

WILL YOUR 80s BE LIKE FRANK'S?

Frank Sinatra may have been the most envied man of the 20th century.

Frank died in Los Angeles at 82 on 14 May 1998, after a heart attack. He was in ill health during his last few years, and was frequently hospitalised for heart and breathing problems (he smoked until the end), high blood pressure, pneumonia and bladder cancer. He was further diagnosed as having dementia.

AVOID:

Sugar – Artificial Sweeteners – high fructose corn syrup

Burned Foods

Soy – in all its forms

Dairy Foods

Polyunsaturated oils and fats

Gluten

Toxic cookware

Caffeine and alcohol

Energy drinks

Tobacco

Cosmetics – shampoos – fragrances – cleaning products – deodorants – ceramic nails

Surgery (cosmetic and other)

Colonoscopy

Botox

Electromagnetic radiation

Prescription drugs

Toxic ingredients in “health” and “beauty” products

Toxic dentistry

Toothpaste: We don't use it. Why not?

Tattoos: Think before you ink

Vaccination

Aerotoxic syndrome

SUGAR? ARTIFICIAL SWEETENERS? HFCS? BURNED FOODS? NO

Sugar

Refined sugar is lethal. Humans have crystallised and bleached the sap of cane and beet, and refined what was once a whole, balanced food into an addictive drug that contains nothing but sweet taste and calories. It is doubtful that there has ever been a greater threat to the human body since we first walked upright.

Sugar leaches the body of precious minerals and vitamins because of the heavy demands its detoxification and elimination make on the entire system. It produces an over-acid condition, and more and more minerals are required from the body in its attempt to rectify the imbalance. To protect the blood, so much calcium is leached from the teeth and bones that osteoporosis, decay and weakening of the entire body result.

Every organ in the body is affected. Initially, sugar is stored in the liver as glycogen. But the capacity of the liver is limited and repeated abuse makes it expand like a balloon, similar to the way alcohol causes the swelling which becomes cirrhosis of the liver. When the liver is filled to capacity, glycogen is returned to the blood as fatty acids, and transported to the buttocks, thighs, breasts and stomach. Not a pretty sight! The next distribution in the destructive course of this deadly substance is to your organs, which slow down until finally they degenerate and turn to fat. The lymphatic and circulatory systems are invaded, and a dangerous excess of white cells occurs. Every ounce of sugar eaten reduces the ability of the body to resist infection, because it damages the immune system, leaving the body prey to many illnesses, including arthritis, heart disease, arteriosclerosis, atherosclerosis and cancer. In fact, all health problems can improve if sugar is eliminated.

Hyperinsulinism, hypoglycemia, low blood sugar, (whatever label you use) are the 'in' diseases because of the accelerated use of sugar. The symptoms are many and unpleasant: fuzzy thinking, irritability, inability to handle stress, fatigue, crippling exhaustion, eye troubles (including ocular migraine), headaches (including migraines) and, in the worst cases, blackouts, recurrent seizures, mental aberrations, insanity, insulin shock and even coma. All this from that sparkling white stuff they put in almost everything!

The insidious factor is the delayed action. If only refined sugar brought about disturbing symptoms immediately, it would have been discarded in 1500, shortly after the Dutch established the first sugar refinery in Antwerp. But it tastes good, we're addicted and too

many people, especially children, won't listen to the many warnings about sugar destroying their health.

Hypoglycemic symptoms occur because refined sugar (in the form of glucose) pours into the blood like a torrent, causing insulin levels to soar. This makes us feel 'up' temporarily. But then the bottom drops out as the blood sugar level plummets. If sugar abuse continues, the adrenal glands become exhausted, due to the whiplash effect of the sugar level skyrocketing, then plummeting, countless times a day, year after year. As the adrenal glands are of utmost importance to the body, many illnesses (including severe allergies) result from their depletion. The next step can be diabetes, unless the diet is improved dramatically.

