

Do we have an owner's manual?

Every manufacturer provides an owner's manual. This provides valuable information that saves us on expensive repairs. Imagine buying a car and using the wrong type of fuel. Reading the manual provides us with much information, giving us advice that saves us time, money and gives us optimum performance from our purchase.

Where is our owner's manual?

God, as our Designer and Creator, has given us an owner's manual – a step-by-step practical guide that shows us how to care for our wonderfully complex bodies He created. The Bible, gives us a practical guide to finding solutions to the complex problems that we encounter in this life.

God cares about our welfare. He has a plan for us and has outlined a lifestyle to minimise stress, suffering, disease, despair and disability of every kind.

In this manual, God talks to us personally, revealing His plan to us. He then wants us to follow these instructions and do them. If we ask Him to help us follow these directions, He will give us the power to execute these instructions.

Try GOD'S ANSWER!

There are so many people out there telling us what to do to regain health. At times these offer opposite advice. We are faced with a dilemma. GOD'S ANSWER is an acronym. Each letter stands for a word. These are basic health principles, that if incorporated into the life with the help of God, will not only prevent much of the stress and lifestyle diseases that are so prevalent in our country today, but these health principles will also work, bringing healing and restoration to our worried minds, diseased bodies and broken down immune systems.

G = Gratitude	A = Air
O = Obedience	N = Nutrition
D = Divine Help	S = Sunshine
S = Self-control	W = Water
	E = Exercise
	R = Rest

Gratitude

Health depends on having a good attitude. Worry, anxiety, anger, hostility, grief, negativism, fear and mental stress depress the immune system. Those who direct their anxiety and tension inwards are more susceptible to an early death. Every thing revolves around their lives and their health.

Anger affects more than the person who is the target of the emotions. It suppresses the immune system. It is implicated in sudden stroke. It doubles the risk of heart attacks after outbursts of anger, the danger lasting for two hours after the outburst.

Hostility increases the risk of atherosclerosis and early death.

Stress, depression, guilt also depress immune system, prone to heart disease, lead to memory impairment, dementia and early death. Pessimism, an unpleasant by-product of brooding over real or imaginary troubles, has a worse effect on killer "T" cells of immune system than depression.

Let not the sun go down on your wrath Ephesians 4:26

Positive attitudes linked to better fighting stress, and higher survival rates when disease does occur.

- Gratitude
- Optimism
- Perseverance
- Diligence under stress
- Absence of malice (benevolence or giving heart)

The lower stress levels that accompany these traits encourage better memory and learning, because nerve cell expansion is greatly inhibited in the presence of chronic stress.

Having a cheery attitude is vital to good health, yet we need not wait for a good mood to "hit" us. Recent psychological research suggests that deciding to have a cheerful countenance can also create a merry heart, and generates amazing changes in the brain itself. Deliberate decisions to smile actually generate the same positive brain activity in the frontal cortex as a spontaneously happy smile. We can cheer up ourselves up, as well as others around us, simply by "putting on a happy face."

Mood changing strategies.

- Pray. Find a Bible promise and claim this promise for yourself
- Listen to soothing music
- Take some exercise
- If fatigued, take time out to rest, relax and calm down
- Help others, focus away from oneself
- Think things out clearly, don't jump to conclusions.

Obedience

God's original diet as given to man in the garden of Eden.

Nuts, fruits, seeds, grains and herbs (Genesis 1:29; 3:17-19)

This diet was eaten by man from Eden to Noah's flood. The Bible gives a list of each man and the age at which they died. The average age was over 900 years. Then after Noah's flood, because there was no vegetation, God gave man permission to eat meat. It took another 10 generations for the average to drop to 291. About 430 years after the flood, when Moses led the children of Israel out of Egypt, life expectancy had dropped to 70 or 80 years.

He classified these meats into two categories, "Clean" and "unclean". These lists are to be found in detail in Deuteronomy chapter 14 and Leviticus chapter 11. "Unclean animals store toxins in their tissues, eat wastes and decaying matter, eat poisonous plants, and harbour many diseases in their flesh.

God also gave specific instruction that even when "clean" animals were eaten, the fat and the blood were never to be eaten. Leviticus 17:10,11; 7:24-27; 3:17 God gave the Israelites a health program. He designed to restore them to a pure and healthy state.

A promise He gave them was "If you will diligently listen to the voice of the Lord your God, and will do that which is right in His sight, and will give ear to His commandments and keep all His statutes, I will put none of the diseases upon thee that I have brought on the Egyptians; For I am the Lord that healeth thee." Exodus 15;26

"Beloved, I wish above all things that you may prosper and be in good health, even as your soul prospers." 3 John 2

Some of the diseases of the ancient Egyptians are revealed in autopsies of ancient Egyptian mummies. They revealed leprosy, boil, liver cirrhosis, cancer, pneumonia, osteoporosis, dental caries, tuberculosis, emphysema, malaria, hydrocephalus, gout, consumption, arthritis, gallstones, heart disease, diabetes, dwarfism, poliomyelitis, gonorrhoea, obesity, smallpox and hookworm. All these are a result of unhealthy and refined diet.

Obedience is for our own good! Many do not realise the strong impact of physical habits have on our moral and spiritual nature. It is only by remaining obedient to God's natural laws that we will we keep our bodies healthy.

Does it restrict our lifestyle to adhere to these laws of health? No! It gives us the freedom to enjoy life without worrying about becoming sick and diseased. We are spared needless pain and disability.

An analysis of 212 different studies revealed that 75% of the people studied indicated that religious commitment has a beneficial impact on a variety of health conditions. Reports stated that they had 50% fewer deaths from coronary disease, 56% fewer deaths from emphysema, 74% fewer deaths from cirrhosis and 53% fewer suicides. After undergoing surgery, those without any religion were three times more likely to die. In conclusion to this we can see that religion is healthy.

Cardiologist Randolph Byrd, formerly a professor at the University of California, has shown that prayer works and can be a powerful force in healing. In a ten month randomised, double blind study, a computer assigned 393 patients in a coronary unit to a group that was prayed for by a Roman Catholic and Protestant prayer groups, or a group that was not remembered in prayer.

The results were striking. The prayed for group were five times less likely to require antibiotics, three times less likely to develop pulmonary odema. None required breathing tubes, and fewer died. If this was a new drug or surgical procedure, it would have been heralded as a breakthrough.

Divine Power

Many people are living lives of despair and emptiness. There seems to be this emptiness that material things just do not fill. Others are all stressed out trying to keep pace with modern living. Many are lonely, some sinking into depression that affects not only their lives, but the lives of friends and family.

