

10 Worst Foods of All Time

By Michelle Schoffro Cook, MSc, PhD, DNM, RNCP, ROHP



Let's face it: there are grocery and convenience stores (not to mention schools and school vending machines) that are full of chemical- and sugar-laced foods we should never eat. I'm frequently asked which ones are the worst. So, here are my picks for the top 10 worst foods you may be eating, in order, from terrible to tragic. **The #1 Worst Food of All Time may surprise you!**



10. Ice Cream—Sorry, I know just about everyone loves ice cream, but today's ice cream is not only full of sugar, most of it is also loaded with trans fats, artificial colors and flavors, many of which are known neurotoxins (brain- and nervous-system damaging chemicals). Of course, there are healthier varieties, but most ice cream is hazardous to your health.

9. Corn and Tortilla Chips—Since the advent of genetically-modified foods, most corn we eat is a health-damaging Frankenfood. Corn causes rapid blood sugar fluctuations, which you may notice as mood-swings, weight gain, or irritability, among other symptoms. Most are fried in oils that have turned rancid and are linked to inflammation.

8. Pizza—While not all pizza is bad, most of the commercially available and frozen pizza on the market is full of artificial dough conditioners and preservatives. It is made from white flour that has been bleached and reacts in your body just like sugar, causing weight gain and blood sugar imbalances.



7. French Fries—Not only do French fries typically contain trans fats that have been linked to a long list of diseases, they contain one of the most potent carcinogenic substances in food—acrylamide. Acrylamide is formed when white potatoes are heated at high temperatures. Additionally, most of the oils used for frying turn rancid in the presence of oxygen or at high temperatures, resulting in foods that cause inflammation in the body. And, researchers are discovering that inflammation is a factor in many serious health conditions, including: heart disease, cancer, and arthritis.

6. Potato Chips—Potato chips offer all the health benefits (none) of French fries, but according to Health Canada, potato chips typically contain the highest levels of acrylamide, which is a carcinogen.

5. Bacon—Yes, bacon! Sorry bacon lovers. According to research in the journal, *Circulation*, daily consumption of processed meats like bacon can increase the risk of heart disease by 42 percent and diabetes by 19 percent. A study at the University of Columbia found that eating bacon 14 times a month was linked to damaged lung function and an increased risk of lung disease.

4. Hot Dogs—A study at the University of Hawaii found that consumption of hot dogs and other processed meats increased risk of pancreatic cancer by 67 percent. One of the ingredients found in both bacon and hot dogs is sodium nitrite. This carcinogen has been linked to leukemia in children and brain tumors in infants. Other studies show that sodium nitrate also promotes colorectal cancer.



3. Doughnuts—Most doughnuts are 35 to 40 percent trans fats—the worst kind of fat you can eat. Trans fats are linked to heart- and brain-diseases as well as cancer. That’s before you consider the sugar and artificial dough conditioners and food additives many doughnuts contain. The average doughnut also contains about 300 calories.

2. Soda—According to research reported by Dr. Joseph Mercola, “One can of soda has about 10 teaspoons of sugar, 150 calories, 30 to 55 mg of caffeine, and is loaded with artificial food colors and sulphites.” That alone should make you rethink your soda habit. But, soda is also extremely acidic. It takes over 30 cups of pH-balanced water to neutralize the acidity of one cola. This acid residue can be extremely hard on the kidneys since they have to filter it. Additionally, the bones act as mineral reservoirs. Alkaline minerals like calcium are dumped into the blood to help neutralize acidity, which can weaken the bones over time. For more information on pH balance, check out my book, *The Ultimate pH Solution*. In studies, soda is also linked to osteoporosis, obesity, tooth decay and heart disease.

