

# FOOD SECRETS & DIGESTION FOR DIABETICS



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# **Food Secrets & Digestion For Diabetics**

# Table of Contents

<b>Introduction.....</b>	<b>3</b>
<b>Chapter 1. It All Begins in the Gut .....</b>	<b>4</b>
<b>Chapter 2. Right Food, Wrong Food .....</b>	<b>8</b>
<b>Chapter 3. Plug the Source of Wrong Food .....</b>	<b>16</b>
<b>Chapter 4. Things They Don't Want Us to Know.....</b>	<b>19</b>
<b>Chapter 5. Why Shun Processed Foods Completely.....</b>	<b>23</b>
<b>Chapter 6. More Food Secrets They Don't Want Us To Know .....</b>	<b>31</b>
<b>Chapter 7. Food Sold in the U.S. but are Banned in Other Countries</b>	<b>34</b>
<b>Chapter 8. The Most Blatant Lies Food Manufacturers Feed Us .....</b>	<b>38</b>
<b>Conclusion .....</b>	<b>43</b>

## Introduction

I want to thank you and congratulate you for downloading the book, “*Food Secrets and Digestion for Diabetes – Everything You Need to Know*”.

Amazingly, 29.1 million Americans or roughly 9.3% of the total U.S. population are afflicted with diabetes and yet people remain clueless as to the real underlying condition causing it as well as other chronic degenerative diseases. Everyone – from the patient - to his doctor - to the pharmaceutical industry – is so focused on controlling the blood glucose level and alleviating the suffering and the pain brought by the symptoms that they altogether neglected to seek for a cure for what ails him.

Almost every one of them has practically missed the fact that diabetes and most other chronic degenerative diseases are actually self-inflicted – that man brought unknowingly brought these diseases to bear down upon himself when he started shifting to a diet to which the human genome was never biologically prepared for.

This book is about the underlying factors which cause of diabetes and other diseases – specifically, the fundamental changes we’ve incorporated into our diet, our eating habits and our lifestyle starting from the Neolithic Era and highlighted by changes made in food processing ushered in by the Industrial Revolution and came to a head during our Modern Age!

It reveals how we have been poisoning ourselves with food we shamelessly told would be providing us with the much needed nutrients and nourishment our body needs – but which instead brought us blight and suffering in the form of what we now call as ‘*the diseases of civilization*’ – diabetes being on top of the list.

Most of all, the book reveals the many toxic substances that are hiding in the food we’ve learned to accept as the Standard American Diet – and how they got there. Most damning of all, the book tells you how the food manufacturing industry (with a bit of help from our very own food and drug authorities) tries to keep all of these things hidden from us.

Thanks again for downloading this book. I hope you enjoy it!

## Chapter 1. It All Begins in the Gut

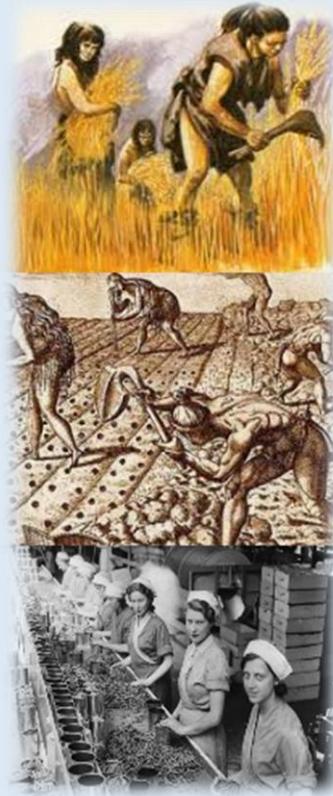
About 2,500 years ago, Hippocrates the great Greek physician (no less) declared that – *“All diseases begin in the gut.”* Rightly so because it is the gut which absorbs all the nutrients the body needs to function properly. It is also the gut which filters and expels all the toxins and other harmful substances from the food we eat. In short, the gut is the body’s first line of defense to maintain its health and prevent disease causing toxic substances from getting into our blood stream.

If for some reason, the gut is not able to function properly, the body will be starved of much needed nutrients. And if we happen to eat the wrong food, the walls of the stomach becomes irritated and the gastric walls soon become inflamed making it highly permeable thus allowing unwanted toxic substances (large protein molecules) to get through the walls and reach the blood stream where they start to accumulate and ultimately poison the whole system.

What is significant about Hippocrates’ declaration is the fact that it was made after the 9,000 year long Neolithic Era, the period when man learned how to plant and cultivate crops as well as domesticate animals for food for the first time. It was during the whole length of this agricultural revolution era when man gradually gravitated away from natural food sources to which his body’s metabolic activities have been virtually programmed to respond. His food sources shifted fast to farmed crops and domesticated wild animals. During this same period, there came a gradual but consistent surge in the number of new diseases that started to afflict man – a phenomena which caught Hippocrates’ attention. It wasn’t hard for him to establish the logical connection between man’s new found diet and the flurry of new diseases that hounded man during his time which evidently prompted him to declare *‘diseases begin in the gut’*.

To put it simply - most diseases stem from the kinds of food we eat today - we are simply not biologically adapted to them. The length of time since we’ve had the contemporary diet is not long enough to change our DNA composition.

It would then be irrational - even irresponsible - to think that the human body can easily adapt to a strange diet and shift to new food sources overnight without triggering adverse reactions from our immune system. It should not be a surprise if these new food sources are rejected by the body – or, at the very least cause unwelcome side reactions from the immune system. This is because these new food sources or some of the chemicals they contain are either not naturally



occurring substances of the human body – or, they simply don't match the dietary requirement to which the ancient human genome has already been programmed to respond favorably.

This is the phenomenon which Hippocrates observed during his time - after agriculture changed the eating habits that primitive man has been used to. And, this is basically what we are also seeing today. In fact, the observation that "*all diseases begin in the gut*" holds more water today - than any other time in human history. This is evidenced by the tremendous surge in the incidence of chronic degenerative diseases previously unknown to pre-Neolithic man. It was during the next 3,000 years that followed that we saw how the industrial revolution completely overhauled man's eating habits. His dietary preference shifted to processed food stuffs – which unfortunately were made mostly from synthetic ingredients produced in laboratories.

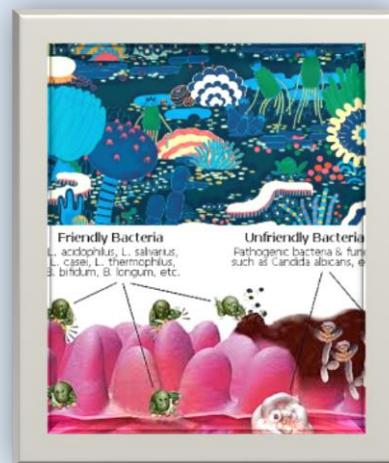
This created more trouble for the already distressed human gut and pushed the discordance between man's new-found food sources and the human genome beyond what the human body can possibly handle.

The human gut can be likened to a garden that needs healthy soil - the gut flora has to remain fertile to retain its diversity and health. Unhealthy gut flora won't be able to perform normal gastric functions. On the other hand, healthy gut flora will be able to provide protection from infection, promote normal gastrointestinal function, and regulate metabolism. An unhealthy (dysregulated) gut flora is almost always linked to a wide array of debilitating diseases.

Certain modern lifestyle features like the use of antibiotics, birth control pills, and NSAIDs; consumption of processed foods and diets that are high in refined sugar and carbohydrates; low fiber diets; Chronic stress; dietary toxins such as wheat and seed oils; and chronic infections – actually harm the human gut -resulting in an unhealthy gut flora.

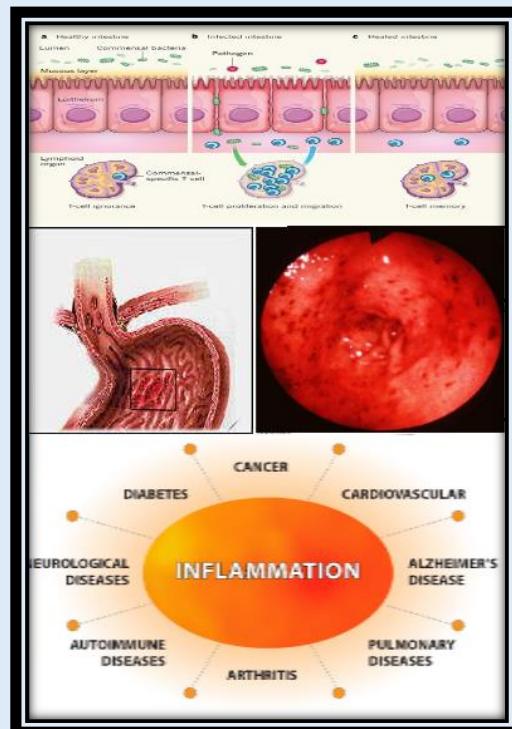
Particularly destructive to the gut flora is the use of antibiotics. Recent studies have shown that the use of antibiotics results in the rapid and profound loss of diversity and a drastic change composition of the gut flora landscape.

There is also the gut barrier we have to worry about. The gut barrier serves as the gatekeeper - it decides what gets in and what stays out of the human body. We know the gut to be a hollow tube that passes from the mouth to the anus. Anything that goes into the mouth that is not digested passes right out to the other end and out of the anus. One of the major functions of the gut is to prevent toxic substances from entering the body and the gut barrier plays a vital role in making this happen.



However, eating the wrong food can irritate the gastric walls (the gut barrier) and when irritation turns into inflammation, the gut barrier becomes permeable and large protein molecules will then be able to penetrate and pass through all the way into the bloodstream.

As soon as they get there, they will be promptly dealt with as an invader just like any foreign body that gets into the bloodstream - and attacked with an appropriate auto immune response. If they are not attacked and left to accumulate in the blood stream it can lead to a condition called toxemia where the blood becomes toxic and poisonous. The auto immune responses signals a battle being wage by the immune system to bring balance back into the system - the symptoms of degenerative autoimmune diseases such as those of diabetes are but manifestations of an ongoing battle being waged by the immune system against toxemia.