Clearly there is a void in the lives of millions – and an urgent need for this void to be filled. Can anything...or anyone...fill this void? Man tries to fill his life with all manner of inventions, but still comes up empty.

There is a void in each one of us that only God can fill. When we surrender our lives to Him we can have peace, contentment and even joy in an unstable, inconsistent world. Learning to trust in God completely, in all situations, brings a peace of mind that will keep us calm, promote health and prolong life. A contented mind, a cheerful spirit is health to the body and strength to the soul.

Trust in God, faith and prayer provide a significant boost to mental as well as physical health. If stricken down with a serious illness, they positively influence your chance of recovery. Grief, discontent, remorse, guilt, distrust, bitterness, all tend to break down the life forces and invite decay and death.

Jesus says "Come unto me ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of Me, for I am meek, and ye shall find rest (contentment) for your souls. For My yoke is easy and my burden is light." Matthew 11:28-30

There is no heavier burden than the burden of sin and selfishness. Jesus says "Come. Give me your burden of sin. I will give you My righteousness- My peace- in return."

God's own Book tells of the wisdom, instruction, and power that is given to all who take the first step and "Come" to Jesus. As we learn more of Him we see that learning of Him is the highway to health. This is the answer to all the problems that perplex and annoy, the answer to the great void in the human heart.

Self Control

Another word for self control is temperance. This can be defined as "abstaining from that which is harmful, and using wisely that which is good."

Many have made resolutions to give up bad habits. Sometimes these last for a few days but most have the same result – temporary success that leads to ultimate defeat and discouragement. Many people force themselves to reform in one area of their life by sheer will power.

True self control is not making an isolated effort in one area of your life, but is a divinely implanted principle, or character trait which permeates the whole life. It affects all areas of our lives.

God will give us strength to give up our bad habits, but we have to CHOOSE to do so. This will be on-going. All through our lives we will have to make choices to choose those things that will build up our health and not break it down.

We need to be temperate in eating, exercise, recreation, sport, sleep, work, and say no to using alcohol, tobacco, sugar, meat, dairy, tea, coffee, chocolate, soft drinks, sugary foods, artificial foods, stimulating foods, vinegar and refined foods. More information is given on the foods and substances to avoid later in this booklet.

Air

To think clearly our brain needs lots of fresh air. There are other factors which can tend to deprive the brain of adequate stores of oxygen, such as alcohol, caffeine, tobacco, sugar and a high fat diet. Poor posture and lack of exercise can also contribute to the problem. Chronic brain oxygen deprivation increases the risk of memory deficit, mental decline, and even dementia.

When we sleep, respiration increases. For this reason, it is important to keep windows open at night so we can breathe in fresh, vitalised air. Every organ of our body requires fresh air for optimum functioning. Our blood transports oxygen to the body tissues (provided that you've had enough water to keep the blood flowing freely).

We need to learn to breathe deeply. Many breathe only using the top portion of their lungs. Correct posture is essential at all times. The abdomen should expand when inhaling to fill the lower parts of the lungs. Exhale fully to allow stale air to exit. When feeling sickness or headache coming on, go outside and take ten deep breaths, repeating three times during the day. Correct deep breathing moves the lymphatic system, which is responsible for waste elimination. Deep breathing massages the liver as well as the bowels which stimulate peristaltic movement.

Oxygen is essential to tissue health. In the absence of oxygen, cell death begins to take place. Cells deprived of oxygen are most susceptible to malignant change – cancer.

Air pollutants, smog, cigarette smoke are a threat to health. Stove heat affects air quality. We need to get out and breathe fresh, clean air every day.

Fold back the bed covers to allow the bed to air out each day. Make beds at midday. Keep the air around the home clean – no mouldy, rotting or smelly substances giving off germs, mouldy spores and poisoning the air.

Do not allow any animal odours inside your home. It is best to keep animals outside the home.

Nutrition

It is obvious that our lifestyle is catching up with us. One in three deaths can be attributed to cancer. More than 85% of cancers are caused by two factors, smoking and diet. Research at Harvard Medical School places meat eating as a very high risk factor.

Heart disease affects so many Australians. This is because of the high fat diets many are consuming. Diabetes, arthritis and many other diseases can all be related to lifestyle and diet. Too much sugar, animal fat and animal protein, and too little fibre, fresh fruits, whole grains and vegetables.

God has designed a diet. We call it ***The Designer Diet*** – it is bursting with wonderful advantages. Plant foods contain powerful "phytochemicals" which not only prevent cancer, but also fight it.

Our body was designed the same as herbivores. Carnivores have claws, no skin pores and perspire through their tongue. They have sharp front teeth for tearing and no molars for grinding. Their intestinal tract is only three times their body length, so any rapidly decaying meat can pass out quickly. They have strong hydrochloric acid in stomach to digest meat. Herbivores and humans have no claws, perspire through pores, have no sharp front teeth having molars instead. Their intestinal tract is twelve times their body length and their hydrochloric acid is twenty times weaker than meat eaters.

Enjoy a variety of fruits and vegetables each day. A plant based diet will dramatically reduce all degenerative diseases. Vegetable meals centred around baked or steamed potatoes, brown rice, beans and pasta are nutritious and are very filling.

For more information on correct nutrition, see later sections in this booklet.

Sunshine

Most are aware of advertising urging us to keep out of the sunshine. It is true that chronic exposure to the sun's ultraviolet rays is associated with premature skin aging and skin cancer. However, recent studies indicate that vitamins C and E have been found to protect against skin malignancy, wrinkling,

photosensitivity reactions, and immune-suppression. Sunscreens can decrease the incidence of skin cancer by up to 30%. However sunscreens contain titanium dioxide, which can accumulate in the skin and may be carcinogenic. Using too much sunscreen is associated with increased risk of osteoporosis, osteomalacia and bone fracture.

