

TOXIC FOODS

The other side of Super Foods is, of course, this alphabetized list: foods that act as toxins in the body. Obviously these should be eradicated from the diet of those who wish to really start on a more healthful path.

1 Caffeine Most of the western world is addicted to coffee or black tea (or cola drinks!) and quite literally cannot function without them. You think “addiction” is too strong a word? How many people do you know cannot do anything with their day without their morning java? That, my friend, equals physiological addiction regardless of the fact that it is socially acceptable and dressed up with fancy logos.

In 1999, THE NEW ENGLAND JOURNAL OF MEDICINE reported that, according to the World Health Organization and the American Psychiatric Association, caffeine, similar to nicotine, meets many of the criteria for a drug of dependence because it acts on the dopamine system in the same way as amphetamines and cocaine. Caffeine and its metabolites are known to cross the blood-brain barrier readily in adults and fetuses alike. Additionally, studies have shown caffeine to seriously affect: cardiovascular health (strokes, increased heart rate and loss of aortic elasticity), neuro-behaviors (nervousness, sleeplessness, hyperactivity, and facial and neck tics especially in children), miscarriages (especially 2nd trimester) and even, according to DIABETES CARE, February 2002, increased insulin sensitivity due to rises (up five-fold) in *epinephrine* levels. Caffeine can also increase *estrogen* levels in women possibly contributing to breast pain and endometriosis and contribute to migraines.

Many individuals actually take in more caffeine via black tea and soft drinks than 2-cup-per-day coffee drinkers. Chocolate also contains caffeine, but most people do not eat chocolate in sufficient quantities to be deleterious from the caffeine standpoint. If someone chooses to continue to drink coffee, at least make certain it is organically grown (coffee is one of the more highly sprayed/fertilized/chemicalized commercial crops in the world). Also be aware that white filters have been bleached and chlorine residues can be extracted

from the paper during the brewing process. As for de-cafeinated coffee, it is a chemical process more injurious to health than the caffeine itself. The patented Swiss Water Process is considered to be the best method of de-cafeinization.

Removing caffeine from daily use should, in most cases except for pregnancy when it should happen immediately, be accomplished slowly so withdrawal symptoms (severe headaches are one symptom) do not become overwhelming. Taking the *DYNAMITE* basics of **Elixir**, **Regular** or **Plus**, **TriMins** and an extra full-spectrum B vitamin seems to help many people break the caffeine habit. In lieu of coffee or black tea, drink **Elixir** water! Also, green and herbal teas can actually be healthful as can drinking Miso, range-free beef/chicken or organic vegetable broths.

2 Dairy Modern dairy farming techniques change milk from beneficial to toxic. Grain feeding immediately changes the beneficial Omega ratios from high in O3 to high O6 negating the health benefits of the Omega 3. Antibiotics are necessary in the feed of most herds which are crowded into small spaces and rarely, if ever, experience green grass so vital to the formation of good milk production. They are also necessary to help ward off mastitis, or infection of the milk ducts due to unnatural, strong suction of the milking machines. Unfortunately they come through the milk and are thought to be a major contributor to anti-biotic sensitivities in humans and to the ever-growing problem of anti-biotic-resistant strains of microbes. Hormones are fed to increase milk production while pesticides are sprayed onto cattle so they don't get nervous (nervous cows do not give as much milk) from flies drawn to their essentially unhealthy circumstances; also given to protect the hides from fly-bites in order to make those hides more valuable when the cow is eventually slaughtered. Again, both of these enter the milk.

