

8 Possible Worst Foods You Could Ever Eat!  
- By Wayne Pickstone -

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# "8 Possible Worst Foods You Could Ever Eat"

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Depression

2,33

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# "8 Possible Worst Foods You Could Ever Eat!!"

## Banned Food # 1 = Soft Drink or Soda.

Let's look at what you are drinking when you down that can of soft drink. Below are some of the major components in a can of soft drink:

**Phosphoric Acid:** This may interfere with the body's ability to use calcium, which can **lead to osteoporosis** or softening of the teeth and bones. Phosphoric acid also neutralises the hydrochloric acid in your stomach, which can interfere with digestion, making it difficult to utilise nutrients. Not a very healthy option!



A  
es  
soft drink each year.  
That's scary when you  
know what this  
substance can do to  
one's health.

**Aspartame:** This chemical is used as a sugar substitute in diet soft drinks. There are over 92 different health side effects associated with aspartame consumption (1)including brain tumours, birth defects, diabetes, emotional disorders and epilepsy/seizures.(2) Further, when aspartame is stored for long periods of time or kept in warm areas it changes to methanol, an alcohol that converts to formaldehyde and formic acid, **which are known carcinogens (cancer causing agents)**. Not a nice thought.

**Sugar:** Soft drink manufacturers are the largest single users of refined sugar. It is a proven fact that sugar increases insulin levels, which can lead to high blood pressure, **high cholesterol, heart disease, diabetes**, weight gain and premature aging. Most soft drinks include over 100 percent of the Recommended Daily Allowance of sugar.

**Caffeine:** Caffeinated drinks cause jitters, insomnia, high blood pressure, irregular heartbeat, elevated blood cholesterol levels, vitamin and mineral depletion, **breast lumps, birth defects**, and perhaps some forms of cancer. Why take the risk?

**Tap Water:** We recommend that everyone avoid drinking tap water because it can carry any number of chemicals including chlorine, lead, cadmium, and various organic pollutants. Tap water is the main ingredient in bottled soft drinks. Tap water to make it drinkable, needs to be filtered with a good filtration system.

So if you are still drinking soft drink, stopping the habit is an easy way to improve your ultimate health. Some of the presumed health effects of soft drinks are:

- **Obesity (3)**
- **Tooth decay**

- **Caffeine dependence**
- **Weakened bones**

Studies have linked soft drink to osteoporosis, obesity, tooth decay and heart disease, yet the average adult and now even children drink an estimated 25 litres of soft drink each year. Plus, drinking all that sugar is likely to suppress your appetite for healthy foods, which paves the way for possible nutrient deficiencies.

There are many uses for a can of some sodas which include - cleaning your coins, your windscreen, your bumper bar or your toilet or even getting grease off your clothes but it is definitely not recommended for those of us who want ultimate health.

One biochemist discovered it takes an average of 32 **glasses of alkaline water** to neutralise the acidity from one can of highly toxic soda.

The active ingredient in this particular soda is phosphoric acid. Its pH is 2.8 and Phosphoric acid is used in the metal trade industries as a rust converter. Not something you would normally drink unless labeled "Unknown"!

If you routinely drink soft drinks eliminating them from your diet is one of the simplest and most profound health improvements you can make.

***Remember - Pure filtered water is a much healthier choice.***

#### REFERENCES

1. There are over [92 different health side effects associated with aspartame consumption](#). It seems surreal, but true. How can one chemical create such chaos?

Aspartame dissolves into solution and can therefore travel throughout the body and deposit within any tissue. The body digests aspartame unlike saccharin, which does not break down within humans.

<http://www.sweetpoison.com/aspartame-side-effects.html>

2. [http://www.sweetpoison.com/articles/0706/aspartame\\_symptoms\\_submit.html](http://www.sweetpoison.com/articles/0706/aspartame_symptoms_submit.html)

3. One independent, peer-reviewed study published in the British Medical Journal 'The Lancet' demonstrated a strong link between soda consumption and childhood obesity. They found that 12-year-olds who drank soft drinks regularly were more likely to be overweight than those who didn't. In fact, for each additional daily serving of sugar-sweetened soft drink consumed during the near two-year study, the risk of obesity jumped by 60 percent.

<http://johnfielder.blogspot.com/2010/11/cola-drinks.html>

## Banned Food # 2 = COWS MILK

Yes... milk is Mother Nature's "perfect food" ...for a calf... until it is weaned.

Everything you know about cow's milk and dairy is probably of a Dairy Industry MYTH.

