The Bermuda Triangle of Foods

Nothing Makes Your Health

Disappear Faster

Published in the United States.

Watson, Gary

The Bermuda Triangle of Foods; Special Report/Gary Watson

-Version 1.8

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The Bermuda Triangle of Foods

"The key to eating healthy is to avoid any food you see advertised on the television."

-Unknown

Sugar

Trans Fats ***Estrogenic Additives***

The Bermuda Triangle of Processed Foods

What would be the most damaging and addictive food out there? By far, I would have to say those processed foods (foods that come in a can, box, plastic bag, from a fast food restaurant, etc.) that contain the highest percentage of cautious carb sugars and toxic chemicals, such as trans fats and estrogenic producing chemicals. *Realize one simple fact; in order for these foods to sit on shelves day after day, month after month, and, for some, even year after year, the food industry must do ONE thing and one thing only. They must strip the foods they started with of vital nutrients, replacing them with harmful chemicals, preservatives, and various forms of sugar, PERIOD! How else could food sit on shelves for this amount of time and not spoil?* Sugars, chemicals, and trans fatty acids are the three biggest culprits. These things are slowly poisoning our society, and the food industry doesn't care one bit. The reason I say this is simply

because every nutritional metabolic type can suffer dire consequences by over-consuming these products (even the Carbo Type).

The Sugar Monsters

What are cautious carbs? Very simply, these are foods that break down into sugar very quickly in our bodies once we ingest them. Of course, sugar and all of its forms (fructose, sucrose, dextrose, high fructose corn syrup, etc.) enter the bloodstream with a very high blood sugar response. Yet many other foods enter with just as much damaging properties. *For example, did you know that a piece of white bread has a glycemic index of 100? This means that this bread enters our system as quickly as if you were drinking sugar water.* The consequences of such consumption forces our bodies to produce massive amounts of insulin that in turn stores most of these calories as fat on your body. And for protein metabolic types, this sugar stain is even worse! Other examples are most white flour-based products, juices, soft drinks, and sports drinks. Furthermore, most processed foods have a very negative effect on our bodies. White potatoes, pasta, and certainly bread can convert to fat on our bodies in a New York minute. And “pure natural sugar” can be one of the worst culprits. That’s right folks, just because it is “natural” does not mean that it is good for everyone, especially at

the excessive levels the average person consumes, oftentimes unknowingly! Just because it doesn't look like sugar or taste like sugar does not mean it is not sugar producing in our bodies. Sugar is literally hiding in every single processed food on the shelves, even if they do not show up on the label. This "added sugar" is everywhere, and it puts fat on our bodies in record time.

In addition, we now know that all of this sugar we are eating causes massive inflammation to the body internally. ***This is what leading nutritionist Brenda Watson calls Silent inflammation.*** She adds that it happens internally and often originates in the gut as a result of a leaky gut, or intestines that have become too permeable due to a poor diet, lack of gut-healing nutrients, stress, and other factors. Silent inflammation does not heal itself. You can't feel silent inflammation or see it. This silent inflammation is now thought to be one of the proximate, root causes to diseases such as diabetes, increased levels of triglycerides and LDL (bad cholesterol), increases in plaque and blockage of arteries or heart disease, and even some forms of cancer, such as breast and colon cancer, just to name a few. This is no joke folks! Outside of making your body very obese, becoming addicted to these Sugar Monsters can be downright deadly over time. I will say it again. In our bodies, inflammation is extremely damaging and over time, wreaks major havoc on our overall system.

Even worse, once we over-consume all these products filled with sugar, we actually begin to crave and want more of them like a drug addict wants more drugs! This is what I call the ***Sugar Monsters! The Sugar Monsters are literally the number one reason why so many people fail at their nutrition and therefore end up overly fat and out of shape, with literally hundreds of damaging, yet connected side effects! To make matters worse, the food industry is well aware of this factor and works hard to hide and deny the facts, so you continue to overeat their food!***

Top Ten Sugar Monster Sources:

SODA-POP/SOFT DRINKS

FRUIT JUICES
SPORTS DRINKS, SUGARY TEAS, ENERGY DRINKS
FRAPPUCCINOS, LATTES OR WHATEVER ELSE YOU ARE CALLING COFFEE
CAKES, COOKIES, PIES, AND PASTRIES IN GENERAL
MOST ALL BREADS (Bagels) WITH THE EXCEPTION OF SPROUTED BREADS
MOST PROCESSED (BOXED, CANNED, OR PLASTIC WRAPPED) FOODS
CHIPS, PRETZELS, CRACKERS, KRISPS, CEREAL
NATURAL SUGAR, HIGH FRUCTOSE CORN SYRUP, SUCROSE, DEXTROSE, ETC.
SOME HIGH GLYCEMIC INDEX FRUITS (for Protein and Mixed Metabolic Types)

Seriously, ALL of these foods convert to high blood sugar levels in our bodies once they enter our bloodstream. So you must be diligent when eating these types of foods, even if they are being "advertised" as healthy choices for you. The simplest way I know of to get a quick grasp of just how much sugar these products contain is a great conversion trick originated by Brenda Watson. Through a lifetime of dedication, Brenda has been looking out for us for decades now. Her wealth of experience and knowledge allowed her to bring this magical formula to the forefront of this fight with the Sugar Monsters.

> *"As the Diva of Digestion, I have always recognized the importance of a healthy diet as a main contributor to digestive health and to total-body health. One of the best ways to improve your diet is to remove sugar. As the 60 Minutes segment illustrates, sugar has the same addictive qualities as cocaine. In fact, they mentioned that people build a tolerance to sugar, always wanting more and more. The result has only been more and more heart disease, diabetes, and cancer. Please, pass this on. Everyone needs to know the harms of sugar." - Brenda Watson*

When looking at a food label, simply take the number of grams of carbohydrates listed minus the number of fiber grams and divide that number by five. This will give you a quick and easy idea as to how many teaspoons of sugar are hiding in the food you are about to consume. Again, it is

the number of grams of carbohydrates listed per serving, not the number of grams of sugar listed.

Brenda Watson's Formula:
 # grams of Carbohydrates - # grams of Fiber ÷ 5 = # of Sugar Teaspoons

It is commonly recommended that you consume no more than ten teaspoons of total sugar a day. Yet, most people are having twice that with their breakfast alone. **In fact, the average adult consumes over 150 lbs. of sugar a year. Considering there are roughly 96 teaspoons in a pound of sugar, that means the average adult consumes over 14,400 teaspoons of sugar a year by the time the industry sneaks you into their Bermuda Triangle! In the 1700s, people consumed less than 8 pounds a year on average. In other words, they had roughly TWO teaspoons of total sugar a day!** And guess what, they survived just fine without it. Yes, the human race can and was intended to survive without boat loads of sugar! This goes for all sugar and its various forms! And please do not start talking that "all-natural" crap to me with regard to sugar. Arsenic is "all natural" and yet one tablespoon will kill you dead! So get over the "it's natural," therefore it must be good for me crap! *And for those food labels that continue to bait you like a big tuna, hook line and sinker, claiming that their Bermuda Triangle foods contain "all-natural ingredients," chew on this: secretions from the anal glands of beavers produce a bitter, smelly, orange-brown substance known as castoreum that is used extensively in vanilla and raspberry flavoring. It's legally labeled as "natural flavoring." – The Wild Diet, by Abel James.* Are you beginning to see the problem? Open your eyes and Wake Up!

For example, if you are looking at that box of “Bunny Butt Heerios” (not what it is really called—but rhymes with this), this is what you might see:

Nutrition Facts

Serving Size ¾ cup (28g)
Servings Per Container about 12

Amount Per Serving	Honey Nut Cheerios	with ½ cup skim milk
Calories	110	150
Calories from Fat	15	15
		% Daily Value*
Total Fat 1.5g*	**2%**	**2%**
Saturated Fat 0g	**0%**	**0%**
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	**0%**	**1%**
Sodium 160mg	**7%**	**9%**
Potassium 115mg	**3%**	**9%**
Total Carbohydrate 22g	**7%**	**9%**
Dietary Fiber 2g	**8%**	**8%**
Soluble Fiber less than 1g		
Sugars 9g		
Other Carbohydrate 11g		
Protein 2g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	50%	50%
Vitamin B_{12}	25%	35%
Phosphorus	8%	20%
Magnesium	6%	10%
Zinc	25%	30%