The benefits of sunshine include

- Improves alertness and mental ability
- Decreases depression and fatigue
- It increases oxygen content of the blood, thus increasing muscle strength and endurance
- Decreases our resting heart beat
- Helps set and maintain our internal body clock that regulates hormones, sleep patterns, mood and appetite. .
- A major source of vitamin D, essential to the calcium metabolism necessary for strong bones
- It decreases certain types of cancer.
- Sunlight is helpful in treating many diseases eg TB, infection, bronchial asthma
- It lowers blood pressure and has a cholesterol lowering effect
- Lowers blood sugar – acts like insulin and lets glucose into cells
- It speeds the body's circulation which enhances the elimination of toxins
- It stimulates immune system
- It promotes wound healing and kills many bacteria after short exposure
- It penetrates deep in the tissues for healing.
- Improves appetite, assimilation, elimination, and digestion
- Chemical and toxins are eliminated 10-1000 times faster than artificial light
- Stimulates our pineal gland

Our pineal gland is deep within our brain. This produces a hormone (melatonin) at night which modifies behaviour and thyroid function. It changes levels of serotonin and inhibits other glands in the body. The sunlight acts on our retina, suppresses the sympathetic nervous system, calming, soothing, resting. Then the pineal gland is suppressed during the day, to allow other glands to do their work. Dark nights and bright days help keep the hormones functioning properly. Using sunglasses diminishes this function.

To be healthy we need small exposures (about twenty to thirty minutes) in the sun each day. A word of precaution is recommended. Do not sunbake in the hottest part of the day, and use your common sense and do not allow yourself to get burnt.

Water

Ever so many people are drinking soft drinks and fruit juices. These are not healthy. We need to drink pure water. This is the drink God gave us to drink.

Some of the ingredients in many drinks can cause frequent urination and subsequent dehydration. When you are dehydrated, your body is stressed. It can cause mental confusion. Our bodies are unable to secrete toxins and salts and so tends to become bloated.

Many Australians are dehydrated. Dehydration increases the risk of kidney stones, cancers, obesity and many more diseases.

We need to drink about eight glasses of water per day. These are important some reasons why

- It balances nutrients, it helps in digestion to break, soften and transport food.
- It controls body temperature through perspiration
- It lubricates, insulates and protects
- It gives flexibility to muscles, ligaments and joints
- It minimises dehydration saves kidney workload
- It reduces stress on the circulatory system
- It improves circulation
- It heals, cleanses and relaxes
- It improves circulation, thus improving the immune system
- It replenishes blood volume
- It helps relieve constipation and excretion of wastes
- It aids in building and repair of body tissue

We need to drink pure water. Avoid town tap water that has fluoride, chlorine and other additives added. Avoid drinking with your meals as it dilutes digestive juices. Wait at least a half hour before and one and a half hours after meals.

Each day we void about five and a half glasses of water as urine, two in breathing, another two in perspiration, and a half by way of the bowels. If we drink less than this we will become dehydrated. If we wait until we are thirsty to drink water, we are already dehydrated. So drink those eight glasses of water throughout the day, not just at one time.

Exercise

Many deaths can be attributed to lack of exercise. Children are becoming alarmingly sedentary. Numerous studies show that exercise boosts the ability of both young and old to pay attention and learn. Exercise enhances memory, concentration, cognition, creativity and word fluency.

Lack of exercise is a major contributor that promotes depression, tension, and anxiety. Regular exercise significantly boosts mood. One study showed that a ten minute brisk walk will yield one hour of increased energy and reduced tension, whereas a sugar snack will ultimately result in fatigue and tension.

Regular daily exercise increases overall health.

- It increases circulation
- Increases oxygen intake and efficiency of the lungs
- Normalises blood pressure
- Increases tone of the muscles and blood vessels
- Increases cardiac muscle tone and heart size
- Increases haemoglobin in blood
- Charges brain and nerve cells with electrical energy
- Aids in prompt digestion
- Strengthens muscles, bones and ligaments
- Lowers cholesterol and fats in the blood
- Burns unwanted fats
- Balances endocrine system
- Slows aging process
- Promotes endorphins
- Promotes good sleep
- Cleanses blood stream and body

If we want good health, it is most important to have regular exercise. We need to exercise from 30-60 minutes at least three or four times each week, preferably in the open air. Morning exercise is best as it increases metabolism for the rest of the day. Weight bearing exercise is good as it uses all muscles. Walk up hills to get the heart rate up. Walk briskly for maximum benefit. Stretching before and after avoids strains and increases flexibility.

Rest

Many people complain about being sleepy during the day. Drowsy driving causes crashes. Yet many others have problems falling asleep during the night. Others find it difficult to get to bed on time. Many "burn the midnight oil". Research has found that modest levels of sleep deprivation resulted in a 30% drop in immune function.

Studies have shown that going to bed early does actually give health benefits. It is in sleep, primarily in the hours before midnight, that information learned during the day is transferred from the hippocampus area of the brain (short-term memory bank), to the permanent storage area of the neocortex. This deep sleep time occurs before midnight.

There are essentials to establishing good sleep habits.

- The average person needs eight to nine hours of sleep daily (for proper immune function, tissue repair, and nervous system and hormone balance.
- Have a set bedtime and rising time, as well as for eating, exercise, study and work.

- Go to bed early. Sleeping the hours before midnight are twice as beneficial to us as the hours after midnight. Staying up late unbalances our body clock.
- Eating late, sugary foods, lack of exercise, smoking, the use of caffeine as well as certain drugs can cause sleep problems

Just as the body needs a daily rest, we also need a weekly rest. Our body has a daily body clock (circadian rhythm), but it also has a weekly body clock (circaseptan rhythm). We have 7-day cycles, 28-day cycles and many more that depend on lifestyle and regularity for proper functioning. .

Medical research connects rhythms with

- Heart rate
- Suicides
- Natural hormones in breast milk
- After surgery, swellings increase on the seventh and fourteenth day
- Rejection of transplanted organs
- Human and animal response to treatment of cancer eg Fibrinogen, a blood clotting compound, has a seven day rhythm
- We were created to have a weekly cycle. It is a built-in feature of our physiology. God commands us to remember to keep His Sabbath day holy. God blessed the Sabbath day, so when we keep this day holy, not working or even shopping, God promised us that He will revive our bodies and minds and give us true peace.
- During the French Revolution, a law was passed to change the weekly cycle from seven to ten days. The country publicly rejected God. Three and a half years later this law was rescinded. Animal dropped dead, anarchy was rife.

Another type of rest we need is true relaxation. Many think they obtain this in front of a TV. This does not really relax us. Spend time in nature, gardening, walking, sharing time with loved friends, leaving worries and cares behind.

*There is a God shaped vacuum in the heart
of every man, which cannot be filled by any
created thing, but only through
JESUS CHRIST*

Blaise Pascal French Philosopher

Nutrition notes

Animal Foods

Fast food may be a trend of life in our world today, but our health is floundering as a result. Our typical diet is far too high in fat and protein and loaded with sugar. It's also high in refined, processed carbohydrates, and low in fresh fruits and vegetables.

