

## **What am I doing to ME?**

**MSG** According to [www.msgtruth.org](http://www.msgtruth.org) Independent research regarding the amino-acid based food additives, Monosodium Glutamate (MSG) and Aspartame reveal the horrific truth.

All processed foods, such as Taco Bell, Kentucky Fried Chicken, Lean Cuisine and Weight Watchers frozen meals, to include a few, are loaded with MSG. It has over 250 different names (i.e. hydrolyzed vegetable protein, textured protein, flavorings, and tenderizers). MSG is a neurotoxin. It is highly addictive and affects the same receptors in the brain as Valium. It stimulates the pancreas to produce insulin. It is an anti-appetite suppressant, meaning it causes you to be hungry and eat more.

A few of the diseases associated with MSG are:

ADHD, ALS, Asthma, Autism, Depression, Diabetes (type 1 and 2), High Blood Pressure, Heat Stroke, Migraine, Myopia, Obesity and Tinnitus.

Some of the body systems affected by MSG are:

Allergic Response, Blood Vessels and Pressure, Brain, Digestive, Endocrine, Hearing, Heart Rate, Hypoglycemia, Hypothalamus, Lungs, Nervous System, Pancreas, Thyroid, Vision, and many others.

Additionally, some of the ingredients that are now being used to manufacture MSG are coming from GMO sources. Generically Modified Organisms are another issue, which, quite frankly is even scarier!!

## **What can I eat?**

You need to eat a lean protein, vegetable-heavy meal with some fat in it (good fats like oil and vinegar dressing or sautéed in olive oil).

A 400-600 calorie meal looks like this: If a salad 6 to 8 cups of greens (not iceberg lettuce -- use spinach, romaine or other dark greens) plus 1 to 1-1/2 cups of any other vegetables. Cut out all starches like rice, pasta and wheat. You can have one slice of heavy whole grain bread like Ezekiel bread. Use corn as a garnish (small amounts) because it is very high in starch. Two veggies that should always be eaten raw are carrots and peas, because cooking causes the sugar levels to go up 20 times. Veggies can be roasted or stir-fried, but do not over cook them.

Also include a piece of protein with your meals. You have to eat enough food to keep the metabolism from resetting at a low level. You can talk with your coach about this.

## **pH Balance:**

According to Dr. Tony O'Donnell's book, **Miracle Super Foods That Heal**, "German biochemist Dr. Otto Warburg won two Nobel Prizes, in 1931 and 1944, for proving that

low oxygen levels in the cells cause cancer, and that, unlike healthy cells that use oxygen for energy, cancer cells use fermentation to create energy.

Acidity and low oxygen are requirements for good fermentation, as any vintner or brewer knows. They're also requirements for cancer to grow and flourish, as Dr. Warburg discovered. Without them, cancer will die.

When cells don't get enough of the oxygen they need to create energy, they ferment blood sugar (glucose) for energy instead...that raises the acidity (pH level) of the body. At an alkaline pH balance slightly above 7.6, cancer cells stop growing and replicating. At pH 8.5, cancer cells die.

Most people in this country are somewhere between 3.0 and 4.0 on the pH scale. (For your information: when the body drops 1/10th of a point (i.e. from 4.0 to 3.9) it is actually 10 times more acidic. The acidic environment is the breeding ground for all disease in the body. Healthy metabolic functions happen in an alkaline environment.

### **Soft Drinks:**

According to Dr. Batmanghelidj's book ***Your Body's Many Cries for Water***, Aspartame is 180 times as sweet as sugar without any calorie output. In the Intestinal tract, above 85 degrees (and our bodies are 98.6) a chemical reaction takes place and which changes it to formaldehyde and wood alcohol.

Additionally, diet drinks do not cause you to lose weight. Actually it is responsible for excess eating and then weight gain. The fact is that the sweet taste actually causes the pancreas to secrete insulin, which is a storage hormone – particularly dangerous for diabetics.

The sweet taste in your mouth sends a signal to the brain that sugar is coming and the brain in turn tells the liver to stop converting fat to sugar for energy -- because fresh sugar is coming. When it does not show up, the brain sends out the message that it needs sugar, and that is interpreted as hunger -- and off you go to eat.

When you drink one 12-oz can of soda, you would have to drink twelve 10-ounce glasses of water to neutralize the acidic effects..

Additionally, soda in a can leaches aluminum particles from the can and those end up in your body. Aluminum has been directly linked to Parkinson's disease and Alzheimer's disease.

### **Coffee:**

For each cup of coffee you drink, you would need to drink eight 8-ounce glasses of water to neutralize the acid from that cup.