* Amount in cereal. A serving of cereal plus skim milk provides 1.5g total fat, less than 5mg cholesterol, 220mg sodium, 320mg potassium, 36g total carbohydrate (10g sugars, 12g other carbohydrate), and 11g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Whole Grain Oats (includes the oat bran), **Sugar, Modified Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Rice Bran Oil, Natural Almond Flavor. Vitamin E** (mixed tocopherols) **Added to Preserve Freshness.**

Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), **Vitamin C** (sodium ascorbate), **A B Vitamin** (niacinamide), **Vitamin B_6** (pyridoxine hydrochloride), **Vitamin B_2** (riboflavin), **Vitamin B_1** (thiamin mononitrate), **Vitamin A** (palmitate), **A B Vitamin** (folic acid), **Vitamin B_{12}, Vitamin D_3.**

CONTAINS ALMOND; MAY CONTAIN WHEAT INGREDIENTS.

Take a look at this label. As you can clearly see, there are 22 grams of carbohydrates and two grams of fiber per serving. The label also lists nine grams of sugar. However, for our conversion, we are not concerned with grams of sugar. Following our formula, we take the 22 grams of carbs minus our 2 grams of fiber and divide that by 5: 22 - 2 ÷ 5 = 4 teaspoons of sugar. At first glance, one might think this isn't bad; however, most health experts only recommend ten teaspoons of sugar a day! So, can you imagine having almost half of your daily sugar intake with a measly 110 calories of food? Not to mention, we still haven't added the milk yet. Add milk, and you are now at over half your sugar intake for the whole day. Additionally, the vitamins, minerals, and vital nutrients your body has received are simply subpar. And this is a "healthy alternative" to cereal. Are you starting to get the picture on how and why these processed foods are nothing less than convenient "junk food" with little to no nutritional value? **Still think four teaspoons of sugar doesn't sound bad? Ok, try this. Pour yourself a cup of water and take four teaspoons of sugar and add it to the cup. Now stir, and stir..... and stir.....and stir.....still stirring. Now drink it!** This is basically what you are getting when you start your day off with a "healthy dose of Bunny Butt Heerios"! Come on now, Wake the Fork Up® people! This is anything but a healthy start to our day. The sad fact is that most other cereals are far worse than this!

So, you don't eat cereal? What about that bagel that so many start their day off with? Let's take a look at an average bagel. Look at this label and tell me if you think this is a nutritious start to your day.

For that good old breakfast bagel, you just can't seem to live without, this is what we get. 52 grams of carbohydrates - 2 grams of fiber ÷ 5. That's ten teaspoons of sugar to start your day! Can you imagine some people then add a sugary coffee or juice to this? Do you wonder why the Sugar Monsters begin to take over when you are eating like this? This is only one bagel people! You know what I am going to say next… Wake the Fork Up®! Not only does this cause major imbalances in your body's system, as previously discussed, it also puts fat on you in all the wrong places. Your triglycerides, LDL, and blood pressure suffer directly as a result of this sugar. Your liver, pancreas, and arteries can become damaged as well. This is extremely unhealthy for you, outside of the fact that it sabotages your lean, mean, sexy, fat-burning machine.

Speaking of juices, do you have any idea how the ever so popular orange juice looks under the Intelligent Eating Microscope. Let's take a look:

Can you say pure sugar? What in the world are people doing loading up with orange juice every morning? *Sure the mass media sells it as the vitamin C drink of choice. Believe me, you can get a hell of a lot better food source for vitamin C throughout your day, easily, without annihilating your body with this simple sugar. Some of my favorites are sweet red peppers, green bell peppers, guava, broccoli, brussel sprouts, kiwi, strawberries, and wait for it…a REAL ORANGE.* Skip the juices folks, as they are nothing more than glorified sugar!

Are there some carbohydrate sources that don't have fiber that may be ok for us? That is an excellent question and for certain reasons, I say yes. For example, while most yogurt doesn't have fiber and does have some sugar, it is packed with powerful gut-healing nutrients such as probiotics and powerful lean muscle building protein. But, once again, you must step out of the box and think a little more than the average bear when choosing which yogurt to eat. You must continue to develop your Primary Method of Eating!

