

Chatting with The Good Dr. Laura Shook
Appearing in the Riverside Booster June 2008

Raise your hand if by July 5th you will have consumed a case of soda pop, more than 16oz of potato chips and a dozen or more hamburgers or hotdogs?

Does this sound familiar? Has your doctor been using words like “obesity”, “insulin resistance”, “type 2 diabetes”, “high blood pressure”, “heart diseases” and “stroke”? If yes, you may wish to look up “Metabolic Syndrome”

The Standard American Diet (S.A.D) hits the picnic table during summer. Burgers and hotdogs bring us saturated fats. Soft white processed bread and Soda Pop provide refined carbohydrates. Chips, crackers and many other prepackaged foods will provide heart stopping quantities of hydrogenated oils. Read food labels and prepare to be amazed, if not downright disturbed, when you discover the “bonus” of artificial preservatives, colors and flavors. Don’t worry about fiber the S.A.D hardly has any, it was removed in processing.

This Standard American Diet, rich in saturated and hydrogenated fats, loaded with refined fiberless carbohydrates and laced with mysterious “food additives” is positively swimming in rich, sweet, salty, crunchy yumminess. It also, I’m sorry to say, is a major contributor to obesity, insulin resistance, type 2 Diabetes, wacked cholesterol, high blood pressure, heart disease and stroke.

Add a sedentary lifestyle and prepare for a long, hard, very unpleasant ride to the grave. Sorry, that was a little heavy. Might I recommend the buffalo burger (less saturated fat than a chicken breast) on a whole wheat bun served along side a green salad, dressing on the side.

While we are on the topic of icky metabolic maladies, are you or do you know someone who is a Vietnam veteran with diabetes? Did you know that if someone served in Vietnam and later develops diabetes it is now recognized de facto as a service related disability and therefore all the statuses and benefits of disability come into play? Agent Orange, the dioxin-laced herbicide used for deforestation in Vietnam, has been recognized by the Veterans Administration as a presumptive cause of Type 2 diabetes. Call the United States Department of Veterans Affairs toll-free help line (800) 749-8387 for more information.

Party hardy my Riverside neighbors and eat your fruits and veggies OK?

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