

**Reduce Bad Sugars**

**Fructose** Foods: [Apples](#), pears, grapes, dates, watermelon, mango, pineapple, [bananas](#), figs, melons, strawberry, kiwi, plums, [oranges](#), [honey](#), raisins, and packaged dry fruit coated with sugar. Fruit sugars are crunchy and extra sweet. The liver cannot control these with insulin. Diabetes is an overload of fructose.

**Sweeteners:** Corn syrup, [high fructose corn syrup](#), HFCS, liquid sugar, invert sugar, modified corn starch, brown sugar, cane sugar, molasses, beet sugar, **Aspartame** ©, Sweet n Low ©, Stevia,

**Health problems:** weight gain, [wrinkles and rapid ageing](#), [gout](#), [diabetes](#), bad cholesterol, [fatty liver disease and cancer](#).

**Reduce Bad Carbohydrates – [Glue + Protein = Gluten]**

**Gluten:** bread, whole wheat, oats, oatmeal, rye, barley, bran, whole grain bread, cereals, cream of wheat, graham, couscous, malt, wheat germ, bulgur, kamat, spelt, durum, semolina, Foods that may contain gluten: noodles, egg noodles, sausage, wieners, bologna, battered food, bouillon, soup mixes, canned soups, soy sauce, macaroni, pasta, milo malt beverage, beer

**Potato chips / crisps.** Flavourings such as barbecue, is MSG, most salts include MSG, most use vegetable oils and cooked at high temperatures. Roasted such as a Greek potato in the oven is better with olive oil. Genetically modified corn and aspartame are common additives.

**Bakery:** Most contain gluten, bad oils, bad sugars and MSG as E620, E621 E, 622, E623, E624, and E625. Instant cake mix and bread mixes are full of preservatives as well as low cost and bad ingredients. Homemade from scratch with gluten wheat and yeast is still bad but less so. Cakes, muffins and cookies because they do not use yeast.

**Health Issues:** stroke, heart disease, varicose veins, poor circulation, cold hands/feet

**Increase Good Sugars**

**Glucose:** Also called dextrose, meaning the right sugar. It is used in every cell of the body, glucose can be regulated by the body. Some stores sell it in cubes.

**Xylitol:** Is a sugar alcohol derived from fermenting plants. It tastes very sweet and is a low calorie alternative to sugar. It cannot be stored as fat. It will inhibit the growth of certain bacterial strains.

**Note:** Sugar must be eaten with a balance of protein and fat at the same meal. Especially avoid snacks of sugar such as fruit.

**Health benefits:** stamina, prolonged energy, better sleep, reduced cravings. Needs to be eaten with protein or fat to slow digestion.

**Increase Good Carbohydrates**

**White Rice** is healthier than brown rice. The husk on brown rice has anti-digestive properties that can cause bloating and intestinal upset. Some find the unhappy bowel empties faster.

**Potato.** Contains more vitamin C than oranges. More potassium than bananas. The skin contains high amounts of alpha lipoic acid that is needed for sugar conversion to energy; low in diabetics.

**Yeast** risen homemade baked goods: Bakers' yeast is a major source of nutrition and vitamins. In olden days people would eat bakers' yeast to be healthier. Gluten-free flours: rice, sorghum, gram, potato, buckwheat, hemp, quinoa, or tapioca. Unbleached White Flour is better than whole wheat flour for the same reason brown rice should be avoided (it induces intestinal problems). Try gluten-free flours or eliminate the high carb baked goods altogether. Note: Gluten should be avoided.

**Health Benefits:** less fatty liver, better energy, improved stamina, fewer cravings,

## Reduce Bad Salt

**MSG:** mono-sodium glutamate, natural flavoring, seasoning salt, meat tenderizer, flavor enhancer, E620, E621, E622, E623, E624, E625,

**Caution:** many sauces and condiments contain MSG labeled as **hydrolyzed** or **hydrogenated**

**Sauces:** seasoning, mostly contains MSG, preservatives

**Table Salt:** Many table salts are a mixture of things and can contain sugar and/or MSG, try to purchase sea salt which is pure sodium chloride.

**Health Problems:** ADHD, dementia, nerve damage, numbness, chest tightness, breathing difficulty, shortness of breath, edema, swelling, weight gain, anxiety, heart palpitations, nausea, vomiting, diarrhea, watery eyes, cough, wheezing, and asthma.