Most disturbing is the effect this syndrome has upon the brain. Experts in the field have found that the cells of the brain depend wholly upon the blood sugar level for nourishment, and are very susceptible to damage. Lack of concentration, inability to function mentally, temper tantrums and violence all can spring from the effect wildly oscillating sugar levels have on the brain.

Patients have been incorrectly diagnosed as manic-depressive, having psychopathic personalities and schizophrenia, when all they have is what author William Dufty calls ***Sugar Blues***. Enlightened physicians are recommending that blood sugar levels be routinely checked before making any psychiatric diagnoses, as hypoglycemia is a great mimic of psychosis and neurosis. Dr John Tintera, a famous American endocrinologist, said, "It is quite possible to improve your disposition, increase your efficiency, and change your personality for the better. The way to do it is to avoid cane and beet sugar in all forms and guises." And that includes the hyped Agave cactus syrup, which is just as dangerous to your health.

Please don't be fooled by 'raw' sugar; those delicious, appetising-looking dark sugars are nothing but refined white sugar to which molasses has been added. Honey, maple syrup and molasses are simple sugars and aggravate hypoglycemia, but at least have the saving grace of being closer to nature than refined white sugar.

Molasses contains calcium, iron, B vitamins, and other heat-stable vitamins, as well as pesticides, because it is a by-product of sugar refining. Further, it has been heated, so it can cause disruption to blood chemistry, as can maple syrup, which is boiled during processing. So, if you must have a concentrated sugar, unprocessed honey (but be sure it is unprocessed) is the best. But only in small quantities.

Refined sugar poses a graver danger to the mental functioning of children than it does to adults. Children's brain development may be altered, or even retarded, and they may be incapable of functioning in school. How long it takes for symptoms to surface depends upon the child's genes and the strength of the glands, especially the adrenals.

Artificial Sweeteners

Popular sugar substitutes NutraSweet, Equal, Spoonful, Canderel, Benevia, E951, are all forms of *Aspartame*, one of the deadliest neurotoxins on Earth.

Sucralose, or Splenda is no better. It has a chlorinated base like DDT and causes autoimmune disease. *Asculfame K* causes cancer and leukaemia. The herb Stevia is safe.

Xylitol is a sweetener that has been getting lots of attention. They claim it's a safe substitute for Aspartame and its clones. The good news is that it tastes good and isn't the killer Aspartame is. The bad news is that studies list the following side effects: weight gain similar to Sucralose, diarrhoea, tumour growth, liver and kidney dysfunction.

High Fructose Corn Syrup

It's easy to be led astray, because people associate fructose with fruit. HFCS (High Fructose Corn Syrup) is everywhere, and is even a favourite ingredient in 'health foods'. Linda Joyce Forristal, writing in *Wise Traditions*, says that HFCS has the same taste as sucrose, but "...it is obviously much more complicated to make, involving vats of murky fermenting liquid, fungus and chemical tweaking."

A team of investigators at the USDA, led by Dr Meira Field, compared the effects of glucose and fructose, using rats. They found that the glucose group was unaffected, but the fructose group had horrible results. Their bodies fell apart! Dr Field reported, "The medical profession thinks fructose is better for diabetics than sugar, but every cell in the body can metabolise glucose. However, fructose must be metabolised in the liver. The livers of the rats on the fructose diet looked like the livers of alcoholics, plugged with fat and cirrhotic."

