

7 “Slow Poisons” You Possibly Eat Daily And Why You May Decide to Avoid Them.

By Morning: Spirit: Wolf-D.R.M.

1. Eating “Fiberless Foods” Can Cause Five Serious Health Problems.

1). Every gardener knows if his soil pH is abnormal, his plants will turn yellow from “malnutrition” even if the soil contains an abundance of nutrients. If the pH in your digestive tract is abnormal, your body cannot formulate vitamins and minerals into compounds that heal and nourish your body. If food nutrients are not utilized and absorbed into blood fluids, you are not what you eat - you are what you digest. When food spends too much time in the digestive tract it will ferment, then putrefy, and produce acid and toxic gasses. More fiber will cause bowels to empty sooner, thus reducing fermentation. 2). Soluble fiber helps to remove cholesterol buildup in the blood and prevents the liver from “recycling” bile, causing new bile to be made. Cholesterol is taken from the blood stream and used by the liver as the primary ingredient to make digestive bile. Cholesterol exchange is what keeps the brain healthy as it is composed of over 35% cholesterol. 3). Lack of fiber allows food to putrefy when remaining too long in the colon, causing harmful acidic conditions that become cancerous forming growths in the colon, or elsewhere if transported to other places in the body. 4). Fiber will help absorb harmful digestive chemicals that have been produced from fermenting and putrefying foods, and remove them as waste along with the fiber. 5). Constipation, indigestion, and hemorrhoids all indicate inadequate soluble fiber and fluid intake. Vegetables such as broccoli, asparagus, tomatoes, cauliflower, red potato, and spinach, whole grains such as barley and brown rice, and fruits such as mango, pear, apricot, and avocado, and legumes such as red kidney beans,

red lentils, and white beans are all excellent sources of fiber.

2. Refined Sugar

There are 10 teaspoons of sugar in every can of soda, as well as in 12 ounces of extracted fruit juice (fiber removed). Refined sugar is rendered toxic to the body when the refining process has destroyed all the natural minerals and enzymes causing it to be a drug rather than a food. Refined sugar hides in nearly every packaged, processed, convenience food that exists from salad dressing, to ketchup, to bran muffins. Without realizing it refined sugar comprises over 16% of every meal that is consumed from foods that are processed. Sugar is a digestive stimulant and an energy booster but its excess carries a negative impact on the nervous system, altering the delta, alpha, and theta brain wave activity. It also interrupts the energy cycle to suppress your immune system and its production of lymphocyte “killer cells” that protect anti-body attacks. Excess sugar triggers insulin responses to encourage the body to store excess as body fat and as triglycerides in the arteries. Organic, unprocessed cane sugar (Sucanat brand), unprocessed fructose (corn sugar), raw honey, and grade B maple syrup all offer natural sugar in a complete package, including minerals for proper metabolic utilization and balanced energy; in other words no refined sugar energy spikes and depletions.



Using foods from the Peak Frequency Foods list makes it easy to include high enzymes, vital nutrients, essential fatty acids, and fiber which naturally reduces harmful sugars, hydrogenated oils, chemical additives, and degenerative sodium salts.

3. Hydrogenated Vegetable Oils

Natural oils contain essential fatty acids (EFA's) that the immune system uses to create disease-killing cells, and the digestive system uses to metabolize minerals for healthy function of every organ, tissue and bone. Hydrogenated and partially hydrogenated oils converts EFA's to trans-fatty acids rendering them indigestible and more harmful than arsenic (poison). Some places

to look for hydrogenated oils are in most breads, pastas, and pastries, ice cream, deep fried foods such as chicken and French fries, crackers, boxed cereal, potato and corn chips, while peanut butter and margarine are the two worst culprits being pure hydrogenated products. Over half of all refined foods, and over three-quarters of all “fast” foods contain hydrogenated vegetable oils or shortening which is another totally hydrogenated and therefore indigestible product. Extra virgin olive oil and avocados are the only two foods that remove stored, toxic oils and rancid fats from the body and provide the full complement of those fatty acids that are so essential.

4. Refined Salt

In the western world refined salt is used to excess, mostly to cover the taste of rancid oils in poor food products or to preserve processed foods. Remember that the difference between a nutrient and a drug or toxin is the manner in which the body utilizes it. Refined salt has been bleached, had all its natural minerals destroyed, has iodine added to help absorb the excess sodium this product has become, is now sodium chloride (a poison), and turns to arsenic when heated. This over loads the salt balance in blood fluids the kidneys must delicately maintain, causing high blood pressure, water retention in tissue, and acid pools of fluids in joints and organs, not to mention the stress it puts on the adrenals. Excessive inorganic salt intake completely disrupts potassium usage critical to the utilization of B-complex vitamins and the function of neural-electrical communication. Since salt is not produced by the body, and organic salt is one of the most necessary elements for health *Real Salt* brand salt is organic, unprocessed, unrefined and intact with all its natural minerals, of which sodium is but one, and will furnish balanced minerals salts to sooth kidneys, lower blood pressure, draw away toxins, and reduce inflammation.

5. White Flour

The refining process of altering grains into white flour completely destroys all its nutritive properties rendering its consumption the leading cause of malnutrition in American people. It has over 65% less fiber, and over 85% less vitamins and minerals than whole grains, and its processing renders it a simple carbohydrate that is quickly converted into sugar. White, refined flour, depletes stores of minerals, causes purification in the intestinal tract, traps food into colon pockets to later form mutations and harmful growths, and

inhibits absorption of nutrients through colon walls. Whole grains such as barley, brown rice, millet, kamut, and wheat have stores of vitamins, minerals, phyto-nutrients, proteins, and EFA's to uniquely balance and energize your body.

6. Fats

Poor quality fats, especially those of animal products such as salted butter, cows milk and cheese, beef, chicken, pork and turkey, and peanut and canola oils are not digestible and will be stored as hard fat clogging your arteries, will slow down the supply of oxygen and nutrients to your body's 70 trillion cells, and lower production of ovarian and testicular sex drive hormones in both men and women. These kinds of fats also produce “free radicals”, especially the fat of pork, which comes from an animal that is not able to sweat and therefore stores the bulk of its toxins in its tissues and fat layers. A daily intake of 1-2 tablespoons of extra virgin olive oil and a half an avocado, as mentioned earlier, will neutralize fat toxins and remove stored fats from the body. The proper fats will maintain essential fatty acid levels keeping fats from being stored and help regulate metabolic rate for weight control, while alkalizing the body.

7. Chemical Food Additives

Over 3,500 chemicals have been invented as food additives that are annually consumed an average of one to two pounds per year by each consumer. They may be known as monosodium glutamate (MSG), sugar substitutes; such as nutra-sweet and equal, food colorings or dyes, flavorings, preservatives (including nitrates), emulsifiers, stabilizers, enhancers, fillers, waxes, sprayed on or injected vitamins (made from coal tars), tenderizers, antifreezes, growth hormones, antibiotics, or a host of newly coined terms for artificial, chemical, synthetic, food additives that have known and unknown risks and side effects, even death, associated with their intake. Altering foods with additives alters the way the human body will digest them, utilize them, and store them, which in turn has a cumulative effect on the genetic patterns of human function, altering genetic codes to misinform them of their proper purpose, performance, and outcome. In addition to changing the very DNA of the body, making you more susceptible to disease, food additives affect your hormone levels, your mineral absorption, and harm your ability to think for and determine yourself. Eating Peak Frequency foods will eliminate the addition of harmful chemical components, while boosting every organ, system, and cell function for vital health.