1. Diet Soda—Diet soda is the winner of the Worst Food of All Time. Not only does diet soda contain most of the problems of regular soda, it contains aspartame, now called AminoSweet. According to research by Lynne Melcombe, author of *Health Hazards of White Sugar*, aspartame is linked to the following health conditions: anxiety attacks; binge-eating and sugar cravings; birth defects; blindness; brain tumors; chest pain; depression; dizziness; epilepsy; fatigue; headaches and migraines; hearing loss; heart palpitations; hyperactivity; insomnia; joint pain; learning disabilities; PMS; muscle cramps; reproductive problems; and even death. Aspartame’s effects can be mistaken for Alzheimer’s disease, chronic fatigue syndrome, epilepsy, Epstein-Barr virus, Huntington’s chorea, hypothyroidism, Lou Gehrig’s disease; Lyme disease, Ménière’s disease, multiple sclerosis, and post-polio syndrome. That’s why I give Diet Soda the Worst Food of All Time award.



About Michelle Schoffro Cook, MSc, PhD, DNM, RNCP, ROHP

Michelle Schoffro Cook is a best-selling and eleven-time book author, whose works include: *The Vitality Diet, Arthritis-Proof, Allergy-Proof, Total Body Detox, The Phytozyme Cure, The Life Force Diet, The Ultimate pH Solution, and The 4-Week Ultimate Body Detox Plan.*



She holds a doctor of philosophy degree in Traditional Natural Medicine, a Master's of Science degree in Natural Health, and a Bachelor's degree in Holistic Nutrition. She is a Registered Nutritional Consulting Practitioner, Registered Orthomolecular Health Practitioner, doctor of acupuncture, and a bioenergetic medicine practitioner.

She has made over 1000 media appearances, including being featured on/in: *Woman's World, First for Women, YOU: The Owner's Manual Radio Show, Oxygen, HELLO! Canada, Glow, Vegetarian Times, and The Huffington Post.*

Schoffro Cook received the *World Leading Intellectual Award* for her contribution to natural medicine, a *Forty Under 40 Award*, and numerous communications awards.

She is a regular blogger for *Intent.com* and *Care2.com*. Her books have been translated into many languages.

To learn more visit: www.DrMichelleCook.com or visit her E-Bookstore at www.WorldsHealthiestDiet.com. Subscribe to her FREE e-newsletter at www.WorldsHealthiestNews.com.

E-Books from Dr. Michelle Schoffro Cook:

Total Body Detox: The Safe, Easy, and Natural Way to Detoxify Your Body, Balance Your Weight, and Feel Great

Total Body Detox is the best option for safe and effective whole body cleansing. Not all detox diets are created equal and some are downright dangerous. The “Queen of Detox,” Dr. Michelle Schoffro Cook, guides you through the dietary and lifestyle changes that will have you feeling vibrant, energetic and revitalized in no time. For more information, visit www.WorldsHealthiestDiet.com



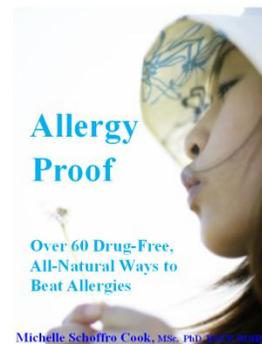
Arthritis-Proof: The Drug-Free Way to Beat Pain and Inflammation

Arthritis-Proof is jammed-packed with practical advice to help you take charge of your health and overcome pain and inflammation. Unlike other books that are full of theory, *Arthritis-Proof* offers you plenty of natural remedy and therapy options without the harmful side-effects of common arthritis drugs. Stop suffering now. *Arthritis-Proof* gives you the tools you need to enjoy pain-free living. For more information, visit www.WorldsHealthiestDiet.com



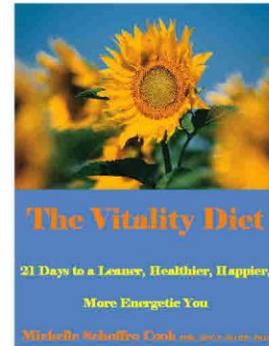
Allergy-Proof: Over 60 Drug-Free, All-Natural Ways to Beat Allergies