Additionally, coffee beans are soaked in chemicals to keep them from molding while waiting (sometimes for weeks) to get to the roaster. After they are roasted, the *fresh roasted flavor* is sealed into the beans by a sort of varnish. THAT is what you are brewing in your cup.

### Alcohol:

The most susceptible fruits on the planet, to toxicity, are bananas and grapes. Their skin is very porous. The grapes are sprayed several times during the growth process and those pesticides go directly to the middle of the grapes.

As a matter of fact, in Sebastopol, California, in the heart of wine country, there are HUGE signs posted everywhere that water is on the surface of the ground in creeks etc., that state, the waters are poison because of the spraying of the vineyards. Do not allow your children or pets in or near the water. Think about it.

### Alcohol and Sugar considerations:

These two items bring up the same issue – cortisol. Sugar in our body (sugar, wine, refined carbohydrates) causes our blood sugar to go up. Then it crashes quickly and that releases the stress hormone cortisol. Cortisol is responsible for locking down fat, and shutting down the metabolism. That puts the body into the mode of burning sugar instead of fat. It is responsible for belly fat. It creates a craving for sugar.

The cleanse is a low glycemic program, we are keeping your blood sugars even, we want to do that by eating something every 90 minutes to 2 hours. The snacks and almonds are designed to do just that.

### Sugar:

The brain is the only organ of the body that actually needs sugar. Without it we will die. However, the sugar we require is natural sugar.

Sugar cane sends its roots down 15 feet. It draws in all the minerals from that depth. When we process the sugar, we condense the sweet molecules up to 10 times and remove all the “brown”. That brown is then turned into Black Strap Molasses. That brown is also all the vitamins and minerals that have been removed.

In order for the brain to process the sugar it needs those vitamins and minerals. When they are not present, the body taps its reserves. It will pull them from various places in the body.

One of those minerals is magnesium. Your body pulls the magnesium from the bones and internal organs to process the sugar. The more sugar you eat, the lower your stores of magnesium.

According to the *Well Being Journal, January/February 2005*, “We store about 25,000 mg of magnesium in our body and only 1% of it is in the blood.” (so depletion of your body’s stores may not show up on a blood test.)

The journal goes on to say low magnesium can cause symptoms like “headaches, unrefreshing sleep, leg or foot pain, palpitations, muscle twitching, blurred vision, mouth ulcers or anxiety symptoms.... Magnesium levels fall at night, and so the first symptoms of deficiency may be poor REM sleep cycles and leg cramps. Later, as levels continue to fall, tissues start failing so unpredictably that the symptoms may be sporadic. Borderline stores mean that the person becomes dependent upon dietary intake of the mineral and hence may have good and bad days....the effect of magnesium is like a muscle relaxant and hence will lower the blood pressure...Magnesium is important for the production of serotonin and low levels may lead to depression...higher levels of magnesium means a lower rate of cancer.” Additionally, in a separate article in the same issue magnesium is cited as the missing factor in osteoporosis. “the more milk consumed the more bone loss...high dairy consumption correlates with high rates of osteoporosis. When magnesium is low there is over stimulation of the osteoclasts in the bone structure, which causes net bone loss...most Americans should supplement 300 to 1000 mg of magnesium per day.”

### **Sugar Addiction:**

The *March/April 2005 issue of Well Being Journal* talks about sugar addiction. Basically it states that tests were done on rats showed that when large amounts of sugar were given to the rats, then withdrawn and the brain chemistry was tested, the rats’ brains showed exactly the same chemical reactions as were present in rats that were addicted to morphine and nicotine and going through withdrawal.

Sugar actually slows the brain’s natural production of endorphins by artificially attaching itself to the receptors in its place. These receptors are actually where pain is perceived. Then when the sugar is removed, the brain does not produce the endorphins to bind to the receptors and the person craves more and in larger quantities.

### **Artificial Sweeteners:**

When we use artificial sweeteners they, by their sweet flavor, tell the brain that sugar is coming. The brain then tells the liver to stop converting fat to sugar (which is what the brain needs to function). But when the sugar never actually arrives, the brain sends out the signal that it is hungry and needs to eat to get more blood sugar.

**Sweet Deceptions by Dr. Joseph Mercola** states that aspartame has been shown to cause holes in the brain. Toxins in aspartame are aspartic acid, DKP aspartame, methanol (wood alcohol), formaldehyde, and formic acid and these act as neurotoxins in the brain. Side effects can include headaches, fatigue, sleep disturbances, skin disorders, musculoskeletal, gastrointestinal, and cardiovascular problems.

### **GMOs (Genetically Modified Organisms):**

Genetically Modified foods are killing us. The modifications are showing up in the permanent genetic code of 2nd generation rats and mice in lab tests. We are being used as lab animals without our permission.

