

# Presentation warns of 'gross' foods

By Julie Mastrine  
COLLEGIAN STAFF WRITER

Rotted teeth, broken bones and a trough of blood and feathers from a poultry slaughterhouse were just a few of the photos shown during a presentation by the State College Wellness Forum at the State Theatre, 130 W. College Ave., Sunday.

Wellness facilitator Kathy Pollard presented "Gross, Gory Things That Happen When You Eat Bad Food," a slideshow to encourage people to consider the effect their diet and lifestyle choices have on their overall health and wellness. The presentation was rated "PG-13" because of some of the photos' graphic nature.

"Most of us in this country don't realize how much power we have over our health," Pollard said. "We don't see how much of a connection there is over our daily dietary choices and the prognosis for our long-term health."

An unhealthy diet can be equated to the use of drugs, she said.

"When I was young, we were

taught not to take drugs because it will kill brain cells, which don't replenish themselves," she said. "The habits we have of eating high-fat, dense, high-calorie foods create the same result of killing brain cells. And we eat a lot more bad food than we do drugs in this country."

Though many people associate fatty foods with clogged arteries, the food can also have an effect on the brain, Pollard said. She showed a brain scan of a patient who had suffered multiple silent strokes to illustrate the effect that a diet high in saturated fat and cholesterol could have on health.

"Not just your heart suffers from what you eat," Pollard said.

Pollard also discussed the negative effects of foods not normally associated with being detrimental, like dairy products.

"The dairy product most correlated with acne is non-fat milk," Pollard said. "It's not the fat that affects your skin. It's something about the protein that makes our hormones in an imbalanced state and causes acne."

According to its website, the Wellness Forum serves to encourage people to take control of their health by providing up-to-date health information and providing various health education programs. The presentation given at the State Theatre will also be shown at the Wellness Forum's 15 other locations nationwide.

But some attendees said they were hoping for more health information than was provided.

"I was hoping for a more in-depth presentation," Dorothea Tsang (senior-chemical engineering) said. "I already eat a pretty healthy diet, so more information would have been better."

Others said the presentation was a good way to teach students about making healthy choices.

"There are a lot of temptations to make bad decisions," Katie Tindal (senior-chemical engineering) said.

"Education is important, because without it, people will just keep making bad decisions."

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## SIGNED, SEALED, DELIVERED



Chloe Elmer/Collegian

Author and Penn State alumna Farnoosh Torabi signs a copy of her book "Psych Yourself Rich" Friday. For more coverage on Torabi's and others' book signings this weekend, visit [psucollegian.com](http://psucollegian.com).

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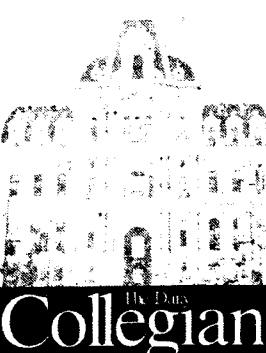
  
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