Over one hundred years ago, 75% of our protein and energy intake used to come from plant sources. Now it comes from animal sources. As a result of relying on meat and dairy products as the principle staple diet instead of beans, brown rice potatoes and pasta, or other complex carbohydrate foods, disease rates have risen proportionately. In an average westerners diet, in a lifetime they will eat

- 21 cows
- 14 sheep
- 12 pigs
- 900 chickens
- 55kg of fish and fowl
- 1200kg of dairy products

Some of the reasons not to eat meat include

- High in cholesterol (no cholesterol in plant foods)
- High in saturated fats (leads to hardening of the arteries)
- Causes heart disease and has high blood clotting risk
- Causes high blood pressure
- High protein content causes kidney damage

- Results in osteoporosis
- Cancer – unhealthy animals cause human cancer
- Lacks fibre (constipates,)
- Bacteria content (causes serious illness, even death)
- Loaded with antibiotics
- High uric acid content (this is a toxic waste)
- Low digestibility (sits in colon)
- Contaminated with pesticides – dips, sprays, feeds etc (meat products contain over 10 times the pesticide as commercially sprayed fruits and vegetables)
- Hormonal imbalance in consumers (eg chicken)
- Cows are fed offal, manure and other unsavoury materials
- Expense

Carbohydrates

- Carbohydrates are our main energy food.
- Digestion begins in the mouth with salivary enzymes.
- If we eat too many carbohydrates they will be stored as fat in tissues.
- The fewer kinds of food at one meal, the easier and more complicated is digestion
- For most people, a third of carbohydrates pass through their system undigested and unabsorbed
- Complex carbohydrates are full of vitamins, minerals and fibre
- They slow digestion - satisfies, gives stable blood sugar level
- Refined carbohydrates – high empty calories, lack vitamins, minerals and fibre and are fattening

To digest our food properly **we must chew our food thoroughly**. The salivary enzymes must do their work in the mouth. Waste products of carbohydrate digestion are carbon dioxide, which is eliminated by the lungs. Waste products of protein and fats are hard for the body to remove. Many degenerative diseases such as arthritis and senility have been attributed to this waste in joints, arteries and organs.

No eating Between Meals

Many suffer from digestive problems. A major cause of this is we are overworking our digestive organ when we eat any food between meals. When we eat before our stomach is empty, the partially digested food remaining in the stomach start to spoil or ferment. This is toxic to our system. Two experiments conducted reveal how long our meals take to digest

Washington Sanitarium Experiment

Four nurses were given a standard meal and a glass of barium buttermilk in order to make it possible to take X-rays. In every case the stomach was empty or nearly empty at the end of four hours. Later the same nurses were given a duplicate meal and two hours later were given additional food with the following results.

Eating between meals, X-ray findings

Nurse No 1	2 hours later ate one ice cream cone	6 hours after the meal the stomach was still at work
No 2	ate peanut butter sandwich	9 hours after the meal the food was still in the stomach
No 3	ate one piece of pumpkin pie, glass of milk	9 hours after the meal some food was still in the stomach
No 4	ate one banana	8 hours after the meal

Some food was still in
the stomach

New England Sanitarium Experiment

A healthy nurse was given an ordinary breakfast at 7.30 a.m. with barium included to make it possible to take an X-ray.

Four pieces of fudge were given during the day, one at 9.00 a.m., one at 11.a.m., one at 2 p.m. and one at 4.p.m.

Dinner was eaten at 12 o'clock and supper at six. Nine hours after the breakfast was eaten the X-ray showed the breakfast was still there. Thirteen and one half hours after breakfast the X-ray showed the breakfast was still there.

The day before this the same stomach digested the same sort of breakfast without the fudge in four hours.

Fats

Fatty acids are used as building blocks, and for many other functions in the body. Vital organs are cushioned by fatty tissues. The immune system and many other functions in the body need the right kind of fatty acids eg nerve cells, brain cells.

Good fats in the diet are vitally important for good health. The important question is, what determines why a fat heals or kills? The answer depends on several factors.

- What kind of fat is it?
- How has it been treated?
- Has it been exposed to light, oxygen, heat, hydrogenation, water, acid, base, or metals like copper and iron?
- How old is it?
- How has it been used in food preparation?
- How much was eaten?
- What balance of different fats do we get?

Fats as found in plant foods are designed for the needs of body cells. However when these are removed from plant cells, processing changes the structure and/or location of the chemical bond.

Fats that heal have a different molecular structures than those that kill. A fatty acid molecule is shaped like a caterpillar. When processing fat, the molecule structure or shape is changed. Heat changes their shape. Fatty acids in their natural form are shaped like a horseshoe, called the *cis* form. The new shape is a straight chain-like structure called the *trans* form.

Many changes and problems result when *trans* fats are used as building blocks. Fats are used in various ways in the body apart from energy requirements. One way they are used is in the structure of cell membranes. They help the exchange of nutrients in and wastes out of the cell. When these trans fats are consumed, they are incorporated into cell membranes and do not allow the normal functioning, thus affecting the health of cells. This leads to disease in the long term. The immune system needs the right shape fatty acids to maintain the right function and shape of some of its cells. The more *trans* fats eaten, the greater effect they have in altering the normal enzyme activity in the tissues. An example of trans fats is "margarine". (Avoid margarine and all hydrogenated fats).

Results of the wrong fats in the diet

- Linked to cancers of the colon, skin, pancreas, breast and prostate
- Causes high blood fats – diabetes
- Causes red blood cells to stick together, reducing their oxygen carrying capacity
- Causes a sharp drop in amount of oxygen that reaches brain cells (by using dairy cream, oxygen was reduced by 30%)
- Restricted flow to the brain impairs thinking and causes headaches
- Causes oxygen level in brain to drop by 68%, requiring 3 days to return to 95% of normal
- A 35% reduction of oxygen is necessary to produce malignant cells, a condition present after heavy fat meals, 9-12 hours before clumping reverses and 72 hours before returning to normal

- It covers the particles of protein and carbohydrate, salivary and gastric juices cannot digest these fats, they pass through the stomach slowing down digestion, producing fermentation, sour stomach, heartburn, gas and indigestion
- Reheating fat a second time develops a cancer producing agent - acrolein
- Benzopyrene, one of the most powerful carcinogens known is found in fried foods
- Benzopyrene is found in charcoal grilled meat – fat drips on hot coals, is converted to benzopyrene, becomes a vapour in the heat and redeposits on the meat. (Benzopyrene in 1kg charcoal grilled steak = benzopyrene in smoke from 600 cigarettes)

Oxidised cholesterol

Cholesterol exposed to the atmosphere for a period of time tends to combine with oxygen in the air, producing what is called "oxidised cholesterol". These are very toxic to the body, destroying cells that line the arteries in less than 24 hours. Even small amount of these toxic chemicals caused irreversible damage. The most harmful foods that contain these chemicals are any combinations where sugar, milk and eggs are combined. Dried milk when exposed to air becomes oxidised. Foods with a high sugar content are more susceptible to oxidation.

