

## **Family** Chiropractic

*Courtesy of Harbourfront Family Chiropractic  
by Dr. Warren Gage*



### **Food for thought**

It's no secret that our highly "civilized" western culture is experiencing alarming rates of obesity; especially among children, who are the largest (no pun intended) consumers of fast foods. Millions spent on advertising, action figures and catchy jingles make fast-food icons the most recognizable figures on the planet.

The younger you are, the more likely you are to eat at a fast food restaurant. The typical person eats at a fast-food restaurant 9.2 times monthly! And it's not just what we eat, but *how* we eat it. Eat more slowly since it can take your brain up to 20 minutes to register that you're full.

Most of us spend upwards to 90 percent of our allotted food budget on processed foods. That's a prescription for disaster. To enjoy optimal health, not only do you need an interference-free nerve supply, but you'll want to make raw foods the majority of your total daily food intake.