

# Feel Better Now!

## The 10 Things To Cut Out

# of YOUR DIET



# **Live healthier NOW !!**

## **The secret to feeling better now. Even if you have COPD**

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Hello and Welcome ! My name is Kelly Welton and I am a registered respiratory Therapist. You have landed in a GREAT place to start to feel better NOW.

I'm going to talk about the deceptive marketing used by food companies, and what you can do to avoid harmful additives that are probably making you sick.

Real food seems so hard to find.... In our grandparents' day, about the only thing on a shelf was canned goods. No mixes with preservatives, artificial colors, artificial flavors. Except Jell-O . Then war



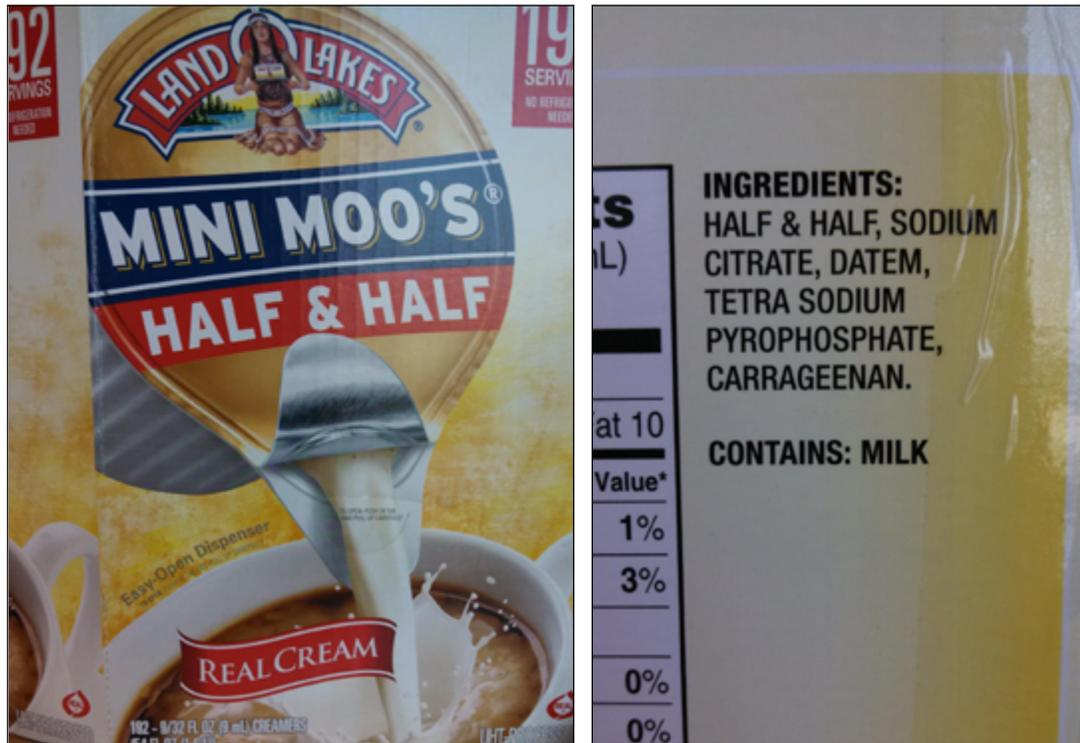
shortages brought the necessity for margarine and saccharine.

Just about Everything else was fresh and free of additives, preservatives, and flavorings.

Today, we have supermarkets with aisles of processed

packaged food. And the labeling they are allowed to use!

Fat Free! But loaded with real or fake sugar. Sugar Free! But loaded with chemicals. All Natural! Because Natural Flavor, even though it is modified, can still be called that.



I was in Target the other day and the couple in line in front of me, with their baby in the basket seat, was unloading all sorts of baby foods and formula onto the cashier's belt. I couldn't help but feel sorry for that baby, about to be fed all sorts of preservatives and chemical additives.

