

Good or bad?

Family Chiropractic

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



It seems a week doesn't pass that we don't hear something in the media about the dangers of eating, drinking or coming into contact with one substance or another. Even more confusing is that if you wait long enough, someone else comes out with another study extolling its health benefits!

Consider some of things that the "authorities" have flip-flopped about concerning their safety:

Sushi, red meat, NutraSweet, sucralose, saccharin, dyes, perfumes, high fat foods, decaffeinated coffee, antibacterial soap, white bread, hot dogs, sugar, white flour, coffee, carbohydrates, tap water, margarine, butter, wheat, GM corn, fluoride, silver fillings, tuna, bacon, and eggs.

Today, there is widespread agreement that some of the above mentioned are poisonous neuro-toxins.

Consider this: For every person who has had an adverse effect, millions have not. In fact, we've all heard of those in their 80s, 90s or older claiming their secret to longevity was the result of eating or drinking something we've been told is bad for us.

Hmmm. Maybe it's not just the substances. Maybe it's our attitude, stress level, ability to adapt (proper function of the nervous system), the toxicity of our environment, and a constellation of countless other issues at play.

What do you think?