



# The Great Antioxidant Lie (Nutritional Warfare)

*Heather MacLean Walters, Walters*

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We are constantly bombarded with nutritional information. Never before have so many foods been touted as Low Fat!, All Natural!, Heart Healthy!, Great Source of Fiber!, in other words "Good For You!" But is it all good for you just because the manufacturer says it is? Modern science can engineer the food supply to make fruits bigger, rounder, and disease-resistant. Livestock are bred to become the perfect steak or chops. What isn't available right out of nature can be constructed, extruded, colored, flavored, and packaged to lure consumers to purchase a product. Take a moment and ask yourself a simple question. If all this hoopla is true and we supposedly have the safest food supply ever, why are record numbers of people afflicted with diet-related conditions like obesity, heart disease, diabetes, and cancer? The Great Antioxidant Lie will show you the benefits of knowing what to eat and why, in terms of health and long life. Anyone who eats could benefit from a little extra insider information about his or her food.

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