\*Tetra Pak cartons versus steel cans.  
†Packaging not made with BPA.

I recalled the product that a friend had brought me.... She had bought some Gerber toddler milk, thinking the sealed, needs-no-refrigeration 8 oz size would be perfect to take to work to put in her coffee. When I looked at what was in it, I couldn't believe my eyes.... Why on earth would you feed a baby all those chemicals? And vanilla flavored milk... at one year of age??

Here are the exact ingredients:

*FAT FREE MILK, WATER, MALTODEXTRIN, HIGH OLEIC SUNFLOWER OIL, CANOLA OIL, COCONUT OIL, CALCIUM CITRATE, NATURAL VANILLA FLAVOR, POTASSIUM CITRATE, SOY LECITHIN, TRICALCIUM PHOSPHATE, DISODIUM PHOSPHATE, ASCORBIC ACID (VITAMIN C), MAGNESIUM PHOSPHATE, CARRAGEENAN, CHOLINE CHLORIDE, FERROUS SULFATE (IRON), ALPHA TOCOPHERYL ACETATE (VITAMIN E), NIACINAMIDE, ZINC SULFATE, CALCIUM PANTOTHENATE, RIBOFLAVIN, VITAMIN A ACETATE, THIAMIN MONONITRATE, PYRIDOXINE HYDROCHLORIDE, VITAMIN D3, VITAMIN B12.*

Essentially, they took out the milk fat and replaced it with various oils. And added vitamins. Yuck. And 7 g of sugar total.

### **Item #1 to ditch now: Sugar**



One of the things I learned on the 21 Day Sugar Detox (*which I will talk about on my upcoming telesummit*) Go Here for information: <http://bit.ly/13D2ysV> is that sugar has all kinds of sneaky names and is added to a lot of our food supply. It's one thing to be deliberate about sugar (*I WANT that piece of dark chocolate!*) and quite another to be consuming it mindlessly all day long.



Here are the names of some sugars I didn't know I was even consuming: *Maltodextrin, Maltose, Evaporated Cane Juice, Sorbitol.* The list goes on. For a real eye-opener, have a look at one of your favorite foods and Google all the things in the ingredient list that you are not 100% sure what it is. Shocking!



Here is a cereal I used to love. And look at all the good things about it! Whole grain first ingredient. Low fat part of a heart healthy diet. A touch of brown sugar. Read the ingredients, and you will find 6 types of sugars in it.

**Item #2: Fake sugar**



So many pretty colors in the sugar container... yellow, pink, blue, and green. The long story made short is this: American demand for these products outstrips medical evidence that these chemicals are killing us. No one is hiding this data. It is there for us to read, but because we want to eat so much and drink so much soda, and the beverage industry is a billion dollar industry, it is readily available for consumption. We have dampened our ability to discern when our body has had enough sugar. And the food manufacturers try to

hide it from us, by calling Acesulfame Potassium Cute names like "Ace K".

