

## **DEATH BY POLITICALLY CORRECT NUTRITION**

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THESE ARE THE “FRANKEN FOODS” CREATED BY THE “FOOD MANUFACTURERS”– AND RECOMMENDED BY THE “DIET DICTOCRATS the so called “nutritional experts” – FOLLOWING THEIR GUIDELINES IS A GUARANTEE FOR SICKNESS AND SENILITY

**Enriched refined grains** - white bread, bagels, pasta, pretzels, chips, cakes, pastries, white and pre-cooked rice, and all cereals [In an experiment, rats fed cereal boxes, lived longer than rats that ate the cereal] **Bugs aren't even attracted to cereal because there are no nutrients in their to support their life – why do you think it would support your life?.** Read labels – enriched means refined, the only people getting enriched are the food manufacturers. Avoid supermarket breads. “Whole wheat” would rot in a matter of days, if supermarket bread is really “whole wheat”, why does it have an expiration date and can last a month without rotting??????. Avoid puffed foods. All white flour is bleached with the same bleach used for your laundry. Chlorine is a carcinogen = causes cancer.

**Sugar in all forms** - candies, cookies, cakes, ice cream, table sugar etc. Read food labels for not so obvious sources of sugar: sucrose, fructose, beet juice, corn syrup, caramel, honey, cane juice. Anything ending in “ose” is a sugar. Sugar is one of the main culprits of heart disease, because it displaces potassium which leads to heart problems. This was first written about in the 1950's by Dr. Royal Lee, but you can't make money telling the masses not to eat sugar. Pharmaceutical companies would lose money if everyone got healthy because then there would be no “patients for life.”

**High-Fructose corn syrup** - a synthetic sugar derived from corn starch. This type of sugar converts straight to triglycerides and abdominal fat. It is found in all types of food because it is cheaper than sugar.

**Soda** - Made with High Fructose Corn Syrup, colorings and phosphoric acid which depletes bones of minerals leading to osteoporosis.

**Artificial sweeteners** - Sweet n' Low, and Nutrasweet, Equal [aspartame]. All diet products, sodas, sugar-free products. Artificial sweeteners increase cravings for sweets and cause weight gain. Because they are poisons the body stores them in fat cells. Nutra-Sweet worsens retinopathy in diabetics quickly leading to blindness – Of course these poisons are highly recommend by the Dietetic Association who is well funded by Monsanto, the makers of these poisons. **Splenda [Sucralose]**, don't be fooled with this so called “natural sugar”. Splenda is nothing but chlorinated sugar – yes there is bleach in there. Splenda shrinks the thymus, a KEY gland of the immune system. It also causes weight gain because it interferes with thyroid function. Not so natural after all.

**Franken fats [hydrogenated, partially hydrogenated/Trans fats]** - all butter substitutes such as: margarine, Benacol, I can't believe it's not butter and all fake butter spreads, Crisco, butter cream etc. found in all bakery products. If it's not real butter, put it back on the shelf. Read ingredients. Trans fats have a similar structure to plastics [in chemistry they are 1 molecule away from being plastic], and thus they make YOUR insides plastic. Manufacturers love these plastic fats because they have an **endless shelf life** [long shelf life=short life]. They are found in all baked products and prepackaged food items: cookies, cakes, TV dinners, hot chocolate, crackers, soups, breads, salad dressings, etc. Also avoid butter made with canola oil which is advertised as “easier to spread”. Butter has specific nutrients and it should not be altered with poisonous vegetable oils.

**Vegetables oils** - are processed at high temperature, using hexane, a solvent derived from gasoline: They include: corn, safflower, sunflower, canola, soybean, and cottonseed oil [cottonseed is not really oil, but a fiber, loaded with pesticides]. Because these oils are rancid they are treated with deodorizers so you can't smell how rancid they are. Fast food-industry uses and reuses these toxic oils to fry your French fries, so you end up with more oxidative damage to your arteries, then we wonder why we have so much heart disease. Vegetable oils: increase cancer, heart disease, depress the immune system, depress learning abilities, increase uric acid, cause digestive problems, liver disorders, reproductive organs disorders, lung damage, and they impair growth – so much for these oils being “heart healthy”.

