

Eating Optimally Beginner Resources

Best people to learn from:

- Center for New Medicine Blog and Podcast <https://www.cfnmedicine.com/articles>
- Peak Human Podcast <https://www.peak-human.com/>

Best sources for checking ingredients in foods, beverages, cosmetic, and household products:

- <https://www.ewg.org/>
- <https://yuka.io/en/>

Importance of Avoiding Factory Farmed Dairy, Poultry, Meat and Seafood Products

- <https://www.worldanimalprotection.ca/news/hidden-health-impacts-factory-farming>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9757169/>
- <https://thehumaneleague.org/article/what-is-factory-farming>
- <https://www.farmsanctuary.org/issue/public-health/>
- <https://www.openaccessgovernment.org/factory-farming-zoonotic-disease-and-the-risk-of-pandemics/121592/>
- <https://www.uclahealth.org/news/thinking-of-adding-more-fish-to-your-diet-consider-the-health-risks-of-farm-raised-seafood#:~:text=Most%20farmed%20fish%20are%20grown,a%20singular%20species%20of%20fish.>
- <https://chhs.source.colostate.edu/wild-caught-vs-farm-raised-seafood/>
- Watch Netflix's Documentary Poisoned
 - Look for pasture raised eggs and chicken and grass fed and/or finished beef and dairy from pasture raised grass fed cows

Benefits of Buying Organic

- <https://www.helpguide.org/articles/healthy-eating/organic-foods.htm>
- <https://www.colorado.edu/center/2021/03/17/positive-impact-organic-foods>
- <https://www.ota.com/health-benefits-organic>
- <https://www.theorganicplace.com.au/10-benefits-eating-organic-food/>
- <http://npic.orst.edu/health/preg.html#:~:text=The%20risk%20depends%20on%20the,the%20toxic%20effects%20of%20pesticides.>
- <https://www.cdc.gov/niosh/topics/repro/pesticides.html>
- <https://www.beyondpesticides.org/resources/pesticide-induced-diseases-database/birth-defects>

Importance of Avoiding Seed Oils

- <https://mysuperherofoods.com/superheroyou2022/bye-bye-seed-oils/#:~:text=Seed%20oils%20are%20linked%20to,%2C%20heart%20disease%2C%20and%20cancer.>
- <https://www.zeroacre.com/blog/seed-oils-to-avoid>
- <https://chriskresser.com/how-industrial-seed-oils-are-making-us-sick/>
- <https://carnivorearelius.com/why-seed-oils-are-bad-for-you/>
 - Stick to cold pressed extra virgin olive oil, avocado oil, coconut oil, grass fed butter, or grass fed ghee

Benefits of Spring Water and Dangers of Tap Water

- <https://cedarspringwater.ca/blog/which-water-best-you-spring-mineral-or-distilled/>
- <https://aussiegold.net.au/the-surprising-health-benefits-of-spring-water/>
- <https://www.theguardian.com/us-news/2021/mar/31/americas-tap-water-samples-forever-chemicals>
- <https://www.cnn.com/2023/07/05/health/pfas-nearly-half-us-tap-water-wellness/index.html>
- <https://www.cnn.com/2023/07/05/health/pfas-nearly-half-us-tap-water-wellness/index.html>
- <https://pubmed.ncbi.nlm.nih.gov/2787112/>
- <https://www.ewg.org/news-insights/news/chlorinated-tap-water-called-risk-pregnant-women>
- <https://findaspring.org/map/>

More sources to learn from:

- <https://harvardpublichealth.org/nutrition/processed-foods-make-us-sick-its-time-for-government-action/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6146358/>
- <https://www.sciencedirect.com/science/article/abs/pii/S0271531721000567>
- <https://www.businessinsider.com/10-companies-control-the-food-industry-2016-9#general-mills-3>
- <https://www.opensecrets.org/industries/contrib.php?cycle=2020&ind=n01>
- <https://iowacapitaldispatch.com/2022/07/31/general-mills-boosts-d-c-lobbying-presence-as-congress-reviews-food-policy/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7054854>



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