	<p><b>Nutrition Facts</b> Serving Size 1 container</p> <table border="1"> <tr> <td colspan="2">Amount Per Serving</td> </tr> <tr> <td><b>Calories 90</b></td> <td>Calories from Fat 0</td> </tr> <tr> <td colspan="2"><b>% Daily Value*</b></td> </tr> <tr> <td><b>Total Fat 0g</b></td> <td><b>0%</b></td> </tr> <tr> <td><b>Saturated Fat 0g</b></td> <td><b>0%</b></td> </tr> <tr> <td><b>Trans Fat 0g</b></td> <td></td> </tr> <tr> <td><b>Cholesterol &lt; 5mg</b></td> <td><b>1%</b></td> </tr> <tr> <td><b>Sodium 80mg</b></td> <td><b>3%</b></td> </tr> <tr> <td><b>Total Carbohydrate 16g</b></td> <td><b>5%</b></td> </tr> <tr> <td>Sugars 10g</td> <td></td> </tr> <tr> <td><b>Protein 5g</b></td> <td><b>10%</b></td> </tr> </table> <p>Vitamin A 15% • Calcium 20% Vitamin D 20% • Phosphorus 10%</p> <p>Not a significant source of dietary fiber, vitamin C and iron. *Percent Daily Values are based on a 2,000 calorie diet.</p>	Amount Per Serving		<b>Calories 90</b>	Calories from Fat 0	<b>% Daily Value*</b>		<b>Total Fat 0g</b>	<b>0%</b>	<b>Saturated Fat 0g</b>	<b>0%</b>	<b>Trans Fat 0g</b>		<b>Cholesterol &lt; 5mg</b>	<b>1%</b>	<b>Sodium 80mg</b>	<b>3%</b>	<b>Total Carbohydrate 16g</b>	<b>5%</b>	Sugars 10g		<b>Protein 5g</b>	<b>10%</b>	<p><b>Ingredients:</b> Cultured Pasteurized Grade A Nonfat Milk, Blueberries, Modified Corn Starch, Sugar, Kasher Gelatin, Natural Flavor, Tricalcium Phosphate, Citric Acid, Aspartame*, Potassium Sorbate Added to Maintain Freshness, Acesulfame Potassium, Red #40, Vitamin A Acetate, Blue #1, Vitamin D<sub>3</sub>.</p> <p><small>DEPT. OF YOP-LAIT USA, INC., BOX 200 V.C. S.F.L.S. MN 55446 USA</small></p> <p><b>*PHENYLKETONURICS: CONTAINS PHENYLALANINE</b> WITH ACTIVE YOGURT CULTURES INCLUDING L. ACIDOPHILUS</p> <p><small>Yoplait is a registered trademark of YOP-LAIT MARKS (France) and other logos.</small></p> <p><small>WEIGHT WATCHERS for service and PointsPlus® are the registered trademarks of Weight Watchers International, Inc. and are used under license. To learn more visit <a href="http://weightwatchers.com">weightwatchers.com</a> or call 1 (800) 776-1180.</small></p> <p><small>*Meets National Yogurt Association Criteria for Live and Active Culture Yogurt YOPLAIT LIGHT, 90 CALORIES, 0g FAT, LEADING LOW FAT YOGURT, 170 CALORIES, 2g FAT PER 6 OZ</small></p>
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### Item #3: Fake food , especially fake dairy



Worst offenders: Non-dairy creamers and Non-dairy whipped topping. When you drill down, these products are derived from petroleum. There is a certain company that makes non-dairy individual creamers. On the label is a picture of rolling hills and a farmhouse. Too bad there is not a speck of dairy in their product! On my website I will talk more about this.

### Item #4: Artificial Colors

If everything in the store were pale and unappetizing, would we buy it? Red Vines just wouldn't be the same if they were... colorless. Food companies think not, so they add chemical colorants such as Red 40 and FDC Blue #2. Classified as "GRAS" Generally Recognized As Safe by the FDA. The jury is still out on Caramel coloring. Your medications and cough syrups have a TON of colorants in them. Beware! Even Cough drops have colorants.



**Inactive Ingredients**  
Original: Acesulfame Potassium, Alcohol, Citric Acid, D&C Yellow No. 10, FD&C Green No. 3, FD&C Yellow No. 6, Flavor, High Fructose Corn Syrup, Polyethylene Glycol, Propylene Glycol, Purified Water, Saccharin Sodium, Sodium Citrate

Cherry: Acesulfame Potassium, Alcohol, Citric Acid, FD&C Blue No. 1, FD&C Red No. 40, Flavor, High Fructose Corn Syrup, Polyethylene Glycol, Propylene Glycol, Purified Water, Saccharin Sodium, Sodium Citrate

**Other Information**

- Each 30 mL dose cup contains 5 mg potassium and 37 mg sodium (Original) or 5 mg potassium and 38 mg sodium (Cherry).
- Store at room temperature.

