Chronic Disease and Food Quality

We see the outcomes of chronic disease every day in medicine. I began searching for ways we can mitigate what I see in practice. There are many factors.

Let's start with food. It's tricky because this whole industrialized food system was created for convenience.

Soil Health and Nutrient Density

We are starting from scratch to really kick start the life in the soil to grow really healthy food nutrient density and quality of the soil, which mirrors the nutrient-density and the quality the food.

The beef is going to taste exactly like what the pasture looks like. So a lot of people think chicken is chicken, but the reality is it's not.

Meat, Chicken, and Vegetable Nutrition

And we've got the labs to prove it. Nutrient density, whether it is the red meat side, the chicken side or the vegetable side is what is missing.

Adulteration in Olive Oil and Honey

Much as 70% of the olive oil in grocery store shelves, a lot of it has been adulterated, and they're still putting the words extra virgin on the bottles, which is unethical.

Based on our studies in our lab, the local beekeeper honeys are at least four times more potent compared to the grocer's honey. If you have that data, you can look at a piece of fish in the same way that you might look a supplement and say, with one serving, I'm going to get X milligrams of omega-3s.

And that's really powerful. I don't think the problem is the weed itself. It's all the things that happen from the time it's planted until it ends up in a loaf of bread supermarket that are really culprits.

Fish as a Measurable Source of Omega-3s

The goal of this is not perfection, but it's really just making those informed choices. We're all here to live life and enjoy it and, enjoy as much as we can.

Food Supply Chain and Informed Choices

There are solutions that simply need to be celebrated and scaled. we have to think very very differently about how we source things.