

Why Trump's Legacy Will Be A Failure

The aging process is clocklike in the sense that a steady accumulation of changes eventually degrades the efficiency of the body's cells. In one of the deepest mysteries of biology, the clock's hands are always set back to zero at conception: However old the parents and their reproductive cells, a fertilized egg is free of all marks of age.

My generation will outlive your generation. Think on that. Even with all the advantages you have....miracle drugs, unimaginable knowledge, space age tools, revolutionary technologies.... The attack on our body's cells has grown at an exponential rate, outpacing our medical evolution, and all because of our recent immersion into fast foods, processed foods, convenient foods and animal products all day every day. Our bodies are seeing no respite from these addictive, destructive foods.

We vilified tobacco and, with strong arm of government, we improved the health profile of the nation. Yet our government stands silent and even supports our galloping migration into the addictive food culture. We are blinded by the false faith that Big Med and Big Pharma will bail us out. Fact is you and your kids will become sicker quicker. You will suffer longer and die sooner.

How does this guarantee Trump will fail? While he is the victim of his own making in most cases, his greatest failure will be seen as failure to correct our national sick (Health?) care system. Obama/Biden and the Congressional Swamp in Washington sealed his fate with Big Med/Big Pharma's 21st CENTURY CURES ACT. This legislation is the most deceitful ruse on mankind in all of history. With an opportunity to level with the American people about how to truly rein in costs for medical and pharmaceutical services, that bunch of irreconcilable deadbeats took the easy way out, and in the process shortened your life span and the life spans of your family and friends. It is already a fact... you will not live as long as me and my crowd. Life spans are getting shorter. This new boondoggle guarantees that there is no fix now for the spiraling costs of **sick** care.

Can you imagine what being sick and out of control forever is like?



The remedy, the only remedy, for longevity and cost control is dog simple. Let me explain:

Good Foods are reduced to elemental, primordial components in our extensive and wonderfully complex digestive system. They are ablaze with nutrients. These life-supporting nutrients are transported to each and every cell -- providing a luxuriant, nourishing bath of phytonutrients, polyphenols, vitamins, minerals, antioxidants, anti-inflammatories.....magnificently endless combinations.

These nutrients sustain life until we wear out. Or, that was the plan before Addictive Foods and diet related disease and premature death. Heart attack (atherosclerosis), our leading cause of death, is not a natural death!

Good Foods. We evolved over the past 200,000 years or were created 4000 years ago. Either way and according to a Yale University study, our diets, until the beginning of agriculture and husbandry, consisted of 90% plants. 90/10. Ordained by our Creator. The Bible does not list animals in the Garden of Eden diet. Not even squirrels.

When we violate the 90/10 rule and eat more animal protein, we simply get sick and die quicker than our biologic programming would allow. Trump can't fix this. And we are violating this rule more every year. We can do this because we are now fantastically wealthy. And like a lot of the newly rich, we are fantastically naïve. We are programmed for convenience.....sloth. Anytime we can get someone else to take responsibility, we do. We revel in all our new "convenience" foods. Leadership, self reliance, self discipline are premiums, and are exceptions to our human condition.

For those of you who appreciate facts, check out this news from the Academy of Nutrition and Dietetics. <http://www.medicalnewstoday.com/articles/314499.php>

Our **Academy of Nutrition and Dietetics** is the [United States'](#) largest organization of [food](#) and [nutrition](#) professionals, and represents over 100,000 credentialed practitioners — registered dietitian nutritionists, dietetic technicians, registered, and other dietetics professionals holding undergraduate and advanced degrees in nutrition and dietetics. This group was organized over 100 years ago. One prominent member writes:

"If you could bottle up a plant-based prescription, it would become a blockbuster drug overnight. This way of eating creates an efficient energy source not just for the planet, but for our bodies. What other drug increases metabolism, lowers blood pressure, stabilizes blood sugar, and instead of increasing the risk for heart disease or diabetes - stops it in its tracks?" Susan Levin

It gets worse. We are programmed with an affinity for sugars, fats, salt and crunch. Foods with these ingredients are typically more expensive than simple plant based

whole foods, and they are, in fact, measurably addictive. Not only do addictive foods bias our choices (especially children), they also encourage over eating. In our new age of unimaginable wealth, we can now supersize our plates with these addictive choices. We chose ground up cows and pigs over legumes. We chose potatoes soaked in fats heated to cancer inducing temperatures over kale. We consume animal effluents that include addictive, constipating opioids (cheese, milk, etc)....coupled with polished grains that reduce quickly to simple sugars.... pizza, mac and cheese, grilled cheese. We are pawns, victims of the food chemists. We can't wait till the next bathroom break at a "gas station" and the thousands of colorful packages of their addictive shit that looks like food. Devoid of those elemental nutrients that supported our evolution. Filled with carefully, painstakingly designed chemicals to trick our palates, to addict our kids.

Addicting our kids. In my most kind, caring purpose and from my deepest love and devotion, please.... just look at what kids of all ages now crave, what they cry for, what they pout for....Addiction is a crippling disease and ending it can tear families apart. It may not seem worth it at the moment. Maybe "happy meals", and the other "opioids for the masses", are our fate. Since we can't see 10 years ahead..... Hummm....But this is not my recommendation.



In any case, Trump can't fix it. Our Department of Agriculture lists Pizza as a Vegetable for school lunches! It has tomato sauce. You have to feel some embarrassment at how little respect the Big Guys have for your intelligence. Think we have someone looking out for us? These people are Pushers of the First Order. And you and your family are victims of their amoral profit schemes. Click on this one.