Sugar Can Ruin Your Health: 146 Reasons

1. Sugar can suppress the immune system.
2. Sugar upsets mineral relationships in the body.
3. Sugar can cause hyperactivity, anxiety, difficulty concentrating, and crankiness in children.
4. Sugar can produce a significant rise in triglycerides.
5. Sugar hastens bacterial infection (infectious diseases).
6. Sugar causes loss of tissue elasticity and function. The more sugar you eat, the more elasticity and function you lose.
7. Sugar reduces high density lipoproteins.
8. Sugar leads to chromium deficiency.
9. Sugar leads to cancer of the ovaries.
10. Sugar can increase fasting levels of glucose.
11. Sugar causes copper deficiency.
12. Sugar interferes with absorption of calcium and magnesium.
13. Sugar can weaken eyesight.
14. Sugar raises the level of neurotransmitters: dopamine, serotonin, and norepinephrine.
15. Sugar can cause hypoglycemia.
16. Sugar can produce an acidic digestive tract.
17. Sugar can cause a rapid rise of adrenaline levels in children.
18. Sugar malabsorption is frequent in patients with functional bowel disease.
19. Sugar can cause premature ageing.
20. Sugar can lead to alcoholism.
21. Sugar can cause tooth decay.
22. Sugar contributes to obesity.
23. High intake of sugar increases the risk of Crohn's disease and ulcerative colitis.
24. Sugar can cause gastric and duodenal ulcers.
25. Sugar can cause arthritis.
26. Sugar can cause asthma.

27. Sugar greatly assists the uncontrolled growth of Candida Albicans (yeast infections).
28. Sugar can cause gallstones.
29. Sugar can cause heart disease.
30. Sugar can cause appendicitis.
31. Sugar can cause multiple sclerosis.
32. Sugar can cause hemorrhoids.
33. Sugar can cause varicose veins.
34. Sugar can elevate glucose and insulin response in oral contraceptive users.
35. Sugar can lead to periodontal disease.
36. Sugar can contribute to osteoporosis.
37. Sugar contributes to saliva acidity.
38. Sugar can cause a decrease in insulin sensitivity.
39. Sugar can lower the amount of Vitamin E (alpha-Tocopherol) in the blood.
40. Sugar can decrease growth hormone.
41. Sugar can increase cholesterol.
42. Sugar can increase blood pressure.
43. Sugar can cause drowsiness in children.
44. High sugar intake increases advanced glycation end products.
45. Sugar can interfere with the absorption of protein.
46. Sugar causes food allergies.
47. Sugar can contribute to diabetes.
48. Sugar can cause toxemia during pregnancy.
49. Sugar can contribute to eczema in children.
50. Sugar can cause cardiovascular disease.
51. Sugar can impair the structure of DNA.
52. Sugar can change the structure of protein.
53. Sugar can make our skin age by changing the structure of collagen.
54. Sugar can cause cataracts.
55. Sugar can cause emphysema.
56. Sugar can cause atherosclerosis.
57. Sugar can promote an elevation of low density lipoproteins (LDL).

58. High sugar intake can impair the physiological homeostasis of many systems in the body.
59. Sugar lowers enzyme ability.
60. Sugar intake is higher in people with Parkinson's disease.
61. Sugar can cause a permanent alteration in protein activity.
62. Sugar can increase the size of the liver, by making the liver cells divide.
63. Sugar can increase the amount of liver fat.
64. Sugar can increase kidney size, and produce pathological changes in the kidneys.
65. Sugar can damage the pancreas.
66. Sugar can increase the body's fluid retention.
67. Sugar slows bowel movements.
68. Sugar can cause myopia (nearsightedness).
69. Sugar can compromise the lining of the capillaries.
70. Sugar can make the tendons more brittle.
71. Sugar can cause headaches, including migraine.
72. Sugar plays a role in pancreatic cancer in women.
73. Sugar can adversely affect children's schools grades and cause learning disorders.
74. Sugar can cause unhealthful brain waves.
75. Sugar can cause depression.
76. Sugar increases the risk of gastric cancer.
77. Sugar can cause dyspepsia (indigestion).
78. Sugar can increase the risk of gout.
79. Sugar can increase the levels of glucose.
80. Sugar can increase the insulin response in humans.
81. Sugar reduces learning capacity.
82. Sugar can cause less effective functioning of blood proteins, which may reduce the body's ability to handle fat and cholesterol.
83. Sugar can contribute to Alzheimer's disease.
84. Sugar can cause platelet adhesiveness.
85. Sugar can cause hormonal imbalance.
86. Sugar can lead to kidney stones.
87. Sugar can cause hypothalamus overstimulation.