## Bad Oils

**Vegetable Oils:** palm, rapeseed oil ([canola oil](#)), sunflower oils, evening of primrose oil, borage oil, [flax/linseed oil](#), soy oil, [corn oil](#), cottonseed oil, safflower oil. Most vegetable oils are high in unsaturated fats and omega.

[Cooking Oils and fat chart](#)

**High levels related to:** auto-immune disease, diabetes, breast cancer, prostate cancer

## Use [Good Salt](#)

**Sodium-Chloride** (Na-Cl): is very important for proper bodily functions. Adding salt to food can lower heart disease and extend longevity.

Technical study: PMID 16490476

**Caution:** When we cook with salt the sodium attaches to glutamate and creates MSG. [Put salt on the table and add to already cooked food before eating.](#)

**Sea Salt:** contains sodium-chloride and trace minerals.

**Health Benefits:** [Reduced blood pressure, less heart disease](#), improved skin health, better eye function, less dry skin, improved bowel function, reduces constipation

## Good Oils

**Animal Oil & Fat:** many health benefits not found in vegetable oil. Increase ghee (clarified butter), [butter](#) (dairy fat), suet (lamb or beef fat), lard (pig fat).

**High levels related to:** weight loss, improved circulation, reduced risk of stroke and heart disease, improved fertility, fewer auto-immune diseases

**Sesame Oil:** Derived from a seed this oil is beneficial to cook with but also as an immune system booster when applied directly to the skin. It stimulates melanocytes in the skin (the dark pigmentation) that in turn naturally protects us from the sun's UV rays.

## Reduce Bad Proteins

**White Meat:** White chicken breast and pork (not applicable to seafood/fish. White chicken meat has almost the same calories but way less nutrition. **Relates to:** immune problems, slow healing, muscle degeneration, low energy

**Milk-Fed "Red Meat":** Milk fed animals (young animals less than one year old) are not considered red meat, they are technically white meat. Such as: veal (young cow) and lamb.

**No Protein:** In general vegetarians have more health problems than non-vegetarians. The human body requires a variety of proteins to function properly.

**Hormones:** Try to avoid meats that have more been injected with additional hormones. Meat industry companies do this to reduce the growth time of the animal and increase its weight to increase profits. The concern is the synthetic hormones can increase cancer rates in humans.

**Old Fish: Tuna,** long living fish collect more mercury than young fish.

**Concerns:** Most large meat processing companies keep the animals in very crowded facilities to maximize the amount of meat they can grow per square foot. This results in very sick animals that do not have room to walk; they live in their feces and usually never see daylight. To combat the diseases the animals are injected with antibiotics to keep them alive long enough to get them into the slaughterhouse. This is how the bird flu and mad cow disease arose. These antibiotics along with resistant bacteria are passed onto humans. Try to buy free range animals that have a normal life; for your health and animal welfare. Because of the increased levels of bacteria it is imperative that meats are cooked properly and raw meat is handled in a sanitary fashion.

## Increase Good Proteins

**Eggs:** best if from birds that run around and are exposed to daylight; many egg farms keep the animals in small cages and they never see natural day light.

**Eggs contain good (HDL) cholesterol** and help the body to lower the bad (LDL) cholesterol levels. Cholesterol from animal sources is how we create all the steroid hormones that keep us naturally young such as: DHEA, androstenidione, testosterone, estrogen, estradiol (E2), progesterone, cortisol, aldosterone, [see chart](#).

**Good HDL cholesterol from egg yolks relates to:** improved mood, better fertility, increased immune function, enhanced cognitive function.

**Fish:** Avoid old fish that have more time to accumulate heavy metals such as tuna, monkfish, king mackerel, shellfish, shark, tilefish, or swordfish. Eat salmon, Spanish/Atlantic/Pacific mackerel, pomfret, trout, sardines, char, eel, herring, cod, halibut, snapper, bass, perch, anchovies, tilapia, haddock, sole, squid/octopus, or Pollock.

**Red Meat:** Beef, elk, deer, mutton, and goat. Grass fed is better as grain fed animals have a lower quality fat.

**Poultry:** Dark Chicken, duck, turkey: Birds that exercise are more healthy and their meat is darker. Ducks fly and have dark breast meat while chicken do not and have white breast meat. Dark is better. Caged animals require more antibiotics than those that can exercise.

**Shellfish:** Have lower heavy metal levels than fish, as these animals have shorter lives. Have high levels of good cholesterol that is required by the body for proper brain functioning. Eat lobster, crab, shrimp, scallops, clams, or oysters.

