were diagnosed with diabetes, obesity, and cancer. Don't become one of the statistics. You can take charge of your health by changing what you eat.