

## ***Eight Most Poisons Food To Avoid***

If you can read this message, it means that you're vertical, breathing and your heart is beating.

Good. I want to help you stay that way for as long as possible.

So I'm going to tell you now about 8 common foods (or food ingredients) that should be labeled with skull and crossbones because they will make you permanently horizontal and without a pulse long before you should be.

These foods that are so deadly and harmful that eating (and drinking) them on a regular basis will certainly chop years off your life, and guarantee that the years you have left will be filled with sickness, disease and very likely obesity.

I call them the Evil Eight.

I hope this list helps to burn into your brain that in the same way you can't trust government, politicians, drug companies and insurance companies with your health, you cannot trust Big Food manufacturers either. They create their concoctions to make money. And they know one thing... if it tastes good, people will eat it.

Information is power. So here's the information you need to avoid illness and enjoy good health.

Here are the Evil Eight:

### **1) Soda**

Oh, I know... boo hoo. But the truth is, ANY soda – diet or regular -- is acid in a bottle (or can). It's SO acidic that it takes 32 CUPS of water to neutralize the acid

in just ONE can of soda in your body.

Having so much acidity puts a tremendous strain on your kidneys, which filter acid out of your bloodstream and put it into your urine.

Your body also uses its own alkaline minerals (calcium from your bones and magnesium from your muscles) to neutralize the acid. Eventually that can lead to osteoporosis, weak muscles, tooth decay and brittle, porous bones that fracture easily.

Plus soda contains the worst form of sugar on the planet -- high fructose corn syrup (more on that further down).

Don't think diet soda is any better -- because here are the dangers of...

## **2) Artificial sweeteners**

Simply put, they're poisons. No other way to say it.

Here are just some of the documented side effects of aspartame (known by the brand names Equal or NutraSweet):

Eyes:

- Blindness in one or both eyes
- Decreased vision and/or other eye problems such as blurring, flashes, tunnel vision
- Eye pain; Dry eyes/decreased tears

Nerves:

- Seizures
- Headaches/migraines
- Dizziness

- Confusion/memory loss
- Severe drowsiness and sleepiness
- Numbness of the arms and legs
- Slurring of speech
- Tremors/trembling

#### Psychological/Psychiatric:

- Severe depression
- Irritability/agitation
- Anxiety/phobias (fears)
- Personality changes

#### Chest:

- Heart palpitations/rapid heartbeat
- Shortness of breath
- High blood pressure

#### Digestive:

- Nausea
- Diarrhea, sometimes with blood in stools
- Stomach pain/pain while swallowing

#### Skin and Allergies:

- Itching without a rash; Hives

#### Endocrine and Metabolic:

- Loss of control of diabetes
- Thinning or loss of hair
- Low blood sugar (hypoglycemia)
- Severe PMS symptoms

The most severe effects of aspartame poisoning are:

- Death
- Irreversible brain damage
- Birth defects, including mental retardation
- Ulcers
- Aspartame addiction and increased craving for sweets
- Hyperactivity in children
- Severe depression
- Aggressive behavior
- Suicidal tendencies
- Cancer

Think Splenda is just splendid? It's no better. Studies are associating Splenda with a growing list of medical problems that include:

- Flushing or redness of the skin; rashes
- Anxiety; panic attacks
- Nausea; bloating; diarrhea; vomiting
- Stomach cramps
- Depression; becoming withdrawn
- Feeling forgetful; memory loss
- Headaches
- Feeling irate, impatient, hypersensitive, moody
- Chest and body pains
- Seizures

If you want to use a non-calorie sweetener, use Stevia. It's been around for centuries and has a proven track record of safety.

### **3) High fructose corn syrup**

High fructose corn syrup (HFCS) is directly associated with the following conditions:

- Kidney disease
- Osteoporosis
- High cholesterol
- Raised insulin levels (leading to diabetes)
- High uric acid levels (which can result in arthritis)
- Obesity

And the newest one: Mercury exposure

Mercury is a poison to your brain and nervous system. It has been linked to fertility problems, memory and vision loss, and trouble with blood pressure regulation. It can also cause chronic fatigue and neuro-muscular dysfunction. Mercury exposure has also been linked to autism, heart disease, Parkinson's disease and multiple sclerosis.

The problem here is HFCS is found in just about every type of product on the market including:

Soda

Ketchup

Salad dressings

Sports drinks

Cough medicines

Jellies and jams

Yogurt

Ice cream

Cereals

Snack chips and crackers

Breads

Candies

Syrups

Pickle relish  
Non-dairy whipped topping  
Granola bars  
Lunchables  
Packaged pastries, snack cakes and cookies

Can you believe that food manufacturers would put this poison in our foods? Well, believe it. It's called profits... So what should you do? Read labels and find alternatives. Organic products typically don't contain HFCS.