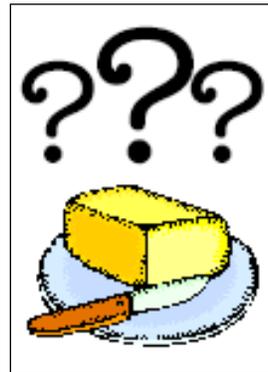
And ... I know, everyone's new favorite..... Red Velvet cake. Should come with a warning on it from the Surgeon General!

### Item #5: Soda



Diet or regular, soda leaches minerals from your system. Mindless consumption of sweet drinks are empty calories. They are actually negative nutrition! And consuming large amounts of diet soda confuses the brain and the palate. What's sweet and what's not? When to stop?

### Item #6: Microwave popcorn



Loaded with hydrogenated oils, preservatives, flavorings, and salt. Ever eat a lot of movie popcorn and feel it on the roof of your mouth later? Think of how it travels through the rest of your system... The artificial butter flavor is also a possible carcinogen.

Again, American demand allows the FDA to ignore science! Google '[popcorn workers lung](#)' or '[diacetyl](#)'.

## **Item #7: Preservatives**

Especially: TBHQ and BHT. TBHQ is a plasticizer. Ever heard of museums displaying human models with 'real' arteries and organs inside? How can a human heart be preserved forever? You guessed it... :: And again, food manufacturers will often list these as E319, E320, or E 321. That is their chemical name, as they were made in a laboratory.

For a good scare, Google "[Preservatives banned in Europe](#)" and see what Europe refuses to eat, while we in the US gobble it down.

## **Item #8: Fast food and restaurant non stick liquid margarine**



Also, many high-end restaurants use liquid margarine to sauté and grill. They can cook fast with it, without burning.

Various low grade oils get hydrogenated then melted, with a high smoke point so food can cook faster. Butter flavor gets added along with preservatives. This is why restaurant food makes you gain weight.

Speaking of oils, Let's talk for a sec about Canola oil. Canola comes from rapeseed, which no one will buy, so since it was developed in Canada, it's CAN-O-LA. Canadian oil, low acid, made from GMO rapeseed plants. *Yum!*

## **Item #9: Metabisulfites**



The salad bar always looks so fresh at the local restaurant. That's thanks to Sodium Metabisulfite, which can keep greens and other veggies looking perfect for days. Er, how long has that lettuce been there?

## Item #10: Bottled salad dressings



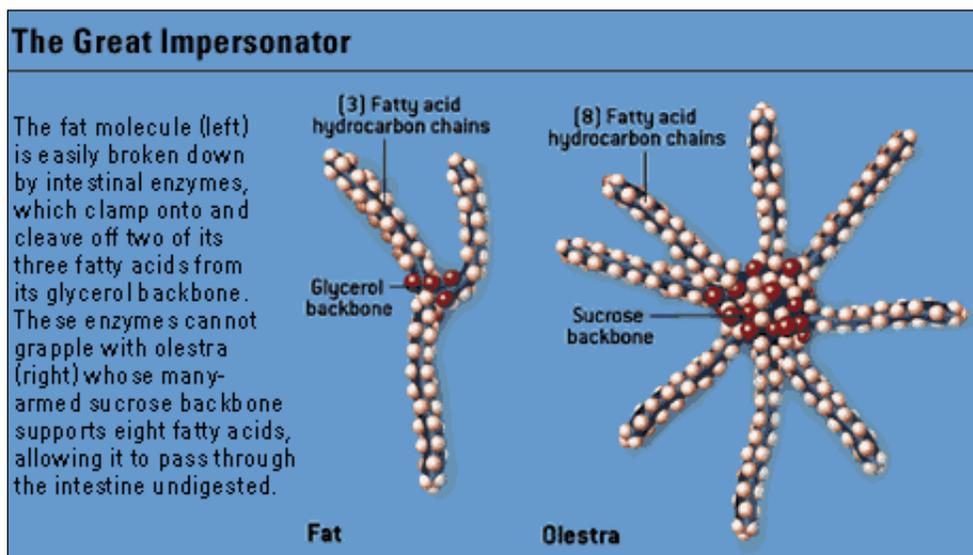
You try to eat healthy when you are out, so you order a salad. Next time, ask the waitress for a list of what is in their balsamic vinaigrette. Or worse, the ranch dressing.

