

Dear Maria

What can unhealthy eating do?

Firstly one must determine what unhealthy eating is. Not so simple. We have been brain washed into thinking that all food in shops, cafés and restaurants is healthy. It's standard fare, eaten by past generations, and what we are accustomed to in the UK!

Food manufacturing over the last 60 years or so has gone through a huge transformation. For the sake of profit, many recipes have been changed. Traditional ingredients replaced with the "same flavour" cheaper versions and completely new products have been created from waste material. These are artificially flavoured, coloured, and presented in irresistible packaging.

If the food does not contain the building blocks for life, growth, development and reproduction, then none of these functions will take place. These building blocks must come from living sources ie plants or animals. Once processed, they lose worth. The more processing, the less bioavailability. A diet that consists only of these processed and worthless food items is truly an unhealthy diet and the consequences are shocking.

This kind of eating starts the slippery slope of ill health beginning with a general malaise, not feeling on top of things, lacking energy, insomnia, and foggy thinking etc.. Then the pains start, you can't seem to shift them and need to see the GP. This is the beginning of a diseased state, which will then be diagnosed as it progresses. You will then be told to change your diet to include more fresh fruit and vegetables, but by then, much of the damage will have been done, and you will have a full prescription of drugs to take.

The end result of an unhealthy diet is ill health such as cardiovascular, gastro-intestinal and liver diseases, to name a few, which is now being recognised as due to unhealthy eating.

**Maria Griffiths is a Nutritional Therapist with 20 years' experience and is registered with the Complementary & Natural Healthcare Council, which meets national standards. She is a Senior Associate Member of The Royal Society of Medicine. Contact her at [mgnutritionist@aol.com](mailto:mgnutritionist@aol.com) or on 01243 823669 or at [familynutritioninpractice.com](http://familynutritioninpractice.com)**