#### **4) Hydrogenated oils**

Hydrogenated and partially hydrogenated oils contain trans-fatty acids, which are fats that are not found in nature, and that your body CANNOT metabolize. Instead, they just accumulate; clog your arteries, and cause inflammation, cell damage and heart attacks.

These bad fats are found in deep fried foods, margarine, baked goods, powdered and artificial coffee creamers, and most processed (packaged) foods. Look for the words "hydrogenated" or "partially hydrogenated" on package labels. If you see them, do NOT buy the product.

#### **5) Nitrite cured meats**

Cured meats made with sodium nitrite (or sodium nitrate) include hot dogs, lunch meat, bacon, ham and corned beef. When you eat nitrites, they can be converted into nitrosamines (which are potent cancer-causing chemicals) in your body. The primary types of cancers associated with nitrite consumption are colo-rectal, stomach and pancreatic.

In addition, children born to women who ate a lot of cured meats during pregnancy are from two to three times more likely to develop a brain tumor than

those born to mothers who did not eat cured meats. Another study showed processed meats increased the risk of pancreatic cancer (the deadliest of all cancers) by 67%.

## **6) Processed foods**

Processed "foods" include all packaged foods (in boxes, cans, jars, bags or frozen cartons) that contain ingredients other than a basic food. Although the appeal behind them is convenience and indefinite shelf life, they are extremely unhealthy and loaded with chemicals and preservatives that your body was never meant to ingest. Besides the chemicals they contain, processed foods are harmful to your health for these reasons:

- \* They provide no usable naturally occurring nutrients; they use up loads of digestive energy, and then basically turn to nothing but waste.
- \* They contain no water to transport nutrients or carry away wastes from your body, like fruits and vegetables do. Instead, they add to the waste pile, making you very toxic.
- \* Your body's hunger feeling is triggered by a need for nutrients from real food -- not just something to occupy space in the stomach. Since processed "foods" don't nourish you, even though your stomach may be physically full, the body thinks it still needs more food because it hasn't gotten nourished from what is in the stomach. That's why you can polish off an entire family-size bag of Doritos then feel hungry again an hour later. No nutrition. It's a recipe for obesity.

## **7) Farmed salmon**

Farmed salmon are crammed into little pens and fed things they were never meant to ingest like soy, poultry litter, and hydrolyzed chicken feathers. As a result, farmed salmon is lower in vitamin D than fresh caught and higher in contaminants such as carcinogens, PCBs, and pesticides like dioxin and DDT.

Rule of thumb: Eat wild-caught fish, not farm-raised.

## **8) Tap water**

All water is NOT created equal. Since our bodies are alkaline, our water must be alkaline too. Thanks to acid rain and the chemicals added by municipalities, that's not always a given. Regular (unfiltered) tap water is acidic and contains toxins like fluoride and chlorine. Avoid tap water (this includes water fountains) at ALL possible cost, no matter what you may read in the news or your local politician may tell you. The best sources of alkaline water are distilled water or filtered water (using reverse osmosis, Brita filters or similar filtering).

There you have them -- the Evil Eight.

Note that none of the Evil Eight are foods in their real state as they are in Nature.

They are all either man-made or man-altered.

Consume these regularly and you'll be seeing the Man upstairs sooner than you should.

Are you starting to get the idea here? What's best for your body (and will help you live disease-free well into your golden years) are REAL foods that are not processed or minimally processed.



Jack LaLanne is in his 90's and looks better than many people in their 40's and 50's. He's got one rule of thumb: "If man made it, don't eat it." I think you ought to listen to Jack...

And use the Great Taste No Pain health system.

- <http://www.greastastenopain.com/great.asp>

The Great Taste No Pain manuals teach you more about the Evil Eight and show you how easy it is to prepare and enjoy delicious REAL foods. Once you get away from things like soda and processed foods, you lose your taste for them and end up craving REAL food.

Here's a perfect example. I haven't had soda in probably 25 years, but I mistakenly took a sip of a Diet Coke at a party, thinking it was iced tea. It tasted like kerosene to me! I had to spit it out. And I used to LOVE it.

The recipe book in Great Taste No Pain is filled with delicious dishes that will make you love eating real foods. You'll wonder why you ever settled for anything less. When you exist on nutritious real foods, your body naturally becomes more alkaline. All of your systems can work like they're supposed to. Excess pounds slide off. Aches and pains dissipate. You need less or no medication.

And you will add healthy, productive years to your life. Start today. Say goodbye to the Evil Eight and hello to a healthier new you. Great Taste No Pain will help you every step of the way.

- <http://www.greastastenopain.com/great.asp>

To your health,

Sherry Brescia