<p><b>Some Nuts and Seeds have bad content</b></p> <p><b>MSG</b> may be added under the label name of salt. <b>Soy or vegetable oil</b>, mixed with <b>dried fruit</b> often contains <b>sulfates</b> to preserve their colour. <b>Sugar coated, milk chocolate, Barbeque flavour</b> is powered by MSG. <b>garlic flavour</b> is more often a chemical because garlic can go rancid and reduce shelf life.</p>	<p><b>Increase Nuts and Seeds</b></p> <p><b>Seeds:</b> Sesame seed oil, hemp hearts, pumpkin, sesame, sunflower (the seed but not the oil as it has high Omega6), quinoa (very high protein and fiber that can be used as a substitute for grains.)</p> <p><b>Nuts:</b> almonds, cashews, pecans, Brazil, walnuts (moist nuts should be roasted and salted).</p> <p><b>Health Benefits:</b> good protein, lowering of cancer, enhanced immune function, better circulation, lower blood pressure, faster healing, muscle strength, less shrinking with age,</p>
<p><b>Bad Dairy</b></p> <p><b>Low Fat Dairy:</b> Skim milk, low fat milk, milk solids, milk beverage, 2% milk, whey protein, cottage cheese, milk chocolate candy bars, protein bars, milk-chocolate, milk-tea, milk-coffee, Latte, condensed milk (mainly due to high sugar content).</p> <p><b>High levels related to:</b> Infertility, arthritis, pain, cancer, hardening of the arteries, high blood pressure</p>	<p><b>Good Dairy</b></p> <p><b>Note:</b> dairy in general should be reduced as much as possible, but if necessary consume high fat varieties including:</p> <p><b>Full fat:</b> milk (homo milk), coffee cream, whipping cream, full fat yogurt (homemade, not store bought as it is loaded with sugar, flavorings, whey protein and skim milk), butter, high fat cheese</p>
<p><b>Bad Vegetables/Legumes</b></p> <p><b>Soy:</b> all soy products: soy sauce, soy protein, hydrolyzed soy oil, hydrolyzed soy protein, fermented soy products, soy milk, tofu.</p> <p><b>High levels related to:</b> ADHD, dementia, memory loss, reduced brain volume, loss of fertility</p>	<p><b>Good Vegetables/Legumes</b></p> <p><b>Note:</b> Should increase all types of vegetables (must be cooked), notably healthier varieties include:</p> <p><b>Tomato:</b> Canned have 5 times the nutrient value compared to fresh. Fresh tomatoes are harvested green and ripened with chemical gasses. Canned tomatoes should be cooked with an animal fat such as butter or meat because lycopene (the key health component) can only be absorbed when heat-bound to an animal fat molecule.</p> <p><b>Legumes:</b> <a href="#">peanuts</a>, beans/lentils such as chickpeas, kidney, pinto, white, navy, black, lima, adzuki, and mung. High levels related to: reducing type 2 diabetes. Peanuts are the best source of arginine, which reduces inflammation.</p> <p><b>Dark Green Vegetables:</b> High in vitamin K and will provide you with sufficient fiber intake.</p>

<p><b>Raw Food</b></p> <p><b>Raw foods:</b> is <b>contaminated with bacteria</b> such as e.coli, the worst includes: salad/lettuce, fresh tomato, most raw vegetables, bananas, and most raw fruits; basically anything not cooked. Eating raw related to: digestive disorders, thyroid dysfunction, irritable bowel syndrome (IBS), ulcers, heartburn, gas, bloating</p>	<p><b>Sterilized Foods</b></p> <p><b>Cooked:</b> Kills bacteria in one minute at 100 C, boiled, steamed.</p> <p><b>Boiled water:</b> is 100% free from bacteria with a rolling boil of at least one minute. Health Canada. before eating with a sterilization process such as: cooking (heating foods), steam, vinegar,, herbs, alcohol or other traditional preparations to sterilize food.</p> <p><b>Exposed to vinegar:</b> Pickled, overnight vegetables in vinegar, same as cooked.</p> <p><b>Salted:</b> salted beef jerky, salted fish, salted nuts and seeds.</p>
<p><b>Bad Beverages</b></p> <p><b>Sugary Beverages:</b> Fruit juices, pop/cola (not the only pop that does not contain sugar is soda water which is OK), Gatorade, Vitamin water, soy milk, grain, powdered drink mixes (ice tea, hot chocolate).</p> <p><b>Soda Pop:</b> High fructose, MSG, aspartame, colorants and toxic <b>preservatives are common.</b></p> <p><b>Artificial Sweeteners:</b> Aspartame (Equal®, NutraSweet®, others), 180times sweeter than sugar Acessulfame-K (Sunett®, Sweet One®), 200times sweeter than sugar Saccharin (Sweet'N Low®, Necta Sweet®, others), 300times sweeter than sugar Sucralose (Splenda®), 600 times sweeter than sugar Neotame, 7000 to 13000 times sweeter than sugar</p>	<p><b>Good Beverages</b></p> <p><b>Coffee:</b> caffeinated has twice the health benefits as decaffeinated. Best if black but you may add small amounts of full cream, chocolate, cinnamon, glucose, or xylitol.</p> <p><b>High levels related to:</b> less cancer, enhanced thinking and memory, endurance, co-ordination, strength, increased circulation, improved bowel <b>movements</b></p> <p><b>Water:</b> essential and the ideal drink, hot or cold.</p>

