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Choosing healthy foods now called a mental disorder

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(NaturalNews) 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."

But they can't just called it "nervous healthy eating disorder" because that doesn't sound like they know what they're talking about. So they translate it into Latin where it sounds smart (even though it isn't). That's where most disease names come from: Doctors just describe the symptoms they see with a name like **osteoporosis** (which means "bones with holes in them").

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.

What is "normal" when it comes to foods?

I told you this was coming. Years ago, I warned NaturalNews readers that an attempt might soon be under way **to outlaw broccoli** because of its anti-cancer phytonutrients. This mental health assault on health-conscious consumers is part of that agenda. It's an effort to **marginalize healthy eaters** by declaring them to be mentally unstable and therefore justify carting them off

to mental institutions where they will be injected with psychiatric drugs and fed institutional food that's all processed, dead and full of toxic chemicals.

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."

Follow the non-logic on this, if you can: Eating "good" foods will cause malnutrition! Eating bad foods, I suppose, is assumed to provide all the nutrients you need. That's about as crazy a statement on nutrition as I've ever read. No wonder people are so diseased today: The mainstream media is telling them that eating health food is a mental disorder that will cause malnutrition!

Shut up and swallow your Soylent Green

It's just like I reported years ago: You're not supposed to question your food, folks. Sit down, shut up, dig in and chow down. Stop thinking about what you're eating and just do what you're told by the mainstream media and its processed food advertisers. Questioning the health properties of your junk food is a mental disorder, didn't you know? And if you "obsess" over foods (by doing such things as reading the ingredients labels, for example), then you're weird. Maybe even sick.

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.

But why, you ask, would they attack healthy eaters? People like Dr. Gabriel Cousens can tell you why: Because **increased mental and spiritual awareness is only possible while on a diet of living, natural foods.**

Eating junk foods keeps you dumbed down and easy to control, you see. It literally messes with your mind, numbing your senses with MSG, aspartame and yeast extract. People who subsist on junk foods are docile and quickly lose the ability to think for themselves. They go along with whatever they're told by the TV or those in apparent positions of authority, never questioning their actions or what's really happening in the world around them.

In contrast to that, people who eat health-enhancing natural foods -- with all the medicinal nutrients still intact -- begin to awaken their minds and spirits. Over time, they begin to question the reality around them and they pursue more enlightened explorations of topics like community, nature, ethics, philosophy and the big picture of things that are happening in the world. They become "aware" and can start to see the very fabric of *the Matrix*, so to speak.

This, of course, is a huge danger to those who run our consumption-based society because **consumption depends on ignorance** combined with suggestibility. For people to keep blindly

buying foods, medicines, health insurance and consumer goods, they need to have their higher brain functions switched off. Processed junk foods laced with toxic chemicals just happens to achieve that rather nicely. Why do you think dead, processed foods remain the default meals in public schools, hospitals and prisons? It's because dead foods turn off higher levels of awareness and keep people focused on whatever distractions you can feed their brains: Television, violence, fear, sports, sex and so on.

But living as a zombie is, in one way quite "normal" in society today because so many people are doing it. But that doesn't make it normal in my book: The real "normal" is an empowered, healthy, awakened person nourished with living foods and operating as a sovereign citizen in a free world. Eating living foods is like taking **the red pill** because over time it opens up a whole new perspective on the fabric of reality. It sets you free to think for yourself.

But eating processed junk foods is like taking **the blue pill** because it keeps you trapped in a fabricated reality where your life experiences are fabricated by consumer product companies who hijack your senses with designer chemicals (like MSG) that fool your brain into thinking you're eating real food.

If you want to be alive, aware and in control of your own life, eat more healthy living foods. But don't expect to be popular with mainstream mental health "experts" or dieticians -- they're all being programmed to consider you to be "crazy" because you don't follow their mainstream diets of dead foods laced with synthetic chemicals.

But you and I know the truth here: We are the normal ones. The junk food eaters are the real mental patients, and the only way to wake them up to the real world is to start feeding them living foods.

Some people are ready to take the red pill, and others aren't. All you can do is show them the door. They must open it themselves.

In the mean time, try to avoid the mental health agents who are trying to label you as having a mental disorder just because you pay attention to what you put in your body. There's nothing wrong with avoiding sugar, soy, MSG, aspartame, HFCS and other toxic chemicals in the food supply. In fact, your very life depends on it.

Oh, and by the way, if you want to join the health experts who keep inventing new fictitious diseases and disorders, check out my popular **Disease Mongering Engine** web page where you can invent your own new diseases at the click of a button! You'll find it at:

<http://www.naturalnews.com/disease-...>

Sources for this story include:

<http://www.guardian.co.uk/society/2...>