

CLEANING UP

The Wellness Brothers

“The best diets in the world are a good variety of CLEAN, whole-foods, plant-strong, mostly raw, and in quantities that get you to the weight you want to be.” - TWB Diet Summary Sentence

In the previous article, we considered the value of variety in the diet. In this article, we will move on to focus on the second guideline listed in the TWB Diet Summary Sentence: CLEAN

The subject of “Clean Food” is probably the most complex and debated of the six TWB Diet Summary Sentence guidelines. The reasons are several. It is not, however, my intention to argue or resolve the intricate issues of how and why a particular food is potentially harmful to us. Instead, I simply want to draw attention to the fact that all of nutrition is a HELP – HURT transaction, and point out that eating “cleanly” is a major way of shifting that balance in favour of what’s good for us.

PRACTICALLY CUTTING BACK ON CONTAMINANTS

The reality is that there is no such thing as the perfect food. No matter how many benefits a particular food may have it always has an “unhelpful” or “hurtful” component to it. Whether it’s something naturally occurring or added in the process, every single thing we eat has something in it (on it) that’s not good for us.

From the fertilizers added to the soils; chemicals sprayed on the crops; bugs in the water used on the plants; hormones and antibiotics injected into the animals; colorings, preservatives, or flavour-enhancers included in the ingredients; toxins leaking from the packaging; germs growing on foods in storage; or harmful compounds produced during phases of food preparation, our bodies are exposed to things that can disrupt and damage them. The intention is cut back on our contaminant exposure by making cleaner choices. How to do this is not always clear and often quite difficult. Mindful of that we make these three simple recommendations which can go a long way in helping you clean up your diet:

1. Go Organic where possible
2. Eat home-prepared meals the majority of the time
3. Eat mostly wholefoods

As basic as these suggestions are, they really can make a difference.

The fact is that no one on the planet has a “perfectly clean diet.” Apart from that being because there are no perfectly clean foods (as already stated) we are all inclined, at times, to eat things more for fun than for fuel. When we do, we typically “dirty” our diets with foods containing higher levels of contaminants. The basic rule of thumb is – the more processed the food, the more contaminated it is. Thankfully, our bodies do have amazing capacity for detoxification. But that is not something we can lean on entirely. Rather, we can work at reducing the load on the body and even support the detox functions by eating foods with fewer contaminants. The three suggestions listed above can do a lot to make that a reality. If a healthier and happier body is your goal - be sure to follow them!

TAKE AWAY: CLEANER FOOD MAKES FOR A HEALTHIER DIET

[Core Direction](#) Article, written by Dr. Ryan Penny of [The Wellness Brothers](#)