Each bite of hard cheese has TEN TIMES whatever was in sip of milk... because it takes five kilos of milk to make ½ of cheese. Each bite of ice cream has 12 times ... and every swipe of butter 21 times whatever is contained in the fat molecules in a sip of milk.



Milk consumption can cause nasal stuffiness, runny nose and many more complaints

part

that  
kilo

Few people understand the dairy danger imposed in the middle of last century when fresh raw milk from the milk-man turned into store-bought pasteurized/homogenised milk.

**Pasteurisation:** It is important to know the reason behind pasteurisation. If you don't know, pasteurisation is the process of heating up dairy to very high temperatures and then cooling it down, with the purpose of killing all bacteria and disease-causing agents. But why start doing this in the first place? Were people getting sick due to bacteria in the milk?

Actually, this was only true when farmers in the 1940s and 50s started to feed the cattle super-cheap grain that was the waste from alcohol distilleries (for the purpose of saving money and increasing profits). They soon found out that cattle were getting very sick and producing sub-par, disease filled-milk. It was then that people first started getting sick from milk consumption. Instead of re-introducing healthier feed, the farmers decided on pasteurising the milk.

However, they didn't realise that raw milk also has lots of beneficial bacteria and enzymes that can get killed in pasteurisation. In addition, the calcium that you supposedly get with milk is essentially insoluble and indigestible after being pasteurised. Did you ever wonder why osteoporosis is so widespread in this country when dairy consumption is one of the highest in the world?

Calves that are fed pasteurised milk routinely get sick and many die. I wonder why this fact alone doesn't push farmers to realise the dairy danger involved when milk is pasteurised.

**Homogenisation:** It IS legal to buy non-homogenised milk that is pasteurised. I highly recommend this, because homogenisation is another huge reason why processed dairy is so unhealthy.

Let's look at the history again. After farmers began pasteurising the milk because bacteria were running rampant among unhealthy cows, they found that sediment of killed bacteria and white blood cells was collecting at the bottom. (Eating the white blood cells in raw form was actually beneficial for the immune system, and not beneficial after pasteurised).

Homogenisation eliminates the sediment at the bottom, and at the same time eliminates the cream at the top of the milk. Everything was mixed together and all the particles were cut up into microscopic pieces.

After being homogenised many scientists and doctors argue that the fat molecules are broken up in to such small particles, that they get stuck in your arteries and intestinal walls, leading to heart disease and leaky gut syndrome. This is controversial; however, if you look at the rate of heart disease (and leaky gut which is generally undiagnosed) since the 1940s and 50s, you'll definitely see a large increase.

Calcium and milk? So where do the COWS get calcium for their big bones?  
Yes... from plants and grass! The calcium they consume from plants has a large amount of magnesium... necessary for the body to absorb and USE the calcium.

The calcium in cow's milk is basically useless to humans because it has insufficient magnesium content (interestingly, those nations with the highest amount of milk/dairy consumption also have the highest rates of osteoporosis. Proof? How about a controlled study of 78,000 nurses over a period of 12 years? (1)

Read more about it at:

<http://www.notmilk.com/deb/030799.html> Article on the 78,000 nurse study

Fat and milk? Cow's milk has enough fat to turn a 20 kilo calf into a 180 kilo cow. Milk, or as John McDougall, MD, calls it, "liquid meat," is very high in protein, fat, and cholesterol, yet contains no fiber and is low in carbohydrates

**What should you do to eliminate the dairy danger?** Simply cut out all dairy except for a small amount of butter, ghee and natural yoghurt, if desired.

1. Replace milk with rice milk or almond milk (soy has its own health issues).
2. Cut out all hard cheese, flavoured yogurt, cream cheese, etc. (use Brie or Camembert Cheeses)
3. If you must have milk, buy non-homogenised and low-temperature pasteurised milk.

Here is a brief list of the disorders caused by the unnatural consumption of cow's milk and dairy by human beings:

*Skin-* rashes, dermatitis, eczema, seborrhea, hives

*Gastro-intestinal-* vomiting, colic, stomach cramps, Irritable Bowel, abdominal distention, intestinal obstruction, bloody stools, colitis, mal-absorption, loss of appetite, growth retardation, diarrhoea, constipation, painful defecation, irritation of tongue, lips, and mouth.

*Respiratory-* asthma, nasal stuffiness, runny nose, otitis media (inner ear trouble), sinusitis, pulmonary problems.

