

File Created by [Blogging Rebirth](#) WP Plugin

# **How Can A "Healthy" Food Make You Unhealthy and Gain Fat ?**

## The Dangers of Corn

(and by extension, all grain products)

Time for a guest post by Mike Geary (author of [The Truth About Six Pack Abs](#)). Mike is having a sale of his '[Fat Burning Kitchen](#)' Ebook (on sale at half price for less than 3 days from now) and to celebrate has permitted some of his subscribers to re-use this article he wrote about the problems with grains.

### Why Do You Need To Know This?

*Well, how many meals each day do you consume a grain product?*

For many people the answer can be 3 or more. When you consume a food that frequently, you are almost certain to run into problems eventually, even with the best of foods.

It's just not eating the way nature intended.

[caption id="attachment\_2253" align="alignnone" width="300" caption="Perhaps this is what we should



use Corn for!"]

[/caption]

If we had limited control over our environment and food sources, we'd end up eating seasonally, and that means having lots of certain foods, but only at certain times of the year. There would be massive variation in the food available to us as the year goes around.

In addition to that we wouldn't have foods like grains, all year round. Grains are a man-controlled plant, and a product of our industrialisation of the food chain. You don't see a field of wheat growing naturally in the wild!

Don't get me wrong, I'm not saying we should all dispense with all the trappings of wealth, and the benefits of industrialisation, and return to chasing animals and foraging for our food (although I do enjoy foraging for wild food every so often).

But I am saying that some of the 'benefits' of industrialisation are not that good for us. And grains are one of those things.

So, over to Mike, just make sure you read all the way to the bottom, as he makes some seriously sensible suggestions about changing your diet for the better. Not just better for your health, but also for your waistline.

As always, your comments, thoughts and experiences are very welcome, pop them in the comments section below!

## Is this "healthy food" making you fat and sick?

### Is Corn Healthy or making you sick and overweight?

by Mike Geary, Certified Nutrition Specialist  
and Cat Ebeling, co-author of [Fat-Burning Kitchen](#)

Contrary to popular belief, corn is a grain, not a vegetable, and is really not appropriate as a dietary staple for several reasons:

1. The problems with "antinutrients" in corn (and other grains too)
2. The inflammatory aspect of excess omega-6 fats in corn products
3. The blood sugar disrupting nature of corn products.

When civilizations such as the Mayans and Native Americans changed their diet to a corn-based one, rates of anemia, arthritis, rickets, and osteoporosis skyrocketed.

Our bodies were not made to exist on such a high quantity of grain-based foods as is present in the modern western diet. This evidence shows up in the archeological records of our ancestors. When archaeologists looked at skeletons of native Americans in burial mounds in the Midwest who ate corn as their primary staple, there was a 50% increase in malnutrition, four times as much incidence of iron-deficiency, and three times as much infectious disease, compared to the more hunter-gather ancestors who primarily ate meats and fruits and veggies as opposed to grains.

Keep in mind that we are not just talking about corn-on-the-cob (sweet corn) here... we are also talking about corn cereals, corn chips, and other modern corn-based foods that are promoted by food companies as "healthy". There are several reasons researchers give for the nutritional problems and the weight gain caused by a corn-dominated diet:

