

WHY IS FOOD SO CONFUSING

The Wellness Brothers

Eat fat – Don't eat fat! Drink milk – Don't drink milk! Eat meat – Don't eat meat! Drink coffee – Don't drink coffee! Eat rice – Don't eat rice! Drink juice – Don't Drink Juice! Eat eggs – Don't eat eggs! Drink wine – Don't drink wine! Eat fruit – Don't eat fruit! So, which is it?

If you're like most people, you will be somewhere in between with your answers. You may strongly agree with avoiding rice and fruit juice but totally disagree with no meat and eggs. Someone else, however, may insist that meat and eggs are the devil and that carbs and fruits are the best way to go for optimal health. The question is, "Who's right?" That's the million-dollar question.

In our experience, people find food and nutrition a puzzling subject. It no longer seems to be simple. Instead, it's downright confusing. When considering just how important it is for people to eat healthily, this confusion is at best unhelpful, and at worst, potentially deadly. That's why it must be addressed.

Where does confusion come from and why does it persist? For the most part it comes down to contradictory information. Not only are there many cultural and traditional differences on what the best foods are, but within the field of nutrition itself, the "experts" disagree on what we should and shouldn't be eating. On top of that, there's the internet; a place where something as simple as a search for, "foods good for weight loss" could lead you to believe it's only celery sticks for the rest of your life or have you running out for tomorrow's breakfast of bacon, eggs, and coffee with butter. In fact, things can be so different that you'd be excused for wondering whether the recommendations are even for the same thing; weight loss or weight gain, heart health or heart disease?

The truth is that food-confusion is a deep rooted problem. That's why it's unlikely to go away anytime soon, unless it's tackled with a sound set of principles that are both believable and accurate. If that sounds unappealing to you, which we hope it does, we've got great news for you.

The Wellness Brothers have created a series of great fact and science based Nutrition Articles that will cut through dietary confusion and cultivate the kind of clarity you need to make the best possible food choices for you and your family.

No matter what your health, weight or performance goals, our unique approach to making nutrition understandable, along with our tried and tested food selection system, will serve to guide you all the way to a better body mind and lifestyle. THE CONFUSION ENDS HERE!

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