<p><b>Reduce Bad Alcohol</b></p> <p><b>Grain Alcohol:</b> spirits that contains gluten.</p> <p><b>Whiskey</b> made from grain,</p> <p><b>beer</b> made from hops, barley and grains,</p> <p><b>Vodka</b> made from grain,</p>	<p><b>Moderate use of Good Alcohol</b></p> <p><b>Non-Grain Alcohol:</b> 40-60% less likely to suffer a heart attack than people who do not drink.</p> <p><b>Red Wine:</b> Contains high levels of polyphenols.</p> <p><b>White Wine,</b> kills bacteria in the stomach when eating food that may contain bacteria such as fish or chicken; helps sterilize the stomach to avoid food poisoning or feeling ill.</p> <p><b>Gin</b> – made from juniper berries, <b>Rum</b> – made from sugarcane or molasses (through a fermentation process rendering the sugars less harmful), <b>Tequila</b> – made from the blue agave plant; <b>Brandy/Cognac</b> – made by distilling wine,</p> <p><b>Vodka</b> – made from grapes or potato,</p>
<p><b>Avoid Bad Spices</b></p> <p>Tasty and Tender with <b>MSG</b>. Packaged spice mixes often contain MSG on the label as natural flavoring, soy, salt hydrolyzed oil, modified protein, or vegetable oil. Better to buy single spices and mix at home.</p> <p>“<b>No MSG added</b>” is misleading. <u>Canadian Government Warning</u>.</p>	<p><b>Increase Good Spices</b></p> <p>Most noted in health studies are cinnamon, cilantro and curry (turmeric/curcumin)</p> <p>Any spice that adds color and stains; including black pepper and chili</p>
<p><b>Other Bad Items</b></p> <p><b>Packaged foods:</b> you need to get into the habit of reading labels and understand what the ingredients are in the food you are buying. Just because something is organic, sugar-free, trans-fat free or all nature does not mean is good for you.</p>	<p><b>Other Good Items</b></p> <p><b>Cocoa:</b> Improves cholesterol, blood flow to the brain, immune system, blood pressure. Needs to be at least 75% cocoa (ie. 75% or greater dark chocolate) to provide any health benefits otherwise it is too sugary.</p> <p><b>Vinegar:</b> Helps break down carbohydrates in the body to regulate blood sugar levels and help the body fight infections</p>

## Avoid Bad Supplements

**Calcium & Vitamin D:** Calcium & Vitamin D supplements, cod liver oil, halibut liver oil, fish liver oil, high calcium milk, vitamin D milk, fortified milk, enriched milk, baby formula,

**Health problems:** heart disease, heart attack, hardening of the arteries, high blood pressure, brittle bones, lesions, cysts, fibroids

**Lysine:** supplements, ointments used for herpes, herpes therapies. Caution: high in whey protein powder.

**Health problems:** weak immune system, thin skin, loss of hair, erectile dysfunction (ED), slow wound healing, increased injury rates, tendon damage, muscle pain, bloated abdomen

**Glucosamine:** supplements, joint formula, pet foods with glucosamine

**Health problems:** cataracts, blindness, diabetes, cancer.

## Use Good Supplements

**Alpha Lipoic Acid**

**Glutathione** - [article](#)

**MSM** (Methyl-Sulfonyl-Methane) [article](#)

**Taurine**

**Salmon Oil** -pure, not blended with other fish oils

**Vitamin K** - high in green leafy vegetables

**Lycopene** - red pigment of tomato

**Vitamin C** - high in potato, [list link-to be done](#)

**B Vitamins** - correct ratio, S.O.N.A. study, [ATP](#)

[Energy](#)

**Zinc**

**Selenium**

**Iodine**