

(8-23-23)

**JUNK FOOD:
A ROOT OF SIN, STRIFE AND SORROWS!**

Proverbs 18:14 The spirit of a man will sustain his infirmity; but a **wounded spirit** who can bear?

Study Finds. Jan 31, 2023:

Every bite of junk food increases the risk of dying from cancer

Mail (8-22-23):

*Does this explain epidemic of colorectal cancers in young Americans?
Scientists prove link between junk food and formation of stomach tumors for first time*

Ecclesiastes 10:17 Blessed art thou, O land, when thy king is the son of nobles, and thy princes **eat in due season, for strength, and not for drunkenness!**

Titus 2:1 But speak thou the things which become sound doctrine:

2 That the aged men **be sober**, grave, **temperate**, sound in faith, in charity, in patience.

3 The **aged women likewise**, that they be in behaviour as becometh holiness, not false accusers, **not given to much wine**, teachers of good things;

4 That they may teach the young women to be sober, to love their husbands, to love their children,

5 To be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed.

Ecclesiastes 10:17 Blessed art thou, O land, when thy king is the son of nobles, and thy princes **eat in due season, for strength, and not for drunkenness!**

<https://www.abc10.com/> (7-24-23):

Drunk without a sip of alcohol? Health expert explains Auto-Brewery

Syndrome

Luke 21:11 And great earthquakes shall be in divers places, and famines, and pestilences; and fearful sights and great signs shall there be from heaven.

32 Verily I say unto you, This generation shall not pass away, till all be fulfilled.

33 Heaven and earth shall pass away: but my words shall not pass away.

34 And **take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares.**

35 For as a snare shall it come on all them that dwell on the face of the whole earth.

36 **Watch ye therefore, and pray always,** that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man.

Amani ElBarazi et al. Nutr Health. 2023:

Association between university student junk food consumption and mental health...Daily consumption of junk food was significantly linked to stress...

Hanieh Malmir et al. Nutr Neurosci. 2023 Sep:

Junk food consumption and psychological distress in children and adolescents: a systematic review and meta-analysis

Available evidence indicates that junk foods, defined as unhealthy foods with high-calorie and low-nutrient value, negatively affect mental and metabolic health of children...This meta-analysis showed that junk foods consumption was associated with increased odds of psychological distress in children and adolescents.

Study Finds, AUGUST 26, 2022:

Eating junk food may be the reason you're feeling anxious or depressed

Researchers from Florida Atlantic University's Schmidt College of Medicine say they have found a connection...

...Processed foods also often contain flavorings, colorings, emulsifiers, and other cosmetic additives...

Researchers say there have been previous studies that found a link between consuming ultra-processed food and depression...

The new study looked at a nationally representative sample of U.S. adults...Results reveal Americans who consumed the highest amounts of ultra-processed foods reported having significantly more “mentally unhealthy days” and “anxious days...”

New York Times, May 4, 2023.

*The Link Between Highly Processed Foods and Brain Health...*Eating packaged foods like cereal and frozen meals has been associated with anxiety, depression and cognitive decline...

We've known for decades...[junk food is] linked to unwelcome health outcomes, like an increased risk of diabetes, obesity and even cancer. But more recent studies point to another major downside to these often delicious, always convenient foods: **They appear to have a significant impact on our minds, too...**

<https://www.beingpatient.com/is-junk-food-bad-for-your-brain/>

A Neurobiologist on What Junk Food Does to Your Brain...

University of Florida neurobiologist Sara N. Burke discusses the research on ultra-processed foods and cognitive decline.

Scientists have known for years that unhealthy diets – particularly those that are high in fat and sugar – may cause detrimental changes to the brain and lead to cognitive impairment.

Two recent large-scale studies suggest that eating ultra-processed foods may

exacerbate age-related cognitive decline and increase the risk of developing dementia.