*Behavioural-* irritability, restlessness, hyperactivity, headache, lethargy, fatigue, muscle pain, mental depression, bed wetting.

*Blood-* abnormal blood clotting, IRON DEFICIENCY ANEMIA (dairy products are the cause of at least 50% of childhood iron deficiency anemia and an unknown percentage of anemia found in adults; this condition results from bleeding of the small intestine caused by dairy proteins), low-serum proteins, thrombocytopenia (low platelets), and eosinophilia (allergic-related blood cells).

ALL cow's milk (regular and 'organic') has 59 active hormones, scores of allergens, fat and cholesterol.

Most cow's milk has measurable quantities of herbicides, pesticides, dioxins (up to 200 times the safe levels), up to 52 powerful antibiotics (perhaps 53, with LS-50), blood, pus, faeces, bacteria and viruses. (Cow's milk can have traces of anything the cow ate

Hormones that can be found in Milk include:

- Pituitary hormones (PRL, GH, TSH, FSH, LH ACTH Oxytocin)
- Steroid hormones (Estradiol, Estriol, Progesterone, Testosterone, 17-Ketosteroids, Corticosterone, Vitamine D)
- Hypothalamic hormones (TRH, LHRH, Somatostatin, PRL-inhibiting factor, PRL-releasing factor, GnRH, GRH)
- Thyroid and Parathyroid hormones (T3, T4, rT3, Calcitonin, Parathormone, PTH peptide)
- Gastrointestinal peptides (Vasoactive intestinal peptide, Bombesin, Cholecystinin, Gastrin, Gastrin inhibitory peptide, Pancreatic peptide, Y peptide, Substance P and Neurotensin)
- Growth Factors (IGF's (I and II), IGF binding proteins, Nerve growth factor, Epidermal growth factor and TGF alpha, TGF beta, Growth Inhibitors MDGI and MAF, and Platelet derived growth factor)
- Others... (PGE, PGF2 alpha, cAMP, cGMP, Delta sleep inducing peptide, Transferrin, Lactoferrin, Casomorphin and Erythropoietin...

#### REFERENCES

1. The calcium in cow's milk is basically useless to humans because it has insufficient magnesium content (interestingly, those nations with the highest amount of milk/dairy consumption also have the highest rates of osteoporosis. (1)  
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*J. McDougall, M.D, "The McDougall Plan," (1983): pp49-50*

*S. Bahna, Allergies to Milk, New York: Grune and Stratton, 1980*

*Buisseret, "Common Manifestations of Cow's Milk Allergy in Children," Lancet 1 (1978): 304*

## Banned Food # 3 =CHOCOLATE

Let's face it, many of us are chocoholics. If we weren't, we wouldn't be constantly bombarded with ads for Cadburys, Lindt, Mars Bars etc Well, as good as chocolate might taste, it is probably one of the worst things you can put in your body.

The cocoa bean, of which chocolate is partially made, is loaded with caffeine. This is a good part of the reason why kids who eat a lot of chocolate are so hyperactive. The caffeine in some chocolate products is actually greater than the caffeine in a cup of coffee or even a can of cola.



Chocolate in children is like putting them on speed.

Chocolate in children is like putting them on speed. One of the biggest causes of ADHD in children is because of chocolate and chocolate based products.

But caffeine is only part of the problem. If you ever tasted chocolate in its pure form, you probably noticed that it was actually on the bitter side. It certainly isn't sweet like the chocolate products that you are used to eating. The reason these products are so sweet is because they are loaded with sugar.

It is almost impossible to find a chocolate based product that isn't loaded with sugar, outside of dietetic products, simply because they quite honestly don't taste very good and there wouldn't be as big a market. Just read any chocolate wrapper and you can clearly see the sugar content.

The diet chocolates are no better as they are full of artificial sweeteners which are worse for your health.

As a result, the sugar contained in these chocolate products causes a number of problems including diabetes, high blood pressure, hardening of the arteries, and way too many illnesses to list here.

Most commercially available chocolate products are loaded with chemicals to keep them fresh. Scarily, a new study indicates that chocolate can be contaminated with extremely high quantities of lead. The problem with lead in chocolate has been known for a while; it had been assumed that cocoa plants were tainted by leaded gasoline.

However, a team of researchers has found that lead levels in processed chocolate are 60 times higher than could be accounted for by this.

It is currently unknown whether the additional contamination is coming from the shipping or the manufacturing process. Elevated blood lead levels in children can produce learning disabilities, including damage to a child's ability to think, plan, organize, socialise and memorise.

