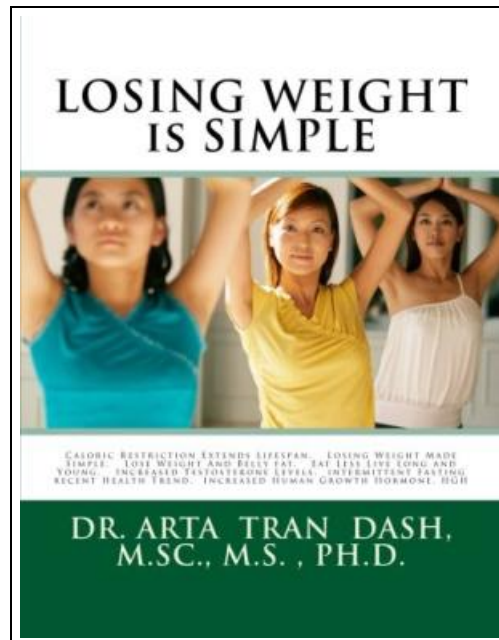


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(Juliet Kertzmann)

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INTRODUCTION First thing you should do is to make a list what you usually eat. If the list contains any of the following foods, you must gradually stop eating them, if you can't stop eating them right away. Eat natural healthy foods. Below is the list of foods that I want you must avoid; Grains, bread, cereal, wheat products, pasta, pizza, bagels, processed foods, processed meats, packaged foods, fast foods and fried foods, soda pops, energy drinks, juices (especially orange drink) and juice cocktail. I hope you got the message. If you stop taking these, you will see the changes within a week your body did not evolve to consume starchy, high carbohydrate sugars from bread, pasta, cereal and other grains, soda pops, juice cocktails, energy drinks, etc . Ever since we were told to eat low fat, these foods have been the bulk of our diet AS a result, there has been a modern epidemic of obesity and diabetes. At the same time, we face skyrocketing rates of dementia and Alzheimer's Research shows a strong link between blood sugar disorders and every stage of dementia, starting from memory loss to mild cognitive impairment to Alzheimer's. It is clear from above that diabetes is considered major risk for Alzheimer's. That's why Alzheimer's has been called "Type 3 diabetes." Low Fat Craze: Forty years ago or so the low fat craze started which created health havoc, including obesity, diabetes, Alz's. This low fat craze gave rise to various unhealthy foods. Many companies new or old started producing artificial products----low fat this and low fat that, skim this and skim that, artificial egg products and artificial crab meat, diet this and diet that. These are all chemically...



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