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Fwd: intro and podcast: what not to eat

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Intro into foods not to eat;

Welcome to today's podcast where we dive into the science and strategies behind living your healthiest life.! I'm Dr. William Renner, joined by Dr. Alan Safdi, and we're here to explore the relationship between diet and wellness through the lens of evidence-based medicine. Dr. Safdi brings decades of clinical experience and a passion for helping people make informed, science-backed choices to improve their health and wellness. In this episode, we'll take a closer look at the foods you should avoid to maintain better health, such as ultra-processed snacks and red meats especially processed meats. Now, we've talked a lot about what foods you *should* eat—those vibrant fruits, vegetables, and healthy oils that nourish your body. But today, we're flipping the script. What foods should you *avoid*? Dr. Safdi will break down the dangers of ultra-processed foods, explain why your diet might be aging you biologically, and share tips on making healthier choices without sacrificing flavor. We'll also tackle some burning questions: Is organic really worth the price? Are all meats created equal? And what's the deal with pesticides—why are they being called the "new smoking"? Whether you're a wellness warrior or just starting your journey, this conversation is packed with practical advice to help you live better, longer.

The Environmental Working Group (EWG) annually publishes the "Dirty Dozen" list, highlighting the 12 conventional fruits and vegetables most contaminated with pesticide residues. For 2024, the list includes:

1. **Strawberries**
2. **Spinach**
3. **Kale, collard greens, and mustard greens**
4. **Grapes**
5. **Peaches**
6. **Pears**
7. **Nectarines**
8. **Apples**
9. **Bell peppers and hot peppers**
10. **Cherries**
11. **Blueberries**
12. **Green beans**

These items were found to have the highest levels of pesticide residues among 46 fruits and vegetables tested. Notably, 95% of the samples from the Dirty Dozen tested positive for pesticides.

If you're ready to make healthier choices and learn practical tips for your diet, so grab a cup of tea and let's get started!

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