Simply put, chronic autoimmune diseases get their start when large protein molecules known as antigens are able to penetrate inflamed and now permeable gut barriers - ending up in the blood stream where they are promptly attacked by the auto immune system - and a dangerous cycle that causes diseases begins!

Clearly, the ability of your gut to absorb the right nutrients needed by the body as well as filter out microbes, allergens and toxins depends on its own state of health – which in effect also determines the over-all health of an individual. A healthy gut ensures the optimum digestion of food and the efficient absorption and assimilation of the nutrients from it. The health of your gut depends on how well and how long it is able to maintain the balance between the good and the bad bacteria and the 100 trillion other microorganisms which depends on each other for survival in the highly diverse ecosystem of the gut flora.

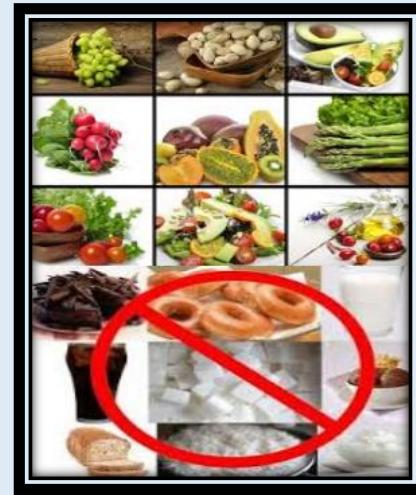
To keep us healthy, the gut is perpetually preoccupied with helping you churn and breakdown food, producing vitamins, helping regulate hormones, filtering toxins and producing healing compounds to maintain a healthy gut. If it falters and allows bad bacteria, parasites, or yeasts to overgrow, or if there is less beneficial bacteria in the gut – then an imbalance occurs which drastically alters the gut flora allowing infection to set in which in turn increases the permeability of the gut barrier.

The question is – how long can the gut barrier hold its fort if we repeatedly and ceaselessly bombard it with food that contains antigens and other dietary toxins

through eating the wrong food every single day? With such constant stress, it would just be a matter of time before age finally catches up with the body's ability to replace dying and damaged human cells with new ones – slowing down the process of regeneration tremendously. By then, more cells will be dying than the body can replace - which will not only limit the ability of our organs to function properly but will also put more stress on the body's ability to filter out exogenous dietary toxins as well as other endogenous substances that wreak havoc on the human body.

## Chapter 2. Right Food, Wrong Food

From the previous chapter, we've learned that the discordance created by the mismatch between what has already been programmed into our ancient human genome and today's contemporary diet and lifestyle is the underlying cause of the so-called diseases of civilization which includes diabetes. This is bolstered by the fact that these diseases were not prevalent before agriculture changed the diet and lifestyle of primitive man. Notably, these diseases are also virtually absent or extremely rare among hunter-gatherer societies and non-westernized populations still existing today. It goes to show that man's problems with his health stem from the food he eats.

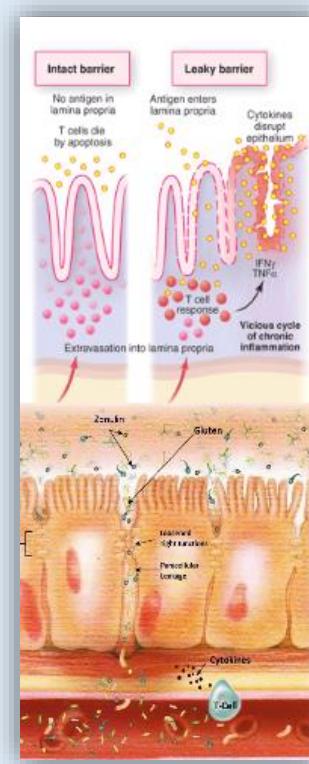


But how and why would eating the wrong food bring about serious pathophysiological consequences? What really happens inside the gut when we eat the wrong food? In the first place, what should we consider as the wrong foods to eat?

Logically, the right kind of food to eat is one that provides us with all the nutrients the body needs. But, much more than their nutritional value, the right kind of food must not contain (1) substances that can disrupt or alter gut flora and (2) antigens that can trigger the immune system to produce antibodies against them resulting in low-grade chronic inflammation. Antigens are toxic substances that immediately trigger a defensive auto immune response. They can come from the food we eat and from body wastes (dead cells) - or they can be produced by endogenous bacteria in the gut.

Topping the list of wrong foods to eat is cereal grain which has practically become a staple in the standard American diet. Confronted by the need to feed a growing, hungry population, man turned to cereal grains because they are not only dense in calories; they can also be farmed and planted in vast tracts of land with hardly any difficulty - not to mention the fact that they can also be stored for extended periods without the grains spoiling. Soon enough, cereal grains dominated food production.

Unforeseen by farmers though, cereal grains particularly wheat contains lectin that damages the gut



lining specifically the villi preventing the proper absorption of nutrients from food. Lectin also cause the inflammation of the gut barrier making it more permeable thus allowing other antigens to pass through into the peripheral circulation. They also contain anti-nutrient phytates which are essentially mineral blockers. Phytates bind calcium, zinc, magnesium, copper and iron making it impossible for these minerals to be absorbed into the blood stream – starving the cells of these much needed minerals.

Cereal grains also contain gluten a water soluble protein which can mimic other proteins to get inside the cells where they cause damage by inducing the auto immune system to attack the villi effectively destroying the only means through which vitamins and minerals are absorbed by the body. Grains also contain gliadin another form of protein similar to gluten that causes damage to the gut. Gliadin induces the production of more zonulin an enzyme that controls the protein binders of the tight junction holding the cells of the gut barrier together. In short, zonulin modulates the permeability of the gut barrier and if it is over-expressed (over produced) the gut barrier becomes extremely permeable allowing large toxic protein molecules to pass through and get into the blood stream - creating a highly toxic environment (*toxemia*) within the peripheral circulation.

The strange thing is despite the mounting evidence directly pointing to the consumption of cereal grain as the cause of several chronic degenerative diseases like diabetes the USDA has not revised its 1992 Food Pyramid. The Food Pyramid is a tool designed by the USDA to help people make healthy food choices. The funny thing is cereal grain form the base of the pyramid recommending 6 to 11 servings of bread or cereals a day. Despite the surge in the incidence of diseases linked to the continued consumption of cereal grain, the USDA has not revised much less reviewed its recommendation for healthy food choices.

The only plausible explanation to this is the fact that wheat has become one of the country's major export crops and a pillar of the U.S. economy – the U.S. being the number 1 wheat exporter. The country's total annual export of wheat is 35.4 million tons while local consumption 35.7 million tons. You can just imagine how it can bring the US economy down if all of a sudden the USDA declares cereal grains particularly wheat as an unhealthy food choice!

We may be unaware of or have simply refused to accept the naked reality that we have been poisoning ourselves to death all these years by eating the wrong kind of food. We have chosen to embrace a culture of death and suffering.

Here are more reasons:

The grains and beans we eat contain enzyme inhibitors which disrupt the breakdown of food and are the main cause of some serious digestive problems. They have also been linked to cancer. Among these enzyme inhibitors are:

- Lectins – They interfere with the body's metabolic functions, hinder the absorption of nutrients, and disrupt insulin function. Studies have linked Lectins to obesity, diabetes, and cardiovascular disease.

- Phytates - They bind minerals preventing these minerals from being absorbed by the body. They have been linked to iron and calcium deficiencies as well as to certain bone disease.
- Gluten – This is a protein composite that is usually found in foods processed from wheat, rye, barley and other grain species. People have developed intolerance and sensitivity to gluten which is often manifested by a feeling of discomfort in the digestive system. Recent studies revealed that one third of the American population is gluten sensitive or gluten intolerant.

Dairy - is another modern day food concoction that is relatively new on the human timeline. It contains lactose and casein - two substances that cause allergies or severe immune reaction in man. 3 out of 4 people (or 75%) are intolerant to dairy products. Most adults are unable to break down casein and lactose which results in allergies and sensitivities.

Potatoes – (except sweet potatoes) - They are starchy foods that breakdown easily into sugar and cause spikes in blood sugar levels. They may also contain the glycol-alkaloid toxin called Solanine which irritates the gastro-intestinal tract and cause gastro-enteritis.

Sugar – Refined sugar has no nutritional value at all except for its high glycemic load which can cause immediate spikes in the blood sugar levels since they are easily absorbed into the bloodstreams. The gloomy thing is a large portion of our contemporary diets are loaded with refined sugar. One third of the calories that are derived from carbohydrates in the contemporary Western diet come from sugar. On the average, Americans consume about 156 pounds of sugar a year or roughly equivalent to 31 bags of five pounders. Needless to say, the rise in chronic diseases that afflicts modern man has been attributed to his sugar-loaded modern diet.

These anti-nutrients represent only the tip of the problem. The bigger problem comes from processed foods, artificial ingredients, and genetically altered foods which dominate any and all typical grocery store today. Many of what we consider as “food” today is nothing more than a concoction of mostly synthetic chemical substances - rather than actual food. In fact, it has become increasingly difficult to find real natural, unprocessed food in the supermarket shelves nowadays. It’s no wonder why health problems are constantly compounding!

What is basically wrong with contemporary diets is the fact that they drastically altered the human body’s normal nutritional intake. Naturally, you can expect adverse reactions in varying degrees.

For example, today’s contemporary diets provide no more than 15% protein while the human body has been used to a diet that is made up of 19% to 35% protein – that was before the advent of agriculture and the dawn of the industrial age drastically overhauled this. Grain and refined sugar which are known to have high glycemic loads are the main source of carbohydrates of modern diets whereas the carbohydrate sources to which the human genome has adapted to

came from non-starchy fruits and vegetables which are not only low in carbohydrates but also rich in fiber.