Sources:

Environmental Health Perspectives October 2005, Volume 113(110)

Chicago Tribune October 30, 2005

## **Banned Food # 4 = CORN SYRUP (HFCS)**

High-fructose corn syrup has taken our food shelves by storm. Sadly, it is found in almost everything we eat; including many different types of bread, cereals, breakfast bars, soups and sugary beverages.

High fructose corn syrup is the new silent killer. HFCS is not the run of the mill corn syrup found on the grocery store shelf, nor is it the fructose naturally found in fruits and honey.

HFCS is a highly refined clear liquid derived from corn starch. Food manufactures love to use it because it is used to sweeten and stabilise food products and lengthen their shelf life and it is relatively low in cost.

Since HFCS's widespread introduction in the 1980's North American obesity rates have skyrocketed. Obesity has been linked to many health issues including heart disease and many forms of cancer. When HFCS is ingested, it travels straight to the liver which turns the sugary liquid into fat, and unlike other carbohydrates HFCS does not cause the pancreas to produce insulin; which acts as a hunger quenching signal to the brain.

So we get stuck in a vicious cycle, eating food that gets immediately stored as fat and we never feel full.

Corn-based products such as HFCS have also been shown to increase osteoporosis, tooth decay, anemia, osteoarthritis and more. In some studies it has been shown that HFCS contributes to high cholesterol because it actually scars the internal walls of the arteries.

This causes the body to then produce cholesterol to heal the walls of the arteries which is one reason that the plaque builds up on the arterial walls. As the walls are continually scarred this slowly shrinks the opening for blood to flow through making the heart work much harder and eventually wearing the heart out.

It is estimated that, on a typical day, Westerners consume an average of 12 teaspoons of such syrup. Further, teenagers and others with high consumption may even be taking in up to 80% more than average. Recently, two separate studies, one published in the journal Environmental Health and the other conducted by the Institute for Agriculture and Trade Policy (IATP), have revealed a further danger of high-fructose corn syrup, having found that it may contain mercury.



High fructose corn syrup is the new silent killer

## **Environmental Health Study**

In the report of the first study, it was noted that mercury cell chlor-alkali products are used to make many food ingredients; these include citrus acid, sodium benzoate, as well as high-fructose corn syrup. In 2003, the Environmental Protection Agency had reported that an average of about 7 tons of mercury from each of the then 8 mercury cell chlor-alkali plants located in the US were unaccounted for in 2000.

All that mercury must have gone somewhere and, with it being such a dangerous neurotoxin, that was a dangerous statistic implying additional exposure for humans and the environment. Of particular concern is exposure for children and other sensitive segments of the population.

An Environmental Health Officer (EHO) thus conducted an investigation in 2004, which revealed that both mercury grade and membrane grade caustic soda were used by the industry to manufacture HFCS. Another chemical used was hydrochloric acid. Since mercury grade chemicals were used in the manufacturing process of HFCS, it was likely that mercury could be found in the final product, too.

The EHO dug deeper, collecting HFCS samples from 3 manufacturers and then analyzing them for total mercury content. In almost half of the samples, or 9 out of 20, mercury levels above the detection limit of 0.005 micrograms of mercury per gram of HFCS was found. The maximum level detected was 0.570  $\mu\text{g}$  mercury/g HFCS in one sample. The samples were collected from 17 to 24 February, 2005.

## **IATP Study**

For the IATP study, the researchers had tested 55 popular brand-name food products and detected mercury in 17 of them (see WebMD link below for a list of the affected products). The 55 products had been chosen based on the fact that HFCS was the number one or two labeled ingredient; such labeling indicates that HFCS was the highest or second highest ingredient in the product, according to weight. The worst hit products were dairy products, followed by dressings and condiments.

"Mercury is toxic in all its forms. Given how much high fructose corn syrup is consumed by children, it could be a significant additional source of mercury never before considered. We are calling for immediate changes by industry and the FDA to help stop this avoidable mercury contamination of the food supply," said David Wallinga, MD, from the IATP, who was involved in both the said studies.

It should be noted that a "snap-shot" sample of the products was obtained, which would not conclusively prove that these products were always or often contaminated.

The problem, though, according to Wallinga, is that while about 90% of HFCS production in the US now does not use mercury, it is possible that companies are obtaining their HFCS supplies from overseas. And much of European production may not be mercury-

free. Further, the IATP study had found mercury in food products taken off the shelves in 2008.

In any case, notwithstanding the presence of mercury, high-fructose corn syrup is detrimental to health in other ways, and its consumption is best minimized or avoided altogether.

