



Natalia García

Functional Nutrition & Wellness

Processed Foods Linked to Disease

Processed foods and sugars are linked to:

- Early death
- Heart Disease -High Blood Pressure-Stroke
- Obesity
- Diabetes
- All digestive disorders:
- Crohn's Disease
- Ulcerative Colitis
- IBS
- GERD
- Dementia
- Hypertension
- Dyslipidemia (high cholesterol)
- Alzheimer's
- Aging
- Brain Health
- Anxiety
- Mood swings
- Cancers
- Sleep Apnea
- Gallbladder Disease
- Liver Disease
- Gynecological problems such as infertility
- Inflammation
- Kidney Disease
- Headaches
- Fatigue
- Cataracts



Natalia García

Functional Nutrition & Wellness

Processed Foods Linked to Disease

- Arthritis
- Rash/eczema in children
- Gallstones
- Hemorrhoids
- Can increase reactive oxygen species, in turn damaging cells and tissues

Other processes in the body **sugar** affects:

- Reduced high-density lipoproteins –the good cholesterol!
- Interfere with ability to absorb calcium and magnesium
- Temporarily increases levels of neurotransmitters–dopamine, serotonin, and norepinephrine
- Can lead to an over acidic digestive tract
- Can decrease growth hormone in the body–problematic for growing children
- Increase likelihood of development of food allergies
- Decrease testosterone production
- Can cause exacerbation of acne
- Can cause free radical and oxidative stress
- Slow function of adrenal glands



Natalia García

Functional Nutrition & Wellness

Processed Foods Linked to Disease

Whole Foods Diets good for people with/prevents the following:

- Heart Disease
- Obesity
- Diabetes
- Dementia
- Menopause
- Gut Health & flora:
 - Crohn's Disease
 - IBS
 - Ulcerative Colitis
- Hiatal Hernia
- Kidney Stones
- Gallstones
- Inflammation
- Brain Function
- Cancer
- Cataracts
- Arthritis
- Diverticulosis
- Vaginal Infections
- Fibromyalgia
- Multiple Sclerosis
- Parkinson's Disease
- Age-related macular degeneration

Whole unprocessed foods have positive effects on:

- Body-Odor
- Cellulite
- Stools
- Waist circumference
- Weight control
- Abdominal fat
- Mood
- Aging
- Acne
- Allergies
- High Cholesterol
- High blood pressure
- Eczema
- Menstrual breast pain
- Oral health
- Cognition