Let's look at another label, shall we? Let's look at Yogurt, for example:

This is how most people eat yogurt...in its highly processed form with loads and loads of sugar. The yogurt on the left shows 33 grams of Carbohydrates - 0 grams of fiber. Put this into our formula: *33 - 0 ÷ 5 and we come up with over 6 and a half teaspoons of sugar!* Now look at the "light version." We have *16 grams of carbohydrates - 0 grams of fiber ÷ 5 = 3+ teaspoons of sugar in their "healthy light version"*! And again, this is with less than 10% of your total daily calories. Do you think you will be able to only consume another seven teaspoons of sugar with the remaining 1,000 plus calories you are to consume over the rest of the day? Highly unlikely. **However, if you simply step into your common sense corner and get the *plain, Greek yogurt*, you get a much healthier alternative. Sure there is still some sugar, but it is half to one third of the other "normal yogurts."** *Plus, this yogurt is power packed with muscle building protein to boot! This protein is extremely important as it drastically decreases the glycemic load, which in turn decreases the blood sugar response tremendously.* Therefore, your body will be able to utilize these calories for much needed energy as opposed to storing them as fat on your butt, hips, thighs, and belly. Take a look on the next page at the label for plain, fat-free Greek yogurt.

Nutrition Facts

Serving Size 1 Cup (227g)
Servings Per Container 4

Amount/serving	
Calories 130	Fat Cal. 0
	%DV*
Total Fat 0g	0%
Sat. Fat 0g	0%
Trans Fat 0g	
Cholest. 10mg	3%
Sodium 105mg	4%
Total Carb. 11g	4%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 22g	44%

Vitamin A 0% • Vitamin C 0%
Calcium 25% • Iron 0%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

With just over 2 teaspoons of sugar and 22 grams of protein, Greek Plain Yogurt is not only the best yogurt choice; it is the ONLY choice if you want to maximize fat loss. Understand? Good!

Lastly, we need to have a simple discussion about artificial sweeteners. Most artificial sweeteners are nothing more than chemicals blended together that absolutely have a negative impact on your liver, pancreas, and overall homeostasis of health. Aspartame (NutraSweet, Equal), Sucralose (Splenda) and acesulfame (Sunett) have been linked to other disorders in the body as well. More importantly, these artificial sweeteners can actually raise your blood sugar levels in a similar fashion to normal sugar. In fact according to research conducted by the Washington University School of Medicine of St. Louis, sucralose had a high enough impact on blood glucose (blood sugar) to warrant diabetic warnings. Furthermore, according to Dr. Melina Jampolis, who is an

internist and physician nutrition specialist, research in both animals and humans suggests the taste of sweet can boost appetite, and also reinforce cravings for and dependence on sugar. In other words, we need to do our best to avoid these artificial sweeteners. If you must have a sweetener in your coffee, or tea, it must BE Natural, and not plain sugar!

My top three favorites are as follows.

1.) Natural Stevia such as SweetLeaf™ (not Truvia or Pure Via-chemicals): http://waketheforkup.com/shop/sweet-leaf/

2.) Natural Xylitol such as Smart Sweet (from organic hardwood, not corn – GMO free, USA): http://waketheforkup.com/amazon-sweeteners/

3.) Erythritol Natural Blend such as Lakanto® (Lakanto is a delicious combination of non-genetically modified erythritol and the naturally sweet fruit lo han guo). This is a Great Baking Natural Sweetener Alternative and has no effect on our blood sugar! http://waketheforkup.com/amazon-sweeteners/

"0 Trans Fats, My Ass"

Now let's talk about another dirty little food industry secret. In 2006, the FDA regulations required all foods to list trans fats on the label. However, did you know that they only have to list those foods that have **.5 grams of trans fats per serving** on the labels? So what do you think they do? *Yep, they lower the serving size to a level that gets them under this .5g per serving benchmark and are then able to list their foods as "0 trans fats." In case you have been hiding under a rock, man-made trans fatty acids are bad for us!* I am not talking about the natural trans fats we find in some red meats, which are known as conjugated linoleic acid. This trans fat is fine for us. However, the trans fats they sneak into most processed "on the shelf" foods is atrocious. Very simply, these

processed trans fats are vegetable oils given an added hydrogen atom to enable the fat to have a better "solid" shelf life. This is done through a process called hydrogenation.

