

## **Parents Will Outlive Their Children If We Don't Change The Way We ALL Eat**

"Children born in the year 2000 or later are not expected to outlive their parents" stated Dr. David Katz of the Yale Preventive Medicine Research Center in New Haven, Connecticut at a nutrition conference last April. In March of 2007, Dr. Katz quoted in a Wall Street Journal article that a 'poor diet in kids is more dangerous than alcohol, drugs, and tobacco combined!"

Is there evidence today backing up Dr. Katz's claim outrageous claims?

According to the Children's Environment Health Network, cancer kills more kids than any other disease. We're talking about acute leukemias and tumors of the brain, nervous system, lymphatic system, kidneys, bones, and muscles. Dr. Delia Garcia, Radiology Oncologist in St. Louis has already begun treating teenagers with breast cancer. She believes kids should be considering their prom date, not their cancer treatment.

Next, according to the International Journal of Obesity, type 2 diabetes, previously referred to adult onset, has increased 10 fold in the past twenty years. This increase is so startling that it is being called an epidemic. Researchers are studying this new phenomenon and do not yet fully understand the reasons for such a change, however many believe that the increased incidence of obesity in children and adolescents, along with sedentary lifestyles and poor eating habits, is responsible.

Last, the Center for Disease Control and Prevention stated that today over 8 million children have asthma, up 232% in the last 40 years. The American Lung Association reports that asthma is the third leading cause of hospitalization among children under the age of 15.

Why are our kids so sick? One reason is we eat too much bad food. The top 3 foods consumed in America are hot dogs, white bread and coffee. In 1970 we spent 6 billion on fast food. Today, we spend over 110 billion. **Americans spend more on fast food than higher education, books and computers.**

Over 4500 published medical studies have proven that fruits and vegetables are the key to disease prevention. All major health organizations agree that fruit and vegetable nutrition is key to a healthy life.