

Does your kitchen need a makeover?

Wait now...is Dr. T angling for an HGTV show?

No! I'm talking about getting rid of the potentially toxic foods in your home and replacing them with delicious, healthy ones. Are you ready?

Here's a quick start!

1. Take a look at all of your packaged food items. Sports beverages, energy bars, granola bars, and even multi-grain bread often contain high fructose corn syrup, one of the most processed, unhealthful, and GMO-laden ingredients of all. Toss it.
2. If you do not know what an ingredient is, find out what it is, and, if it isn't real food, toss it. If it has GMOs, toss it.
3. Toss foods with artificial sweeteners. Aspartame, NutraSweet, Splenda, sucralose, and sugar alcohols are all toxic and need to go. Yes, that includes Diet Coke!
4. Artificial flavor (flavoring) and colors (food dye) need to go.

So now that you have bare cupboards (ha, ha!), what do you do?

1. Replace your favorite foods with "real food. READ LABELS!
2. Let's say you want hot dogs -- buy organic (or grass-fed if beef) and "uncured" dogs as they *do not* have preservatives in them.
3. If you want mac n' cheese, brad, flavored rice, soup, etc., buy some that *don't* have chemicals listed on the box. Large grocery stores as well as healthier food stores are carrying natural and organic products.
4. Buy fresh fruit and vegetables rather than canned or frozen whenever possible and no GMOs.

Are you feeling better already? Good. Now let's clean up some more!

1. Remove all the bad fats. Toss any refined cooking oils like corn, safflower, and soy oils. Trans fats (anything "hydrogenated" like Crisco and margarine) are dangerous as they create inflammation which can cause heart disease and many other diseases. MANY packaged foods like cookies and other baked goods are full of these bad fats. Read all labels! Fats also become rancid and are very bad for you when that happens. Toss them. If you smell the oil and it smells "dirty" it is probably rancid

2. Nut butters do not need added fats, or sugar so if it has anything other than nuts and salt (or no salt) listed on the label, let it go.
3. If you want cream in your coffee, buy real cream from cows that are raised without hormones. Artificial creamers are full of chemicals.

Don't you just feel great imagining this healthy kitchen in *your* home? It's time to make it a reality and get on the road to great health!