#### Sources

Mercury from chlor-alkali plants: measured concentrations in food product sugar ([www.ehjournal.net/content/8/1/2](http://www.ehjournal.net/content/8/1/2))

Much High Fructose Corn Syrup Contaminated With Mercury, New Study Finds ([www.iatp.org/iatp/press.cfm?refID=1...](http://www.iatp.org/iatp/press.cfm?refID=1...))

Mercury in High-Fructose Corn Syrup? ([www.webmd.com/food-recipes/news/200...](http://www.webmd.com/food-recipes/news/200...))

One of the greatest ways we can improve our health is to eliminate high fructose corn syrup (HFCS) from our diets.

## Banned Food # 5 = TRANS FATS

The National Academy of Sciences' Institute of Medicine, has found a relationship between the intake of trans fat and the increased risk for heart disease. (1) Trans fat is known to increase blood levels of low density lipoprotein (LDL), so-called "bad" cholesterol, while lowering levels of high density lipoprotein (HDL), known as "good" cholesterol. The Institute recommends that consumers limit trans fat in their diets (no safe daily upper limit has been set).

Trouble is, you may not know where it lurks, since most products with trans fat currently do not include it on their labels. To rectify this, the Food and Drug Administration (FDA), is working on the final stages of a new rule that would require trans-fat labeling on packaged foods.



Reading labels is essential for health

Trans-Fat is formed when liquid vegetable oil is turned into a solid, most commonly in the manufacture of margarine or shortening. Many food companies prefer to use trans fat instead of oil because it can reduce costs, extend a product's storage life and improve characteristics such as flavor and texture.

Trans fatty acids are found in foods containing shortening, including pastries and fried foods, and in lower levels in dairy products and meats. But beware, they are hardly predictable and can turn up in places you might not expect, such as cereals and waffles. On the other hand, potato chips, pretzels, and salad dressings, which I thought would contain them, rarely do, because they are not often made with partially hydrogenated oil. Peanut butter with small amounts of hydrogenated oil, typically has only traces of trans fat. Soft or liquid margarines tend to have less trans fat and many companies that produce them are voluntarily noting it on the package.

In basic terminology, trans fat is made when a product manufacturer adds hydrogen to vegetable oil. The purpose of hydrogenation is to increase the flavor stability and shelf life of these processed foods.

Although fats such as the ones found in coconut, olive, or flax seed oil have good effects on your overall health, saturated fats and trans fats are not an essential part of a healthy diet.

While trans fats are primarily found in foods containing margarine or vegetable shortening, small amounts can be found in meat and certain dairy products. However, these natural trans fats do not have the same negative health effects.

The dangers of trans fats lie in the effect they have on LDL cholesterol levels. Trans fats increase LDL cholesterol levels while reducing the amount of beneficial HDL cholesterol in your body. This significantly increases your risk of a heart attack.

Trans fats are currently thought to cause at least 30,000 premature deaths each year. In addition, experts believe just reducing the amount of trans fats in margarines would prevent 6,300 heart attacks annually.

1. Food and Nutrition Board, Institute of Medicine of the National Academies (2005). [Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids \(Macronutrients\)](http://www.nap.edu/openbook/0309085373/html/423.html). National Academies Press. p. 423. <http://www.nap.edu/openbook/0309085373/html/423.html>.

## Banned Food # 6 = REFINED SUGAR

Refined sugars should be avoided at all costs. It damages your health and shortens your life. The sugar industry is not in decline and obesity is on the increase and sugar is a major culprit in the case against obesity. For obese individuals, consuming even a teaspoon of sugar a day would cause metabolic imbalances that contribute to obesity. Sugar is to be avoided - not only by the obese but by healthy individuals.

Is there rationale behind this? Definitely!

Included is an extract from the book *Lick the Sugar Habit* by **Nancy Appleton, Ph.D** and I think this clearly points out the importance of removing refined sugars from your diet better than I could explain in my own words.



Sugar can cause many health problems including diabetes and premature aging

## 76 Ways Sugar Can Ruin Your Health (1)

In addition to throwing off the body's homeostasis, excess sugar may result in a number of other significant consequences. The following is a listing of some of sugar's metabolic consequences from a variety of medical journals and other scientific publications.