Pasteurization was originally initiated in order to destroy certain disease organisms and to retard souring. Milk is heated to 145-150° for a minimum of 30 minutes. While definitely killing off all pathogens, pasteurization also destroys all enzymes (which die at 120°), all beneficial bacteria, Vita-

T
O
X
I
C
F
O
O
D
S

mins A, B-complex, C and D (replaced with artificial Vit D which is toxic to the liver), and renders the proteins virtually indigestible. The souring of natural milk is actually a beneficial fermentation process whereas the decomposing of sterilized milk actually promotes pathogenic bacteria proliferation. Pasteurization also turns lactose, milk sugar, into the far more soluble beta-lactose, which allows for rapid absorption creating hyper-insulinism which in turn leads to diabetes; the beta-lactose can also increase incidence of dental caries. Worse, it tends to make milk calcium insoluble, leading to bone deficiencies and kidney and prostate problems while destroying 20% of available iodine. Pasteurizing milk turns a naturally pH-balanced food into an acid producing one and there also appears to be a link with autism; autistic children cannot tolerate pasteurized milk (perhaps due to the now indigestible casein which has also been implicated in asthma and allergies) but improve with raw milk.

The butterfat of commercial milk is homogenized, subjecting it not only to rancidity but actually changing the chemistry of fat molecules making them indigestible. When it is removed to make skim or 1-2% milk, the body cannot assimilate fat-soluble vitamins necessary for calcium absorption, natural anti-carcinogenic properties, and to maintain the milk's natural alkaline balance. Additionally, non-fat dried milk has a high nitrite content while sweetened, condensed milk has high amounts of sugar added.

All in all, toxic modern milk is indeed a far cry from the natural, wholesome, clean, free-range dairy products of old. Essentially, the same caveats of natural and range-free hold true for ALL animal products whether beef, bison, poultry or eggs upon which our entire species developed and upon which our systems are still dependent. For more information, see WWW.REALMILK.COM.

3 Grains It is very true that whole, organically grown grains are far better for us than processed flours and everything made from them, however, grains, due to their indigestibility, appear to be at the root of most food sensitivities and outright allergies. Leaky Gut Syndrome is caused by irritation to the mucous lining thus allowing undigested proteins to escape from over-porous intestinal walls and activating a host of disease states. In

actuality, all grains need to be soaked 10-12 hours before drying and grinding, sprouting, fermenting or cooking whole; it is only thus that we can digest them. Rice and corn are grains, too, and should be handled as such. Try purchasing only organic whole, brown rice (standard rice is highly sprayed) or try a variety of wild rices which are actually seeds rather than grains. In addition to corn requiring a lime treatment to make it digestible, it has been on the forefront of genetic modification which has proven poisonous to some animals.

Of course grains are everywhere including organic breakfast cereals, bagels, pasta, trail mix, granola, and “power bars” let alone all those baked “goodies” with which we are tempted at every turn! Additionally, they are hidden in various corn sweeteners, gluten products, thickeners and almost everywhere you turn in our modern, processed world.

The only way to truly avoid them for those suffering with allergies, asthma, autism, Crohn's disease, heartburn, etc. or for anyone simply trying to be careful and aware, is to avoid virtually all processed foods entirely except for a few canned tomatoes or beans or some plain frozen-whole fruits and vegetables. Whatever grains you do eat, either prepare them yourself or, like us, consume only organically-grown tortillas made from non-GMO, lime-treated corn tortillas or sprouted grains/seeds. Or try “alternative” grains such as quinoa, millet, spelt and such.

4 “Lite” or “Diet” foods With modern obesity being recognized as a national health problem, someone came up with the idea that if we cut the calories and made a proposed “food” taste good with an artificial sweetener or fat, that would allow individuals to satisfy their sweet or fat cravings while losing weight. Perhaps a great idea on paper but in actuality, the obesity epidemic has continued growing by leaps, bounds and pounds. In other words, “diet” or “lite” foods are not only not working, but the chemicals are causing their own health challenges while increasing obesity.

Real fats are vital for not only our brains (which are mostly fat) but also in order to even process fat-soluble vitamins allowing for proper mineral absorption. Furthermore, they are vital to healthful cholesterol balance, hormone balance and nervous systems. Reducing healthful fats, eliminat-

ing them, or replacing them with plastic, simply does not make sense except to the marketers of such phony foods; our bodies are not fooled.