So *hydrogenated* and partially *hydrogenated oils* are trans fats, and anytime you see this word on a label, you know there is some trans fatty acids in that food, no matter what the label may claim. Where do we find most of these trans fats? Cakes, cookies, chips, French fries, most fried foods in restaurants, and most fast food restaurant items. Remember, they only have to minimize the amount to .5g per serving to say it is trans fat free. The problem is, even at .5g per serving, these fats are very bad for us and will sabotage our fat-burning mechanisms as well. In fact, trans fats have been linked to raising LDL (bad cholesterol), while lowering HDL (good cholesterol), all while triggering inflammation in blood vessels and wreaking havoc on our cardiovascular system. They are also now thought to increase the risk of some cancers.

So what have they used to replace these trans fats in our foods? Besides tropical oils (coconut, palm, and palm kernel), and plant oils (canola, corn, peanut, soy, and sunflower), ***they have created a new Frankenstein food oil called Interesterified fats or IE.*** **Like trans fats, they have chemically altered fatty acids from liquid oils to solidify them. Early research is already showing that these have harmful effects on our bodies as well.** *So in a word, if you see the words hydrogenated or interesterified on the food label, beware and stay clear! These foods will NOT get you ripped, lean, and sexy!*

Estrogenic Foods

In a perfect situation, a healthy body will have a nice balance of hormones such as estrogen, leptin, growth hormone, and testosterone, as previously stated in the book. However, throwing these hormones out of balance with too much estrogen can wreak havoc on men and women's bodies and result in disease

and disorder followed by massive fat storage. Unbeknownst to many, phytoestrogens and xenoestrogens have been finding their way into our food sources for some time now. These estrogenic mimicking compounds in our food and water pack on unsightly, unhealthy fat in our most troubled zones such as the belly, low back, hips, buttocks, thighs, and upper arms (triceps region). Women, you know how you all hate to have your upper arms wave goodbye before you do. For men, estrogenic, stubborn fat finds its way to your chest, and moobs (man boobs) are no fun for anyone...just ask your sex counterpart. Even worse, this fat-forming phenomenon is a self-fulfilling prophecy once it gets started, as this new "estrogenic fat" increases the rate of accumulation of even more fat! That's correct; the more estrogen you have above the normal range, the more fat your body continues to produce and store. As if this isn't bad enough, this hormone imbalance has also been linked to many diseases and disorders. As for great sex, this estrogen imbalance will throw your sex life right out the window, as your libido drops down next to nothing! This stuff is bad for you, people. ***Wake the Fork Up®!***

Soy and soy-based products (anything with soy isoflavones) are some of the worst of the food sources. I know that the "food industry" promotes this as "health food," but this is total BS, as the soy in their products has been stripped of all its natural benefits. In fact, by the time soy hits our food source, it is virtually nothing more than estrogenic producing isoflavones such as glycinol, genistein, and daidzein, all of which are nothing short of horrendous for your health, in my professional opinion. *In fact Tulane University recently discovered that glycinol is so "good" at mimicking estrogen that they are concerned with serious complications such as reproductive development and endocrine disruption, as so many other scientists have seen for decades now. So, for starters, stop sucking on the "soy teet" and all the*

bogus food marketing on how soy is so good for you. It is utter BS!

Please note that the vast majority of all "health food" *protein products,* such as protein health bars, are filled with this substandard form of protein and are therefore terrible for your fat-burning goals. This is why I only recommend the following for your protein powder and protein bar needs and nutrition. Quest Bars and Biotrust Protein are the only two proteins sources approved by *Wake the Fork Up®* at this moment. You can order yours here: waketheforkup.com/shop/biotrust-products/biotrust-organic-protein-bars/ and or waketheforkup.com/shop/quest-nutrition/quest-nutrition-products/.
I like the Quest bars for Protein and Mixed Nutritional types and the Biotrust bars for the Carb Nutritional Metabolic Type. Most other protein products will be filled with harmful chemicals and fillers, as well as soy lecithin (soy protein). Stay away from these sources as much as possible, as they will NOT help you burn fat fast.