Another thing is today's diets particularly processed foods and fast foods are usually prepared with the use of hydrogenated vegetable oils which comes loaded with trans-fats. Trans-fats are the unwelcome component of vegetable oils resulting from their hydrogenation. It is a normal process in modern food production to hydrogenate vegetable oils to produce cheaper saturated fats which are more ideal for large scale food processing - since they are cheaper. Unfortunately the hydrogenation process also produces trans-fats which not only increases the level of bad cholesterol (LDL) in the blood but also lowers the level of good cholesterol (HDL). In short, Trans-fats put us at constant risk of cardiovascular diseases and heart attack.

Today, everywhere we turn, there are processed foods. They practically dominate every aspect of our modern lifestyle and our diet. We can't prepare a meal without using processed food. They have been processed to last longer in the shelves so much so that they end up having up to ten times more sodium in them than normal. Processed foods are high in sodium but low in potassium which can cause stroke, cardio-vascular diseases, and high blood pressure.

Take note that diabetes became pandemic only in the 1940's. That's when processed food loaded with refined sugar, flour, and preservatives started appearing on our dining tables. That's when we started diverting from natural ways of eating and living - into a culture of death where the standard diet is dominated by cereals and grain, junk food, animal fat, and trans fats – all of which causes adverse reactions inside our body. We've not only shifted to a way of life where we are slowly poisoning ourselves to death but we have also moved over to a precarious way of life where we are constantly exposed to a whole range of stress and environmental toxins – radiation included.

Processed food has dominated the contemporary Western diet for so long now and has been tagged as the culprit behind the widespread occurrence of the so-called 'diseases of civilization'. The bottom line: it has created a nasty situation where:

2 out of 3 American adults aged 20 and above are at least overweight; nearly 1/3 of Americans aged 20 are clinically obese;

About 600,000 Americans die of cardio vascular disease each year. That makes it one out of every 4 deaths;

Another 77.9 million Americans suffer from hypertension while 26 million Americans have been diagnosed with type 2 diabetes;

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### Now Comes the 'Frankenfoods'

Giant agribusiness interests continue to think of ways to efficiently improve food production and up their profits often unmindful of our health. Adding insult to injury, they have now gone to the extent of producing genetically engineered food and food sources as well as food ingredients (labeled in jest as 'Frankenfoods' by its critics) - without regards to the long term adverse effects of these to the human body. Their only concern is money since production wise genetically modified products are more cost efficient and therefore more profitable. Without our knowledge, they have bombarded the market with them.



These giant agro industry players have practically taken a strangle hold on us by making us totally dependent on the so-called 'Frankenfoods' or genetically engineered food products which they have produced. Hoodwinking us into believing they are totally safe and feeding health authorities with questionable safety studies to back up their claims, giant agro industry players have practically flooded the consumer market with food products using genetically modified food sources, all of which were not naturally grown but created in their labs. They are used as ingredients in producing processed foods or as feeds for grain-fed cattle the end products of which find their way into our dining tables through the meat we eat along with the artificial genes they have created to fatten the livestock.

The sad part is despite the claims of the manufacturers and the shady endorsements by health authorities that they are relatively safe for human consumption an increasing number of independent research studies persistently link the continued consumption of these genetically modified foods to the high incidence of allergies, sterility, infant mortality, childhood illnesses, organ defects, and even cancer.

To give you an idea of what these 'Frankenfoods' are, below is a short list of the more popular ones that has become very much a part of our daily existence.

Genetically Modified Alfalfa – If you think you are not consuming Alfalfa, think again. The natural Alfalfa is an important forage crop cultivated for use as livestock fodder. Since the Romans and the Greek era, Alfalfa has been used by farmers to feed their cows. They have however been genetically modified by giant agri-business interests like Monsanto so that they can produce higher yield and at the same time be resistant to herbicides such as Round up (a popular herbicide used by farmers to kill the weeds).

The genetically modified Alfalfa along with its transgenes (artificial genes) gets into our system through the meat and dairy products we eat and God knows what kind of havoc it can do to our system. Even in its natural form, Alfalfa is known to contain phytoestrogens which are basically estrogen blockers that cause reduced fertility in mammals. The Alfalfa seeds meanwhile contain the amino acid canavine which interacts with another amino acid arginine resulting in the synthesizing of dysfunctional proteins which are toxic to humans and produce lupus-like symptoms.

Aspartame – more popularly known as Nutrasweet. This is a popular artificial sweetener used in most food processing applications including beverages. Aspartame has been established as a neurotoxin which disrupts brain functions and our immune systems. Despite endorsements by nutritionists and health authorities to its safety, there is mounting evidence that shows that aspartame aggravates insulin sensitivity and causes a lot of other health disorders. In fact one comprehensive study even linked leukemia and non-Hodgkin's Lymphoma to continued aspartame consumption.

Ranch-raised Beef – The main reason that organic meat from pasture-raised, grass fed livestock is Paleo-approved is that ranch-raised live stocks are typically fed not only with genetically modified alfalfa but also with genetically modified corn and soy meal. They are also injected with all sorts of things that to ensure their health and faster growth such as growth hormones, antibiotics, and vaccines which sadly also find their way into our bodies through the food we eat.

Canola Oil—Almost 90% of the canola produced in the world has been genetically-modified too in order to weather the effects of herbicides (particularly glyphosate more popularly known as Round Up) during planting. Aside from the transgenes, large quantities of the herbicide can be found in the finished canola oil products.

Corn, corn meal, and Corn Starch - With almost all the corn planted in the U.S. being genetically-modified to resist herbicides and pesticides, you can be sure that all the products and ingredients made from modified corn carry trans genes too as well as traces of the pesticides and herbicides used. The gory part is genetically modified corn products are used in almost all processed and packaged foods. These include Corn oil, corn flour, corn starch, corn syrup, corn meal, gluten, and sweeteners such as fructose, dextrose, and glucose. They are used in making baked products, fried foods, snack foods, confectionery, special purpose foods, edible oil products, and soft drinks.

Vitamins – Take a second look at the vitamins you are taking. They may have been manufactured from genetically modified plant sources or may have used genetically modified ingredients as carriers. For example, Vitamin C is usually made from Frankencorn while vitamin E is made from Frankensoy.

Enzymes - Almost all the enzymes used for food processing come from genetically modified products like the enzymes used to prevent egg products from spoiling; enzymes that removes the bitter taste from beer; enzymes that improve the

clarity of fruit juices; enzymes to help milk clotting for making cheese; enzymes to speed the rise of bread dough; and enzymes used to manufacture many food supplements.

**Ice Cream**—One thing you should be wary of when you buy ice cream is whether or not it contains several genetically-modified ingredients like corn starch, high fructose corn syrup, and milk from cows that were injected with bovine growth hormone (rBGH). The bovine growth hormone is injected into cows to make them grow faster and produce more milk. In studies made on rBGH by the University of Vermont as commissioned by agribusiness giant Monsanto, five calves were born from cows injected with rBGH with rare deformities that were never seen before. This was however downplayed. Can you imagine if rBGH filters into your system from the ice cream you eat?

**Infant Formula**—Manufacturers of infant formula who used frankenfood ingredients like genetically modified soy and milk from rBGH injected cows may be unmindful of the health hazards they bring. You should be wary of this before you buy your next infant formula.

**Margarine and Shortening** – Contrary to the general belief margarine and shortening made from vegetable blends and canola are not healthy. Most of the ingredients used are genetically modified.

**Milk** – Milk from cows injected with bovine growth hormone (rBGH) is may contain blood and pus as a result of infection resulting from the rBGH injection. Studies have shown that cows injected with rBGH become highly susceptible to infections and those which becomes infected may have blood and pus in their milk along with the rBGH and any antibiotics that may have been injected into the cows to prevent the spread of the infection.

**Soy and Lecithin**—Almost all of the soybean crops planted are genetically-modified soy which means all soy products including Lecithin may have harmful trans genes. Lecithin is normally used as a thickener by food processors and packaged food manufacturers.

**Sugar Beets**—Most sugar beets from which 35% global supply of refined white sugar come from are also mostly genetically modified. So, you not only risk having a spike in your blood sugar levels but also the risk having artificial genes filtered into your system along with fertilizer, herbicide, and pesticide residues.

**Tomatoes**—Tomatoes have been genetically modified so they will have longer shelf life. They have a reversed DNA sequence so that they won't soften even if stored longer. They however have much less nutrients than organic tomatoes on top of the modified genes they pass on to us.

**Vegetable Oil**—most if not all the “vegetable oil” sold in supermarkets are refined from genetically-modified soybean oils, canola, corn, or cotton seed, apart from being hydrogenated and therefore high in trans-fat.

To sum it all up we live in a society where the food industry is totally unconcerned with our health and keeps bombarding us with food that wreaks havoc inside our bodies. They are so blatant and naïve that they even use substances that are banned in other countries because of health issues. They just simply hide them away from us by intentionally leaving them out from the list of ingredients printed on the food labels.

The food industry tries to take our attention away from the ingredients. They actually don't care about the negative effects that come from eating their processed foods much less care about the astronomical medical bills we are likely to accumulate as a result of eating the inferior processed food products they have created. They are only concerned about their profits. And that's basically what they don't want us to know.

That is why we are likely to face an uphill battle trying to stop their unscrupulous practices. However, we are armed with the power to choose and decide what food products to buy and what to boycott. We still make the final decision. Through collective action we can put a stop to this trajectory of sickness and the mounting health care costs.

So, the next best thing we can do is to expose the dirty secrets of the food industry they have long kept hidden from us hoping that with such knowledge, people will be a bit wiser and a whole lot smarter the next time they make their food choices. With unity and mindfulness in making the correct food choices we can put the 'fleecing' to a halt and stop or minimize the further spread of diseases.

What we have is a food industry whose primary motivation is profit and a food industry held in sway by the private entities making up the industry. They will keep churning food products unmindful of their long term effects to our health. In fact one of their best kept secrets is to hide their use of harmful ingredients and procedures detrimental to our health in manufacturing food products.

