

## WHAT IS WRONG WITH THESE FOODS?

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The knowledge you gain from this web site will empower you to change your life and improve your health, but it's your own actions that truly give you that power. So when I advise changes in the way you look at food, you need to know why. Why eat this and not that? Do I avoid or just eliminate, and how do I do that? And what is wrong with these foods?



**Let's start with my advice as to eliminating sugars from your diet.**

Science has found that a persistent elevated insulin levels in the body is one of the main causes of obesity, hypertension and diabetes in this country. The use of fructose / sucrose in your diet will predispose you to metabolic syndrome; obesity, diabetes, heart disease (high blood pressure), and renal disease, otherwise known as syndrome X. These sugars speed up this disease process by maintaining multiple insulin spikes long after your meal should have ended. Yes our bodies need glucose which comes from vegetables and un-refined grains. Persistent insulin spikes come from excess fruit sugars and man-made or chemically derived sugars such as HFCS, Sucrose and some artificial sugars. If we look at the Glycemic index we notice that fructose and sucrose and other fructose compounds, have no significant readings which normally would indicate no insulin spike. This can be misleading, remember this form of sugar is only metabolized by the liver and the insulin spike does not occur until after the glycogen is produced by the liver, about one hour later. These insulin spikes can be termed secondary

spikes and are the most damaging to your health since they block your ghrelin response from your brain that would normally stop hunger, as a result your body believes your starving, and you keep eating. A few of the artificial sugars used today do not create an insulin spike, but they are just as harmful to your body since they are Synthetics or Chemical Foods that cause irreparable damage to the body directly.

If you look at the labels on the products in your pantry you will find that 90% of them have one or more forms of toxic sugar in their ingredients. If your goal is to improve health, then eliminating these toxins should, and must be your first

move. Please read; [How to Detox From Sugar.](#)



If you must have a sweet alternative then I advise the conservative use of barley malt or barley syrup, blackstrap molasses, brown rice syrup, 100% pure maple syrup or the herbal sweetener known as Stevia. Caution with such foods as Agave syrup, invert sugar and beet sugar since these are forms of concentrated fructose.

Other foods that cause persistent insulin spikes are refined grains, gluten, whey, and the heavy starches (carbohydrates) found in potatoes and white rice. Let's take a look at each, one at a time and see why the foods that used to be so good for us, are not so good now.



## Refined Grains

Fifty years ago bread was baked with whole milled flower and no additives or preservatives. Today not only bread, but all forms of foods that contain grains, are refined or processed. This means the grain is chemically separated using bleach and bromides, the bran and the germ are removed, which strips the grain of all its nutrients (most of which are natural B vitamins and minerals) then the vitamins are re-introduced using synthetic or chemical forms. So now we have toxins, and to tip the scales, these products need to have a viable shelf life. Breads 50 years

ago only lasted 2 to 4 days, so now we add chemical preservatives. Oh Goody, more toxins!

Remember, the goal here is to improve total body function, this means elimination of all toxic materials. Like the car engine, it will not run well if there is still sugar in the tank. **Evidence shows that the use of refined grains results in far more negative effects on the body, than those that may be positive.** For this reason alone, I advise the elimination of refined grains in the diet. This goes for adults as well as children.



## Gluten

Refined or un-refined, Wheat, Rye and Barley grains produce a protein known as gluten, which further compromises the use of grains in foods. Gluten has been found to be the trigger for the formation of allergenic type of reactions that appear to center in the gut, this is called Celiac disease. These reactions have been further classified as auto immune response because an antibody is formed by the body to attack the gluten that clings to the intestinal wall; this in turn causes damage to the intestinal wall and a cascade of diseases result; such problems as irritable bowel, impaired nutrient absorption, otherwise known as Mal-absorption Syndrome, with failure to thrive and osteoporosis, and multiple vitamin deficiencies and a variety of neurological disorders( ADD, ASHD, Autism) especially seen in children. Science has also found that untreated Celiac disease is linked to an increased risk of certain types of cancers, particularly intestinal lymphoma.

New studies have found that the sensitivity to gluten may be far more encompassing than we had imagined. It appears that many people sensitive to gluten never show any of the classic gut symptoms, but will test positive for Celiac disease. Classic gut symptoms include diarrhea, weight loss, constipation, abdominal pain, bloating.

To date, it has been determined, that one out of every 133 Americans suffers from Celiac disease. But since symptoms are not always present and we do not

routinely test for the disease in our children or ourselves, as a result that number (133) could actually be much smaller.

The end result of all the research shows that if you want to improve your gut function and decrease or eliminate the development of such diseases, then gluten should NOT be a part of your diet.