Commercial Oil Processing

Oil which is processed commercially undergoes many processes. It is cleaned, pressed, degummed, refined, bleached, deodorised, winterised and hydrogenated (changes EFA by combination with hydrogen gas under pressure and high temperature 120-210°C in the presence of a metal catalyst, so aluminium would be present in most oils. Hydrogenation make oil solid at room temperature. Additives are added - emulsifiers, polysorbate 80 is added to blend with vinegar or asceic acid, anti-oxidants to delay rancidity, etc

Products altered by processing include margarines, shortenings, partially hydrogenated oils, deep-fried oils, refined and deodorised oils, oils exposed to light or oxygen during storage, oils fried in food preparation, and oils that have become rancid from exposure to air after opening. These fats kill people.

The only oil that is safe and healthy to use is cold-pressed olive oil. Be extremely careful and make sure that it has been cold pressed and stored under the correct conditions. Certain health food shops stock this oil.

Protein

Protein is used for growth and repair of damaged cells. It is not an energy food, and is used as such only in an emergency. A moderate intake of protein is advised.

Some results of a high protein diet include

- Increases the Vitamin B12 requirement, a vegetarian diet lowers B12 requirement
- Places burden on kidneys, the urea excreted has a diuretic action, and minerals are lost in the water lost (calcium)
- Body has difficulty in retaining calcium, (osteoporosis)
- Produces high ash factor in digestion
- Takes seven times more water to metabolise protein
- Causes rapid body maturation, 50 years ago puberty was at age 16, now it is 11
- Premature death

Plant foods supply all the essential amino acids (these make up protein). If we supply our body a variety of foods each day, we will have enough protein. The body maintains a protein reserve from the foods eaten. A low, but adequate protein diet economises on this essential nutrient, as it is absorbed more efficiently when the intake is normal or low, than when the intake is high.

Make sure your vegetarian diet does not only include fruits and vegetables. Include beans, legumes, nuts, seeds, sprouts and grains for complete nutrition.

Milk and Dairy

Many health problems are now linked to using cow's milk

- Allergies
- Iron-deficient anemia
- Early atherosclerosis
- Juvenile diabetes
- Acne
- Rheumatoid arthritis
- Dental decay
- Infectious diseases
- Chronic fatigue
- Tension headache
- Musculoskeletal pain
- Hyperactivity
- Asthma
- Bedwetting
- BLV Leukemia virus
- BSE Bovine Spongiform Encephalopathy
- BIV Bovine Aids
- Crohn's Disease
- Cataracts Tuberculosis
- Brucellosis
- Diphtheria
- Scarlet fever
- Gastroenteritis
- Listeriosis
- Salmonella and E Coli

All these diseases have been documented to be linked to dairy products. John A McDougall, M.D. call dairy foods "liquid meat" because their nutritional contents are so similar. Eating foods high in fat contributes to the development of heart disease, certain cancers and stroke – our country's three deadliest killers.

Cheese has oxidised cholesterol, causes headaches. Molds present are a possible liver carcinogen. The putrefactive process which cheese undergoes results in the production of amines, ammonia and irritating fatty acids. The carbohydrate is converted to lactic acid. These are all waste products which cause irritation to the nerves and gastrointestinal tract.

Temperance

Coffee

"Brown drinks" are beverages which contain many different types of substances capable of injuring the human body. The best known of these, methylxanthine, has the ability to alter the protoplasm of cells and even attach or concentrate in cells for an unknown period of time, possibly for the life of the person. These drinks are highly addictive.

Many people drink coffee to quench their thirst, not realising that it actually acts as a diuretic. To counteract the coffee's effect on the body, the body actually loses more water than is taken in.

Coffee contains caffeine. It causes -

- Nervous or sick headaches
- Darting pains in body
- Spasms in chest and stomach
- Constipation
- Bowel infections
- Heart palpitations and trembling
- Bowel infections
- Dehydrates the body
- Sleeplessness at night
- Poor digestion
- Osteoporosis - 1 cup of coffee per day for a year leads to a 1.4% bone loss
- One cup of coffee with a meal , one hour later Iron absorption reduced by 39%

- Affects nervous system (prolongs the electrical messages transmitted by the neurons)
- Affects heart and circulatory system (elevates the blood sugar and blood cholesterol levels and increases the risk of heart attack by 60%.
- Elevates blood pressure by 10 points (both systolic and diastolic)
- Alters gastric secretions in stomach, leads to ulcer formation
- Contributes to formation of fibrocystic disease of the breast
- Changes several important hormones causing many birth defects

Tea

Tea has many of the same effect as coffee.

- Tea contains 2.5 - 5% caffeine which stimulates,
- 7 – 14% tannin giving flavour and aroma
- Tannin has unpleasant effect on mucous membranes in the mouth and digestive tract.
- Used as an astringent and for skin diseases and burns.
- Same effects as coffee.
- One cup of tea with a meal, one hour later Iron absorption reduced by 87%

Tobacco

There are 8 different poisons in cigarette smoke (including arsenic from insecticide used to spray the tobacco leaf). It is very difficult for the body to eliminate these toxins before they cause irreparable damage. Smoking is very harmful to our body.

- Raises blood pressure
- Contracts blood vessels (brings about vertigo and palpitation)
- Dulls senses
- Disturbs digestion
- Causes tremulousness, sleeplessness and neuralgia
- Produces anaemia
- Associated with heart disease
- Associates with lung cancer as well as other cancers
- Depletes the body of vitamins B and C
- Dehydrates – causes wrinkling and premature aging
- Shortens life span of user as well as passive smokers

Soft drinks

- Cola drinks contain caffeine.
- Produces ulcers when used in excess
- Is a stimulant
- Contain large amounts of white sugar,
- Contains artificial flavourings and colouring
- Is highly acid (teeth loose calcium in very short time)
- Causes mineral imbalance (acidity causes osteoporosis)

Alcohol

Much has been written about the harmful effects of alcohol on the body as well as the devastating broken lives that this addiction leaves behind. Drinker and families suffer greatly. What starts out as a social drink leads to devastating problems. Choose to abstain from alcohol.