- Sugar can suppress your immune system and impair your defenses against infectious disease.
- Sugar upsets the mineral relationships in your body: causes chromium and copper deficiencies and interferes with absorption of calcium and magnesium.
- Sugar can cause a rapid rise of adrenaline, hyperactivity, anxiety, difficulty concentrating, and crankiness in children.
- Sugar can produce a significant rise in total cholesterol, triglycerides and bad cholesterol and a decrease in good cholesterol.
- Sugar causes a loss of tissue elasticity and function.
- Sugar feeds cancer cells and has been connected with the development of cancer of the breast, ovaries, prostate, rectum, pancreas, biliary tract, lung, gallbladder and stomach.
- Sugar can increase fasting levels of glucose and can cause reactive hypoglycemia.
- Sugar can weaken eyesight.

- Sugar can cause many problems with the gastrointestinal tract including: an acidic digestive tract, indigestion, malabsorption in patients with functional bowel disease, increased risk of Crohn's disease, and ulcerative colitis.
- Sugar can cause premature aging.
- Sugar can lead to alcoholism.
- Sugar can cause your saliva to become acidic, tooth decay, and periodontal disease.
- Sugar contributes to obesity.
- Sugar can cause autoimmune diseases such as: arthritis, asthma, multiple sclerosis.
- Sugar greatly assists the uncontrolled growth of Candida Albicans (yeast infections)
- Sugar can cause gallstones.
- Sugar can cause appendicitis.
- Sugar can cause hemorrhoids.
- Sugar can cause varicose veins.
- Sugar can elevate glucose and insulin responses in oral contraceptive users.
- Sugar can contribute to osteoporosis.
- Sugar can cause a decrease in your insulin sensitivity thereby causing an abnormally high insulin levels and eventually diabetes.
- Sugar can lower your Vitamin E levels.
- Sugar can increase your systolic blood pressure.
- Sugar can cause drowsiness and decreased activity in children.
- High sugar intake increases advanced glycation end products (AGEs)(Sugar molecules attaching to and thereby damaging proteins in the body).
- Sugar can interfere with your absorption of protein.
- Sugar causes food allergies.
- Sugar can cause toxemia during pregnancy.
- Sugar can contribute to eczema in children.
- Sugar can cause atherosclerosis and cardiovascular disease.
- Sugar can impair the structure of your DNA.
- Sugar can change the structure of protein and cause a permanent alteration of the way the proteins act in your body.
- Sugar can make your skin age by changing the structure of collagen.
- Sugar can cause cataracts and nearsightedness.
- Sugar can cause emphysema.
- High sugar intake can impair the physiological homeostasis of many systems in your body.
- Sugar lowers the ability of enzymes to function
- Sugar intake is higher in people with Parkinson's disease.
- Sugar can increase the size of your liver by making your liver cells divide and it can increase the amount of liver fat.
- Sugar can increase kidney size and produce pathological changes in the kidney such as the formation of kidney stones.
- Sugar can damage your pancreas.
- Sugar can increase your body's fluid retention.
- Sugar is enemy #1 of your bowel movement
- Sugar can compromise the lining of your capillaries.
- Sugar can make your tendons more brittle.

- Sugar can cause headaches, including migraines
- Sugar can reduce the learning capacity, adversely affect school children's grades and cause learning disorders.
- Sugar can cause an increase in delta, alpha, and theta brain waves which can alter your mind's ability to think clearly.
- Sugar can cause depression.
- Sugar can increase your risk of gout.
- Sugar can increase your risk of Alzheimer's disease.
- Sugar can cause hormonal imbalances such as: increasing estrogen in men, exacerbating PMS, and decreasing growth hormone.
- Sugar can lead to dizziness.
- Diets high in sugar will increase free radicals and oxidative stress.
- High sucrose diets of subjects with peripheral vascular disease significantly increases platelet adhesion.
- High sugar consumption of pregnant adolescents can lead to substantial decrease in gestation duration and is associated with a twofold increased risk for delivering a small-for-gestational-age (SGA) infant.
- Sugar is an addictive substance.<sup>93</sup>
- Sugar can be intoxicating, similar to alcohol.
- Sugar given to premature babies can affect the amount of carbon dioxide they produce.
- Decrease in sugar intake can increase emotional stability
- Your body changes sugar into 2 to 5 times more fat in the bloodstream than it does starch.
- The rapid absorption of sugar promotes excessive food intake in obese subjects.
- Sugar can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHD).
- Sugar adversely affects urinary electrolyte composition.
- Sugar can slow down the ability of your adrenal glands to function
- Sugar has the potential of inducing abnormal metabolic processes in a normal healthy individual and to promote chronic degenerative diseases.
- I.V.s (intravenous feedings) of sugar water can cut off oxygen to your brain.
- Sugar increases your risk of polio.
- High sugar intake can cause epileptic seizures.
- Sugar causes high blood pressure in obese people.
- In intensive care units: Limiting sugar saves lives.
- Sugar may induce cell death.
- In juvenile rehabilitation camps, when children were put on a low sugar diet, there was a 44 percent drop in antisocial behavior.
- Sugar dehydrates newborns.
- Sugar can cause gum disease.

