

The Nutrition Blame-Game: A Holiday Message

by David R. Seaman, DC, MS

It is not uncommon to hear/read people discussing the problem with modern food. The common theme is that "someone" is making us eat unhealthy foods.

- Our food is toxic and genetically modified.
- Wherever you go, all you can eat is fast food and pizza.
- Holidays cause us to gain weight.

To me this seems a bit absurd. No one is forcing us to eat toxic food, GMO foods, fast food, pizza, candy canes or cookies. Individuals choose these foods without coercion. In fact, people line up to eat these foods. This includes patients and many doctors. Many people have watched the movie "Food, Inc.," and I believe that is a good movie to watch. It outlines clearly the food industrial complex and its massive profit motive at the expense of producing healthy food. The wrong conclusion, in my opinion, is to blame it all on the evil of "corporate profits." Another wrong conclusion, in my opinion, is to waste large sums of money on protests.

The easiest way to address our food problem in the U.S. is to simply stop buying unhealthy food produced by the food industrial complex. Just because "they" make it, does not mean "we" have to eat it. My suggestion is to "stop eating it."

Buy locally produced foods, and if this not possible buy fresh or frozen fruits and vegetables. Buy wild caught fish and grass fed meat. Buy omega-3 eggs and chickens that are raised without medications. Grow your own vegetation. If your town permits it, and if you have the wherewithal, raise your own chickens – no better way to get healthy eggs.

The weight gain that occurs throughout the year and particularly during the holiday season is due to the overconsumption of sugar, flour, omega-6 fats and trans fats, which makes up approximately 60% of the average Americans caloric intake. Weight gain, poor health, disease, and chronic medication use is the inevitable outcome. This outcome is a choice. My recommendation is to make a better choice.

From what I can tell, hedonism is the primary reason people continue to eat industrial complex foods, which leads to the eventual reliance on the pharmaceutical industrial complex for multiple medications. Hedonism is about pursuing pleasure and this is only reason why people eat sugar, flour, omega-6 fats and trans fats...they taste good when mixed up and turned into a so-called "food."

The taste pleasure generated by these foods involves the activation of the mesolimbic dopamine reward pathway that is also activated by alcohol and narcotics. This is why I think the term "dietary crackhead" is fitting and descriptive of our collective problem¹.

I recently wrote a paper published in the *Journal of Chiropractic Humanities*², which outlines the many barriers to effective weight

management. If one understands these barriers, it can be easier to get control of eating behavior. ●

References

1. Seaman DR. Dietary "crackheads" and the never-ending battle against the bulging waistline. *Dynamic Chiro*. April 1, 2013. <http://www.dynamicchiropractic.com/mpacms/dc/article.php?id=56419>
2. Seaman DR. Weight gain as a consequence of living a modern lifestyle: a discussion of barriers to effective weight control and how to overcome them. *J Chiro Humanities*. 2013;20:27-35. [http://www.journalchirohumanities.com/article/S1556-3499\(13\)00003-X/fulltext](http://www.journalchirohumanities.com/article/S1556-3499(13)00003-X/fulltext)



About the Author

Dr. David Seaman is a professor of clinical sciences at National University of Health Sciences in Pinellas Park, FL, where he teaches nutrition and evaluation and management courses of the musculoskeletal and cardiovascular systems. He is a diplomate of the American Board of Chiropractic Neurology and a member of the postgraduate faculty for several chiropractic colleges. Dr. Seaman has published articles in *JMPT*, *Chiropractic Technique*, *Journal of Chiropractic Humanities*, and the *Journal of Sports Chiropractic and Rehabilitation*. He has also written a text entitled *Clinical Nutrition: For Pain, Inflammation, and Tissue Healing*. Dr. Seaman has lectured all over the United States. Those who attend his neurology and nutrition seminars routinely state that he makes these complex areas easy to understand and apply. He can be reached at defflame@defflame.com.