Well, their days are numbered. We may not have the clout or the power to put a stop to their scrupulous activities but we have the power of choice. We can choose to stop buying and patronizing their products. All it takes is awareness, dedication, and vigilance.

This is basically what the book is all about – to expose the dirty secrets of food manufacturers. Once we become aware of where and how they hide harmful substances in the food we eat, we would know how best to avoid them. The power of making the right food choices is in our hands. We need only to become aware of the scrupulous practices of the food manufacturers.

## Chapter 3. Plug the Source of Wrong Food

The most practical way to cure a disease is to stop doing the thing that is causing your symptoms and disease. Simply put it means we have to stop consuming the wrong foods and cease using lab concocted food ingredients for our cooking. The problem is the food industry does not want us to know what is essentially wrong with the food they have created so they can continue selling them to us.



In fact the best kept secret in the food industry is they don't want us to know they are producing inferior food laced with toxic substances. But we cannot simply be complacent and allow them to slowly poison us to death with inferior foods that wreak havoc to our health. We must help the liver get rid of whatever toxins are already inside our systems otherwise the liver will be tied up with getting rid of new toxins while the old toxins continue to build up to a point that after a while the stored toxins start causing damage even to the fat cells where they are temporarily stored permanently damaging their metabolic capabilities. Complacency only leaves a gaping hole through which toxins can continue to invade our body.

But first we have to find out what these gaping holes are through which toxins into our body before we can plug these holes.

Toxins and other poisonous substances foreign to our bodily system find their way into our bodies primarily through the mouth when we eat the wrong food containing dietary toxins, when we drink water treated with Fluoride, when we take conventional medicines made from synthetic substances, and we breathe air in a polluted environment. They come in various forms from toxic residues of antibiotics injected into livestock and poultry to fend off diseases, to the growth hormones they are fed to insure their growth, from the industrial feeds produced from genetically modified corn meal and grains.

There are toxic residues left in the meat of the farm animals we buy from the supermarket since like man, the farm animals cannot rid themselves of these toxic substances completely. There will always be residues left in the meat just as there will always be fertilizer residues, herbicide residues, and pesticide residues in the farm produce we eat including fruits and vegetables. The tap water we drink has high levels of sodium leftover from the water treatment process they underwent. Environmental toxins in the form of carbon dioxide emissions and other toxic gasses coming from the cars we drive and the factories we run pollute the air we breathe with toxins that easily get into our system through our nose and lungs.

Environmental toxins have been dubbed as silent killers because most of them get into our bodies undetected, where they then wreak havoc to our immune

system and render our internal system out of balance. Somehow, they invade our systems unceasingly and make our immune systems work non-stop just to get these toxins out of the peripheral circulation before they can accumulate further and do greater damage to the system.

The only way to plug the gaping hole and prevent further toxin build up in our bodies is to eat only natural, whole foods – unprocessed, organically grown, grass fed, pasture-raised or caught from the wild plus, we have to stop taking conventional medicines as they are mostly made from synthetic substances which normally cause unwelcome side reactions.

The first and logical thing to do therefore is to pull the plug on dietary toxins - by limiting our food choices to natural, unprocessed whole foods - at the same time avoid foods that cause stomach irritation and inflammation such as those mentioned in the previous chapter. We also need to take probiotic supplements to ensure there is a balance between good and bad bacteria in our guts all the time.

To help you out make the right food choices here is a list of some of the right foods you should consider including in your diet:

### *Fruits and Vegetables*

We recommend eating only high quality organic fruits and vegetables. Look for the 'USDA Certified Organic' on the label. This is how you can be sure the fruits and vegetables you buy are free of insecticides, chemical fertilizers, pesticides, and herbicides. You can also be sure they have not been genetically engineered or have undergone irradiation.

### *Animal Protein Sources*

We recommend organic, grass-fed meat from pasture raised livestock or wild game meat for your animal protein sources. Ordinary meat contains toxins stored in their fat such as residues of the antibiotics, growth hormone, grain based industrial feeds, vitamins, etc. that are given to the livestock to ensure their growth to gain more profits.

If certified organic, grass-fed meat is unavailable in your area, buy lean meat instead. The animal toxins are likely to be in the animal fat since like humans, animals too store the toxins in their fat cells.

### *Healthy Fats*

Fat is essential in forming new cells and strengthening cell membranes. However, there are beneficial fats and poor quality fats. Logically, the poor quality creates poor quality cells which subsequently lead to serious health problems. The worst type of poor quality fats are the trans fats from highly processed oils like canola and vegetable oil. Trans fats are created artificially through the hydrogenation of vegetable oil to make the oil last longer without spoiling. Food processors prefer to use hydrogenated vegetable oil not only to extend the shelf life of their

processed food products but also because it enhances the texture and quality of their finished products.

Trans fat (also known as trans fatty acids) have been shown to raise the level of the Low Density Lipoproteins (bad cholesterol) and lower the level of the High Density Lipoproteins (good cholesterol) in the blood thus increasing the risk of heart disease.

If you are concerned with your health and long term well-being, then this is the ideal diet for you. This is much more than just an eating plan. It is a completely unique lifestyle that requires drastic changes in the way you currently live your life – particularly in your outlook on the kinds of food you eat. It means giving up your favorite comfort foods in exchange for eating food that are practically unprocessed and comes in their most natural form possible. It means eating healthy and keeping the toxins out.

### *Probiotics*

The last but not the least important thing you must do is to make you are able to maintain the balance in your gut flora by consuming enough probiotics. You need to eliminate *H. pylori* bacteria the natural way. Using synthetic antibiotics should never be an option because they destroy the gut flora. The best way to do this is to get enough probiotics by including fermented foods such as yogurt and sauerkraut in your diet. You can also try taking probiotic supplements more often.

Plugging the source of toxins is all about eating clean. It is about supplying the body with food to which it has been genetically programmed to thrive on. It is about steering away from those foods that skews the body's hormonal balance and put the immune system in a disruptive state of disarray and confusion. It is meant to help the body attain optimal performance by basically putting a stop to the onslaught of toxic garbage into our system thus giving the liver some respite instead of letting it spend all its time in ridding the body of all the garbage you put into it.

Simply put, finding a cure for the diseases that plagues us mainly involves pulling the plug on the source – by eating food in as natural state as possible while eliminating those that wreak havoc to the body from your diet.

## Chapter 4. Things They Don't Want Us to Know

Americans consume more processed food than anyone else in the world. In fact a large of the contemporary American diet is made up of processed food like microwave dinners, frozen pizzas, and packaged junk snack foods. It is estimated that Americans spend \$1 Trillion a year on food products. According to some data gathered from the Bureau of Labor and Statistics although Americans spend less money today on groceries than 30 years ago, almost 23% of their grocery money is spent on processed foods and sweets!

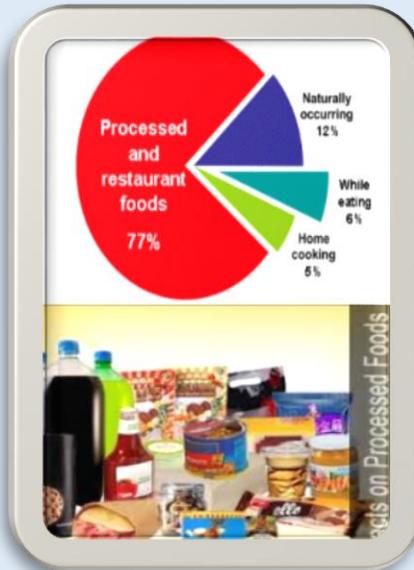
Americans eat 31 percent more packaged food than fresh food, and they consume more packaged food per person than their counterparts in nearly all other countries. A sizable part of the American diet is ready-to-eat meals, like frozen pizzas and microwave dinners, and sweet or salty snack foods.

The convenience and ease of preparation, the two main benefits which processed foods have to offer, perfectly suit the '*always-on-the-go*' lifestyle of the average American who hardly has enough time left for the kitchen. However, the reality of having to face and suffer the dire consequences of eating the wrong food in the future is starting to dawn upon them. How can they not come to such a realization when they are now facing a nasty situation created by eating the wrong kinds of foods? For example, according to experts, an estimated 585,720 deaths in the U.S. for 2014 will be due to cancer - 1/3 of these are linked to nutritional factors.

These are the dire consequences of eating food to which the human genome has not been genetically programmed to respond favorably. We need to realize that we are slowly poisoning ourselves to death and the choice is ours whether we should continue to embrace this culture of death or break away from it.

So the next time you think of hitting a vending machine or visiting the nearest fast food outlet for a quick fill, try to reflect first on the many sordid truths which the processed food industry have hidden away from you for so long:

1. The naked truth about processed foods is that they are not made to help you stay healthy so you can live longer. Food manufacturers spend time and money researching ways to make their processed food creations last longer on the shelves so more of them can be sold. They don't care about the long term effects of their creations on your health. Proof of this is the



fact that less than 50% of processed foods are subjected to toxicity tests before they are marketed.