Wow, for those who take the advice of not eating this substance you can help you and your family's health to an unbelievable level.

## REFERENCES

1. Lick the Sugar Habit by **Nancy Appleton, Ph.D**

## Banned Food # 7 = ASPARTAME

Aspartame is marketed in Australia under the trade names of "Equal" and "NutraSweet". Elsewhere also as "Spoonful" and "Equal Measure". Reports indicate that it is consumed by more people than any other synthetic product in history (1). In 1992, 14 million pounds (6.4 million kilograms) were consumed.



It is contained in: Antibiotic syrups, chewable and effervescent vitamins, foods of all description, diet drinks, lipsticks and many unlabelled products.

Aspartame decomposes to Formaldehyde and Formic Acid.

There are no restrictions on its use in foodstuffs.

Composition: Methyl alcohol (10% by weight), aspartate and phenylalanine.

Aspartame decomposes to formaldehyde and formic acid.

It is related to Monosodium glutamate. Aspartates and glutamates differ by one methyl group and have similar undesirable effects. (2)

Health problems can include: Memory loss, depression and irritability, tinnitus, flicker vertigo (3), flicker- induced epileptic activity, seizures, increased appetite (4). Possibly also peripheral neuropathy, joint pain, fatigue, liver damage but these are unconfirmed.

In extreme cases it may induce suicidal tendencies. Brain cell damage may result in the symptoms of Alzheimer's and Huntington's Chorea. The phenylalanine component when combined with the aspartic acid from the aspartate and the methyl alcohol can deplete serotonin from the brain.

High levels of phenylalanine are associated with abnormal brain function and brain damage. Levels may reach 30-40 times normal in certain susceptible individuals producing PKU even in adults.

Medium to high doses in monkeys produced grand mal seizures in all test animals within 218 days.

In a lecture at the World Environmental Conference on Aspartame (marketed as NutraSweet, Equal and Spoonful), Betty Martini explained the link between MS (multiple sclerosis) and systemic lupus and the use of aspartame.

It has been found that when the temperature of aspartame (originally created by Monsanto) exceeds 86 degrees F, the wood alcohol in the sweetener converts to formaldehyde and then to formic acid, which in turn causes metabolic acidosis.

In the cases of systemic lupus, when triggered by aspartame, the person usually does not know the aspartame is the cause. If the person continues to use aspartame, it can aggravate the lupus to such a degree that sometimes it becomes life threatening.

When people stop consuming aspartame, those with systemic lupus usually become asymptotic and in the case of those diagnosed with multiple sclerosis (when the disease is actually methanol toxicity caused by aspartame consumption), most of the symptoms disappear. This also applies to cases of tinnitus.

"If you are using aspartame [NutraSweet, Equal, Spoonful, etc] and you suffer from fibromyalgia symptoms, spasms, shooting pains, numbness in your legs, cramps, vertigo, dizziness, headaches, tinnitus, joint pain, depression, anxiety attacks, slurred speech, blurred vision or memory loss, you probably have aspartame disease," states Martini.

In the USA there were Congressional Hearings when aspartame was originally included as a sweetener in 100 different products. Since this initial hearing, there have been two subsequent hearings, but nothing has been done. Today, there are more than 5000 products containing this chemical, and the patent has expired.

There are 92 documented symptoms of aspartame, from coma to death. The majority of them are neurological because aspartame affects the nervous system.

The toxic effects of Aspartates and glutamates are enormous. When excessive amounts of these are present in the brain they act as a neurotoxin destroying brain cells.

Caution: If a product has SUGAR FREE on the label, it could contain aspartame.

#### SOURCES

- (1). Mullarky, B.A & Newman, A. V "The hidden Effects of Aspartame" Informed Consent Sept/Oct 199435- 39
- (2). Letter to Barbara Mullarky from Ralph Dawson Jnr, PhD, Assistant professor, University of Florida- Dept. of Pharmacodynamics (29 Jan, 88)
- (3). Flying Safety- a publication of the US Air force
- (4). Increased appetite by producing chemical changes in the brain. Leeds (England) University study.

