



November 17, 2010 – Grand Rapids, MI

Closer-to-Nature Diet

After writing Monday's message on exporting our meat-sweet diet, I got to thinking further. I'm a scientist and not an economist, so bear with me, but I think I know how we can gain back the edge in productivity we seem to have lost. While we export our meat-sweet diet to countries that compete with us, we just have to go back to eating foods closer to how nature makes them and increase our physical activity. While the rest of the world is chowing down on fast food, chips, sugary drinks, and candy bars—and heading down the path to heart disease, diabetes, and obesity—we'll start getting healthy and fit.

We'll eat more vegetables, more fruit, and fewer fried foods; we'll lose weight. Being lighter, we'll be able to increase our physical activity. As a society, we'll be fitter and able to work longer hours. The more fit we are, the less sleep we'll need, so we'll have more time to enjoy our new bodies. We'll reclaim our productivity and dictate the economy of the world.

Okay, maybe I'm getting a little too enthusiastic and definitely a little too cynical. No matter what happens to other societies, if we can each get our diet closer to nature, we can all make our lives a little better. No, it's not going to be easy, but it all comes down to the same question:

What are you prepared to do today?TM

Dr. Chet

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