

FAST FOOD EVERYWHERE!

Description

I am loving the content shared by Doctor Jonathan as I sift through his old and new posts. Fast food is not the way we should rely on our nutrition, and here he presents the reasons in a clear and concise format. While we all see/hear how bad it is on a daily basis, most people still consume it on a daily basis.

Not a day goes by that I want to help change how families are fed. For now, helping to spread information on the negative effects of poor nutrition and lifestyle in general seems the best approach. Please give this and the many posts sure to come a good read and put at least one of the thoughts into practice. Our kids, family, and YOU deserve it.

[Link to original post is found here.](#)

I recently posted a picture of 4 FAST FOOD RESTAURANTS visible from my GYM's parking lot. The point was to show CONVENIENCE; a major factor contributing to our obesity epidemic.

[20160912_171311-smaller](#)
[20160912_171240-smaller](#)
[20160912_171159-smaller](#)
[20160912_171105-smaller](#)

Today I opened the weekly circular which displayed the following 7 ADS:

[20160928_145108-smaller](#)

Where is the DECENCY and HUMAN COMPASSION for a problem that continues to escalate out of control?

THIS IS NOT VALUE!

This is legalized "FOOD PUSHING" that increases food addiction with dangerous consequences. Everywhere we turn (newspapers, TV, shopping stores, highway exits, etc!) we face these destructive products that tempt us the same way drugs tempt drug addicts and alcohol products tempt alcoholics.

Denying this reality continues to spread this epidemic we currently face. To rely on the fast food industry (as a sector) to grow the wealth of our economy is a sad commentary. It is a source of great PAIN and SUFFERING. We consume these restaurant foods an average of 5.8 times a week (as adults) while 30% of children eat fast food on any given day. ([United States Healthful Food](#)

Council)

We are bombarded with this advertising and have convinced ourselves the dangers are grossly over-exaggerated. Our total disregard to the damaging effects of most fast food products has resulted in obesity and overweight becoming:

THE 2nd LEADING CAUSE OF AVOIDABLE DEATHS

preventable_causes_of_deathSource:Mokdad AH, Marks JS. Actual causes of death in the United States, 2000. JAMA 291

Since this study is 16 years old, I am willing to bet obesity and overweight has surpassed smoking making it:

THE NUMBER 1 CAUSE OF AVOIDABLE DEATHS!

The food industry is not about to change their advertising and marketing approach which continues to grow their revenues at the consumer's expense. It therefore, becomes the CONSUMER'S RESPONSIBILITY to reduce their fast food consumption by 80-90% if they wish to LIVE LIFE the way they CHOOSE TO, rather than suffering the inevitable PREVENTABLE diseases, dysfunction and DEATH we see TODAY!

IT'S NOT A HAPPY MEAL; IT'S A VERY SAD MEAL!

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