

WHAT'S WRONG WITH POLITICALLY CORRECT NUTRITION?

“AVOID SATURATED FATS.” Saturated fats lay many important roles in the body. They provide integrity to the cell membrane, promote the body's use of essential fatty acids, enhance the immune system, protect the liver and contribute to strong bones. The lungs and the kidneys cannot work without saturated fat. Saturated fats do not cause heart disease. In fact, saturated fats are the preferred food for the heart. Because your body needs saturated fats, it makes them out of carbohydrates and excess protein when there are not enough in the diet.

“LIMIT CHOLESTEROL.” Dietary cholesterol contributes to the strength of the intestinal wall and helps babies and children develop a healthy brain and nervous system. Foods that contain cholesterol also provide many other important nutrients. Only oxidized cholesterol, found in most powdered milk and powdered eggs, contributes to heart disease. Powdered milk is added to 1% and 2% milk.

“USE MORE POLYUNSATURATED OILS.” Polyunsaturates in more than small amounts contribute to cancer, heart disease, autoimmune diseases, learning disabilities, intestinal problems and premature aging. Large amounts of polyunsaturated fats are new to the human diet, due to the modern use of commercial liquid vegetable oils. Even olive oil, a monounsaturated fat considered to be healthy, can cause imbalances at the cellular level if consumed in large amounts.

“AVOID RED MEAT.” Red meat is a rich source of nutrients that protect the heart and nervous system; these include vitamins B₁₂ and B₆, zinc, phosphorus, carnitine and coenzyme Q₁₀.

“CUT BACK ON EGGS.” Eggs are nature's perfect food, providing excellent protein, the gamut of vitamins and important fatty acids that contribute to the health of the brain and nervous system. Americans had less heart disease when they ate more eggs. Egg substitutes cause rapid death in test animals.

“RESTRICT SALT.” Salt is critical to digestion and assimilation. Salt is also necessary for the development and function of the nervous system.

“EAT LEAN MEAT AND DRINK LOW-FAT MILK.” Lean meat and low-fat milk lack fat soluble vitamins needed to assimilate the protein and minerals in meat and milk. Consumption of low-fat foods can lead to depletion of vitamin A and D reserves.

“LIMIT FAT CONSUMPTION TO 30% OF CALORIES.” Thirty percent of calories as fat is too low for most people, leading to low blood sugar and fatigue. Traditional diets contained 30% to 80% of calories as healthy fats, mostly of animal origin.

“EAT 6 – 11 SERVINGS OF GRAINS PER DAY.” Most grain products are made from white flour, which is devoid of nutrients. Additives in white flour can cause vitamin deficiencies. Whole grain products can cause mineral deficiencies and intestinal problem, unless properly prepared.

EAT AT LEAST 5 SERVINGS OF FRUITS AND VEGETABLES PER DAY.” Fruits and vegetables receive an average of ten applications of pesticides from seed to storage. Consumers should seek out organic produce.

“EAT MORE SOY FOODS.” Modern soy foods block mineral absorption, inhibit protein digestion, depress thyroid function, cause endocrine disruption and contain potent carcinogens.

TRADITIONAL DIETS MAXIMIZED NUTRIENTS	MODERN DIETS MINIMIZE NUTRIENTS
Foods from fertile soil.	Foods from depleted soil.
Organ meats preferred over muscle meats.	Muscle meats preferred; few organ meats.
Natural animal fats.	Processed vegetable oils.
Animals on pasture.	Animals in confinement.
Dairy products raw and/or fermented.	Dairy products pasteurized or ultra-pasteurized.
Grains and legumes soaked and/or fermented.	Grains refined and/or extruded.
Soy foods given long fermentation, consumed in small amounts.	Soy foods industrially processed, consumed in large amounts.
Bone broths.	MSG, artificial flavoring.
Unrefined sweeteners.	Refined sweeteners.
Lacto-fermented vegetables	Processed, pasteurized pickles.
Lacto-fermented beverages.	Modern soft drinks.
Unrefined salt.	Refined salt.
Natural vitamins occurring in foods.	Synthetic vitamins (coal tar) alone or added to foods.
Traditional cooking.	Microwave irradiation.
Traditional seeds, open pollination.	Hybrid seeds, GMO seeds.