

DIETARY DANGERS

1. Do not eat commercially-processed foods such as cookies, cakes, crackers, TV dinners, soft drinks, packaged sauce mixes, etc. Read labels!
2. Avoid all refined sweeteners such as dextrose, glucose, high fructose corn syrup, and fruit juices.
3. Avoid white flour, white flour products, and white rice.
4. Avoid all hydrogenated or partially hydrogenated fats and oils.
5. Avoid all industrial polyunsaturated vegetable oils made from soy, corn, safflower, canola, cottonseed, grapeseed, or rice bran.
6. Avoid foods cooked or fried in polyunsaturated oils or partially hydrogenated vegetable oils.
7. Do not practice veganism. Animal products provide vital nutrients not found in plant foods.
8. Avoid products containing protein powders as they usually contain carcinogens or damaged proteins formed during processing. Likewise, avoid lean meat, skinless poultry, reduced-fat milk, and egg whites without the yolks. Consumption of protein without the cofactors occurring in animal fats can lead to deficiencies, especially of vitamin A.
9. Avoid processed, pasteurized milk; do not consume ultra-pasteurized milk products, low-fat milk, skim milk, powdered milk, or imitation milk products.
10. Avoid factory-farmed eggs, meat, and fish.
11. Avoid highly processed luncheon meats and sausage.
12. Avoid rancid and improperly prepared seeds, nuts, and grains found in granolas, quick rise breads, and extruded breakfast cereals, as they block mineral absorption and cause intestinal distress.
13. Avoid canned, sprayed, waxed, and irradiated fruits and vegetables. Avoid genetically modified foods (found in most soy, canola, and corn products).
14. Avoid artificial food additives, especially MSG, hydrolyzed vegetable protein, and aspartame, which are neurotoxins. Most soups, sauce, and broth mixes and most commercial condiments contain MSG, even if not indicated on the label.
15. Avoid caffeine and related substances in coffee, tea, and chocolate.
16. Avoid aluminum-containing foods such as commercial salt, baking powder, and antacids. Do not use aluminum cookware or deodorants containing aluminum.
17. Do not drink fluoridated water.
18. Avoid synthetic vitamins and foods containing them.
19. Avoid distilled liquors.
20. Do not use a microwave oven.