

The 10 Most Addictive Foods

by Mandy Oaklande

from the former Prevention Magazine

These treats may have you chemically hooked!

1. White Bread
2. Donuts
3. Pasta
4. Cake
5. Chips
6. Cookies
7. Chocolate
8. French Fries
9. Candy
10. Ice Cream

Prevention was right again -- these are the new social DRUGS that are killing us. No you won't fall over in a dead heap from the first bite but they are poison just the same and as addictive as cocaine. Until I watched **The Weight of the Nation** I had never thought of obesity as a threat to our nations security. But guess what? Fat people can't run, fat people can't hide, and fat people can't defend themselves, their homes or their liberty. Watch this documentary and find out how many applicants are turned away from our military, our fire and police departments because they are too fat to run, one of the most basic endurance measurements for good health.

7 Foods

To
YOUR
Good
Health

That Should Never Cross Your Lips

Is your food loaded with toxins and chemicals?

By Anne Underwood

Prevention Magazine April 2012

Foods YOU should AVOID

WHY ????

Conventional Apples

Pesticides

Canned Tomatoes

Plastic Lining in the cans

Corn-Fed Beef

injected with chemicals

Microwave Popcorn

Chemicals added during packaging

Non-organic Potatoes

Heavy Pesticide use in soil

Farmed Salmon

Feed corn containing pesticides

Milk Produced with Artificial Hormones