The main drug present in alcoholic beverages is ethyl alcohol, used in the manufacture of plastics, lacquers, polishes, cosmetics, disinfectants, drugs, soaps and insecticides.

- Poor nutrition increases appetite for alcohol.
- Depletes the body of vitamin B, magnesium and zinc
- Harmful to the nervous system
- Causes heart complaints
- Leads to cirrhosis of the liver
- Leads to irreversible brain damage

- Leads to delirium tremens

Refined Salt

A very important part of our diet is salt. Many say we should avoid salt. Yes, we should avoid refined salt, but our bodies need the precious minerals that are found in whole, clean ocean salt. Its minerals and bio-electronic power offers countless health benefits. It balances alkalinity/acidity levels, restores good digestion, relieves allergies and skin diseases, renews energy and gives a higher resistance to infections and bacterial diseases. Natural Celtic sea salt can be purchased from most Health Food Shops.

See the Table for comparison between Celtic sea salt, Macrobiotic Salts and Refined salt at end of the booklet.

Products to Avoid

All foods containing refined sugar or flour products such as jams, jellies, ice cream, cakes, biscuits, sweetened fruit juices, commercial lollies, chewing gum, soft drinks, pies, pastries and fruit canned in sugar syrup.

Any refined, processed, artificially coloured, preserved or canned foods which have been chemically treated in any way. These include potato crisps, packaged desserts, polished (white) rice, spaghetti and macaroni (except wholemeal), toasted and processed breakfasts foods (Corn Flakes, Rice Bubbles, Puffed Wheat etc) and many more.

White Sugar

There is no nutrition in white sugar. It causes

- Gastro-intestinal disorders, restricts action of enzymes
- Fermentation in stomach
- Skin and nerve problems
- Clogs circulation (back problems, tooth decay)
- In order to oxidise sugar the body robs vitamins and minerals from other nutrients
- Vitamin B deficiency, interferes with proper digestion of nutrients
- Depression and mental problems
- Develops cravings for alcohol
- Makes appetite centre go haywire
- Decreases WBC to kill bacteria – destroys immune system
- Throat infections, sinus problems, colds
- Constipation
- Low energy, leads to hypoglycaemia and diabetes
- Coronary heart disease, diabetes, arthritis, obesity, dental caries
- Allergies
- Migraine headaches

The effect of sugar intake on ability of white blood cells to destroy bacteria:

Tspn of sugar eaten at one time	Number of bacteria destroyed by each WBC in 30 minutes	% decrease in ability to destroy bacteria
0 tsp	14	0%
6 tsp	10	25%
12 tsp	5.5	60%
18 tsp	2	85%
24 tsp	1	92%
Uncontrolled diabetic	1	92%

Sugar and Refined Foods

A recent test in the Californian Penal System that removed nearly seven thousand offenders from all sugary and refined foods revealed a 100% drop in the suicide rate! This test was six months in duration and also revealed an 83% reduction of aggressive behaviour. *Psychodietetics by L Morell.*

Artificial Sweeteners

This is a volatile combination of chemicals – contains Methanol, (wood alcohol), a solvent for taking off stains and grease. This is a cumulative poison; it stays in the body.

- Heavy use causes cravings for carbohydrates.
- Linked with brain tumors & lesions, endocrine disfunctions.
- Headaches, seizures, blindness, cognitive & behavioral changes

The Cancer Institute noted that incidence of common primary brain tumors is on the rise, coinciding with licensing of use of aspartame in beverages in July 1983. This is found in many diet products.

White Flour and White Bread

Produced from chemically treated wheat which has the valuable bran and wheatgerm removed. Protein, vitamins and minerals are removed leaving mostly starch. Chemicals are used for bleaching and preventing growth of fungi. Conditioning the dough is accomplished by chemicals known as emulsifiers, extenders and improvers – to keep bread fresh, to retain freshness longer and give it a smoother texture and more attractive appearance. Then the bread, "as white as kleenex", is sold to the public

Ice Cream

In the old days when ice cream was made of whole eggs, milk and sugar, and laboriously cranked in the old home freezer, a serve of ice cream was an occasional treat, and did not do much harm.

Today, in this mass producing, synthetic age, it is quite another matter entirely. Today there is a good possibility that you are treating your family to another poison if you buy some cheap supermarket product.

Ice cream manufacturers are not required by law to list the additives used in the making of ice cream. Consequently, today the majority of ice creams are synthetic from start to finish. Laboratory analyses have shown the following

- Diethyl Glucol: A cheap chemical that is used as an emulsifier instead of eggs. It is identically the same chemical used in anti-freeze and in paint removers.
- Piperonal: Used as a substitute for vanilla. This is a chemical used to kill lice.
- Aldehyde C17: Used to flavour cherry ice cream. It is an inflammable liquid which is used in aniline dyes, plastic and rubber.
- Ethyl Acetate: Used to give ice cream a pineapple flavour. It is used as a cleanser for leather and textiles and its vapors have known to cause chronic lung, liver, and heart damage.
- Amyl Acetate: Used for its strawberry flavour. It is a nitrate solvent.

The next time you are tempted by a luscious-looking sundae or banana split or ice cream soda, think of it as a mixture of anti-freeze, oil paint, paint remover, nitrate solvent, leather cleaner and lice killer, and you may not find it so appetising.

Baking Powder and Baking Soda

Baking powder is not a food but a chemical. "Soda causes inflammation of the stomach and often poisons the entire system" *Counsels on Diets and Foods p342*

- It contains a mixture of several chemicals, and produces chemical reactions when mixed with water
- It destroys vitamin B1
- It encourages calcium loss, leads to osteoporosis
- It leaves a residue of aluminium hydroxide and aluminium phosphate, leads to Alzheimer's Disease
- It raises the alkaline content of the blood
- It disrupts body reserves of calcium, B vitamins and minerals
- It produces a high level of salt in the blood (Hypernatremia)
- It causes high blood pressure
- It raises the levels of acid in stomach as baking powder increases secretions

- It causes low kidney hormone (Hyporeninemia)
- It causes low potassium levels in the blood (Hypoklaemia)
- It causes water deprivation (almost every bodily function relies on water)
- It interferes with the blood clotting process

Aluminium

Alum – this is a double sulphate of phosphate and aluminium

Recent concerns indicate that Senile Dementia or Alzheimer's Disease are related to aluminium toxicity

Things to watch that contain Aluminium

- Aluminium cookware
- Water supplies (approved by some councils)
- Self-raising flour, bleached flour
- Cake mixes
- Processed cheese
- Baking powders (frequent source of aluminium sulphate or alum)
- It is sometimes used in pickles
- Normally used as an anticaking agent in dry powdered products eg table salt
- Bathroom products – deodorants, talcum powder, toothpaste, antacids, nasal spray
- Aluminium foil, cans

Vinegar

- Vinegar is an irritant to our nerves
- Is one of the most common causes of gastritis
- It causes injury to the stomach lining
- It causes secretion of hydrochloric acid (vagus nerve overstimulated)
- Even one teaspoonful hinders digestion
- This food decays and putrefies in the stomach, filling the blood with impurities
- It causes bleeding and ulceration of the stomach lining
- It causes a changes cells and loss of protective lining of the stomach
- Use something better – use lemon juice

Chocolate

Chocolate has many hidden characteristics that prove to be less than desirable and even seriously damaging.