2. It is no secret that processed foods are loaded with sugar – and sugar happens to be the most addictive substance on earth – which makes processed foods highly addictive too. On top of that you should know that when foods are processed their basic components are not only modified but also become highly concentrated. Eating highly concentrated food components is similar to eating sugar - can stimulate the release of the pleasure neurotransmitter hormone dopamine - creating a pleasurable feeling where you end up craving for more. In the end, your brain biochemistry ultimately gets hijacked by the massive release of dopamine each time you eat processed foods.
3. Processed foods are not only addictive – they also make you go on a food binge (over consumption) - and in the process gain a lot of weight. Because they come heavily loaded with additives such as refined sugar, high fructose corn syrup and other refined carbohydrates, processed foods are without a doubt the culprit behind the continuing rise in the number of overweight and obese people in the country. If you haven't noticed it yet you better start paying attention because people are getting fat just as fast as they can empty the supermarket shelves of all processed foods they can lay their hands on.
4. Since processed foods are made from synthetic substances or have synthetic components, they are also likely to cause an imbalance on the gut flora. The beneficial microorganisms which thrive on natural food supplied by Mother Nature can actually be poisoned by the synthetic food components - allowing the bad bacteria to dominate the gut flora. This sets the ground for infection and diseases to set in.
5. Processed foods are essentially comfort foods because they offer convenience and require hardly any time to prepare so much so that it has become synonymous with "eating on the run". People who live a hectic lifestyle and are always on the run trying to catch up with their busy schedules have made processed foods their every day favorites. Processed foods offer the most convenient way to fill empty stomachs on the go. Unfortunately the stomach needs to be at rest to be able to digest food completely meaning if you go "eating on the run" much of the food you eat are not fully digested and clogs up your intestine waiting to be eliminated. Some of the food wastes that are not eliminated start to ferment in the presence of acid creating an environment more suitable for bad bacteria to thrive on. This disrupts the gut flora and allows bad bacteria to dominate the gut flora and let infection to set in which jumpstarts different diseases.
6. Food manufacturers simply create processed food products without regards to the principles of food combination - mixing food components

together that actually end up wreaking havoc on our digestive systems. They should be the first to know that different food groups induce the secretion of different enzymes during digestion – some of these enzymes work in an acidic environment while other require an alkaline environment. Food manufacturers almost always combine food groups that require an acidic environment to be digested together with a food that requires an alkaline environment in most of their processed food creations. Even a high school student in chemistry will tell you that when you mix acids with bases they will neutralize each other creating a neutral environment. Similarly, when you eat processed food your stomach becomes a neutral zone which in effect put the digestion process on hold. Again, undigested food start to ferment and putrefy after a while and infection starts to set in.

7. Processed foods are typically nutritionally deficient. The vitamins and minerals that were originally in the food prior to processing have been destroyed by the heating or chemical treatment involved in the processing. They try to replace them with synthetic substitutes which only cause more health problems in the long run. For example, the essential fatty acids needed to maintain healthy blood sugar levels, promote good moods and enhance memory have been replaced by refined oils which actually produce the opposite results – higher blood sugar levels, depression, mood swings and memory issues.
8. If you haven't noticed it yet, the food labels of processed food products were intentionally made to be misleading to hide or disguise harmful substances they have added into them. For example they print "sugar free," on the labels although they use sugar substitutes like high fructose corn syrup or agave which has the same harmful effect on our health as refined sugar. Instead of putting MSG they say "approved spices" or "natural flavorings". Instead of saying the food is genetically modified, they simply print the letters GM.
9. Several studies have shown that a sizeable number of patients with pancreatic cancer, stomach cancer and colorectal cancer have been on a diet made up mostly of processed meats like hot dogs, salami, and other deli products.
10. There are numerous studies too that link continuous consumption of processed foods to malnutrition and infertility. We've mentioned earlier that the heat or chemical treatment involved with processing food destroys some vitamins and minerals. Synthetics and laboratory concocted vitamins and minerals cannot replace them. Processed food may supply you with a lot of calories but you'll still be malnourished. On top of that,

having the same nutrient deficient diet over an extended period of time will result in infertility malnourished if your diet is high in processed foods as shown by animal studies. It shouldn't be a wonder then why there are 7.3 million Americans who suffer from infertility.

11. Processing makes the food bland and tasteless so food manufacturers add inexpensive food additives like artificial sweeteners, salts, coloring, hydrogenated fats and many more to restore and improve the flavor and texture to resemble the original food.
12. Daily consumption of processed foods lead to premature aging and even result in kidney damage because of their high phosphate content and other genetically modified substances that has been added to them.
13. Processed foods are more expensive than natural, fresh, unprocessed foods. Processed foods justify the higher cost with the greater convenience and ease of preparation which comes with packaged food products. However, the higher cost doesn't stop there because you have to worry about the future medical bills when your body finally succumbs to the constant bombardment of pseudo foods.
14. Processed foods are not natural and mostly made up of (+90%) synthetic substances made in laboratories and other genetically modified ingredients. Because they are not natural, the body is likely to react to them unfavorably and produce side effects leading to more difficult to manage diseases. Processed foods from plant products are also likely to contain pesticide and herbicide residues which can find their way into our body through the cereals, bread, and cookies we eat.
15. Finally, their best kept secret is they don't want us to know that they are unconcerned with our health. They employ the GRAS concept (Generally Recognized As Safe) to hoodwink consumers into believing their products are safe for human consumption without ever subjecting them toxicity tests.

## Chapter 5. Why Shun Processed Foods Completely

Processed foods are foods whose natural states have been altered to lengthen their shelf lives. The idea is to make them last longer on the shelves so that more of them can be sold over time. They soared in popularity because of their hassle free, easy to prepare convenience they offer – which perfectly suits modern man's always-on-the-go hectic lifestyle.

Food are processed so they can be packaged and stored for a long time without spoiling which means they have to make sure there is not even the slightest presence of bacteria in the food. Unfortunately, the chemical or heat process that they use to get rid of bacteria or any other microorganism that may cause spoilage also takes away the nutrients and fibers from the food – destroying the vitamins and minerals, fatty acids, and natural healthy enzymes in the process. Not only that, the food also loses its natural texture, flavor, and variation. What is basically left after the initial processing is a bland, unpalatable 'pseudo-food' which people will not want to eat.

That is why manufacturers have to add in a whole caboodle of additives to restore its nutrient content and natural color as well as improve its taste, texture and appearance. Normally this will include additives to slow down the process of spoilage, synthetic minerals and vitamins to fortify and enrich the food (replacing the natural vitamins and minerals lost during initial processing), additives to prevent discoloration especially of the fruits and food coloring to restore their natural color and make them look fresh and palatable again. In short, processed foods come loaded with additives that not only compromise the natural integrity and nutritional value of the food but also put you at great risks.

Instead of providing us with the nourishment our body needs processed foods ended up wreaking havoc on our health. The amazing thing is despite the fact that 80% of the pre-packaged processed foods sold in the country are actually banned in other nations like Canada, United Kingdom and even in the entire European Union, they continue to dominate the Standard American Diet (SAD). Apparently, it seems alright with our Food and Drug Administration that toxic

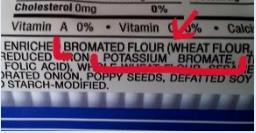


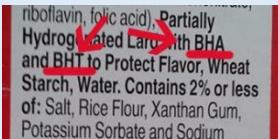
substances banned in other countries are being sold in the country despite mounting evidence linking them to various diseases.

The best way to address the situation and avoid poisoning ourselves to death is to ditch any and all processed food altogether. And the first big step in doing that is to familiarize ourselves with what they put into the food we eat.

Here are the most common additives you will have to watch out for in the processed food product packages:

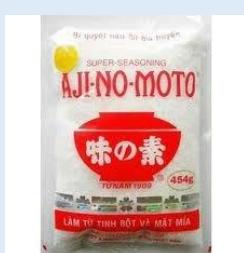
Additive	Found in:	Health Risks
Sodium Benzoate 	Used as a food preservative – found in a variety of processed food products and beverages	Mixed with food color may increase hyperactivity among children. Mixed with vitamin C – it can turn up to be a carcinogen.
Coloring agents FD&C Blue No. 1 and FD&C Blue No. 1 as well as FD&C Yellow No. 5 and FD&C Yellow No. 6, Citrus Red No. 2, FD&C Red Nos. 3, FD&C Green No. 3, and 40, Orange B 	Used for coloring cakes, candy, cheese, macaroni and medicines. Also for soda and other sport drinks.	These artificial coloring agents are mostly made from coal tar which is a known carcinogen. Mixed with sodium benzoate may increase hyperactivity among children.  FD&C Yellow No. 5 may aggravate symptoms of asthma.
Brominated Vegetable Oil (or BVO for short)	Used as an emulsifier. It prevents the oil and other liquids from separating. Found in sports drinks and other citrus flavored beverages like Mountain Dew,	Found to cause headaches, loss of muscle coordination, memory loss, tremors, drooping eyelids, fatigue. Bromate, the main ingredient, is highly poisonous especially for children.

	<p>Fresca, Fanta, Gatorade, and Powerade.</p>	
<p><b>Brominated Flour and Potassium Bromate</b></p>  <p><b>Cholesterol 0mg 0%</b> Vitamin A 0% • Vitamin C 0% • Calcium 0% ENRICHED BROMATED FLOUR (WHEAT FLOUR, BROMATE, BROMATED POTASSIUM BROMATE, FOLIC ACID, VITAMIN E, BROMATED ONION, POPPY SEEDS, DEFATTED SOY STARCH-MODIFIED).</p>	<p>Found in Rolls, bread crumbs, wraps, bagel chips and flatbread</p>	<p>Bromine has been linked to nervous system disorders and cause kidney damage and other gastrointestinal discomfort.</p>
<p><b>Artificial Sweeteners: Aspartame, sucralose, high fructose corn syrup, acesulfame-K,</b></p> 	<p>Found in soft drinks and many kinds of processed food products.</p>	<p>Raises the risk of obesity and type 2 diabetes. 75 percent of the adverse reactions to food additives that has been reported to the FDA have been linked to Aspartame.</p>
<p><b>Sodium Nitrite</b></p> 	<p>Used as a preservative and a flavoring as well as to retain the red color in meat products  Usually found in processed meat products such as sausages, corned beef, bacon, hot dogs, ham, luncheon meats, smoked fish, smoked meats, and most canned meat products.</p>	<p>May cause gastric cancer. Sodium nitrite and Sodium nitrate are known to react with amino acids under certain conditions to form nitrosamines which are known to be cancer-causing. It has also been linked to birth defects and childhood leukemia.</p>
<p><b>Partially Hydrogenated Vegetable Oil</b></p>	<p>Manufactured fat known to contain trans-fatty acids. It used by restaurants and food manufacturers for deep-frying food, and for</p>	<p>Known to increase the risk of type 2 diabetes and contribute to heart disease.</p>

