

Top Ten Toxic Foods

- 1) **Sodium nitrates**/nitrosamines. High fat meats such as bacon, sausage, pepperoni, lunch and hot dogs, which contain Reacts to stomach acids and causes Colon rectal cancer, intestinal and malignant tumors. Univ. Southern California research study that Children eating 3 hotdogs a week have 9 times the risk of Leukemia versus children who do not. Get meats without Sodium Nitrates.
- 2) **Aspartame**, the artificial sweetener used in diet drinks and other products
Excito toxin, Brain tumors, Brain Cancer, seizures, headaches, Optic nerve damage.
Worst products ever made. Phenyl Alamines, Aspartic Acids, and Methanol. Methanol is a poison its paint thinner and they are putting it in foods. Every case study with primates (monkeys) developed Grand Mall epileptic seizures. Use Stevia or Organic Coconut Sugar.
- 3) **Margarine**, and products that contain trans fat (use organic butter instead). Without Bovine growth hormone.
Alternative: Organic butter with Cold press virgin Olive Oil, Garlic and Organic Salt Himalayan. Margarine is one molecule away from plastic.
- 4) **Shellfish**, generally contains too much contamination from beds in the US. Arsenic, Lead, and Mercury. Lobsters, Clams, Crabs, Oysters, Scallops. If you are going to eat it don't use Margarine. Increases chances of Shellfish poisoning.
- 5) **Junk foods** –(Industrialized Sugar)(Industrialized Salts) and products with high fructose corn syrup Red dyes, and Blue Dyes allergic reactions. Overgrowth of Candida (fungus) from too much sugar. You need Acidophilus to rebuild good bacteria.
- 6) **GMO Soy products**, tend to increase estrogen levels. Artificial Estrogen.
Feminize men. Increases risk of Fibroid tumors in breast. Women can't produce proper Testosterones. Small genitalia and Female brains.
- 7) **Fluoridated and Chlorinated** water, act as endocrine disruptors.
Halogens on periodic table of elements. A by product of Aluminum. Nero Toxin. Harvard study stated that you reduce a child's IQ by giving them Fluoride. Toothpaste, Mouthwash, Fluoride treatments in Dental offices.
Chlorine, Bromine, Iodine attach to the Thyroid Gland. Hyper or Hypo Thyroidism.
Fluoride is the Active ingredient in Prozac and Zoloft.
- 8) **High fat dairy products**, and non-organic dairy (have bovine growth hormones)
Raw State certified no contaminate. Pasteurized but not homogenized.
GMO given to Cows
- 9) **Coffee**, elevates harmful cortisol levels. Stress hormone and makes you age quicker and makes you store body fat. Don't do it everyday and don't get addicted.
When you get headaches because you don't have it. Dehydration. High level of Caffeine levels.
- 10) **Alcohol**, habitual or daily use causes problems. An occasional red wines ok. Resveratrol. Antioxidant fighter. Good water without chlorine or fluoride makes you feel good. Look for "bottled at the source waters". Takes a few days to rebuild the adrenals so you may feel tired at first but after the first few days you will feel great.

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