



Choosing Healthy Foods now a “mental disorder”

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In its never-ending attempt to fabricate "mental disorders" out of every human activity, the psychiatric industry is now pushing the most ridiculous disease they've invented yet: **Healthy eating disorder**.



This is no joke: If you focus on eating healthy foods, you're "mentally diseased" and probably need some sort of chemical treatment involving powerful psychotropic drugs. *The Guardian* newspaper reports, "Fixation with healthy eating can be sign of serious psychological disorder" and goes on to claim this "disease" is called *orthorexia nervosa* -- which is basically just Latin for "nervous about correct eating."

Getting back to this fabricated "orthorexia" disease, *the Guardian* goes on to report, "Orthorexics commonly have rigid rules around eating. Refusing to touch sugar, salt, caffeine, alcohol, wheat, gluten, yeast, soya, corn and dairy foods is just the start of their diet restrictions. Any foods that have come into contact with pesticides, herbicides or contain artificial additives are also out."

Wait a second. So attempting to avoid chemicals, dairy, soy and sugar now makes you **a mental health patient**? Yep. According to these experts. If you actually take special care to avoid pesticides, herbicides and genetically modified ingredients like soy and sugar, *there's something wrong with you*.

But did you notice that eating junk food is assumed to be "normal?" If you eat processed junk foods laced with synthetic chemicals, that's okay with them. The mental patients are the ones who choose organic, natural foods, apparently.

The Guardian even goes to the ridiculous extreme of saying, "The obsession about which foods are "good" and which are "bad" means orthorexics can end up malnourished." That's the message they're broadcasting now. Junk food eaters are "normal" and "sane" and "nourished." But health food eaters are diseased, abnormal and malnourished.

http://www.naturalnews.com/z029098_orthorexia_mental_disorder.html,

<http://www.guardian.co.uk/society/2009/aug/16/orthorexia-mental-health-eating-disorder>

What in the world will they think of next! Remember...everything you put into your body is either a NUTRIENT or a TOXIN! Nutrients help you grow and heal, while toxins slowly kill you! Make sure that your body can properly digest and absorb all the good food you're eating by having a clear neurological connection between your brain and your body (that's what chiropractic does!)



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