Allergy-Proof is your one-stop resource for over 60 natural solutions to seasonal allergies. Learn about the strategies, easy dietary changes and natural, drug-free medicines that eliminate sneezing, congestion, itchy eyes and more. *Allergy-Proof* offers both symptom relief and guidance to re-build your body's resistance to allergens. For more information, visit www.WorldsHealthiestDiet.com



The Vitality Diet: 21 Days to a Leaner, Healthier, Happier, More Energetic You

In the cutting-edge e-book *The Vitality Diet*, Dr. Cook guides you step-by-step to make dietary changes that support energy, vitality, and balanced weight. **Dr. Cook shares valuable information you won't find anywhere else like her proprietary chart of 11 Potent Phytonutrients that Burn Fat** and where to find them. You can benefit from this fantastic resource no matter whether you already eat well or if you're on the high sugar, high fat Standard American Diet. And, don't worry about deprivation or radical changes, Dr. Cook coaches you to transform even the poorest of diets.



You'll learn:

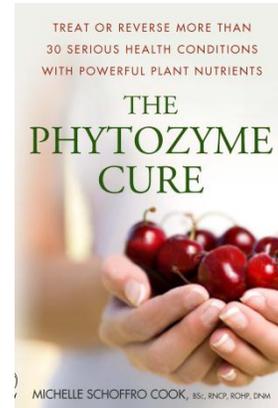
- Dr. Cook's Top **13 Fat-Fighting Foods**
- The powerful **phytonutrient that speeds abdominal fat loss by 77%** and where to find it
- The **11 Potent Phytonutrients that Burn Fat** and the foods that contain them
- The nutritional factor that is missing from at least 80% of people's diets and how this **deficiency is linked to weight gain, fatigue, and poor health** and how to address the deficiency quickly and effortlessly
- **How to curb cravings**
- How to stock your pantry for greater vitality and wellbeing
- The signs and symptoms of dehydration which may be causing you to feel sluggish
- **10 Surprising Sources of MSG** and how this sneaky food additive causes weight gain, exhaustion, and even mimics serious health conditions
- **How to snack your way to greater energy and reduced weight**
- Easy ways to **supercharge your digestion**
- **Dr. Cook's Top 8 Safe Weight Loss Supplements**
- Much, much more

For more information, visit www.WorldsHealthiestDiet.com

Books by Dr. Michelle Schoffro Cook

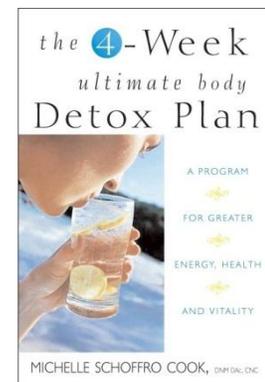
The Phytozyme Cure

In this ground-breaking book, Dr. Michelle Schoffro Cook introduces Phytozyme Therapy — a revolutionary all-natural diet- and nutrition-based plan that combines the healing powers of phytonutrients and enzymes to strengthen our immune systems, protect our bodies from disease, and even reverse the signs of aging. From helping to prevent heart disease and speeding weight loss to removing inflammation and toxins and attacking cancer cells, these powerhouse compounds have been found to have countless health benefits. Developed through two decades of research and clinical practice, *The Phytozyme Cure* uncovers the latest scientific findings and tackles over 30 common health conditions from heart disease to diabetes, offering natural protocols for seeking out a higher level of health and wellness.