Chocolate contains toxins called methylxanthines such as caffeine, theobromine, and theophylline which have the ability to alter the protoplasm of the cells.

- Possible immediate effects which may last about four hours include – imperfect balance, racing of the heart, anxiety, insomnia, fatigue
- Frequent delayed effects not occurring for several days include – sleep disturbances, headache, tremulousness, vertigo, irritability, anxiety, restlessness, palpitations, agitation
- Diseases worsened by use include – heart diseases, allergies, diabetes, fluid retention
- Other possible harmful effects include – depression, chromosome damage, cysts and fibrous tumors especially in breasts, similar effect on male prostate, deformities in offspring of user, cancer is more common in users

Chocolate also contains tannin and oxalic acid

- Tannin causes certain cancers of the digestive tract
- Oxalic acid combines with calcium to form an insoluble compound, calcium oxalate, which is not absorbed

Chocolate contains harmful additives including

- Sugar to mask the bitterness associated with harmful substances
- Saturated fat and/or oil to eliminate the grainy consistency
- Cream or milk
- Additives to prevent rancidity of oils

There are natural contaminants in chocolate. Most cocoa beans are produced in countries where sanitation levels are far below those generally practiced in the US.

Cocoa is a tree grown in tropical regions which produce pods that are cut and piled in heaps outside to ferment from 3 to 8 days. The piles become homes for insects and rodents. Aflatoxin, a cancer producing agent from molds, can develop during the fermentation process. Fermentation is what develops the chocolate taste. The processing of chocolate is under such unsanitary conditions that the FDA has specifications for levels of insect and rodent contaminations allowed in chocolate sold to the retail market.

- In chocolate and chocolate liquor used in manufacture of candy bars, etc., up to 120 insect fragments per cup or two rodent hairs per cup.
- Visible or solid animal excreta must not exceed 10 milligrams per pound
- For chocolate powder, not more than 75 insect fragments per 3 tablespoons of powder

These animal parts are often the causes of allergic reactions to chocolate.

Further information is available from FDA Guidelines and Compliance Branch, Bureau of Foods, 200 C Street SW, Washington DC 20204

There is a healthy alternative – Carob. This comes from a carob tree which is grown mostly in the middle East. The carob tree belongs to the legume family and produces long pods which are dried and ground finely to produce carob powder. It does not require fermentation to develop its delicious flavour.

Carob powder is nutritional. It contains protein, B vitamins, calcium, magnesium, potassium, trace minerals, is naturally sweet and contains pectin which aids in digestion and elimination.

Excitotoxins

These are a class of commonly used flavour enhancers that overstimulate the brain and are implicated in such diseases as Alzheimer's, Parkinson's, Attention Deficit Disorder, Attention Deficit Hyperactivity Disorder, memory and cognitive decline, as well as a host of other hormonal and neurological problems.

Russell Blaylock, MD, a neurosurgeon in Jackson, Mississippi, has done extensive research into the effects of excitotoxins on the human brain. What he has found is most shocking.

Since 1945, our usage of excitotoxins has doubled every year. They are now added to many processed foods, fast foods, diet foods and frozen foods. It has been demonstrated that excitotoxins actually destroy nerve cells in the brain and in the retina of the eye.

If possible, excitotoxins should be avoided, especially by young children and older adults. Children and the elderly are very sensitive to these damaging, sometimes deadly agents. There are more than 70 used in processed foods, including many vegetarian foods and seasonings.

What are the names of some of these agents? The two most common are MSG (monosodium glutamate) and aspartame (Nutra-sweet). But just because a label says something is MSG free, doesn't mean that it is excitotoxin free.

Additives that always have excitotoxins

- Monosodium glutamate
- Hydrolyzed vegetable protein
- Hydrolyzed protein
- Hydrolyzed plant protein
- Plant protein extract
- Sodium caseinate
- Calcium caseinate
- Yeast extract
- Textured protein
- Autolyzed yeast
- Hydrolyzed oat flour

Additives that may have excitotoxins

- Malt extract
- Malt flavouring
- Boullion
- Broth
- Stock
- Flavouring
- Natural flavouring
- Natural beef or chicken flavouring
- Seasonings
- Spices

RAW FOODS

Out diet should ideally consist of 50-70% raw foods

Nutritional Benefits

Contains over 50 essential nutrients (low protein, high fibre, contains enzymes, anti-oxidants, low fat and cholesterol free)

Physiological Benefits

- Relieves overtaxed digestive system – less food, provides enzymes
- Better elimination and protection from toxic substances
- Provides high levels of energy and endurance
- Pain relief
- Retards aging process (better skin tone and hair colour)
- Lower blood cholesterol
- Reduced risk of degenerative diseases – e.g. cancer, diabetes, heart disease, arthritis
- Longer, healthier life
- Better body weight control
- Stronger immune system, less illness

Enzymes

- Enzymes are mainly made up of protein
- They are essential for triggering metabolism – digestive and cellular
- There are tens of thousands in our bodies, 50,000 in liver alone
- They are used for
 - breaking down of foods and assimilation
 - building new tissue and repairing tissue
 - manufacturing more enzymes for other vital work
- If we eat food deficient of enzymes, then the body's reserves must be used. Therefore the more enzyme rich food we eat, the healthier we will be, and the longer we will live.
- Individual types of foods contain enzymes needed for its digestion
- Bowel flora is improved by enzyme rich foods
 - enzymes bind oxygen present in bowel, which causes fermentation, putrefaction, and internal toxemia.
 - anaerobic bacteria or "good" bacteria are then able to flourish
 - aerobic or "bad" bacteria form chemicals from bile acids, which can lead to cancer and body poisoning. High numbers of these can cause allergic reactions by histamine production.
- Fruit enzymes can help with protein digestion e.g. bromelain in pineapples, papain in paw paw

Cooking Foods

- Destroys or denatures many of the essential nutrients needed for a healthy long life.
- Cabbage loses up to 75% Vitamin C when cooked
- Peas cooked for 5 mins, 30-40% of Vit B1 (thiamine) 30-40% of Vit C
- B Vitamins such as Folate, Riboflavin and Inositol are vulnerable to heat

- Vitamins B & C are water soluble – high risk of destruction
- Vitamins A,D,E & K are fat soluble – lower risk
- Heated oils cause damage to cell membranes, cell nuclei as well as proteins. Malonaldehyde is a cancer inducing agent.