## Banned Food # 8 = MSG (Monosodium glutamate)

This silent killer is worse than alcohol, nicotine, and drugs and is likely lurking in your kitchen cabinets and even your child's school cafeteria. It's monosodium glutamate (MSG), a flavor enhancer that's known widely as an addition to Chinese food, but that's actually added to thousands of the foods you eat.

MSG is produced by fermentation of starch, sugar beets, sugar cane or molasses. MSG or Monosodium Glutamate is a salt of the amino acid Glutamic Acid (glutamate) and can be found in many food products.

Its' origin was first discovered in 1907 by Professor Ikeda of Japan. Made from kombu, a type of seaweed, MSG became a food flavor enhancer and was introduced to the United States in 1947.

FDA regulations state: "when MSG is added to a food it must be identified as 'monosodium glutamate' in the label's ingredient list."



Many Chinese dishes contain MSG and when eating out ensure your food does not contain MSG.

Originally associated with food in Chinese restaurants, MSG can now be found in most common food products and some health products consumed in the US such as:

- fast food fried chicken chains
- instant meals such as seasoning mixtures for instant noodles
- fish extract made from decomposed fish protein used now in Japanese sushi dishes
- some cold cuts and most hotdogs
- most flavored potato chips
- many other snack foods
- many frozen dinners
- salted nuts— most of them
- most canned soups (except low sodium varieties)
- most beef and chicken stocks (except low sodium varieties)
- most Instant soup mixes
- almost all US originated fast foods products i.e. grilled chicken, French fries, seasoned

beef, hot and spicy chicken patties, sausage, scrambled egg mix

- seasoned flour
- seaweed extract found in sushi rolls
- some processed cheese spreads
- supermarket poultry or turkeys that are injected or “self-basting”
- bouillon — any kind
- many salad dressings
- restaurant soups made from food service soup base or with added MSG
- gelatin
- sausages, most supermarkets add MSG to theirs
- processed cheese spreads
- hydrolyzed vegetable protein (found in many processed foods)
- dry milk and whey powder
- yeast extract
- soy protein isolate & soy sauce
- “natural flavors” — may contain up to 20% MSG
- body builder drink powders containing protein
- many cheeses
- over-ripe tomatoes
- mushrooms
- medications in gel-caps
- cosmetics and shampoos — some now contain glutamic acid

It was in 1995 that a report acknowledged an unknown percentage of our population may have a reaction to MSG and develop several symptoms which include:

- burning sensations in the back of neck, forearms and chest
- numbness in the back of the neck extending to the arms and back

- tingling, warmth and weakness in the face, temples, upper back, neck and arms
- facial pressure or tightness
- chest pain
- headaches, nausea, rapid heartbeats
- broncho-spasm (difficulty breathing)
- drowsiness and weakness

Although these health implications of MSG consumption are heavily debated and there is a considerable body of anecdotal evidence suggesting these negative health effects, it has not been supported by recognized research.

So, how can you avoid the dangers of MSG?

Here are some practical tips to help you avoid this food additive.

1. Stick to a more natural, whole foods diet. It may be more time consuming, but your health is definitely worth the effort!
2. Read all labels before buying. Choose healthier alternatives instead. You can find these in health food stores or the health section of well-stocked grocery chains.
3. Eat more fresh fruits and vegetables. Plan your meals around them.
4. Do your research before eating out. Choose restaurants that do not use MSG.

Monosodium glutamate is a harmful food additive that over stimulates your brain, causes you to eat too much, and can cause a host of other health problems. Your health is your best asset. Make a commitment to avoid MSG and invest in your health. Your body will thank you.

#### REFERENCES

1. "A 1995 report from the Federation of American Societies for Experimental Biology (FASEB), an **independent** body of scientists identifies two groups of people who may develop a condition the report refers to as 'MSG symptom complex.' One group is those who may be intolerant to MSG when eaten in a large quantity. The second is a group of people with severe, poorly controlled asthma. These people, in addition to being prone to MSG symptom complex, may suffer temporary worsening of asthmatic symptoms after consuming MSG. The MSG dosage that produced reactions in these people ranged from 0.5 grams to 2.5 grams.  
<http://www.msgtruth.org/contents.htm>

**So avoid all these foods and eat Disease preventing foods instead.**

# Choosing A Practitioner

Our Boutique Centre is designed purely with you in mind.

For you to be relaxed and comfortable is fundamental and essential to us.

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