

# GENERAL NUTRITION TALK

## FACTS

One of every three people will develop some form of cancer in his or her lifetime.

Three main types of cancer are currently diagnosed in U.S.: lung, colon and breast. Combined these are responsible for 50 percent of all cancer deaths in our nation annually.

The average American consumes one hundred seventy pounds of refined sugar per year. About 75 percent of the sugar is hidden, and 20 percent of our diets are composed of white sugar or sucrose. This is extremely dangerous since sugar actually feeds cancer.

Eating too much sugar is related to degenerative diseases – including obesity, diabetes, heart disease and arthritis.

One of three in the U.S. are obese; one in five children are obese.

American Doctors write 50 million prescriptions per year for kids with cold/flu.

50 million Americans are currently taking serotonin reuptake inhibitors (Prozac, Paxil, Zoloft.)

Recently a drug company has spent \$30 million on an ad campaign for their drug, Serafem. They promote this for PMDD (Premenstrual Dysphoric Disorder).

This drug is Prozac.

Sperm counts in men 20 years old today are equal to the sperm counts of men 70 years old in the past.

Nine of ten diabetics die of heart attack.

One in five under the age of 17 has a health problem.

Premarin is #1 prescribed medication in US; Synthroid is #2.

Horse estrogen (a potent carcinogen) increases breast and uterine cancer 30X.

34 million Americans live with chronic pain.

MSG regulation by the FDA requires that the product must be at least 98% pure in order to be labeled MSG. Other names for MSG less than 98% pure are aspartate, glutamate, spices, hydrolyzed vegetable protein. These are all believed to be neurotoxins.

Asthma has increased 160% in the past 20 years, and is the number one childhood illness.

For more information on this or other health topics, including information about our services, go to [www.creatingfamilywellness.com](http://www.creatingfamilywellness.com) or call us at 507-281-4878.