	<p>baked products and margarine.</p> <p>Also found in pastries, cakes, frozen foods, cookies, soups, crackers, and nondairy creamers.</p>	
<b>Alginic Acid</b> 	<p>Polysaccharide derived from brown algae (seaweed) and used as a thickening agent for salad dressings, drinks and foods, jellies, soups, dips, other frozen desserts, cheese spreads, and ice cream.</p>	<p>Believed to cause complications in pregnancy and birth defects.</p>
<b>Alpha-Tocopherol</b> 	<p>This is synthetic Vitamin E found in meat products, foods that claim health gets a boost with added vitamin E, and foods with added fats.</p>	<p>They are mixed foods in small amounts that pose no immediate risks to one's health, but since there are so many manufacturers who add them to their food they can end up to be so highly concentrated in your blood stream that they bring about toxicity symptoms like cramps, double vision, and weakness.</p>
<b>BHA and BHT</b> 	<p>Antioxidants derived from petroleum and used to avoid fats and oils from going rancid and prevent oxidation and spoilage of food.</p> <p>Found in breakfast cereals, desserts, chewy granola bars, candy, chewing gum, potato chips, shortening,</p>	<p>BHA and BHT increase your susceptibility to carcinogens. On top of that they can damage your kidney and your liver, elevate cholesterol levels, infertility, immune disorders, sterility, and other behavioral problems.</p>

	vegetable oils, butter and sausage.	
Benzoic Acid	 <p>Used as food preservative to prevent the growth of mold, bacteria and yeast. Found in beer, jams, fruit juice, jelly, margarine, soft drinks, pickled vegetables, mincemeat, and barbecue sauce.</p>	Triggers asthma attacks, irritation of the mucous membranes as well as the eyes, rashes, neurological disorders, and hyperactivity in children.
Bisphenol-A (BPA)	 <p>A synthetic chemical which serves as the building block of hard plastics used in water bottles and infant feeding bottles as well as linings for food cans, cans of infant formulas and cans of beverage.</p>	As an endocrine disruptor BPA is considered a carcinogen. Some incidences of birth defects have been linked to it - together with other diseases and some behavioral problems.
Carageenan	 <p>This red seaweed extract is used as thickener, emulsifier, and stabilizer. Found in Jellies, yogurt, ice cream, jams, and whipped topping.</p>	Degraded carrageenan is known to cause digestive cancers, ulcers, and colon inflammation in animal studies. It has shown by another study that even undegraded carrageenan can transform into degraded carrageenan in the human digestive system - which can then lead to cancer.
Fluoride	 <p>Adding Fluoride to the water supply is a common practice in many places even at this time.</p>	Studies have shown that even minute traces of fluoride consumed from tap water can damage your bones, brain, teeth, lower IQ, disrupt your thyroid function, and cause cancer.
Cochineal Extract or Carmine	<p>A coloring pigment made from the bodies of an insect that thrives on cactus plants. It brings a dark-crimson color to</p>	90 percent of cochineal extract are insect-body parts and so consumers are pushing for a mandatory warning on the labels of food containing

	<p>food. Used in making artificial crabmeat as well as to add color to candy, fruit juices, yogurt, and frozen-fruit snacks.</p>	<p>the cochineal-colored pigments.</p>
<p><b>Interesterified Fat</b></p>  <p><b>INGREDIENTS:</b> ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, NIXON, REDUCED IRON, THIAMINE MONONITRATE, VITAMIN H1, RIBOFLAVIN (VITAMIN B2), FOLIC ACID), RAISINS, SUGAR, CORN SYRUP, RAISIN PASTE, LIGHT BROWN SUGAR, POWDERED MILK, NATURAL OATMEAL FLAVOR, POWDERED EGGS, BAKING SODA, SALT, CINNAMON, AND ALLSPICE.</p>	<p>An alternative to trans-fat, Interesterified Fat is a blend of nonhydrogenated oils and fully hydrogenated oils. It is used in canned soups, pastries, margarine, and frozen dinners.</p>	<p>Interesterified Fat raises the level of LDL cholesterol higher than HDL cholesterol levels - plus they spike up blood glucose levels while slowing down insulin response.</p>
<p><b>Hexane</b></p> 	<p>Hexane is a strong cleaning agent but is also used to soak soybeans in order to separate the bean protein from its oil.</p>	<p>Hexane is a known neurotoxin and air pollutant.</p>
<p><b>HVP</b></p> 	<p>A soy based food filler used extensively by processed food manufacturers. Found in canned soups and canned chili, beef- and chicken-flavored products, frozen dinners, veggie burgers, and gravy mixes.</p>	<p>Hydrolyzing proteins creates MSG, or mono- sodium glutamate - a known carcinogen – as a by-product. In other words, HVP is a source of hidden MSG.</p>
<p><b>Maltodextrin</b></p> 	<p>An artificial sweetener which is also used as a binder for a number of chewable supplements and some drugs.</p> <p>They are used by many popular brands of soft drinks and energy drinks. They are also used in candy making and an active ingredient of</p>	<p>This triggers symptoms among people with Celiac diseases and those with allergies to wheat, corn, or even potatoes.</p> <p>Unexpected weight gain is the most significant side effect. Others include asthma, itching, allergic rhinitis, bloating, rashes, and flatulence.</p>

	<p>performance enhancing powders and drinks consumed by athletes.</p>	
<p>Mannitol</p> 	<p>Mannitol is a sugar substitute derived from alcohol. It is commonly used in diet foods and other low-calorie foods, sugar-free candy, and chewing gums.</p>	<p>Sugar alcohols cannot be fully broken down by the digestive system that is why they cause bloating, intestinal discomfort, diarrhea, gas, and flatulence.</p>
<p>Methyl Iodide</p>  <p>Photo by Jenny Burke</p>	<p>A highly toxic pesticide used in fumigating strawberry fields. The problem is they seep through the fruit itself, leave toxic residues on the fruit and the leaves and on the land where they were planted.</p>	<p>Methyl Iodide is a potent carcinogen and neurotoxin. In fact, it is used to create cancer cells in laboratories.</p>
<p>Modified Food Starch</p> 	<p>Starches that are chemically altered to make them efficient emulsifiers. They are extensively used to make frozen meals, cookies, diet foods, low-calorie foods, and almost all the highly processed foods.</p>	<p>They contain no nutrients and have no nutritional value at all. It is also unknown what chemicals were used to modify the starch which all the more should make avoid all processed foods containing modified starch.</p>
<p>Monosodium Glutamate (MSG)</p> 	<p>MSG is a naturally occurring amino acid that can enhance the flavor of foods. However, the MSG that is sold commercially is but a synthetic recreation of the natural MSG naturally occurring in plants like tomatoes. What they created is something not found in nature.</p>	<p>Side reactions linked to synthetic MSG intake include headaches, poor attention, flushing, serious allergic reactions, nausea, chest pains and other diseases like fibromyalgia, brain edema, and vascular system problems.</p>

	<p>Found in restaurant food- especially Chinese restaurants, Asian food, Chili, frozen entrees, soups, foods with chicken or beef flavoring, condiments, chips, and salad dressings.</p>	
<p>Olestra</p>	<p>A synthetic substitute for fat considered as one of the 50 worst inventions made by man. They can be found in Lays and Ruffles WoW potato chip products and other junk foods.</p>	<p>Olestra binds fat-soluble nutrients especially those coming from fruits and vegetables – preventing them from being absorbed by the digestive system.</p> <p>Side effects include abdominal cramps, severe diarrhea, gas, and nutritional deficiencies.</p>
<p>Propyl Gallate</p>	<p>Propyl Gallate is an artificial preservative that is used mainly because of its anti-oxidant properties. It helps prevent fats and oils from becoming rancid. Found in candies, breakfast cereals, meat products, mayonnaise, shortening, vegetable oil, and frozen dairy products.</p>	<p>Propyl Gallate is often used together with BHA and BHT which are known carcinogens.</p> <p>Other side effects include skin irritability, asthma attacks, allergic reactions, gastric irritation and kidney and liver problems.</p>

## Chapter 6. More Food Secrets They Don't Want Us To Know

Perhaps you are wondering why and how processed food manufacturers are able to get away with it. Simply, they won't be able to get away with it if government regulatory bodies are just doing their job of protecting us. Unfortunately, they are not! On the other hand, it seems they are more into protecting the interest of the food manufacturers than looking after our welfare.

For example, the government has a unique regulatory provision that does not require manufacturers to secure any permit or pre-market clearance from the U.S. Food and Drug prior to selling processed food containing additives and food-contact materials as long as they have been certified as "generally recognized as safe" (GRAS) by an expert in the field. It means there is no need for toxicity tests or studies that will reveal the effects of these additives to the human health in the long term.

Manufacturers are actually given a lot of leeway to determine whether a substance is "generally recognized as safe" for use in food processing or safe if in contact with food. The FDA has practically left it to the food manufacturers to entirely determine what is safe or not – and naturally we expect them to protect their bottom lines firsts above everything else.

For example, we see bottles of olive oil being sold in supermarkets with labels that says "*Extra Virgin Olive Oil*" but are they really extra-virgin? For all you know they may have cut it with some cheaper oil to increase profitability and there is no way for us to find out. The FDA is not going to do it for us. They will only step in if there are mounting complaints or deaths – which incidentally may only start to pour in after some time – too late for us to do anything about it. We are basically left to fend for ourselves - on our own without their help.

### *They continue to consider Artificial Coloring as GRAS*

Despite numerous studies giving proof to the detrimental effects of artificial coloring to our health; despite the fact that it serves no other purpose but to deceive us by making an otherwise bland and lifeless-looking food look irresistibly inviting – they continue to use them – merely to make processed food look attractive enough to buy. Artificial colorings have been shown to increase



hyperactivity among children. They have also been shown to cause cancers in animal studies and allergic reactions among human adults.

#### *They use semantics and vague phrasing to hoodwink consumers*

If you have bought poultry whose label says 'free-range' you probably thought you were buying chickens which were allowed to roam freely in open fields. Well you are wrong. What they actually mean is the chickens have access to the outdoors. Whether or not the outdoors is a large, open field with natural grass growing is a different matter altogether though. They could well mean a small narrow space to roam in and only for a short period of time. It is different from really roaming and feeding unbridled in an open field and that there is the double talk.