If you wish to be tested you can ask your doctor for a blood test for the presence of specific antibodies. But in my opinion, I feel that since Gluten is found in products that already have been compromised with chemicals and artificial additives, then the choice is simple. **NO Gluten!**

### **Whey? ----- NO WHEY!!!**

This is a destructive approach for the use of protein. Yes, the body needs protein, but 25 grams of protein found in meat, fish and vegetables, is more than sufficient for any meal, since that is the maximum load the liver can handle at any one time.



### **So what is Whey?**

Keep in mind that whey products in the US are produced (by law) from pasturized homogenized milk, whole raw milk also produces whey that is used to make cheese. These two products are diversly different, one is alive (raw) and healthy, while the other is dead (you can't make cheese from it).

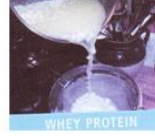
Whey is the accumulative result; what's left over after the pasteurization and homogenizing of milk. Years ago, this is what the farmer threw out after processing his milk for the market. It consists of dead white cells, dead red blood cells, serum albumin (BSA- a non specific protein binder found in blood), dead bacteria, mucus, and residues of bovine hormones including estrogen, progesterone and growth hormones (IGF – insulin growth factor).

As the dairy industry grew, the problem of disposal of this waste product increased. Some of this whey was sold to cheese producers who inoculated the

product with bacteria to make cheese (not a healthy product). Then someone suggested they could sell it, since there's 'protein' still found in this waste. So a marketing program was developed to sell this "protein rich" product to the body building industry. The sales theory was to convince the industry that a high protein intake (over 30 grams) was a necessary part of a "healthy diet", the fact that liver damage would result with doses over 25 grams was never mentioned. This false-hood of 'high protein intake'; soon became 'truth' and as a result a new and rapid growing industry was developed.

At the same time the waste material grew. Mass milk production involves the use of chemistry to stimulate larger quantities of milk from the cows, steroids and growth hormones force increased production along with milking three to five times a day rather than the typical two times a day. The dairy cows developed udder infections and the frequent machine milking caused traumatic tissue damage and pain (cows will actually bellow and even pass out from the pain), which requires antibiotics and large doses of pain medications. The aggressive use of steroids and increased machine milking caused the formation of large amounts of mucous to form in the milk as a defense mechanism against the continued traumatic injury (mechanical milking) to the utter of the cow. As an end result of all this, we now have added to that toxic waste, pharmaceuticals, which include pain killers, steroids and antibiotics, along with a large amount of mucous. **Keep in mind there still has been no development in science to safely remove the toxins from the whey.** Now instead of feeding waste materials to pigs, we eat it, Oh Yummy! As a side note; high production dairy cows live only 6 to 7 years out of a normal 20 year life span. And Pasteurized/ Homogenized milk fairs no better; it has no nutritional value and poses the same health risks.

**I do, however, highly recommend the consumption of organic raw unpasteurized milk and milk products, such as butter and cheese, especially for children. Raw milk contains all the essential nutrients and digestive enzymes and bacteria needed for basic good health. But it must be organic and raw, **once milk is processed it becomes pure toxins with no health benefit.****



## **Now let's look at the health dangers of whey.**

Unfortunately whey is one of the main culprits in the formation of **allergies, including lactose intolerance, respiratory diseases such as asthma and multiple nasal allergies**. Lactose intolerance can be seen as loss of energy, diarrhea, stomach pain cramping and excess gas. The introduction of continuous small amounts of antibiotics into the human intestinal tract will weaken the immune system, killing - off good as well as bad bacteria, thereby decreasing your ability to digest and utilize nutrients from your food.

It is believed that **bovine protein** is linked to the development of **diabetes**, particularly in children. But if we ignore the protein we can find other ingredients in this waste product that are also harmful to the body. Take for example, **IGF- or insulin growth factor**. This factor has been indicated in several studies to show a significant link to the **formation of cancers**. Increased concentrations in the body are associated with an **increased risk of lung, colon and prostate cancer as well as pre-menopausal breast cancer**.

Today we find Whey protein in a growing number of products, from energy drinks to cereals. But the most disastrous use of this waste is found in infant formulas; almost every formula on the market now has 'whey protein' as a part of its ingredient list. If you feed your baby this, you must remember you are giving him or her, an overwhelming amount of hormones, along with antibiotics and pain killers that could lead to diabetes, abrupt changes in growth and development patterns, slow neurological development, and even cancer.

MOM, PLEASE breast feed your children for at least 6 months and move straight to Raw Organic Milk from there.

