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June 2018

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Time to Clean Up Your Diet!

If you are trying to lose weight, eating cereal for breakfast is never going to help you get to your goal weight. In my opinion, breakfast cereal is an “indigestible substance” that is sold in stores as “food”. Breakfast cereal is not “real food.” It is a highly processed grain based product that when eaten, will spike your blood sugar and help your body store more fat. Not only that, scientists at Cedars-Sinai Medical Center have recently discovered that a chemical called butylhydroxytoluene (BHT) contributes to weight gain. BHT is an antioxidant commonly added to breakfast cereals to protect nutrients and keep fats from turning rancid. The scientists found that BHT interferes with hormones that send signals from the gut to the brain to let people know when they are full. When this system is altered, people lose control of feelings of hunger and feelings of fullness. That is a recipe for weight gain.

I would recommend eating “real” food for breakfast. Foods such as eggs, hormone and antibiotic free meats, fruits and veggies. If eating a large breakfast is not your desire then a “breakfast drink” containing a clean vegan protein powder such as “Sunwarrior” made with almond milk or coconut milk and some frozen fruit is a great way to start your day as well.

It is imperative that you pay attention to the “foods” you put into your body every day. When you stop caring about what you eat, you are on your way to obesity, elevated blood pressure, type 2 diabetes and a host of all kinds of illness and disease. Just remember, “Food is your medicine”.

Todd F. Farris, D.C.

[Restore Your Health Now!](#)

Did you know the following things can undermine the healthiest diet?

Smoking- One of the worst things you can do to your body. If you smoke, you must quit. It is not a habit, it is an addiction. Smoking



robs your body of vitamins C, B5, B12, and E, as well as calcium. Pick a date to quit, go through the pain and angst of withdrawals and never touch nicotine again.

Caffeine- We all love our coffee, but studies show the diuretic effect of caffeine will also cause your body to lose calcium, magnesium, potassium, and iron.

Sugar- The more sugar you eat, the more sugar you crave. Aside from being poison to your body and extremely addictive, it robs your body of vitamin C, calcium and magnesium. Sugar offers no real nutritional value and is found in practically everything we eat – especially processed foods.

Alcohol- Depletes magnesium as well as other essential minerals and many vitamins.

Carbonated drinks- phosphoric acid is great for cleaning battery acid, but has no place in the human gut. It destroys calcium levels.

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