**Low fat and fat free products** - Skim milk, and 1 and 2 % milks all contain powder milk. Powdered milk fats are damaged fats that create rusting in your arteries leading to arterial damage. All low fat, and fat free products contain slime [known as mucopolysaccharides in industry terms] to replace the texture of the fats that was removed. This is an industry standard and you, the consumer, will never know it.

**Mass-produced fruit juices** - i.e. orange, apple juice, cranberry juice etc. Most commercial juices are derived from rotten fruits that cannot be sold as fruit, and are mixed with industrial water. We were **NEVER** designed to drink our fruits. Fruits were meant to be eaten. Drinking juices is the equivalent of eating 5-8 fruits at a time, putting a great stress on the pancreas and ultimately leading to diabetes. That is called the **“I wore out my pancreas”** diabetes which is preventable. Your family history has nothing to do with your development of diabetes. If you have the same food and lifestyle habits as you parents and grandparents then you get to “inherit” what they have or had. Truth is, diabetes is avoidable and preventable, but if everyone knew that, “they” could not sell so many drugs.

**MSG** - Monosodium glutamate, - it is everywhere under many different names. Processed “foods” would taste like cardboard without this flavor “enhancer”. MSG has been linked to weight gain, poor vision and it fries your brain cells. In studies using non-obese mice [mice that were never fat a day in their lives] MSG was fed to the mice and thereby resulted in these mice becoming obese. MSG is addictive and makes you want to eat more and more of that fake “food”. MSG is a neurotoxin. That means it destroys brain cells.

**GMO [genetically modified organisms] foods** - 99.9 percent of all the corn and soy produced in this country is genetically modified. You can rest assured you are getting your daily dose of GMO foods. These “Franken foods” are bound to negatively alter life on planet earth for ALL species. Let’s thank Monsanto and other bio-tech “food” companies for that.

**Soy and soy products** - Soy is the most processed “food”. It’s incredible that so many “health conscious” people are consuming such processed products. The Facts: soy depresses immune function and thyroid function. Soy binds thyroid hormones and thyroid medication this means weight gain and liver problems, so avoid all soy if you are on thyroid medications. Soy contains trypsin inhibitors leading to pancreatic disease. Soy contains high levels of manganese which accumulates in the brain and kidneys causing disease. Soy increases the need for vitamin D and vitamin B12 [Methylcobalamin]. Giving soy formula to babies is the equivalent of giving them five [5] birth control pills. Babies need whole milk to thrive and survive not a low fat diet! [This country produces so much soy that they need to do something with it – let’s sell it as food. Don’t be fooled about the “benefits” of soy. All soy studies are funded by Archer Daniel Midland, the biggest producers of soy] and the so-called scientists that promote this “food” are well paid by these soy producers. Always know the “funder” of a “scientific” study.

**Fake eggs [egg beaters]** - These are plastic eggs and they caused death in experimental animals. Made from vegetable oils, the very oils that cause diseases you are trying to avoid by eating fake eggs. Oh did I mention they cause infertility?

**Cheese products** - i.e. prepackaged American “cheese” or “cheese” that comes out of a can. These are not made from dairy; they are cheese products which contain at least 60% vegetable oils, the very oils that cause all diseases. These “cheeses” must be labeled “cheese product” if they contain under a certain amount of real milk solids.

**Pasteurized milk** - a dead food. 1 glass of regular milk contains over 100 pesticides residues. Not to mention the [rBGH] recombinant Bovine Growth Hormone injected in these poor animals to mass produce milk. Pasteurized milk actually causes bone loss as the enzyme phosphatase that is required for the absorption of calcium is destroyed during the process of pasteurization. As a species, we evolved on raw dairy, not pasteurized and homogenized dairy. Homogenization actually causes arterial damage. Skip the milk if you can’t get the real thing, or use organic, full fat milk - sparingly.