Here's what's in Hidden Valley's ranch dressing:

*VEGETABLE OIL, EGG YOLK, SUGAR, SALT, BUTTERMILK, SPICES, GARLIC, ONION, VINEGAR, PHOSPHORIC ACID, XANTHAN GUM, MODIFIED FOOD STARCH, MSG, ARTIFICIAL FLAVORS, DISODIUM PHOSPHATE, SORBIC ACID, CALCIUM DISODIUM EDTA, DISODIUM INOSINATE AND DISODIUM GUANYLATE.*

*(Courtesy of Dave Mulder)*

And worse, remember Olestra? The fake fat also known as Simplesse?



It's still here... only it's now allowed to be called "Whey protein concentrate" or "Egg and milk protein"

and it's likely in your salad dressings, ice cream, maybe even your butter or sour cream. Reduced Fat, anyone?

Bottled dressings contain emulsifiers, to keep the oil from separating. Emulsifiers, even those derived from naturally-occurring substances i.e. Soya Lecithin are laden with pesticides and solvents.

### What to do?



First, sign up for my free telesummit at [www.LiveWell2014.com](http://www.LiveWell2014.com) Or at [COPDsuccess.com](http://COPDsuccess.com). We will have interviews with experts on health and nutrition and wellness on all kinds of topics pertaining to body, heart, mind, and soul.

Next, try my substitution list below. Just go slow, one at a time. Learn to taste food for what it is supposed to taste like, without salt, sugar, fat, chemicals, or other enhancements.



**Sugar:** Stevia is touted as the new 'safe' sugar alternative. But, there are different varieties and different grade qualities. Raw sugar still has the minerals and the molasses in it. Go easy on both. BTW Stevia has been banned in most of Europe.



**Dairy:** Check the label! You may be unwittingly buying fake shredded cheese (one molecule away from being plastic). Ask for whole milk for your coffee. That 'cream' they bring to the table is usually non-dairy plastic creamer.



**Colorings:** Ask companies to leave them out! A friend with a very additive-sensitive child wrote to the company that makes Benadryl. A few months later: clear Benadryl!

Make your preferences known! Look closely at all those papers that come with your prescription medications. Ask the manufacturers to leave out the colorants.



**Popcorn:** Natural popcorn popped on the stove in peanut or corn oil. Add parmesan cheese or minimal seasoned salt. If you have to add butter, make it real.



**Soda:** If you just have to have that bubbly sensation, look for stevia-sweetened. Or Hansen's, which does not use HFCS. Better yet, switch to decaf tea.



**Salad bars and restaurants in general:** Sometimes it pays to upgrade. Most restaurants use bagged produce and prepared dressings. This is especially tough if you are an on-the-go person. A quality restaurant will use real butter, pure olive oil, fresh produce, and made-fresh-daily sauces and dressings. It may take longer and cost a bit more, but remember: you are worth it!

Thank you for listening, and I really hope to See you on my new site:

I promise you will find it interesting, revealing, even shocking! Please, please tell your friends, especially anyone with Asthma or COPD. There will be lots of free bonuses and great information, links, interviews, and if I get time, even recipes! Go to [www.COPDsuccess.com](http://www.COPDsuccess.com), or [www.LiveWell2014.com](http://www.LiveWell2014.com).

Love and Blessings,

KW