Artificial sweeteners are chemicals for which the body has absolutely no use. Rather than encouraging weight loss, they actually continue to stimulate the pancreas to produce insulin thus perpetuating hyper/hypo-glycemia, hyper/hypo-insulinemia, and eventually diabetes. According to Diana Schwartzbein, MD, the only safe concentrated sweet is the stevia herb; it is the *only* one that does not cause a pancreatic response.

J Microwaved foods As all pervasive as these have become, Swiss, Russian and German scientific clinical studies have indicated:

- Continually eating food processed from a microwave oven causes long term - permanent - brain damage by "shorting out" electrical impulses in the brain [depolarizing or de-magnetizing the brain tissue].
- The human body cannot metabolize [break down] the unknown by-products created in microwaved food.
- Male and female hormone production is shut down and/or altered by continually eating microwaved foods.
- The effects of microwaved food by-products are residual [long term, permanent] within the human body.
- Minerals, vitamins, and nutrients of all microwaved food is reduced or altered so that the human body gets little or no benefit, or the human body absorbs altered compounds that cannot be broken down.
- The minerals in vegetables are altered into cancerous free radicals when cooked in microwave ovens.
- Microwaved foods cause stomach and intestinal cancerous growths [tumors]. This may explain the rapidly increased rate of colon cancer in America.
- The prolonged eating of microwaved foods causes cancerous cells to increase in human blood.
- Continual ingestion of microwaved food causes immune system deficiencies through lymph gland and blood serum alterations.
- Eating microwaved food causes loss of memory, concentration, emotional instability, and a decrease of intelligence

You can read the entire six-page article, THE HIDDEN DANGERS OF MICROWAVE COOKING BY ANTHONY WAYNE & LAWRENCE NEWELL under HUMAN FAQ: MICROWAVES.

6 Oils We have been brainwashed into thinking that all natural animal fats are bad and that the only fats that are healthful are the fractionated

ones, the vegetable oils, on your grocer's shelves. Not so, says Mary Enig, Ph.D., one of the foremost fat researchers in this country.

Although olive and avocado oil are relatively stable at high heat, they contain long-structured monounsaturated fatty acids making them more prone to being stored as fat than butter although they are good occasional alternatives. Another oil heavily marketed as "healthy" oil is canola. In reality, according to Dr. Enig's article THE GREAT CON-OLA at WWW.WESTONRPRICE.ORG, it tends to form high concentrations of trans-fatty acids and has been linked to Vit E deficiency and heart disease especially when traditional animal fats are limited.

The other popular oils of corn, safflower, and sunflower all contain very high concentrations of Omega 6 fatty acids thus dangerously skewing our vital Omega 3:6 ratio with severe health consequences. Walnut oil has a better ratio and can be used occasionally for salad dressing. In fact, vegetable oils, just because they are not saturated, should not be used much for cooking; high heat causes them to form free radicals. As for soy oil, see #9, Soy.

The only safe oil for cooking or eating raw is coconut oil; otherwise butter is better!

7 Pop Under whatever name, soft drinks are massively popular (one study showed 56 gallons per year per American citizen) and all have one thing in common: toxins. Aside from their sugar (approximately 10 tsp per can) or fake sugar content, most contain phosphoric acid which seriously affects calcium utilization in the body thus contributing to skyrocketing osteoporosis. Of course that is in addition to the destruction of tooth enamel. In a study published in DENTISTRY in July/August 2004, the major contributors to enamel breakdown were actually the non-cola and iced-tea canned beverages due to the addition of *malic, tartaric* and other organic acids. In fact, the carbonation process alone leads to enough of a change in the pH balance of saliva that it contributes greatly to enamel loss and tooth sensitizing; in other words, even carbonated mineral water is toxic.

Pop contributes so heavily to disease states, that pediatricians advised, as noted in PEDIATRICS, January 2004, the removal of pop vending machines from all schools. However, this may be dif-

difficult to effect in reality since, according to Dr. Joseph Mercola, such vendor contracts can bring in as much as \$100,000 in some school districts.