**Processed meats** - these are the cold cuts which are not really meats, but meat-by-products and are loaded with MSG. These “foods” contain nitrates and nitrites which convert into nitrosamines which cause cancer.

**Turkey, chicken burgers** - This “fake” meat is a mixture of skin, bones, water and other animal by-products. [My patient in the meat industry gave me this scoop ☺]. Don’t be fooled by the low fat content. Low fat = poor health. [It’s the type of fat you eat, not how much you eat - Greenland Eskimos consume 80% of their calories from fat, and they have NO heart disease, so much for the “fat causes heart disease lie”].

**Battery raised eggs, poultry and meats** - In addition to the horrible inhumane treatment of these poor animals, you need to be concerned about the massive amounts of antibiotics injected in these animals that end up on your plate. The hormones used to fatten the animals up also end up in your body causing havoc on your endocrine system, and the pesticides which end up in your fat tissues creating havoc on your biochemistry.

## **Bottom Line:**

- If you want to live a long life, eat foods with a short-shelf life
- What ever “**the experts**” tell you to eat, do the opposite
- When you see a heart on a food label, don’t waste your money. That company paid the fraudulent Heart Association a fortune to have their stupid “heart healthy” label on their products. There is **NOTHING** healthy about corn flakes or any of the “fake foods” they promote. Save your money to buy real health promoting foods
- Vote with your pocket book. If you are really interested in your health, consume real foods, support the small farmers and not the food conglomerates who will never stop finding ways to poison us

## **SO WHAT CAN YOU EAT? THERE ARE ANSWERS AND SOLUTIONS.**

Keep grain intake to a minimum. Most people eat too many grains which contribute to weight gain and eventually diabetes. If you are not overweight or diabetic, experiment with non-wheat alternatives such as brown rice bread/pasta, spelt bread, quinoa pasta, amaranth, millet, and kamut. Chances are you never heard of these grains, but they exist and are better for you.

For grain allergies, avoid all grains including wheat and especially corn – corn is used to fatten up cows anyway. Purchase gluten-free bread, or yeast free bread. Avoid all yeast products including anything that reads hydrolyzed yeast, carageenan etc. Try spelt, amaranth, quinoa, teff, brown rice and other non-wheat grains.

If you need to use sweeteners, use Stevia which is safe for diabetics and will not cause sugar spikes. Xylitol is a sugar alcohol and is one of the better tasting ones on the market, and can be used in baking. If weight and diabetes is not an issue, sparingly use raw honey, raw brown sugar, formaldehyde-free maple syrup, and Sucanat. A word to the wise: supermarket brown sugar is white sugar colored with molasses and an extra price premium.

Drink plenty of pure water – your body is 60-70% water [**water**, not coffee, not soda, not juice, but water (**H<sub>2</sub>O**)]. Water flushes out toxins, speeds up fat loss, assists in the assimilation of nutrients and, hydrates your body. Inadequate water intake causes brain shrinkage – that is a fact! For non-diabetics and if weight is not an issue, try concentrated pomegranate, blueberry, grape or cranberry juices from the health food store. Mix a small amount with water or seltzer and may be sweetened with Stevia.

Use only extra virgin olive oil, or cold-pressed walnut oil, sesame, flax etc. which can be purchased, at health food stores. Quality of fats/oils consumed can literally bring on disease, or promote health. Unrefined coconut oil [a fat used extensively in Burn Units, and for preemie feedings as a source of energy] it is excellent for cooking, frying and baking. It is one of the most stable fats, along with palm oil, which has lots of anti-oxidants. Coconut oil has anti-viral, anti-bacterial, anti-fungal and anti-parasitic properties. It improves metabolism, thyroid health and it assists in weight loss. And the taste is delicious, also makes a great body and scalp moisturizer.

