Trump and the Fast Food Diet of the "Healthiest" President In History

Two Big Macs, two Filet-O-Fish sandwiches, and a chocolate milkshake is a typical order for a meal for the president, according to a new book. Corey R. Lewandowski was fired as Trump's campaign manager and David Bossie, was the Deputy Campaign Manager for Trump but resigned after three months. They've written a book together, *Let Trump Be Trump*, which has shed light on some of Donald Trump's behaviors including his eating habits. The news of Donald Trump's diet has gone viral.

> *On Trump Force One there were four major food groups: McDonald's, Kentucky Fried Chicken, pizza and Diet Coke," — Washington Post*

Like us, many in the natural-health community were optimistic that Trump may at least expose some of the corruption within the pharmaceutical industry, regarding vaccines in particular, but those hopes were dashed a day after Kennedy spoke with Trump.

Recommended Reading: *Sugar Industry Has Had Evidence Linking Sugar to Heart Disease for Nearly Half a Century*

As most will likely remember, Donald Trump's personal physician, Dr. Harold Bornstein, who has seen Trump since 1980, stated that,

> *If elected, Mr. Trump, I can state unequivocally, will be the healthiest individual ever elected to the presidency."*

There have been numerous concerns regarding Donald's health, including his weight, his mental health, and his recent

slurring of words made headlines and fed speculation all over the world.

Is Donald Trump Healthy?

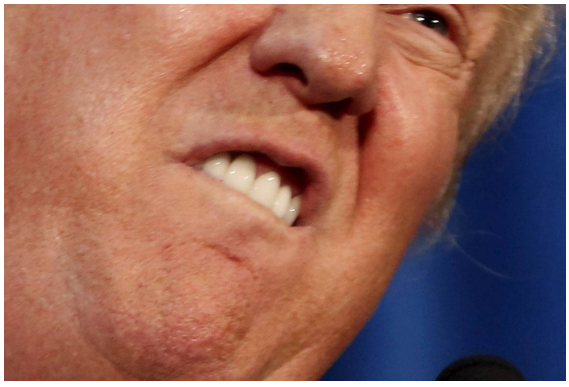
That's the real question. Trump is not "healthy" by our standards, but that's relative. Is he healthier than most people his age? Probably. Most people in their 70s are not healthy at all, and he does have lots of money and power, which can help to slow down the body's deterioration, especially if one is blessed with good genetics, as Trump has claimed he is. A key difference between him and Hillary Clinton's health is that Donald's health, for better or worse, never became an issue in his campaign. Hillary collapsed while getting on her bus. If nothing else, it seems the Don knows better what his limitations are than Clinton does or did. This can create an allure of greater health than the truth. For instance, picture a 70-year-old man who decides to take the stairs instead of the elevator to burn off a few calories. It's 12 flights. He is in pretty good shape compared to Trump but he has a heart attack. Trump is not likely to take the stairs (just an educated guess). Trump doesn't do much of anything active besides golf (with a golf cart) and his speeches.

Recommended Reading: *Sugar Leads to Depression – World's First Trial Proves Gut and Brain are Linked (Protocol Included)*

> *'Other than golf, he considers exercise misguided, arguing that a person, like a battery, is born with a finite amount of energy,' writes Evan Osnos in a piece entitled '**How Trump Could Get Fired**' that appears in the May 8, edition of the New Yorker." – **CNN***
>
> *I am up there using a lot of motion. These rooms are hot like saunas. I guess that's a form of exercise." – **Time***

He doesn’t sleep much (he claims about three hours a night). He is obese. He loses his temper easily. He does not exercise. He doesn’t like vegetables or fruits or raw foods or home-cooking. He is a well-known germaphobe, who needs a continuous supply of unopened oreo cookies because he won’t eat from an opened package. His understanding of how the body and germs work leaves much to be desired. Is he any more or less likely to die of a heart attack than Hillary Clinton or Bernie Sanders if one of them were in the same position? That’s hard to say. There are too many variables. We’re sure Bernie is the healthiest of the three, but we as a nation would likely still be totally invested in who his running mate is for obvious reasons like we were with John McCain. But it is clear to anyone who understands how the body works that the man’s brain is not running like a well-maintained machine.

And what about that slurring? Was that just a parched mouth as the White House has insisted? Like Trevour Noah at the Daily Show, we’d put our money on dentures.



REUTERS June 2015

His teeth aren’t real. Click on this picture above, then right-click on it, and open the image in a new tab and click on his mouth to zoom in. Does this look like the teeth of a man at 71 years old who prefers McDonald’s? No. Are they dentures? Either that or veneers or implants of some sort. Here’s another picture.

Recommended: *Fungal Infections – How to Eliminate Yeast, Candida, and Mold Infections For Good*

So is the president healthy? Oral health is a good indicator of gut health, and when we take into account his age, we have to give him some credit. At 71 years old, he certainly could be a lot worse off, but "healthy", he is not, though he's obviously been able to afford top-notch conventional medical care all of his life.

Is the Presidency Taking Its Toll?

Of course, but we may not be able to see it. Newsweek recently did an article called, *Here's What Donald Trump May Look Like After His Stressful Presidency*.



The image shows a side-by-side comparison with a digitally edited photo of President Donald Trump using the iPhone app AgingBooth. Of course, this image is problematic because the left picture is an airbrushed image of Trump with what appears

to be a better makeup job than usual, which is not indicative of his true self at all, or what he looked like as he took the presidency. But we do know how much a presidency can age a person, as it is surely one of the most difficult and stressful jobs in the world.

Let’s take a look and see how the Don is doing now that his first year in office coming to an end. It’s hard to find the right images for the job, again, with all the makeup, but take a look:

What Donald Trump Looked Like near the end 2015



October 22, 2015 time.com/4082627/trump-mosques-minimum-wage/

What Donald Trump Looked Like When He Took Office



the new US president -Reuters 2016

Here is another one from December, and here’s one from March of 2017.

What Donald Trump Looks Like After Nearly One Year In Office



Nov. 27th 2017

I looked at dozens of images, maybe hundreds, and I tried to pick the ones that most fairly represented him. I think there's a small difference, but it's hard to tell with the makeup, and it's no more aging than what anyone would expect for a man ni his 70s. It's possible his diet has actually improved since taking office, who knows? It will be interesting to see how the office effects his health if he continues his presidency a few more years, provided we still have the internet.

I surmise that as we discover how important gut health is to our brain, our hormonal system, and our disposition, society will be more and more disgusted with the fuel this man chooses to put in his body.

Recommended Reading:

- *Detox Cheap and Easy Without Fasting – Recipes Included*
- *Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet*
- *How to Make the Healthiest Smoothies – 4 Recipes*
- *Holistic Guide to Healing the Endocrine System and*

Balancing Our Hormones