

HOW LOST 100LBS

vendors, which explains why there is one central processor, if any, at a market place. This complicates the process for the consumer, who finds it easier to purchase food at supermarkets that are more expensive, or eat fast food. However, the study shows that more people purchased fresh produce at a particular Farmers' Market when EBT transaction machines were provided for free to all vendors in that market.

Policy makers should review studies like this in an effort to provide easy access to healthy food for people who cannot afford supermarket variety health foods. It is disheartening that obesity, malnutrition, and related diseases are prevalent in poor and neglected areas when [there are some simple solutions](#), such as eliminating "food deserts" in

urban and rural America and lowering the relative prices of healthier foods.

If you're on a budget and find it difficult to eat healthy, check out these [tips for eating healthy on a budget](#).

Nutrition on a Budget

It is an extremely sad truth that eating healthy can be quite costly in the United States and that access to healthy foods and adequate nutrition is often limited to well-to-do neighborhoods. Food prices have risen significantly this past year, motivating those who cannot afford them to shop and eat unhealthily. The challenge is providing people who can't afford healthy foods like vegetables with easy access to them. [A study at the University of Pennsylvania School of Nursing](#) provides a solution to breaking the

barriers of access for people on Supplemental Nutrition Assistance Program (SNAP), and the barriers for providers at Farmers' Markets.

EBT card transactions (for people on food stamps) at Farmers' Markets are expensive and inconvenient for both farmers and consumers. This is because EBT card processors are expensive for

Dr. John Ellis



Obesity Weighs Down Military Recruitment

The military is feeling the stress of the obesity epidemic and is tackling the issue head-on by incorporating nutritional education as part of its training programs. [CBS has a feature article](#) that provides detail and statistics on the topic:

Among 17- to 24-year-olds, 27 percent are too overweight for military service.

Over the past 50 years, the number of

women considered ineligible due to weight has tripled, and the number of men has doubled... "(It's) not just a major health issue for our nation; it's also become a national security issue."

The military is [teaming up with Michelle Obama](#) to ramp up its nutrition education efforts. They are planning to reinforce nutritional education in schools as an efficient way to increase the next generation recruitment pool

and promote the preventative mantra of healthy habits beginning at a young age.

A problem mentioned in the CBS video is that some Americans know what to eat but lack access to healthy foods like fresh vegetables. A suggested solution: give the same subsidies for fruits and vegetables as corn, cereal, etc. Despite the distressing state of Americans' access to healthy



food, the *Huffington Post* announced that Congress may be cutting \$5

billion from the [Prevention and Public Health Fund](#), which is supposed to help prevent heart disease, diabetes, and other diseases associated with obesity.

For now, it is refreshing to hear about recent efforts to curb obesity in some schools. Let's hope this trend picks up in more schools nationwide. Also inspirational: [a U.S. soldier lost weight](#) to serve her country in 2010!

Have Children Destroyed the American Palate?

Renowned economist [Tyler Cowen](#) [thinks so](#). He argues that children have had a heavy influence on food choices since the 1950s, which consequently led to the dominance of bland and unhealthy food in the American diet. The rise of fast food during this period responded to, and encouraged, this dismal result. Whether or not you agree, the bottom line is that we don't spend much time on food these days, either due to time and economic constraints or, most commonly, lack of nutritional information. The latter especially applies to children who face poor nutritional information/food options in schools.

Cowen visits ethnic restaurants as part of his research. He theorizes that "immigrants rejuvenated the American palate." Improving your palate and staying healthy is very simple, and does not require much adventure for those who don't enjoy food exploration. Cooking for yourself can be enough adventure. Simple healthy foods can be made flavorful with

some spices. If time is an issue for you, [cooking and shopping in bulk could be a solution](#).

Like Cowen says, if it tastes good, your kids will eat it! Healthy habits are contagious and kids typically employ/adapt to similar

What Are You Really Paying for at Starbucks?