Salmon have been modified to grow bigger and faster and are being released into our streams and rivers. The GMO salmon are killing off the natural salmon. What happens to our children/grandchildren when they adopt that gene and grow bigger and faster? ([www.centerforfoodsafety.org](http://www.centerforfoodsafety.org))

By being able to take the genetic material from one organism and insert it into the permanent genetic code of another, biotechnologists have engineered numerous novel creations, such as potatoes with bacteria genes, “super” pigs with human growth hormones, fish with cattle growth genes, tomatoes with flounder genes, and thousands of other plants, animals and insects. At an alarming rate, these creations are now being patented and released into the environment.

45% of U.S. corn and 85% of soybeans have been genetically modified. 70-75% of processed foods on supermarket shelves contain genetically modified ingredients. We are growing pharmaceuticals in our corn -- things like birth control and blood thinners.

These GMO plants also have the “terminator gene”. That means the seeds are dead. What happens to humans second generation when that terminator gene shows up in our kids?

**The Hundred Year Lie** by Randall Fitzgerald says “we are becoming a mutant species”.

### **Smokers:**

Sometimes one of the cleansing symptoms is a skin rash – skin is our largest organ and when the tar cleanses out of our system, it often comes through our skin and creates a slight irritation. Don’t be surprised by this. An easy solution is an Epsom salt bath: put 2 cups of Epsom salt in hot water then sit in it for 15-20 minutes to pull the toxins out of the skin.

### **Plastics and Water:**

Do not drink water from "cheap" plastic bottles. Water is a natural solvent which leaches plastic molecules from the bottles. In the human body those molecules mimic estrogen.

In the male body, it is causing low sperm counts (up to 80% of men in this country would be ineligible as sperm donors) and men are going for breast reduction surgery in record numbers because of higher than normal estrogen levels. This is also causing severely reduced testosterone levels, should be about 500 and are actually somewhere between 150 and 300 in most US men. No wonder we are using so many little blue pills. (Doris Rapp M.D., **Our Toxic World**)

For pregnant women – those molecules are ending up in our male babies and causing deformed penises and undistended testicles.

Don't cook or store foods in plastics.

**Drink Your Water:**

Chlorine is one of the most powerful carcinogens known to man. Therefore, we need to be careful of our exposure. We can get filters for the shower. When we heat water for our shower, chlorine in the water converts into a gas or vapor known as chloroform.

When we drink our water it should be filtered (reverse osmosis is best, but anything to get the chlorine out is necessary).

In his books **You're Not Sick, You're Thirsty** and **Cancer, Obesity and Depression**, Dr. Batmanghelidj writes:

Every 24 hours the body recycles the equivalent of four thousand glasses of water to maintain its normal physiological functions. It does this every day of its life. Within this pattern of water metabolism and the recycling process (including breathing) and depending on environmental conditions (i.e. humidity etc.) the body becomes short about 6 to 10 8- ounce glasses of water each day. If this deficit has to be supplied to the body every day it needs a minimum of ½ your body weight in ounces of water per day.

The body needs water – NOTHING SUBSTITUTES FOR WATER. Water is a nutrient. Water dissolves all the minerals, proteins, starch and other water-soluble components so the blood can carry them around the body for distributions.

He says the onset of most disease is caused by dehydration in the body. Usually when you think you are hungry, you are actually thirsty. The body does not know the difference. Most of the adult population in this country is severely dehydrated.

**Candida issues:**

If you suspect that you have Candida issues. Please go to this website. [www.flora-balance.com](http://www.flora-balance.com). Research has show that more than 60% of people in this country DO have issues with Candida. There is a simple test to take to determine if you have it.

Dr. Dennis Harper, from our advisory board, has been using products from this website to battle Candida in his patients since 1991 with great results, usually in a week or less. The products are not expensive.

**FYI:**

Forbes and Associated Press released an article August 18, 2006.

A mix of bacteria killing viruses can be safely sprayed on cold cuts, hot dogs and sausages to combat common microbes that kill hundreds of people a year, federal health officials said Friday in granting the first ever approval of viruses as a food additive.

The combination of six viruses is designed to be sprayed on ready-to-eat meat and poultry products, including sliced ham and turkey...consumers won't be aware that meat and poultry products have been treated with the spray...the viruses are grown in a preparation of the very bacteria they kill.

A similar product is being prepared to be sprayed on beef for e-coli. The consumer will not need to be informed about any of the spraying. And, just in case there is a problem, the drug companies have already begun development on vaccines to fight the bacteria if it should cause problems in people. ???