

## **What is the future of food products in the USA?**

Americans are unsure of where their food products are coming from, China or other foreign countries.

Will we be dependent on other countries in the future for all of our food products because of lower costs? Is that a safe situation to be in?

We have had a growing interest in our farm products due to many factors. Problems such as the meat e-coli in large processing plants in the US and other countries and milk producers lack of labeling issues, just to name a few.

Those Americans that care about our economy, healthy, natural- raised products, and no chemical additives are making informed choices about what they eat, how it is raised (animal's diet, exercise, chemicals given etc.) and how it is processed and packaged.

The locally grown, naturally-raised products will be higher in price; however, it is a far better product than you can buy at the store. It is like comparing a Cadillac to a Yugo.

The other issue is the general health of our country. Children and adults are overweight and suffer from high cholesterol, high blood pressure etc.

I guess it is the old saying "you are what you eat". If you eat poor quality food (processed, chemically laced, mishandled) your health will suffer in many ways.

The solution to the problems is stay away from the processed, chemically laced foods from factory farms. Within 6 months a difference will be seen in overall health and you will never want to go back to the other foods.

I cannot tolerate fast foods and restaurants because they don't taste as good, they give me stomach pain, nausea etc... I guess it is my body's way of telling me it is not good for me!

I have lost 40 lbs, I take no medication and eat a primary meat and dairy diet from our farm, so I am living proof that it is the better way to live.

I made the switch and so can you!

Mary Hill

M&B Farview Farm

[www.mbfarviewfarm.com](http://www.mbfarviewfarm.com)

[mary@mbfarviewfarm.com](mailto:mary@mbfarviewfarm.com)

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