



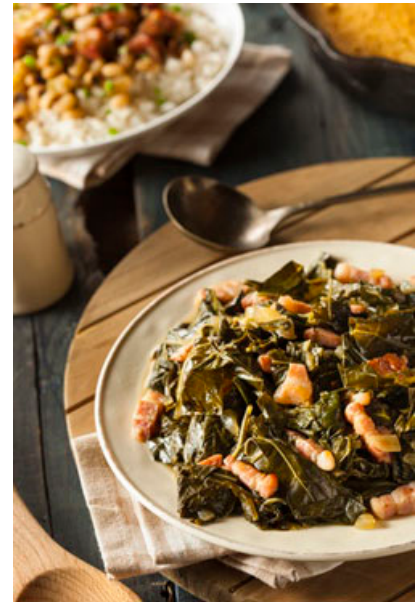
September 8, 2015 – Grand Rapids, MI

Poor Man's Food

Once again the events in my life have led me to write this week's messages. First, I watched a presentation on flavonoids and their role in health by two of the country's leading experts. Why we don't eat more vegetables, herbs, and fruits is beyond me. Maybe it's because of what happened in a conversation I had with one of the aides who works with my father-in-law in assisted living.

The conversation started when she asked me what I do. When I told her my background in nutrition, she asked how I felt about Southern-style collard greens. I said they were full of great nutrients. She then told me that a cook at another facility she worked at said she would never fix them because they're poor man's food. It made her feel bad. I reassured her collards are very rich in nutrition.

I decided to examine this in detail in preparation for the gourmet detox next weekend based on my book *Real-Life Detox*. Broccoli and cabbage, onions and garlic—those are the main foods used to detox the body. That doesn't mean they have to taste bad. To prove the benefits of good-tasting foods that are good for you, I'm going to analyze a typical recipe for collard greens, starting on Thursday with the hottest food craze in the nation: bacon. And if you don't have your copy of *Real-Life Detox* yet, what are you waiting for?



What are you prepared to do today?

Dr. Chet

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