<http://www.cbc.ca/news/health/food-cravings-engineered-by-industry-1.1395225>

Amplifying, read this one to appreciate the depth of this Industrial Conspiracy:

http://nutritionfacts.org/2016/08/18/big-food-twists-science/?utm_source=NutritionFacts.org&utm_campaign=fe7e48851e-RSS_BLOG_DAILY&utm_medium=email&utm_term=0_40f9e497d1-fe7e48851e-23352705

Our commitment to 90/10 food choices has to start early on...soon as we are weaned. It is vitally important for our children to have this natural, evolutionary Garden of Eden food suite. The consequences are dire...you have to understand this. Trump can't fix it. Michelle tried and failed. It is up to each of us. Well, there is some hope...Melania eats at least 7 pieces of fruit every day. But her husband has not a clue. He even hired a Chicken Cooker for a top job.

It is up to us as individuals and we are collectively failing. We ask a 3 year old what they want to eat. For Heaven's Sake, they are addicts. They are the last to ask! No two ways about it. Look at a Children's Menu. It brings tears to those of us who know what their end will be...heart attack, cancer, fat, diabetes...all those diet-related diseases we can't imagine because of our short term programming. We can't see even 5 years into our futures. We can't feel all that suffering, all those unnatural, premature deaths. Parents would sacrifice their own lives in prevention, if they could only see the end result of piss poor, irresponsible food choices. (Skip to the photo below.)

This does not even get into the miseries of a lifetime rotten teeth, gum inflammation, of compromised immunity. Colds, flu, asthma, heartburn, back problems, low libido, early puberty, ED, acne, flab, hormonal imbalance, antibiotic resistance, superbugs.....on and on. USA Today's solution to all these new problems in our wealthy society is to "raise the minimum wage". Not a clue! At least the New Zealand Medical Association is lobbying for a 22% tax on Sugar-Added Foods

Join with me here. Sure, everyone likes to hear good things about their bad habits...but suspend your indignation, your denial for a few moments. *Think logically and not emotional/defensive.* We see aberrant behaviors in children and then take them to a doctor. Another bizarre cop out. Doctors treat illness, they treat sick people. They maintain the condition...they do not look for the cause and thus devise a cure. We get statins for life for atherosclerosis, never advice suggesting we can unclog our arterial system can with the Divine 90/10 diet. (As did Bill Clinton.) We get insulin for life for diabetes, yet it can be reversed with diet. We give kids central nervous system stimulants to compensate for what is likely dietary errors and deficiencies. And all drugged up, they continue with their favorite fixes....ground up cows and pigs, cheese on white bread, coco puffs, colorful chips, soda pop, fried chicken parts, etc. All day, every day, all day, every day. No thought of first trying a Garden of Eden diet....

Whereas we are prohibited by law to give tobacco and alcohol to 3 year olds, we are encouraged every waking moment by every credible source, in all our evolving social venues, to feed them foods that promise short term mental and physical shortcomings and unspeakable end of life suffering. The F word comes to play here. Our life spans are now going backwards! Yet, we allow them to consume addictive foods all day. And our government, our public news agencies, our teachers...everyone in authority...endorses this nutritional catastrophe. The 21st CENTURY CURES ACT. 4.6 billion...We will create a pill to overcome 60 years of self abuse....grab another fry.

Inhalation of smoke containing addictive substances causes damage at the cellular level. It is progressive with frequency and quantity. Smoking cigarettes, for example, produces a Statistical Certainty of reduced health/life span at a rate of about 10 minutes per cigarette.

Consumption of animal products and ultra-processed foods produces a similar diminishing health profile, and with the added benefit of way more choices in how we suffer for years and then die early. This is also a Statistical Certainty. Who would knowingly do this? Who?...*those of us who have yet to internalize the Statistical Certainty of the photo below.....this is an outcome of Addictive Foods.*



Another Perspective

If you weigh now more than you did at age 21-23, you are most likely a victim of Big Food and their Addictive suite of choices. They don't promote broccoli. Your body shape/size is typically related to what you are eating, not how much you eat. Your mode of termination is likely to be included in the new World Health Organization euphemism, Non-Communicable Disease (NCD). We call it Diet Related Disease.

Doubt this? Read this Harvard Magazine article:

<http://harvardmagazine.com/2004/05/the-way-we-eat-now.html>

Government Intervention

Do we need Big Government to take away even more of our freedoms? Well, they were the ones who broke Big Tobacco. Big Gov made it happen. Big Gov made seat belts mandatory, child car seats mandatory. It may be our only out. But the last people to agree with this are the narrow focused conservatives. This link makes sense to me....

<http://www.ncbi.nlm.nih.gov/pubmed/23410611>

We need to man-up and take back our health ... defy the establishment and eat the foods God provided in His Garden of Eden (Genesis 1:29). *Our new affluence is producing a Sodom and Gomorrah-like existence where everything revolves around pleasure of the moment.*

Scholars agree that Lot's wife was not "turned to a pillar of salt" because she looked back. Rather, she was unable to give up her old ways....she was regretting having to leave. Thus, that Biblical lesson shows we need to embrace better habits rather than regret or fail to change. Our pillar of salt is a heart attack 10 years too soon.

Unimaginable wealth, Unimaginable naivety

When I was a child, bad behavior was punished with spanking and other immediate negative rewards. We were not coerced into acceptable behavior with addictive poisons....and not just because most of our addictive foods were not available in that era. Bribery is not a good life-lesson.

We were fed what everyone else ate and were not given anything else till that was gone. We were not told candy was better than broccoli (not bribed with addictive poisons to eat good food). In fact, sugar and sugary foods were relatively expensive and saved for special times, not behavioral modification. Somehow, we have gotten away from the simple concepts of right and wrong, of good and evil.... especially in food choice.

I know it is hard. At first. Then you discover 90/10 menus can be exciting and delicious. And you wonder what took you so long to quit....to quit the equivalent of you and the kids smoking cigarettes every day. Bob