Use organic butter only. Butter contains vitamins A, D, and E, more selenium than garlic, and **butyric acid** which has anti-bacterial properties **and has been shown to reverse colon cancer**. Diabetics, children and certain individuals cannot convert beta carotene to vitamin A. They need to get their vitamin A in the form of Retinol which is only found in animal products – egg yolks, liver, full fat dairy and cod-liver oil. Beta-Carotene is NOT vitamin A.

**GOD MADE BUTTER NOT MARGARINE.**

If you are going to eat dairy, eat regular full fat products such as cheese, Stonyfield full fat yogurts and organic milk. For quality dairy check out [RealMilk.com](http://RealMilk.com) for sources of real milk from cows that have been grass fed. Cows were meant to eat grass, not other cows. Also check out imported cheeses which are usually made from raw milk and are much healthier.

Apple Gate brand cold cuts are free of MSG, nitrites and nitrates. They can be found at Whole Foods markets where it is sliced fresh. Do not purchase the processed packaged version. Otherwise, make them yourself.

How do you avoid GMO foods? A great start is to get rid of all the corn and soy in your diet. There are products that contain non-GMO corn. Eat organic fruits and vegetables whenever possible. Unfortunately GMO is going to be in most foods due to cross pollination of these Franken seeds.

Consume real organic and pastured eggs. Eggs are an excellent source of choline, a vitamin that converts into acetyl-choline, which is a neurotransmitter required for memory, learning and cognition. If your memory is failing maybe it's because you threw out all those egg yolks. Eggs contain lecithin which emulsifies cholesterol, and eggs DO NOT cause heart disease – that is a lie so you can eat plastic eggs. Eggs are the best source of protein and in some cultures pregnant women are given up to 10 eggs per day to ensure healthy offspring. Eggs yolks contain lutein. Lutein prevents and slows down the progression of macular degeneration. Save your eyesight and eat your eggs yolks. The rates of macular degeneration are increasing at alarming rates. Gee, did the egg scare have anything to do with another disease?

Purchase meats and poultry that are free of hormones, antibiotics and pesticides in their feeds. The best source of meat is from grass-fed cows. Contrary to popular belief, meat is an excellent source of protein, it is the best source of B12 [Methylcobalamin], and B6 – the very nutrients that prevent the elevation of homocysteine. Homocysteine is marker for heart disease. In addition, beef contains **Stearic Acid, a saturated fatty** which **is the preferred fuel for the heart** – is it any wonder we have so many tired hearts around getting heart failure? It's not the meat that is bad. It's the feeding and treatment of the animals that is an abomination. To find quality meat/poultry/dairy and eggs in your area, contact your local chapter of the Weston A. Price Foundation at [Westonaprice.org](http://Westonaprice.org).

Last but not least, don't forget to eat vegetables on a daily basis. Vegetables are a daily event - French Fries are not a vegetable. Get lots of greens, yellows, reds, and oranges on your plate. Organic is preferable as this is the best way to enhance your nutrient intake. Foods grown on organic soil have more minerals and are free of pesticides, herbicides, fumigants and other carcinogenic compounds used in mass produced produce. Cooked/fermented vegetables are better than raw vegetables. Humans lack enzymes to digest raw vegetables, so forget snacking on boring raw broccoli and cauliflower – you are not digesting them anyway.

### **For More Information go to:**

Websites:

[Westonaprice.org](http://Westonaprice.org)

[Soyonlineservices.co.nz](http://Soyonlineservices.co.nz)

[RealMilk.com](http://RealMilk.com)

Books:

**Know Your Fats, Enig, Mary**

**Nourishing Traditions, Fallon, Sally**

**The Untold Story of Milk, Schmid, Ron**

**The Whole Soy Story, Daniel**

**Life Without Bread, Alan, & Lutz**

**Cholesterol Myths, Uffe Ravnskov**

**Be informed, the health you preserve and save may be your own or that of a loved one.**