#### *Artificial Sweeteners Make You Fatter*

They tell you that their processed food products contain no refined sugar and are quite demonstrative about it on their labels. What they don't tell you is they use artificial sweeteners instead like acesulfame potassium, saccharine, and aspartame. Numerous studies have shown that people actually gain more weight with artificial sweeteners than the refined sugar they replaced. This is because artificial sweeteners have no calories - only the sweet taste it imparts – and so it creates more cravings since the body is also looking for a calorie fill. The cravings lead you to food binge and so you ultimately gain more weight.

Does it mean it's alright to consume refined sugar? Of course, not because refined sugar is the root of all those spikes in blood sugar levels. If you have a need for a sweetener you can go for raw honey, maple syrup, or raw coconut nectar.

#### *They will do anything to sell you their products - even deliberately give you wrong Calorie Counts and nutritional information*

The Journal of the Academy of Nutrition and Dietetics did a study on the actual calorie counts of a number of packaged food products and restaurant food and compared them to what are stated in their claims. They are far from being accurate – for example according to the study fast food meals have 18% more calories than what they actually claim while restaurant meals have as much as 245% more calories than they stated. Meanwhile, packaged frozen meals have 8% more calories than they claim on the packages.

#### *Processed Foods Are Contain high levels of Trans Fats or Processed Vegetable Oils*

Processed food manufacturers, fast food outlets, and restaurants are always focused on their bottom line and will cut costs where ever they can. For fats and oil, they prefer to use cheaper hydrogenated oils which produce transfat during hydrogenation. Transfats are unnatural fats that actually raise the level of bad

cholesterol in the blood thereby increasing the risk of a heart disease – one of, if not the most common, cause of death in the country.

### *The One Thing Food Manufacturers Don't Want Us to Know*

Food manufacturers don't care about you – they only care about how much money they can fleece you selling their inferior food products. They only care about their bottom line- nothing more – nothing less.

They spend a lot of money to come up with truly attractive and highly enticing packages as well as use catchy buzz words just to lure customers to buy their products. They will even intentionally omit revealing details in their food labels just to make sure their product will sell. And they are always able to get away with it by simply invoking the GRAS (Generally Recognized As Safe) concept and hiring or paying an expert to certify their products are GRAS compliant.

### *Getting Around the Deception*

There is no other way to skirt around the grand deception perpetrated by food manufacturers but to avoid processed foods altogether. They are almost everywhere and for a long time they have become a major part of our diet. It will require a great deal of effort and dedication to keep them out of our food supply. You have to stop loading your body with sugars, hidden chemicals synthetically produced in laboratories, and other nasty ingredients like genetically modified food which will not only drag down your healthy but lead you to your death.

The only thing you can do to be sure you have stopped poisoning yourself with processed food and ingredients is to limit your dietary intake to natural, whole, unprocessed food. You can start by stocking up on fresh organic fruits and vegetables that are in season.

## Chapter 7. Food Sold in the U.S. but are Banned in Other Countries

Americans are just starting to realize that much of the processed foods being sold in the country are actually banned in other countries. We understand that the food industry is a highly competitive market place and food manufacturing companies have to do things fast and with the least expense. Unfortunately, most if not all of are pursuing their businesses at the expense of human health. Apparently, as we've mentioned in earlier chapters, their only concern is their bottom line – nothing else matter – even the human health.

And nowhere is this more evident than in their practice to continue selling processed foods and ingredients in the U.S. despite being banned in other countries. Surely, no country will put a ban on certain foods arbitrarily without basis. Being banned in other countries is enough for the U.S. authorities to review them and not rely merely on the GRAS certification submitted to them by the food manufacturers themselves – as certified by 'experts' hired and paid for by the food manufacturers themselves.

We are practically left on our own to fend for ourselves. And, the only way we can protect ourselves is to know and be familiar with these banned food products that continue to be sold in the country and consumed by unsuspecting consumers.

To help you out here is a list of some of the processed foods that have banned in other countries but continues to be sold in the country.

Processed Food/Ingredient	Where are They Banned	Why are They Banned
<i>Pink Slime -</i> 	<p>European Union</p> <p>This is a lean finely textured beef that looks like clingy meat made from bones, cartilage, and even intestines. Originally made for dog food, it has been approved for limited human consumption and is now used as a food additive to bulk up cheap meat.</p>	<p>This 'meat' extender is believed to carry pathogens since they are made from beef scraps, bone, cartilage and intestines.</p> <p>In the U.S. they allow ground beef to have up to 15% pink slime without need to declare it in the food label.</p>
<i>Farmed Salmon</i>	<p>Australia and New Zealand</p> <p>Salmon raised in fish farms are fed with grain feeds and</p>	<p>To bring back the pink red color, they are fed with astaxanthin which is a</p>

	<p>given antibiotics which turn the color of their meat into unwholesome grey color.</p>	<p>synthetic substance derived from petrochemicals which have not been certified as fit for human consumption.</p>
<p>Genetically Modified Papaya, Corn, and other crops</p> 	<p>Austria, Greece, France, Germany, Luxembourg, and Hungary</p>	<p>Animals fed with genetically modified crop like corn developed tumors, birth defects, intestinal and organ damage, and premature death. Sterility was noted by the third generation in some of the cases.</p>
<p>Ractopamine-tainted meat</p> 	<p>European Union, Taiwan, and China among others</p> <p>Ractopamine is a growth hormone used to increase weight gain and leanness in livestock. About 80% of pigs in the U.S. are fed with it.</p>	<p>Tests have shown that Ractopamine cause cardiovascular problems and induce hyperactivity in not only in pigs but in humans as well.</p>
<p>Carageenan</p> 	<p>Banned in infant formulas in the European Union.</p> <p>It is used in processed dairy goods as an emulsifier and thickener - including baby formula.</p>	<p>Causes gastrointestinal inflammation which can be death threatening to infants.</p>
<p>Bread with potassium bromate</p> 	<p>European Union, Canada, China, and other countries.</p> <p>Bromated flour used to make hamburger and hot dog buns are often "enriched" with potassium bromate to bleach the dough and make it a bit more elastic.</p>	<p>Potassium bromate is highly toxic is known to cause damage to the kidney and nervous system as well as cause cancer thyroid problems, and gastrointestinal discomfort.</p>
<p>Phosphate Additives</p>	<p>European Union</p>	<p>Phosphate is known to an arterial toxin which means</p>

	<p>Phosphates are usually added to poultry meat to reduce shrinkage as well as to enhance the color and flavor of the finished products.</p>	<p>it increases the risk of heart disease.</p>
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It seems that using ingredients that are banned in other countries because they have been found to be unsafe for human consumption has become an ordinary thing in this country. U.S. food manufacturers have actually formulated better, safer food products but they are selling them only overseas while they continue to sell the inferior products in the country. If you think this is just an isolated case well guess what – it runs the whole gamut from fast food outlets to boxed cake mixes to cereals and candies.

Apparently many of America's well known brands are participating in this grand deception. The list includes McDonald's, Betty Crocker, Pizza Hut, Pringles, Quaker, Starburst, and Ritz Crackers.

Take for example Coca Cola and its Diet Coke. They've removed sodium benzoate from the ingredients used to make Coca Cola products that are sold overseas and yet you will still find it in Diet Coke and Sprite that is sold in the U.S.

Betty Crocker Red Velvet cake use artificial colors and partially hydrogenated oils in the U.S. version of their cake mixes - but have omitted both in the products they sell in the U.K.

If you compare the ingredients of the French fries sold by McDonald's in U.K. to that sold in the U.S. you will surely be surprised. The McDonald French fries sold in the U.K. has for its ingredients just potatoes, vegetable oil, sugar and salt whereas, the McDonald's French fries sold in the U.S. have added TBHQ, trans fat and dimethylpolysiloxane an anti-foaming agent more popularly known as silly putty. These added ingredients are banned in other countries particularly in the U.K.

The McDonalds Strawberry Sauce served in the U.S. have high fructose corn syrup, sodium benzoate, and red #40 food coloring while the same McDonalds Strawberry Sauce has 37% real strawberries with no additives, flavoring, food coloring, or preservatives.



Pizza Hut, Subway, and Starbucks U.S. outlets use Azodicarbonamide in their garlic cheese bread and other bread products. This is banned in the U.K., Europe, and Australia, and Singapore and so their respective outlets in those places have refrained from using this food additive which is known to exacerbate the symptoms of asthma, common food allergies, and other food dye allergies.

The Ritz Crackers sold in the U.K. has ingredients similar to any homemade country cookie recipe. With the U.S. Ritz Crackers you'll find the ingredient list includes transfat, HFCS and natural flavor. As you probably know by now, natural flavor is another name for hidden MSG.

When it comes to Rice Krispies there is only one difference between the U.S. recipe and U.K. recipe – the use of BHA (butylated hydroxyanisole) or BHT (butylated hydroxytoluene). While this is a common ingredient used extensively as a preservative by food manufacturers throughout the country, it is banned in practically every country you can think of.

BHA and BHT increase your susceptibility to carcinogens. On top of that, they can damage your kidney and your liver, elevate cholesterol levels, infertility, immune disorders, sterility, and other behavioral problems.

This leads us to wonder if all these banned ingredients are the main reasons why there is a higher mortality and disease rate here in the U.S. Apparently no one seems to want to tell us the truth about our food.

It seems we are left to fend for ourselves. We can collectively put a stop to all the sickness and suffering that besets us by understanding the food ingredients we put into our bodies and putting a plug on those that harm us. We must also help urge the food industry to stop using ingredients that are banned elsewhere in the world.