- Corn contains lots of fast digesting starches and sugar, which raises insulin levels, causes you to be hungrier and causes your body to store calories as fat. Don't be mistaken, just because corn does not taste obviously sweet, doesn't mean it isn't full of sugars. Once eaten, your body quickly turns corn based foods into sugar. Even the starches in corn products can be broken down very quickly by your body spiking your blood sugar levels, and causing cravings for more carbohydrate-based foods.
- Corn is also a poor source of protein, usually deficient in 3 of the 8 essential amino acids: lysine, isoleucine, and tryptophan. The essential amino acids are so-named because they must be obtained from the diet, since the body is unable to manufacture them.
- Corn contains a high amount of phytate, a chemical that binds to iron and inhibits its absorption by the body. So, consequently, a diet high in phytate can make people more likely to have iron-deficiency anemia and fatigue. Phytate is also a nutrient blocker (an antinutrient) and inhibits other vitamins and minerals from being utilized.
- Corn is a poor source of certain minerals such as calcium and some vitamins such as niacin (B3). Deficiencies of niacin can result in a condition known as Pellagra, which is common in civilizations that eat a lot of corn. It can cause a variety of symptoms such as dermatitis, diarrhea, and depression. Since we are now a nation of corn-eaters, it wouldn't be surprising that this is more common here than we realize.
- Corn oils are also used in most processed foods (along with soybean oils). Both corn oil and soybean oil

are excessively high in inflammatory omega-6 fats and low in anti-inflammatory omega-3 fats. This throws the delicate balance of omega-6 to omega-3 in your body out of whack and can cause degenerative diseases and weight gain over time. In addition, corn oil and soybean oil are highly refined with high heat and solvents, which oxidizes and damages the fragile polyunsaturated oils, and makes them even more inflammatory when you ingest them in processed foods. Read [this article to find out the truth about healthy vs unhealthy cooking oils](#).

It's not just people who eat too much corn based foods. A large amount of the nation's corn crop ends up feeding commercially raised cattle, which are cheaply fattened on corn and other grains before slaughter. Beef from corn-fattened cattle also has much higher ratios of inflammatory omega-6 fatty acids than healthier grass fed beef which contains more anti-inflammatory omega-3 fatty acids. Most meat in supermarkets comes from grain-fed animals and not healthy grass fed animals.

Because corn and other grains are an unnatural diet and difficult to digest, cattle raised on corn develop higher stomach acidity, which is a breeding ground for the dangerous E. coli O157:H7, the deadly strain of the bacteria. E-coli is rare in healthy grass-fed meat (find grass fed meat here: [UK resources](#), [US resources](#)).

While eliminating refined grains such as corn and wheat (yes, it seems they are in everything!) can seem a very daunting task, the reward is a return to wonderful health, sparkling eyes, clear skin, clear thinking, and less body fat as the body is once again able to extract appropriate nutrients from food, reduced inflammation caused by grain based foods, and a resolution of nutritional deficiencies from the lack of absorption.

Do yourself a favor, and try at least 2 weeks with no grain products at all. I guarantee you will see some drastic improvements in your weight, energy, and general outlook! This is easier than you may think... For example, instead of having pasta with sauce and meat for dinner, a better alternative would be to have just grass-fed meat, sauce, and veggies, topped with a little parmesan cheese. It's delicious and no grains!

Another example would be breakfast... instead of cereals, bagels, or muffins, try to base most of your breakfasts on cage-free organic whole eggs with lots of veggies and perhaps some bison sausage or other nitrate/nitrite-free turkey or chicken sausage. If you're very active and need a little more carbs with your breakfast, instead of grains, a small piece of fruit or some tea with a little bit of raw honey can be great additions to the egg/veggies based breakfast. This is a delicious and satisfying breakfast that will control your blood sugar, balance your hormones, and eliminate the problems with antinutrients found in most grains. Those are just a couple examples, but I think you get the point of how easy this can be.

I know it may not be realistic for everybody to give up grains fully, so the most realistic plan for many people is to only eat grain based foods (bread, pasta, cereals, etc) on their one cheat day each week, and save 6 days per week to be grain-free. Your body will thank you!

Please email this article to any of your friends and family to help them eat healthier and live better.

Check out the special sale we're having on the super [popular Fat-Burning-Kitchen](#) book. This is a MUST-read if you're interested in how to eat to get a permanently lean body and vibrant health for life!

Mike Geary  
Certified Nutrition Specialist

You can also find this article published on [How Can A "Healthy" Food Make You Unhealthy and Gain Fat ?](#)