<https://www.health.harvard.edu/mind-and-mood/eating-ultra-processed-foods-tied-to-cognitive-decline>

<https://nypost.com/2023/01/26/junk-food-highjacks-the-brains-ability-to-control-intake-study/>

Psalms 11:3 If the **foundations** be destroyed, what can the righteous do?

Ezekiel 16:49 Behold, this was the iniquity of thy sister Sodom, pride, **fulness of bread**, and abundance of idleness was in her and in her daughters, neither did she strengthen the hand of the poor and needy.

50 And they were haughty, **and committed abomination** before me: therefore I took them away as I saw good.

51 Neither hath Samaria committed half of thy sins; but thou hast multiplied thine abominations more than they, and hast justified thy sisters in all thine abominations which thou hast done.

52 Thou also, which hast judged thy sisters, bear thine own shame for thy sins that thou hast committed more abominable than they: they are more righteous than thou...

1 Timothy 6:9 But they that will be rich fall into temptation and a snare, and into **many foolish and hurtful lusts**, which drown men in destruction and perdition.

10 For **the love of money is the root of all evil**: which while some coveted after, they have erred from the faith, and pierced themselves through **with many sorrows**.

Proverbs 23:6 Eat thou not the bread of him that hath an evil eye, neither desire thou his dainty meats:

8 The morsel which thou hast eaten shalt thou vomit up...

Luke 17:28 Likewise also as it was in the **days of Lot**; **they did eat**, they drank, they bought, they sold, they planted, they builded;
29 But the same day that Lot went out of Sodom it rained fire and brimstone from heaven, and destroyed them all.

Jude 1:7 Even as **Sodom and Gomorrha**, and the cities about them in like manner, giving themselves over to fornication, and **going after strange flesh**, are set forth for an example, suffering the vengeance of eternal fire.
12 These are spots in your feasts of charity, when they feast with you, **feeding themselves without fear**...

2 Peter 2:10 But chiefly them that walk after the flesh in the lust of uncleanness, and despise government. Presumptuous are they, selfwilled, they are not afraid to speak evil of dignities.
11 Whereas angels, which are greater in power and might, bring not railing accusation against them before the Lord.

Philippians 3:19 Whose end is destruction, **whose God is their belly**, and whose glory is in their shame, who mind earthly things.)

Matthew 24:37 But as the days of Noe were, so shall also the coming of the Son of man be.

38 For as in the days that were before the flood **they were eating** and drinking, marrying and giving in marriage, until the day that Noe entered into the ark,

39 And knew not until the flood came, and took them all away; so shall also the coming of the Son of man be.

40 Then shall two be in the field; the one shall be taken, and the other left.

Matthew 24:44 Therefore be ye also ready: for in such an hour as ye think not the Son of man cometh.

45 Who then is a faithful and wise servant, whom his lord hath made ruler over his household, to give them **meat in due season**?

46 Blessed is that servant, whom his lord when he cometh shall find so doing.

47 Verily I say unto you, That he shall make him ruler over all his goods.

48 But and if that evil servant shall say in his heart, My lord delayeth his coming;

49 And shall begin to **smite his fellowservants**, and to **eat and drink with the drunken**;

Luke 12:45 But and if that servant say in his heart, My lord delayeth his coming; **and shall begin to beat the menservants and maidens, and to eat and drink, and to be drunken**;

46 The lord of that servant will come in a day when he looketh not for him, and at an hour when he is not aware, and will cut him in sunder, and will appoint him his portion with the unbelievers.

<https://scitechdaily.com/junk-food-and-the-brain-how-modern-diets-lacking-in-micronutrients-may-contribute-to-irritability-and-anger/>

<https://www.snexplores.org/article/junk-foods-can-harm-teen-brains>

<https://www.aipt.edu.au/articles/what-happens-your-brain-when-you-eat-junk-food>

<https://www.dailymail.co.uk/health/article-11890225/Does-explain-sugar-cravings-Junk-food-physically-rewires-brain.html>