## Chapter 8. The Most Blatant Lies Food Manufacturers Feed Us

We've long been fooled by food labels into buying what we thought are safe and healthy only to find out too late that they are bad for health. Food manufacturers have been given quite a awesome leeway our very own food and health authorities to put whatever they want they want into their processed food they create through their "Generally Accepted As Safe". They are virtually free to add in any substance they want as long as it can increase their profits. The health of the consumers is the least of their concerns and they have resorted to peddling blatant lies on their food labels and advertisements just to get their products bought off the shelves fast. They are in effect no different from the snake oil salesmen of the old west.



Seedy food manufacturers have practically turned the consumer market into a caveat emptor or a '*buyers beware*' market. It is a good thing that today about 56% of consumers read the food labels first before making their purchases underscoring the growing awareness and concern among consumers about what they put into their mouths. Hopefully their numbers will continue to increase. The only problem is with all the false claims, use of words with double meaning, and outright lies food manufacturers are running our way, we are likely to fall for their ploy if we are not careful enough.

One of the good things we can do to avoid the caveat emptor is to be knowledgeable of their lies and scrupulous practices. Here are six of the most horrible lies peddled by sleazy food manufacturers:

### 1. *Unsubstantiated Health Claims*

With more and more big food companies shifting their marketing strategies to focus on the health benefits of their processed products (real or imagined) to capture the imagination and interest of a fast-becoming health conscious consumer market, you'd probably be hard put to tell whether you are in a supermarket or a pharmacy.

Processed foods are starting to look more like drugs with all the many health benefits they claim their products bring prominently displayed and printed in their respective food packages. Masquerading food as drugs has become a booming growth area within the food industry raking in \$31 billion annual revenues in the U.S. alone according Packaged Facts, an independent market research firm.

The sad part is many if not all of these claims are not backed up by any evidence at all. And if you are wondering how they are able to get away with it with great ease in the U.S. but not in Europe, it is because the U.S. Food and Drug Administration does not review such health claims unless they also claim to provide cures to particular diseases at the same time. Under U.S. laws, manufactures are allowed to trumpet the health-enhancing benefits of their food products provided they are based on individual, manufacturer-funded studies. And as long as they do not actually claim to provide a cure for a disease, they can print such claims on food packaging and tout them in their advertising campaigns. It means the consumers are left on their own to figure out for themselves what is supported by evidence and what is just imagined by the food manufacturer's marketing staff. This is something difficult for the ordinary consumer to do.

Here are a few examples of these health claims that actually turned out to be horrible lies:

- Dream Water a drink supplement that claims to promote sleep with the use of three additives. A test done by Joe Vinson, PhD, a chemistry professor at the University of Scranton, as commissioned by ABC News, revealed that the quantity of active ingredients vary from batch to batch. In some shots that were tested, some of the active ingredients were in fact hardly detected. This is because the active ingredients degrade in liquid. Melatonin, the main ingredient which tells the body it is time to sleep, actually degrades at the rate of 30% a month. The two other active ingredients have either degraded completely or are left with minute amounts insufficient to induce sleep.
- POM Wonderful – A brand of pomegranate juice concoction that claims to protect arteries, reduce the risk of heart disease, treat prostate cancer, and even treat erectile dysfunction based on company funded research. A larger study however debunked all such claims which led an administrative judge to issue an order stopping the company from making such false claims.
- Pro Bugs - This is a yogurt-like beverage made especially for kids that claims to contain good bacteria and prevent the growth of harmful bacteria in the gut. It was supposed to stop child diarrhea or other symptoms but a Georgetown University study proved that it didn't.

## 2. "Free Range" Chicken Are Actually Crammed in a Huge Enclosed Room

People feel good about buying "free range" chicken meat and eggs thinking they come from organically raised poultry which were left to roam and feed freely (unfenced and unrestrained) in wide open spaces. But the truth is these chickens are actually crammed in a giant room and only given occasional and limited access outside the premises. U.S. law simply defines "free range" as "having access to the outside world." It means that technically they are not breaking any law but the powerful image the words 'free range' conjures is the exact opposite of

what the reality is – e.g., the hens are imprisoned in huge cages. Europe has set a ban on egg production in caged systems.

### 3. Faked Blueberries in Muffins, Cereals, Bagels, etc.

Blueberries have amazing health benefits making them one of America's favorite berries second in line to strawberries. Adding blueberries make everything better. That is why you will find pictures of blueberries printed prominently on many food packages suggesting that they contain blueberries as one of the food ingredients.

But once you turn around the package and look at the ingredient list the blueberries are gone. They have been replaced with sugars, oils and artificial colors derived from petrochemicals. All those chewy and juicy bits of blueberry you get to taste are totally artificial. They are made from a combination of corn syrup and a whole bunch of synthetic substances camouflaged as "blueberry crunchlets" or "blueberry flakes."

The synthetic blueberries are cheaper to produce and have longer shelf life that is why prefer to use them instead of the real, natural berries. Unfortunately, synthetic blueberries do not contain the same nutrients and does not provide the same health benefits as the real thing.

Even if there is a law that requires the manufacturers to indicate the artificial contents of their products, they have found ways to circumvent the law. For example the Kellogg's Mini-Wheats' way is to simply print a picture on the package without making an outright claim that the package contains blueberries. Or, they may put in fake berry ingredients together with small, unspecified amounts of real blueberries just enough to allow them to legally claim that their products contain real blueberries just like Betty Crocker. Or, manufacturers may simply ignore the law and claim that their products contain real berries and even stick pictures of the berries on their food packages when in fact, what they have inside are fake, synthetic berries like the Total Blueberry Pomegranate cereal of General Mills.

### 4. Ammonia-Treated Food Products

We've mentioned in an earlier chapter how ammonia is used to treat pink slime that is used as filler for most processed meat products and hamburger patties. You must have heard too about how consumers howled when they learned that McDonald's meat products are treated with ammonia. Ammonia is a strong toxic substance used in oven cleaners and fertilizers in high concentrations to kill E. coli.

The U.S. FDA, however, declared ammonia's presence in food as 'generally recognized as safe' as long as within the 0.6 to 0.8 percent limits set. A hamburger patty made with pink slime contains 0.02 grams of ammonia per 100 grams of meat and so it is considered safe. But here's the catch. If you eat 5 burgers in one day then you'll be over the limit. Besides, it is not only the

hamburger patties that are laced with ammonia. The list includes gelatins, puddings, baked goods, and cheeses — with bleu cheese containing almost seven times as much as that of a hamburger patty with.

Other food products include cheddar cheese has 0.11 grams of ammonia for every 100 pounds; Salami, 0.11 grams of ammonia per 100 grams; Gelatin, 0.034; Mayonnaise, 0.041 grams per 100; Potato chips, 0.024; Margarine, 0.021; Ketchup, 0.035; Onions, 0.027; Brewer's yeast, 0.022; and peanut butter, 0.049 grams per 100.

And that's where the problem lies. If you eat a burger together with mayo, ketchup, onion, and cheese, you are likely going to consume an unhealthy dose of ammonia along which will definitely end up beyond the limit set by the FDA as safe.

#### 5. Orange Juice are not 100% Natural

Did you know that drinking orange juice you bought from the supermarket is no better than drinking soft drinks and other sweetened beverages? That is because what they dubbed as natural and "real" is actually merely reconstituted. You see, after the juice from the oranges have been squeezed they are placed in huge holding tanks where oxygen is taken out and the tank vacuum sealed to keep the juice for at least a year without spoiling. Unfortunately the process leaves the orange concentrate flavorless and so the manufacturers use synthetic flavor packs made by flavor and fragrance companies to restore the flavor and aroma of the original fresh squeezed orange juice. Some popular orange juice brands do not even use any orange juice concentrate at all. Instead, they use a chemical process to recreate a concoction that tastes and smells like real oranges!

#### 6. You may not know it but they are feeding you with Wood Pulp every single day.

Have you ever wondered what that 'cellulose' is listed in the list of ingredients of Aunt Jemima's blueberry pancakes? Or, the one listed on McDonald's fish patty you probably eat for lunch often? Or, in the ingredient list of your favorite Weight Watcher's Ice Cream Sandwich?

Don't be surprised now but that is wood pulp or wood chips processed into white powder and used as a cheap food extender. That's right – there is wood in your food! Powdered cellulose made from wood chips is used as food extenders instead of the more expensive oats, flour, or sugar cane fibers. It is estimated that food manufacturers are able to save as much 30% of their production cost by using cellulose.

While cellulose is not toxic, it is not exactly food either. It doesn't have any nutrient content and has no nutritional value at all. Manufacturers claim that it



adds fibers that aid the body in flushing out toxic food wastes left in the gut as well as reduce the body's fat intake. But since cellulose is something that cannot be digested by our body it makes you wonder how much and for how long can our body continue consuming the powdered wood pulp before it gives in. The surprising wide range of food products that contains cellulose is enough for you to be concerned with your daily cellulose intake.

So, now with all those lies and food fraud that pervade today's food industry we are faced with the problem of making the best food choices all on our own. But how do we exactly do it?

The logical step is what we have been harping on repeatedly throughout this book – discard all processed foods. Limit your food selections to fresh, organic, unprocessed whole foods. You must maintain fresh fruits and vegetables, and lean organic meat as regular items in your diet.

If and when you have no choice but to used some processed food you have to base your choices on the listed ingredients but this time you should be smarter. Treat the list with a grain of salt and investigate ingredients using descriptive with double meanings. Steer away from processed foods with a long list of ingredients and those with ingredients that are totally unknown to you. Confine yourself to items with few ingredients making sure you are familiar with every ingredient listed.

We've discussed most of the more common food additives that you should avoid so make it a point not to include them in your food list. When in doubt, simply go for fresh, unprocessed food. There is no way you can go wrong with natural food.

## **Conclusion**

Thank you once again for downloading this book. I hope you enjoyed it and learned everything you need to know about Diabetes Mellitus.

The next step is to put what you have learned from this book into practice so you can enjoy a life free from diabetes symptoms.

Finally, if you enjoyed this book, please take the time to share your thoughts and post a review on Amazon. It'd be greatly appreciated!

Thank you and good luck!