



May 19, 2015 – Grand Rapids, MI

Disordered Eating?

You may have noticed that when it comes to weight loss, I've expanded my recommendations. It used to be eat less and move more; I've now added "eat better" between those two recommendations. That can mean a lot of things, but the simplest explanation is to eat more vegetables and fewer refined carbohydrates. But eating better can mean a whole lot more: grass-fed beef, free-range chickens, organic foods, and non-GMO foods.

Grocery stores are being developed to cater to this market. Whole Foods Market has decided to introduce a smaller scale store that offers organic and natural foods at lower prices than its original stores. Evidently the stores would be "hip, cool, and high-tech," targeting millennials who would like to eat better but may not have the income to shop organic all the time.

No question we'd like to eat better, but are we taking this a little too far? Has kale taken over our life in ways we don't know? Is our protein powder good enough? Do we obsess about what we're going to eat to the extent it's running our lives, adding more stress than necessary? We'll take a closer look at our disordered eating on Thursday. (The baby has nothing to do with it; that's disordered eating of another kind. Paula just likes pictures of babies, and if it makes her happy, I'm okay with it.)



What are you prepared to do today?

Dr. Chet

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