

KEEPING IT REAL

The Wellness Brothers

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

In the previous article, we considered the value of variety in the diet. The focus now is on the third guideline: WHOLE-FOODS

The concept is simple – aim to eat most of your food as close to the natural state as possible. This means blueberries over blueberry muffins; apples instead of apple pie; and strawberries rather than strawberry milkshakes. Put another way – try to cut back on “unhealthily” processed foods.

Just so that we’re clear, we’re not suggesting you eat everything without so much as washing it or removing the bits that could be harmful or unhelpful. Eating fur, feathers, scales, raw meat and egg shells is not the intention. The reason for taking in most of what you eat and drink as close to its whole-food form is to maximize the nutritional value of what you consume while minimizing your intake of processing contaminants and harmful additives.

Here are two of the best ways I’ve heard other people promote a whole-food diet:

- If God made it – eat it! If man made it – avoid it!
- If your Great, Great Grandmother would not have recognized what you are eating as food – consider it a UFO (unidentified food object) and steer clear of it!

Remember, the intention is to get the most out of your food and that, for the most part, is achieved by eating the whole food. If most of what you’re having is out of a tin, a packet, a wrapper, or a box and has multiple ingredients with added colourings, preservatives and stabilizers, you are probably not providing for your cells in the way that will serve you best. The same is true if most of what you eat is not plant based. But, that’s for the next article. Until then, be sure to make the bulk of your diet REAL, WHOLE-FOOD.

TAKE AWAY: WHOLE-FOOD MAKES FOR A HEALTHIER AND SAFER DIE

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