Next, realize that unless your fish, dairy, and meat is wild or organic and grass-fed, more than likely they were given estrogen-producing feed and drugs that will emasculate even a dude like Dwayne "The Rock" Johnson. In fact according to The Audubon's Living Oceans Campaign, "farmed salmon are fed more antibiotics per pound of 'livestock' than are any other farmed animal." In fact, 23 million pounds of antibiotics are used annually in US animal production. Big Food Industry has YOU mislead once again. They actually have folks believing that there are no "wild" safe waters to get our fish from. Why do they do this, you ask? To Increase Their Bottom Line Profits at YOUR Health's Expense. Their "farmed fish" is the MOST TOXIC meat on the market today. That's a fact! Get it wild, or don't get it at all. And it is no better for most women either, unless you enjoy having flabby arms, asses, and abs! This is why quality of meat is so damn important, people. In other words, eat only wild

fish, grass-fed beef, and organic-free range meats if possible. This goes for eggs and cheeses as well. You must eat food that comes from healthy sources, period. Try some of my favorites, such as TOPLINE, here: http://wakethefork up.com/shop/topline-foods/.

The same goes for fruits and vegetables that are treated with pesticides and herbicides. These chemicals in our food sources cause fat growth to increase more rapidly than you can imagine. So, do your best to shop for locally grown, organic foods. **Particularly, to fight against these estrogenic compounds and start burning that tough, stubborn fat today, add avocados, broccoli, brussels sprouts, cabbage, cauliflower, raw nuts (not roasted), and seeds. Also, there are many flavones and flavonones in garlic, onions, raw honey, citrus fruits, chamomile, and passionflower that fight against estrogenic compounds. Make sure they work for your metabolic type, of course. At Wake the Fork Up® we get our healthy nuts from our super food store here: http://waketheforkup.com/sunfood/.**

Lastly, avoid water, soft drinks, and all other plastic bottled liquids and processed foods that are packed in plastic derivatives with harmful chemicals such as BPAs (this is also estrogen mimicking). Again, you find the water "industry" selling you "clean water" packed in fat-producing, chemical laden, plastic bottles. Bad news, peeps. Get yourself a water filter at home and a BPA-free water bottle that you fill yourself with lean sources of healthy water as often as you can. WE LIKE THIS ONE: http://waketheforkup.com/shop/amazon-products/infuser-water-bottle/.

Now listen up, as I do not expect you to change everything at once. It can take days, months, and years to make some of these changes. Do not panic, step into your common sense corner, and take one step forward at a time. In time, these steps add up and you will be well on your way to becoming a WTFU Warrior. For example, here is a chart that you can use in the beginning to understand which foods you may want to start considering finding better sources (organic) of, as they are the most vulnerable to pesticides and herbicides.

Note: In addition, you must add kale, collard greens, and summer squash to the dirty dozen cheat sheet.

Is it really any wonder why our health care system is in complete and utter disarray? Is it really surprising to you that so many are overweight and undernourished, even in the 21st century? Much of this has been created and perpetuated by the food industry itself. And don't get me started on our government and all their food subsidies for corn, wheat, dairy, etc.! That, in and of itself, is an entire book on its own. But make no mistake people, those of us in the know are consistently and correctly well aware that the government's food guidelines are nothing short of subpar. So please understand, with regard to YOUR body and its specific nutritional needs, that many whom you trust are working against you. Not anymore, however. You are becoming a leader and not a follower. You are well on your way to understanding the right direction to take in the fork in the road. To learn more about a sound scientific program that not only teaches you how to dodge the Bermuda Triangle of Foods, but also how to stop craving them for good, please check us out at www.waketheforkup.com
Our integrated system burns fat fast, while killing your cravings of these foods in record time. How fast? Cravings generally disappear in 72 hours and great results come in as little as 7 days. Still not convinced? Check these folks out… they were once skeptics like YOU… http://waketheforkup.com/success/