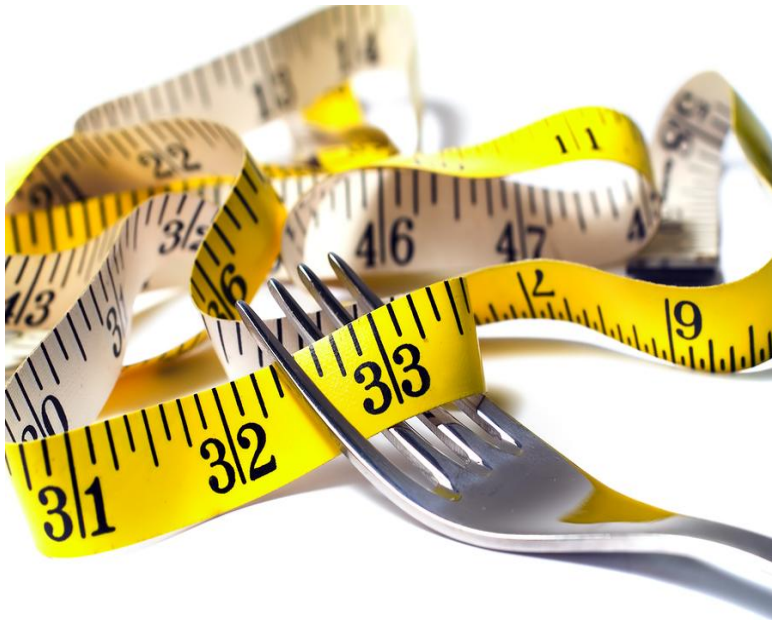


# A Diet for Good Health

By Bryon Verhaeghe



**When our body is healthy** it tends to be trim. Short term diet plans cause us physical and mental stress and we usually end up where we started. With some thought into what we regularly eat, our bodies will work and feel better for the long term.

Throughout our entire life we host over a kilogram of yeast, bacteria, parasites and viruses. Our diet can favour or diminish the daily burden and stress of these critters, particularly the pesky bacteria and yeast.

Bacteria are single cell animals. So far scientists have identified about 15

different enzymes and proteins that they produce. Some of these are toxic and harm tissues. Low level bacterial symptoms may include cold hands and feet, and even erectile impotence. Poor circulation may be related to higher rates of cancer.

## Yeast

Yeast ferments grains into beer and sugar into wine, obtaining oxygen from the fermentation process. To maintain their existence, yeasts produce about 60 different toxins that affect our bodies. Some psychological disorders, of the chemical imbalance nature, are being related to some of these molecules. Once established in our body, yeast is particularly hard to get rid of. This is partly because they can grow so slowly that they may appear dormant.

Yeast has the ability to cause us to crave carbohydrates, particularly sugar and grains. These comfort foods may be the beginning of a mood swing. We feel energized by the carbohydrates and become 'high' and a bit obnoxious. Then we crash, feel tired, a bit achy, and very irritable. The yeast type of mood swing is often in a cycle that repeats again in as little as a few days or over a month, or even over many months; a season. Monthly hormones stimulate the growth of yeast. Often people with high yeast loads avoid alcohol because a small amount puts them over the edge. Yeast symptoms include; dandruff, itchy ears, flaky skin, jock itch, and athletes' foot.

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\* **Put some thought into long term diet plans.**

\* **Reduce grains and sugars. Increase meat and vegetables.**

\* **Avoid high temperature cooking, such as frying and deep frying.**

\* **Being trim and healthy will become natural.**

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Acidophilus and yeast do not like each other. In our body, acidophilus produces peroxide to kill yeast. The alkalizing properties of sugar and grains make it harder for acidophilus to exist in our body, but easy for yeast to flourish. Yeast likes places that have low levels of oxygen and are moist, including joints, bowels, and prostates. They also dislike acidic environments and have enzymes to make the region alkaline. Part of this is by having enzymes that attract excessive calcium, an alkalizing mineral, to the region away from the bones.

A yeast cleanse will also destroy the very acidophilus that our body uses to control yeast. Some people feel better after a cleanse, especially with the bowel having fewer critters producing toxins, but re-establishing acidophilus is very important. Once bad critters have overwhelmed acidophilus it may take up to a year to re-establish acidophilus. Also keep in mind that some of the herbs in the cleanse are nothing more than very powerful natural antibiotics, and some are very hard on the liver. Once things are out of balance there is a potential to develop chronic constipation, colitis, or irritable bowel.

Also, acidophilus colonize our entire respiratory tract and keep it healthy. Without them problems develop, such as asthma. Canada has one of the highest rates of juvenile asthma and is one of the world's largest producers of grain (wheat). The yeast in our bodies wants grain for food. The yeast wipes our friendly bacteria (acidophilus) from the respiratory tract and we get asthma. Check out the Vancouver school board's meal program and see how many days the kids are not fed wheat: it's few and far between. We also have juvenile obesity. After overdosing the kids with grain and sugar, they become difficult and we put them on Ritalin. As a kid, I saw my uncles feed grains to the horses and cows before winter and market, respectively, to fatten them up. It was almost unbelievable how fast they fattened up with grains, and they also got pretty cranky and hyperactive.

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**“Without acidophilus we may become lactose intolerant. Lactic acid is a favourite of acidophilus and lots of it is in the sour (acidic) milk known as buttermilk. Phobic is to be afraid of, philic is to like, so acidophilus means acid liking ”**

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**Notice** that yeast doesn't like to grow in the olive oil that sits on the counter. The omega 3/6/9 oil, essential fatty acids, include flax, salmon and primrose. Oils are high in calories, so moderation for weight control may be important. Cows fed grass have fat with higher levels of omega oils than cows fed grains. Similarly, with humans a diet high in grains such as white bread, brown bread, pizza, and pasta produces denser, less healthy fat. A diet high in green vegetables will produce a fat that is easier for the body to burn that is higher in the healthy essential omega oils.