- 88.** Sugar can lead to dizziness.
- 89.** Sugar can create free radicals and oxidative stress.
- 90.** High sucrose diets in subjects with peripheral vascular disease cause platelet adhesion.
- 91.** Sugar can lead to biliary tract cancer.
- 92.** Sugar feeds cancer.
- 93.** High sugar consumption by pregnant adolescents is associated with delivering a small-for-gestational-age (SGA) infant.
- 94.** High sugar consumption can lead to substantial decrease in gestation duration among adolescents.
- 95.** Sugar slows food travel time through the gastrointestinal tract.
- 96.** Sugar increases the concentration of bile acids in stools and bacterial enzymes in the colon. This can modify bile to produce cancer-causing compounds and colon cancer.
- 97.** Sugar increases estradiol (the most potent form of naturally occurring estrogen) in men.
- 98.** Sugar destroys the phosphatase enzyme.
- 99.** Sugar can be a risk factor in gallbladder cancer.
- 100.** Sugar is an addictive substance.
- 101.** Sugar can be intoxicating, like alcohol.
- 102.** Sugar can exacerbate PMS.
- 103.** Sugar given to premature babies can affect the amount of carbon dioxide they produce.
- 104.** Decrease in sugar intake can increase emotional stability.
- 105.** The body changes sugar into fat in the bloodstream.
- 106.** The rapid absorption of sugar promotes excessive food intake in obese subjects.
- 107.** Sugar can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHD).
- 108.** Sugar adversely affects urinary electrolyte composition.
- 109.** Sugar can slow the function of the adrenal glands.
- 110.** Sugar can induce abnormal metabolic processes in normal healthy individuals, and promote chronic degenerative diseases.
- 111.** Intravenous sugar water can cut off oxygen to the brain.
- 112.** High sucrose intake may be an important risk factor in lung cancer.

- 113.** Sugar increases the risk of polio.
- 114.** High sugar intake can cause epileptic seizures.
- 115.** Sugar causes high blood pressure in obese people.
- 116.** In Intensive Care Units, limiting sugar saves lives.
- 117.** Sugar may induce cell death.
- 118.** Sugar can increase the amount of food that you eat.
- 119.** In juvenile rehabilitation camps, when inmates adopted a low sugar diet, there was a 44% drop in antisocial behavior.
- 120.** Sugar can lead to prostate cancer.
- 121.** Sugar dehydrates newborns.
- 122.** Sugar increases Estradiol in young men.
- 123.** Sugar can cause low birth weight babies.
- 124.** Greater consumption of refined sugar is associated with increase in schizophrenia
- 125.** Sugar can raise homocysteine levels in the bloodstream.
- 126.** Sweet food items increase the risk of breast cancer.
- 127.** Sugar is a risk factor in cancer of the small intestine.
- 128.** Sugar may cause laryngeal cancer.
- 129.** Sugar induces salt and water retention.
- 130.** Sugar may contribute to memory loss.
- 131.** As sugar increases in the diet of children, there is a linear decrease in the intake of many essential nutrients.
- 132.** Sugar can increase the total amount of food consumed.
- 133.** Exposing a newborn to sugar results in a heightened preference for sucrose relative to water.
- 134.** Sugar causes constipation.
- 135.** Sugar causes varicose veins.
- 136.** Sugar can cause brain decay in prediabetic and diabetic women.
- 137.** Sugar can increase the risk of stomach cancer.
- 138.** Sugar can cause metabolic syndrome.
- 139.** Sugar ingestion by pregnant women increases neural tube defects in embryos.
- 140.** Sugar can be a factor in asthma.
- 141.** The higher the sugar consumption, the greater chance of having irritable bowel syndrome.

- 142. Sugar may affect central reward systems.
- 143. Sugar can cause cancer of the rectum.
- 144. Sugar can cause endometrial cancer.
- 145. Sugar can cause renal (kidney) cell carcinoma.
- 146. Sugar can cause liver tumors.

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BURNED FOOD

Do not barbecue, fry or microwave. (High cooking temperatures cause carcinogenic compounds to form.)

