

The Foods We Eat

By Bryon Verhaeghe



We eat food everyday because it is important to our body.

Many people ask me what to eat and this is a difficult question because different people have different nutritional needs. There are some very basic similarities between us all. We all get energy, enzymes and building materials from food. At different times in our lives we may have tremendously different needs. This may be significant while being sick or injured. Maintaining a healthy body also has nutritional needs. While we are young and resilient nothing seems to bother us and we develop bad nutritional habits. When we get older we begin to fail with health and don't know why or how to fix the problem. It is easy for society to simply call them old age diseases when in fact they are just bad eating habits.

Usually they are ingrained in us with television advertising. And think about it, television has not been around for very long. Many bad eating habits and disease begin with poor eating education and the most common source of information is from marketers selling their goods.

There are many little items to discuss but I will deal with complete categories that should be eliminated, such as fruit. The sugars in fruit are the favourite food for yeast. These sugars are of little benefit to humans. Certainly there are other parts of the fruit that are beneficial. But in the end fruit is more trouble than benefit when it comes to humans. Part of this is because the fruit is picked green before it has finished growing. This is because they are too delicate to transport fully ripened and are shipped while still hard and unripe. The healthiest part of the fruit is the pit or seed that we throw away. We also genetically select fruits that are seedless. Grapes, raisins, bananas, watermelon, etc., are selected out to be freaks of nature. The very fruit of the plant that holds the seed for the next generation is missing, what else is missing? And finally, fruit is mostly carbohydrates. Except for energy, or storing energy as fat, fruit has very little immune supporting properties. In summary, fruit is picked green, genetically selected and of little use to our body.

Why eat fruit?

And now for another twist; glucose is necessary for our body's energy stores and keeps us from getting tired and helps keep the immune system energized. Some good sources of glucose are; white sugar (cane sugar), brown sugar, honey, maple syrup, corn syrup, and etc.

“ Coffee contains niacin, which releases histamine, critical for brain chemistry. This chemistry includes serotonin (tryptophan) which is essential for good mood and good sleep ”

Our liver stores glucose for energy. Starch foods produce glucose, and these include potatoes and rice. Notice that these sugars do not grow yeast very easily. White sugar is food for humans and fruit sugars are for yeast. Have you ever seen mould grow in the sugar bowl, or on honey, or on potatoes or rice? These types of foods are not negative to our immune system. Eat them.

Now, let us talk about dairy. This is another category that is not good for any adult. Protein is made up of amino acids the way a sentence is made up of letters. When they are combined in a certain sequence they have meaning and influence. If a few letters are missing we may re-interpret it and understand it, but, in the case of chemistry there is no interpretation allowed. The protein is a strict set of instructions and if not complete or

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accurate it will cause a malfunction of the immune system, as seen in auto-immune diseases. The deadly culprit in dairy is a vast surplus of the amino acid lysine. This amino acid destroys a critical one called arginine. In adults, they find that if the diet is void of arginine death ensues.



Stacks of medical papers are available linking dairy to cancer. The rate of cancer has tripled in the past decade. To me cancer is a symptom of an overwhelmed immune system. A few weeks ago an article in the Vancouver Sun newspaper revealed a medical study finding cheese to be related to prostate cancer. The professors at Harvard Medical School detail how arginine kills tumors. Arginine is key in wound healing and the anti-aging hormone named growth hormone. So I would go so far as to say that dairy will let us get sick, prevent us from healing and age us faster than necessary.

Grains: Most grains contain gluten, this is a term related to glue, and describes the property that makes flour stick together. Once in the blood this property has the ability to cause our cells to stick together. They aren't harmed but perform poorly and are less able to get into the very small capillaries they way that they should. Also red blood cells live between 90 and 120 days. When they get old they shrink and because they are smaller they pass into the intestines and are eliminated. When they are clumped together with gluten this doesn't happen properly and we end up with old blood. This also keeps new ones from being produced because there is only so much room for red blood cells.

We don't work well when we eat gluten, so why eat it?

The longest period that we go without food is through the night. This is a type of fast. So in the morning we break the fast, known as breakfast. Also described as the most important meal of the day, partly because our blood is empty and we absorb breakfast better than other meals. We have come to believe that a good breakfast of toast, cereal, milk and fruit, or maybe yogurt with fruit, is healthy. Juvenile asthma is increasing, diabetes is increasing, cancer is increasing, fibromyalgia is increasing, chronic fatigue is increasing, and many other problems that are not related to specific start trigger. They seem to be a slow process. Maybe our diets need a more serious inspection.

The last of the foods to avoid include pork (bacon and ham) and restaurant deep frying. A summary of all the foods I encourage people to avoid includes; fruit, dairy, gluten, pork and deep frying. Some people have learned this by trial and error while attempting to keep health problems at bay. Some find that they are simply allergic to them. Many people ask diet details and I often ask how serious the individual's need is. If you are chronically sick, how serious are you at fixing it? If you have weight and energy issues, how much is it bothering you? Stressing about what you eat may be more harmful than bad foods. And also, is it really a bad food, let us twist it some more with foods that are good for us.



Another excellent food is chocolate. A few weeks ago the medical community was surprised at how much the immune system is enhanced by dark chocolate, just one stipulation; it could not contain any dairy products. Same with coffee, no dairy, just honey or sugar. Certainly these are not meals but are simple good add-ons to a good diet. The ultimate food for humans is nuts and seeds. They have the highest ratio of arginine to lysine found in regular foods. Arginine keeps us from shrinking in old age, it keeps the muscles from deteriorating, it keeps the heart working well, and it keeps us young and healthy.

The big ones people pick on are alcohol and coffee. Why is it that most societies with the longest life spans consume coffee and alcohol? Part is that they tend to know how to take a real coffee break and relax after work, or even have a night cap before bed. Running down the street slurping coffee on the run is not a coffee break; it is more of a drug habit. Slow down, smell the coffee. The only negative effect to coffee and alcohol is the mild diuretic effect. If we add a little salt intake while drinking these beverages the negative effect is nullified. Eat the salty olive with the martini, salt with the tequila, salt the rim of the margarita, and eat salted nuts, salty sea food (anchovies in Caesar salad) with the red wine. The higher our coffee consumption is throughout life, the lower the rate of the dementia diseases later in life.

Eating well is not about being a stressed out fanatic, it is more like being an organized and decisive thoroughbred. In a restaurant read the menu and eliminate half of the choices by content and then pick your mood. Pasta with cream sauce is out, roast beef or lamb with roast potato is in, pizza is out, substituting the fries with anything; mashed, salad, potato salad, coleslaw or soup should be routine and without hesitation. Many studies find that anything we do twenty-one times becomes habit. Practice makes perfect, pick up a menu and practice, keep the menu and have a family discussion about the menu choices while waiting for the food to come. Children love to learn and there is an education from being a teacher.