



Dr. Berg®

THE KNOWLEDGE DOC®

Starches Unmasked:

THE SURPRISING RISKS



The dark reality of starches

- Starches are heavily processed and stripped of fiber and nutrients, leaving behind empty calories with no nutritional value.
- The body metabolizes starches like sugar, which explains why they cause weight gain, heart disease, and insulin resistance.
- The standard American diet (SAD) contains more starch than fiber, a major contributing factor to obesity and diabetes.
- Starches are modified with chemicals such as sodium hypochlorite, commonly known as chlorine bleach, which is harmful to human health.¹
- Most modified starches are derived from genetically modified (GMO) corn contaminated with glyphosate, a pesticide linked to cancer, reproductive issues, and organ damage.

Dr. Berg's Junk Food Meter

The Junk Food Meter makes it easy to uncover the amount of junk food ingredients in your diet—no food science degree required. Scan a barcode, and the app will do the rest!

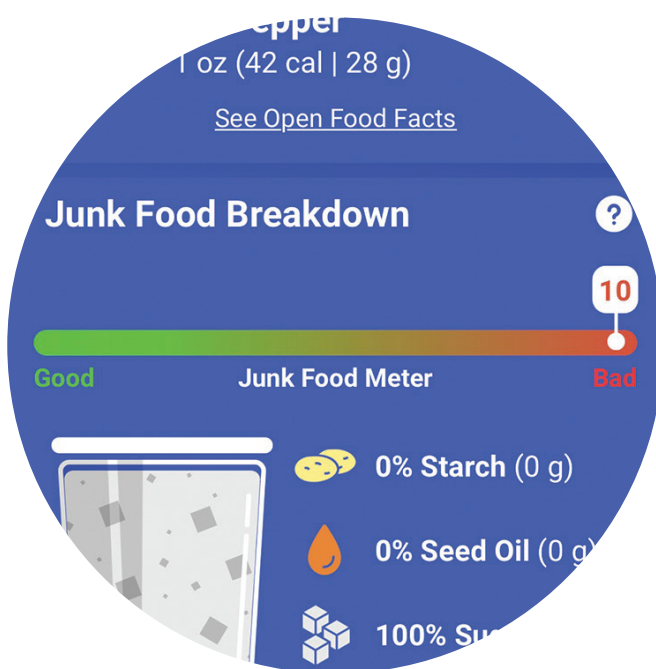
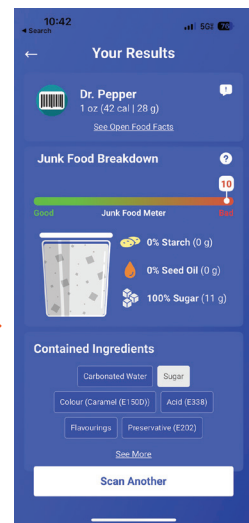
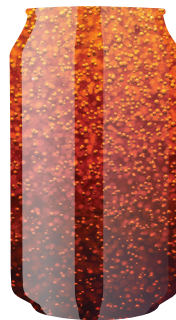


Step 1

Scan food items in pantry, refrigerator, or grocery store

Step 2

See results



Step 3

Observe rating scale to find actual food without UPF ingredients and then click to find food replacements



Download the app now