Eat raw fruits, seeds, nuts, sprouts and vegetables as much as possible.

And, if you insist on cooking – steam or bake. They're safer cooking modes.

Is Eating Burned Food Bad for You?

by Emily James

Growing up in my house, eating burned food was par for the course. Even if you burned your toast, for example, it had to be consumed; otherwise it was considered terribly wasteful. "Heaven forbid should you throw that bread out. Don't you know there are starving children in Africa?" my mother would say. And so I would finish every last bite of my burned toast, or charred pizza, or singed French fries (yeah, I was a little absent-minded when it came to remembering my food in the toaster oven.)

But now, there's evidence that suggests that eating all that burned food could actually be bad for you. Back in 2007, a Dutch study was done that showed an increased risk of cancer in women who were exposed to the chemical acrylamide – which forms on fried or baked foods, especially when those foods are burned. The study found that women who ate 40 micrograms of acrylamide a day (equivalent to say, a bag of potato chips) had double the cancer risk of women who ate the lowest amount of the chemical.

So what is this chemical acrylamide, anyway? Acrylamide is a chemical that is/can be used in the manufacturing of paper and plastic, and is often found in products such as caulk and food packaging. Alarmingly, though, acrylamide is also found in certain foods that have been prepared at a very high temperature – food that was fried, BBQ'd, grilled or microwaved. It's found more in starchy products like bread and potatoes. How come? An amino acid called asparagine found in these foods forms acrylamide when heated at a very high temperature.

Another concern is the HCAs (heterocyclic amines) that form on chicken and meat when grilled over a high flame. HCAs have also been linked to cancer in animals.

It should be noted that governments typically do not regulate the amount of HCAs or acrylamide in food, so it is up to you to lessen your exposure.

So no more French fries, you say? Ever? There is research that suggests that eating home-cooked food in general will help you consume less acrylamide than eating processed food. Shocker! Fast food isn't the best thing for you!

Other things you can do to reduce your exposure? Cook things such as potatoes to a light golden colour as opposed to a toasty brown. Same goes for toast. You can also wash or soak vegetables before cooking them. This may reduce the amount of acrylamide that forms during cooking.

To reduce the amount of HCA exposure, you can eat less grilled meat, or take off the skin of things such as chicken before eating. (Skin was found to have much higher amounts of HCA than the chicken meat itself.)

Bottom line? Go vegan, and don't eat burned foods – ever.

'Burnt foods' linked to cancers

BBC News, June 2019

Women who eat crisps or chips every day may double their chances of ovarian or womb cancer, say scientists.

The fears surround acrylamides, chemicals produced when you fry, grill or roast a wide range of foods.

Dutch researchers quizzed 120,000 people on their eating habits, and found that women who ate more acrylamide appeared more at risk.

General advice, resulting from this project, is to avoid overcooking when baking, frying or toasting carbohydrate-rich foods.

Laboratory tests highlighted acrylamides as a possible danger five years ago, but the University of Maastricht study, published in the journal *Cancer Epidemiology, Biomarkers and Prevention*, is the first to find a link between acrylamides in the diet and cancer risk.

Food, which has been coloured or burned by cooking, is far more likely to contain acrylamides.

Food experts say it is virtually impossible to eliminate them from our diets altogether.

The Dutch study followed 120,000 volunteers - 62,000 of whom were women - for 11 years after their initial questionnaire, during which time 327 of them developed endometrial (womb) cancer, and 300 developed ovarian cancer.

Analysis of these findings suggested that those who ate 40 micrograms of acrylamide a day - equivalent to half a pack of biscuits, a portion of chips or a single packet of crisps -

were twice as likely to fall prey to these cancers compared with those who ate much less acrylamide.

A spokesman for the Food Standards Agency urged people to try a balanced diet with plenty of fruit and vegetables.

"This new study supports our current advice, which already assumes that acrylamide has the potential to be a human carcinogen.

An EU spokesman said: "General advice, resulting from this project, is to avoid overcooking when baking, frying or toasting carbohydrate-rich foods.