

Commentary

Food Matters

Betsy Hicks

Pathways Medical Advocates
Email: betsy@pathwaysmed.com

Abstract

The rapid decline in food quality in the United States has strongly contributed to the increase of diabetes, celiac disease, immune disorders, and developmental disabilities. The presence of chemical preservatives, food coloring, high fructose corn syrup, aluminum, and arsenic in chicken feed are some examples of insidious and dangerous food ingredients. Americans' excessive ingestion of carbohydrates, nutrient depleted soil, misinformation about the benefits of dairy and soy, and a lack of trustworthy information from the FDA further jeopardizes the quality of Americans' diets. Children with developmental disabilities, especially, are suffering due to an ignorance of nutrition. Yet traditional medicine continues to look to the pharmaceutical direction when treating illness without any consideration of diet. Medical doctors receive little dietary training, and it usually does not include education with regard to the consequences of newly "advanced" preservatives, excitotoxins and pesticides. We cannot control all external environmental exposures, however we can make educated choices in our food that will improve our health, behavior, and brain functioning. We must turn to food for healing and suspect food in illness.

© Copyright 2006 Pearblossom Private School, Inc.–Publishing Division. All rights reserved.

Keywords: diet, food, nutritional standards, developmental disabilities