**What do I see when I look at Whey?**

**I see TOXIC WASTE that should NEVER be consumed by the human body.**



## SOY, THE 'MIRACLE CURE' ?? ----- I don't think so!!!

Let's look at Soy as a simple basic food. Ten years ago Soy became a mass produced commodity but with no market. Discovered by the US food industry, soy was a weed, that could grow literally anywhere around the world, in any soil, a bargain basement bonanza for block buster sales. Again the food industry devised a campaign that promoted the protein found in Soy as a 'Miracle Cure' that "fights cancer and reduces heart disease by lowering cholesterol". Soy was promoted as a 'health food' protein additive and put into 70% of all processed foods. It has been estimated that today over 30,000 different grocery foods contain soy. It actually seems like soy popped up out of nowhere onto the market, while the industry promoted soy as a staple-food that was used for centuries around the world. The truth of the matter is that NONE of the statements made by the industry are true.

Soy is a weed that was used by the Chinese in the 17 century as a fermented form of spice, not a staple-food in fact it has NEVER been a staple-food in any diet anywhere in the world until the US mass produced it ten years ago.



## As for the 'miracle cure', let's look at the science.

Soy contains high levels of Phytic Acid, these levels only decrease with long fermentation (one to two years). The acid itself prevents the proper use of calcium, magnesium, copper, iron and zinc in the body; leading to **mal-absorption syndrome, osteoporosis, and growth problems, especially in children.**

Soy contains Phytoestrogens (Glyphosate) which **mimics estrogen hormones** in the body and disrupts endocrine function; leading to **infertility and increase risk of breast cancer**, ingestion of multiple soy containing products can cause female sexual traits in males. These phytoestrogens also act as **anti-thyroid agents**;

disrupting the thyroids function leading to **hypothyroidism** (severely low thyroid; seen as weight gain, low metabolism with high insulin spikes) and **thyroid cancer**. The vitamin B12 found in soy cannot be absorbed by the body, and actually **increases the need for vitamin B12**.

Trypsin found in soy interferes with the digestion of proteins in the body, and in animal studies it causes **stunted growth**.

The processing of soy actually destroys most of the protein that is promoted as so 'valuable'. This processing also creates Lysinoalanine (a highly carcinogenic nitrate) and Glutamic Acid (MSG – a potent neurotoxin and appetite stimulant); both of which do their share at creating multiple **neurological diseases including, ADD, ASHD, Autism, Alzheimer's, and a variety of cancers involving both the nervous and reproductive systems**.

And finally, soy contains **high levels of aluminum** which is **toxic** to the **nervous system and the kidneys**.

In conclusion, **SOY IS NOT A STAPLE-FOOD**, in fact I look at soy as a **PURE TOXIN**



that should **NEVER** have been introduced into the American diet. And unfortunately it is spreading around the world. Quite frankly I can find **NO intrinsic value** to the use of soy **in any diet**, and that includes animal diets. The saddest part of the soy story lies in the fact that we feed enormous amounts of this toxin to our children starting from the day they are born.

Mothers, if you feed your baby Soy formula, you are giving him or her, a dose of female hormones, equal to four to six birth control pills a day. You will change their sexual and neurological development and start them on their journey toward Autism, multiple neurological dysfunctions and even cancer. Please breast feed your babies for the first 6 months and move straight to raw organic cow's milk from there.

**And this story has now become a nightmare!!**

**Please Read GMO's THE NIGHTMARE COME TRUE.**



## Potatoes and White Rice;



### The other foods that spike your insulin.

Yes, these are carbohydrates that cause an spike, unfortunately there are few



insulin receptors

for the insulin to attach to and convert to glycogen. For years these types of foods have been classified as empty calories, basically because they provide little or no nutrition to the diet, and almost no usable glycogen for cellular energy. But they do spike the insulin levels, which results in a free flow of insulin in the body and blocks the reception of leptin in the brain, so ghrelin cannot be produced. And you now know that without ghrelin to shut down the stomach, we continue to feel hunger and eat.

Add onto this problem the fact that these foods are now genetically modified (GMO's) and you can plainly see where I'm headed, yes; white rice and potatoes are OUT.

The target here is keeping your insulin levels low. All of the foods I have just mentioned cause unnecessary and uncontrolled spikes in the bodies insulin levels, which is the primary cause of metabolic syndrome or syndrome X. If the goal here is weight loss, control of your weight and blood pressure then these foods should not be a part of your diet.

In Conclusion, a healthy diet in reality consists of simple straight forward basic foods, meat and vegetables. The Mediterranean's have known this for centuries; they are the healthiest people in the world. Their knowledgeable use of food along with herbal medicine has been a 1200 year old secret. This secret is now unlocked and used by Dr. Marc Tahiliani in the Mediterranean Wellness Diet. Designed to keep your insulin levels low, eliminate toxic substances (no sugars, refined grains, gluten, soy, white rice or potatoes) in foods, and improve your overall health (eliminate obesity, lower blood pressure, eliminate pre-diabetes and diabetes diagnosis) and put you in control of your health. All of the essentials of this diet are found in the Merchandise Catalog, I urge you to take advantage of them and take control of your health.

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