“At Starbucks,” [writes the New York Times](#), “the price of coffee isn’t so expensive. But the profit margin changes when you order any special blended milk and sugar concoction.” You end up paying more for calories and sugar - a Starbucks caffe vanilla frappuccino grande contains 58g of sugar!

Sugar is one of the most toxic ingredients in prepared foods. It affects both psychological and physiological functions: it is addictive and puts one at high-risk for fatal diseases like cancer, high blood pressure, cholesterol, etc. It triggers [changes in the brain](#) and signals compulsive food consumption. The cost

of coffee more than quadruples if you count the impending high calorie and sugar intake. They may need a little encouragement but nutritious food can be tailored to whatever palate! Check out some of my [recipes and food options here](#).

I was addicted to the lemon pound cake at Starbucks. That was three years ago. Since I eliminated all processed food with sugar and unhealthy fats, I no longer have a sweet tooth. Dried pineapple tastes very sweet to me. Now I just [order green tea](#) at Starbucks.

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How to Avoid Fat-Related Cancers

Being obese and having a sedentary lifestyle opens the floodgates for many health problems and diseases, like cancer. It increases the likelihood of weight-related cancers such as breast, pancreatic, colon, kidney, and thyroid cancer, among others and lessens the chances of survival. [A Wall Street Journal article](#) highlights a recent report on the increase in the number of cancers related to obesity in the U.S. between 1999 and 2008, despite a decline in smoking.

Regular physical activity and maintaining a healthy weight is really the best way to decrease cancer risks. Even thirty minutes a week of leisure activity is beneficial for health. [The hidden benefits](#) include breast cancer risk reduction by 50% and colon cancer risk reduction by 60%. I have much better health, and feel much better, since incorporating regular exercise into my schedule. Eating healthy is also vital to healthy weight reduction. I eat 1-2 lbs of green veggies a day, and avoid sugar, salt, and processed

foods. Vegetable intake is especially important for African Americans - breast cancer risks are more aggressive in African American women, who are more likely to be obese than white women.

We have discussed the [importance of sleep for health and weight loss](#) numerous times. More sleep equals increased activity, better food choices, and reduced cancer risk.

It is [important to get specific screenings](#) like a mammography or colonoscopy. The recommended age for people with no family history is fifty. I got a colonoscopy at 50 and it really did give me peace of mind.

Fat-related cancers can be

avoided with exercise, sleep, healthy foods, and routine screenings. It's never too late for a lifestyle change!

Do You Still Think Sleep Is a Luxury?

People who [sleep less are more likely to be overweight](#). People who work night shifts have more diabetes and cancer. Some sleep loss is inevitable, but is Jay Leno so funny that he's worth missing sleep for?

And students: pulling all nighters before an exam is probably [the worst thing you could do](#). Memory is consolidated during sleep.

[Studies from the University of Pennsylvania](#) provide evidence:

The 24-hour internal clock controls many aspects of human behavior and physiology, including sleep, blood pressure, and metabolism. Disruption in circadian rhythms leads to increased incidence of many diseases, including metabolic disease and cancer...

The Lazar team discovered molecules that act as "shift workers" to maintain the daily rhythm of fat metabolism. When those molecules do not do their jobs, the liver also dramatically fills with fat.

Fatty liver associated with obesity and sleep apnea [may surpass alcohol as a cause for liver cirrhosis](#) in the future. Save your liver - get more sleep, and eat/drink less sugar!

My Eating Plan

Breakfast: 2/3 cup of oatmeal, 2 scoops of protein powder, lots of cinnamon, 8 oz of skim milk

Lunch and Dinner: one pound of nuked green veggies with a teaspoon of olive oil and spices (no salt); fish, chicken, or meat spiced and nuked or steamed without oil; 2 sweet potatoes nuked with cinnamon, or 1/4 to 1/2 cup of brown rice.

Hot sauce, green tea (5 cups a day), cinnamon, ginger, and garlic are my friends

