

Food: My Brief History of Food

- If you have issues with food and need help, check out here.
- If you serve food in a venue and would like to hear my take on how I can help you, check here.
- If you sell food in a retail system, I can help here also, check out here.

Submit a request for complimentary telephone discussion with Dr. Gallagher to see how she can help you. Email drj@outoftheboxhealthcare.com.

There are no limits or restrictions to the questions or level of help that you may request. You may just have a quick question and the answer will be here, just ask. She truly does see things 'out of the box'. You just never know. Take that leap.....

My Food Story

This article is to show how I respect food and the sources I used to develop that respect. Issues surrounding food are like a growing elephant and it is about to explode. Topics that cause food to be a good or dirty word were not referenced in play during the mid 1900's so they have come about in evolution. Dabbling with human intelligence and development brought out mixing nature, health and the environment. To many, this looks like it is an economic and production party, but the undercoating has stained our DNA and the results will be implanted for futures to come. Here is my short take:

I grew up in the Northeastern part of Pennsylvania in the 60's and never had an issue with food. We had what we needed to eat, there were no fast food restaurants, excess food was not available and we ate healthy. At the time, I thought all people ate like that. Our shopping each week was the local farmers market, the butcher, the baker and a small grocery store for basics. All food was fresh, picked within the last 24 hours, meats cut just for you from the local farmers, dairy items produced just that week from the same cows, and bakery items you had to get early or they were gone by day's end. We were healthy. It was also a tradition to pick and order your turkey that was raised locally early, you could go and visit them outside and see how they lived and were fed, and then come the week of Thanksgiving, see the empty pens and pick up your holiday turkey. Not great for some little kids that name their turkeys. You ate what was produced in your area, period.

I then went to Louisiana for college and found out how they ate. It was a totally different story. Fried foods, sugary items, lots of food and holidays wrapped around food and drink. This began my tasting foods of different areas. I also found out, these items did not agree with my body and I began to weigh more and feel sick more often. In the late 90's, I moved to Arizona, which fosters a more healthy lifestyle. Whole foods, vegan diets, and various ethnic options were available. While I reverted to my original healthy habits, I found that since foods were shipped in from out of town, what was available was not always necessarily fresh. Chemical preservatives were commonplace, and my body was not used to this.

Now, I am back in Louisiana, and for the past six years, I have eaten so erratically that I barely know myself. When I returned in 2004 to New Orleans, I started to eat the foods that I was familiar with from the past. However, within the year, Hurricane Katrina changed everything. Food was not a priority. You ate what you could get and what you had funds for. Bags, boxes and cans seemed the norm for a long time after the storm. Now, 2010, I have decided to get myself back where I used to be and if the area restaurants do not have what I want to eat, then I will not eat there. If the stores do not sell fresh food, I will not purchase it. It will be hard, but until I make a location change, that is the choice I have made. I also know that I will have to start growing my own produce in a safe terrain and throughout the year. So, off we go, doing one thing at a time and not beating yourself up when it does not go the way you want, they do not have what you want or if you partake of something in excess.

Today is the only day that matters, enjoy. This story is every changing and Dr. J's conversation can be seen on her blog.

Food services are found under personal wellness plans, grocery stores and restaurants.

About the Author



Dr. Jeanette Gallagher, ND is a Naturopath who has been in healthcare for more than 43 years in various positions and education.

Dr. Jeanette helps people who are not well or feel that something is not right, showing them how to be a participant in their healthcare and disease process. The goal is to minimize complications from incomplete records or communication, decrease stress or fear in making hard choices, improve health and quality of life by better personal choices.

She shows you how to support your healthcare provider by providing information consistently and completely about your health so there are less questions or gaps in your care.

She is a former dental hygienist, current patient advocate and mother of four grown children. Over the decades she has encountered many personal and health crises' in her life to learn what works and what does not. Dr. Jeanette is also a super caregiver and can share what it takes to help others.