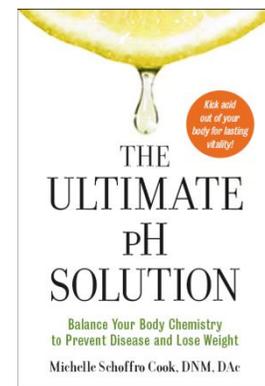
The 4-Week Ultimate Body Detox Plan

Imagine waking up without an ache or pain, cruising through your daily tasks with abundant energy and ending your day with a refreshing night's sleep. Then, imagine waking up to do it all over again. Think it's impossible? This book will make you think again! Using this systematic approach, you will cleanse your digestive tract and liver, as well as your lymphatic system, urinary tract, kidneys, gall bladder, respiratory system, skin, and fatty deposits (including cellulite). By using this revolutionary plan, you'll also avoid the negative side effects of other cleansing programs. *The 4 Week Ultimate Body Detox Plan* shows you how to reduce your exposure to the more than 70,000 toxic chemicals dumped into food and the environment and shows you to eliminate them from your body.



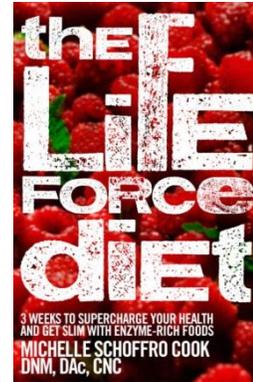
The Ultimate pH Solution

Learn why Harvey Diamond, best-selling author of *Fit for Life*, calls *The Ultimate pH Solution* "A landmark book that everyone should read. Follow *The Ultimate pH Solution* and you'll prevent disease and feel better." Excessive acid in your body can cause a host of health problems, but with cutting-edge, medically sound research, this indispensable guide offers an easy-to-follow plan that will help you kick acid and stay healthy.



The Life Force Diet

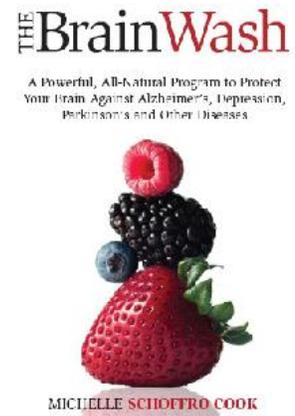
The Life Force Diet explains how enjoying a diet of Life Force Foods—foods that keep us at the pinnacle of health—will ensure you have a healthy, slim, energetic body and retain the vibrancy of youth. *The Life Force Diet* will restore you to your ideal body weight and even prevent or reverse illnesses like diabetes, heart disease, and cancer. As her book shows, Life Force Foods are the key to weight loss, mental clarity, boundless energy, and radiant good looks. In just three weeks you'll feel a renewed sense of vitality, and marvel at clearer, smoother skin and more lustrous hair. What's more, you'll find that *The Life Force Diet* has such delicious recipes, you'll look forward to every meal.



The Brain Wash

Using an easy-to-understand approach, Michelle Schoffro Cook offers a simple five-step plan that will strengthen the brain, prevent disease, and even reverse brain-related disorders. In *The Brain Wash*, you'll learn:

- The surprising and common sources of neurotoxins in your food, personal care and household products and how to lessen your exposure to them
- How certain drugs, pollutants, heavy metals, and pathogens cross the blood-brain barrier and how to lock them out
- The Top 20 Brain Superfoods you need to be eating regularly
- Natural medicine protocols for 10 brain diseases, including: Amyotrophic Lateral Sclerosis (ALS), Alzheimer's disease, Attention Deficit Hyperactivity Disorder, Autism, Chronic Fatigue Syndrome, Depression, Multiple Chemical Sensitivity, Multiple Sclerosis, Parkinson's disease, and Stroke.



Healing Injuries the Natural Way

If you've been injured and want to heal using natural and holistic means, *Healing Injuries the Natural Way* is for you. This book provides an alternative approach to healing various types of bone, soft tissue and joint injuries, as well as injuries related to osteoporosis, arthritis and fibromyalgia. In *Healing Injuries the Natural Way*, you will learn:

- The Top 20 Anti-inflammatory and Anti-Pain Foods
- The Top 10 Spices that Fight Pain
- 10 Foods that Contain Natural Aspirin
- The Top 5 Myths About Osteoporosis(that may change your life)
- The Top 20 Foods that AGGRAVATE Arthritis