8 Seafood Decades ago, seafood was traditionally considered one of the most healthful foods available. However today it is so seriously contaminated by heavy metals, especially *methylmercury*, that even the FDA is warning against consuming it. *Methylmercury* toxicity can result in *paraesthesia* (a tingling sensation on the skin), depression, and blurred vision. In fetuses and developing infants it can also have negative effects on attention span, language, visual-spatial skills, memory and coordination. It is estimated that nearly 60,000 children each year are born at risk for neurological problems due to *methylmercury* exposure during gestation.

There is still some uncontaminated wild Alaskan salmon (*never* farmed!) available which can be a superior source of Omega 3 fatty acids [WWW.MERCOLA.COM]. Also, anchovies and sardines are low enough on the food chain that they can be eaten at least periodically, while Carlson's brand cod and fish liver oils have been tested as absolutely free from contamination. However, all *crustacea* (lobsters, oysters, etc.) are more contaminated than fish and have for decades been considered unhealthy. Even sea plants such as kelp are contaminated. Rather than depending on the sea for iodine-rich foods, we must now depend more on herbs such as *Irish moss*, *sarsaparilla*, *Iceland moss* and *horsetail*, and, to a lesser degree, such vegetables as asparagus, garlic, lima beans, mushrooms, sesame seeds, spinach, summer squash, Swiss chard and turnip greens. And, interestingly, raw, free-range milk!

9 Soy The misunderstanding that soy was analogous to meat as a complete protein was originally promulgated by various researchers, health food individuals, vegans and writers; unfortunately the myth has grown.

According to Sally Fallon and Mary Enig, Ph.D., Asians did not eat unfermented soybeans as they did other legumes such as lentils. Soybeans contain large quantities of natural toxins or "antinutrients" including potent enzyme inhibitors that block the action of *trypsin* and other enzymes needed for protein digestion which can lead to seri-

ous gastric distress, reduced protein digestion and chronic deficiencies in amino acid uptake resulting in pathological conditions of the pancreas including cancer. Soybeans also contain *haemagglutinin*, a clot-promoting substance that causes red blood cells to clump together. The combination of these also act as growth depressants.

Additionally soy contains *goitrogens* which suppress the thyroid, *phytates* which contribute to mineral imbalances and deficiencies, and 99% of all soy is genetically modified. Soy *isolates* used for texturized proteins in an attempt to imitate meat products, actually concentrate the *trypsin* inhibitor, destroy all *lysein* and result in high nitrates as do all spray-dried "foods." Soy also contains *phytoestrogens* touted as miraculous for diminishing menopausal symptoms; in reality, the *goiterogenic* effects cause innumerable other problems including lowered libido. In a 1999 Hawaiian study, just two servings per week of tofu showed an increase of both brain and appearance aging.

Only fermented soy, such as miso, tempeh, traditional soy sauce, etc., is safe to eat more or less as a condiment. For further information, read THE PLOY OF SOY at WWW.WESTONRPRICE.ORG. and/or NEWEST RESEARCH ON WHY YOU SHOULD AVOID SOY at WWW.MERCOLA.COM/ARTICLE/SOY/AVOID_SOY.HTM

10 Sugars So, just why is sugar so bad? Let me count the ways! According to Nancy Appleton, PhD, LICK THE SUGAR HABIT, sugar can have 124 deleterious effects on the body including: suppress immune system - interferes with absorption of calcium & magnesium - cause hyperactivity, anxiety, crankiness, difficulty concentrating - loss of tissue elasticity and function - reduces high density lipoproteins - produce significant triglyceride rise - leads to chromium & copper deficiencies - leads to cancer of the breast, ovaries, prostate, and rectum - weakens eyesight - produces acidosis - leads to hyperinsulinism & obesity - decreases growth hormone - increases fluid retention - etc. In other words, there is NO way that sugar is advantageous. Unfortunately it is everywhere in processed foods hiding under a multitude of names including fructose and also masquerading as refined white flour.

Avoiding toxic (processed!) foods allows one to eat a wide variety and larger amounts of real foods, traditional foods, and Super Foods! ■