Digestive Leucocytosis Occurs When We Cook Food

- Cooking food causes white cells to attack food within the digestive tract
- This does not happen with raw foods, only cooked (eat raw food first)
- Therefore the immune system is placed under strain if continually having to defend in the digestive system, leaving the rest of the body under-defended

Selective Capacity Occurs When We Cook Food

- This is our body's ability to attract or reject substances at cellular level
- Characteristic of ill health
- Causes cell metabolism to decrease, slowing cell reproduction weakening capillary walls
- Leads to a "sludge" or "marsh" forming in the space between cells, encouraging degeneration, favours bacteria growth, encourages genetic damage associated with aging and further lowers metabolism
- Raw food reverses this cycle, improving the ability of capillaries to regulate the transportation of nutrients, gradually detoxifying the system, removing the "sticky" marsh to stimulate vitality.

Comparison of the Mineral Elements in Natural Celtic Sea Salt vs. Other Salts

	Celtic Salt	Macrobiotic Salts	Refined Salt
Group 1 Sodium & chlorine	84%	98%	97.5%
Group 2 Sulfur, magnesium, calcium & potassium	14%	1%	none
Group 3 Carbon, bromine, silicon, nitrogen, ammonium, fluorine, Phosphorous, iodine, boron, lithium	1.9997%	1%	none
Group 4 Argon, rubidium, copper, barium, indium, molybdenum, nickel, arsenic, uranium, manganese, vanadium, aluminium, cobalt, antimony, silver, zinc, krypton, chromium, mercury, neon, cadmium, erbium, germanium, xenon, scandium, gallium, zirconium, lead, bismuth, niobium, gold, thulium, thallium, lanthanum, neodymium, thorium, cerium, cesium, terbium, ytterbium, yttrium, dysprosium, selenium, lutetium, hafnium, gadolinium, praseodymium, tin, beryllium, samarium, holmium, tantalum, europium	0.0003%	none	none
Group 5 All chemical additives which bleach, prevent water absorption, stabilize iodine additives, maintain free flow	none	none	up to 2.5%

This analysis compiled by combining the research of University of Nantes, the work of Prof. L. C. Kervan, and book by Rene Quinton, "Seawater: Organic Medium", published by Library of the Medicine Academy, Paris, France.

Causes of digestive problems

- Overeating
- Eat slowly, chew thoroughly –digestion starts in the mouth
- Too much variety at one meal - 2 or 3 dishes adequate
- Avoid fruits and vegetables at one meal
- Any combination of milk, sugar and eggs causes fermentation in stomach
- Avoid drinking with meals
- Eat more solids, less liquids at a meal
- Food not to be too hot or too cold
- Avoid study or violent exercise after meals - moderate exercise beneficial
- Digestion is aided by fresh air
- Have a regular meal times
- Avoid excessive salt - some salt is essential for blood
- Oily or greasy foods are difficult to digest
- Avoid irritating spices – black pepper, cloves, nutmeg, cinnamon, ginger, mustard, allspice, horseradish, chilli powder
- Eat foods in season
- Avoid use of white sugar
- Avoid soda and baking powder
- Avoid vinegar and pickles
- Avoid cheese
- Avoid tea, coffee, tobacco, alcohol, chocolate
- Bread two or three days old is more healthful than fresh bread
- Zwieback, bread dried in the oven is very easy to digest
- Meat is slow to digest, carries and causes diseases
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THE TEN WORST JUNK FOODS

FIVE top United States nutrition experts were asked to name the ten worst junk foods and explain why they are bad for you.

- * Dr E Cheraskin, Chairman, Department of Oral Medicine, Alabama University.
- * Dr Elmer Cranton, Medical Director, Trout Dale Community Health Centre.
- * Dr Joe Nichols, Professor of Nutrition, East Texas State University.
- * Dr U D Register, Chairman, Department of Nutrition, Loma Linda University.
- * Dr Emory Thurston, President, Institute of Nutritional Research (USA)

Here are the results as they saw them:

<p>1. Cola-flavoured drinks. "All soft drinks are terrible because of the amount of sugar they contain. But cola-flavoured ones are worse still, because they also contain caffeine in a far more potent form than the caffeine in coffee or tea." Dr Thurston.</p> <p>2. White flour products. "In milling flour, the wheat germ and outside layers of grain are removed. Nutrients are stripped away, then chlorine dioxide is added to bleach the flour, and this substance is a potential poison whose safety has never been adequately proved." Dr Nichols</p> <p>3. Sweet rolls and other pastry. "White flour products are bad enough, but with the addition</p>	<p>4. Chocolate bars and candy. "When some candies have been analysed for purity, reporting agencies have found all sorts of unpleasant things in them. They are loaded with sugar and are fattening." Dr Cranton.</p> <p>5. Fruit drinks. "These are only 10% (up to 35% in Australia) and 90% water, sugar and chemicals. Some of the powdered fruit drinks have no real fruit produce in them at all." Dr Thurston.</p> <p>6. Heavily salted snack foods. "The heavy addition of salt to the diet increases water retention, leads to high blood pressure and continues to obesity." Dr Cheraskin.</p>	<p>8. Fried potato chips. "A potato is one of the best foods on the world when you eat it raw, baked or boiled, but when made into potato chips most of the nutrients are removed." Dr Nichols.</p> <p>9. Frozen desserts and ice cream. "Most of these items are not food at all, but thinly disguised 'chemical feasts', which are anything but nutritious." Dr Thurston</p> <p>10. Imitation foods. Dr Cranton condemned such items as dairy substitutes and instant breakfasts as "fragmented foods" which provide only part of the basic food. "Nutritional wisdom consists of eating the whole product at one time."</p>
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<p>of lots of white sugar and fats, they get even worse.” Dr Cranton. “Sugar laden pastry items are not only loaded with calories, but also low in fibre and other essential nutrients.” Dr Register.</p>	<p>7. Hydrogenated fats, such as margarine and solid shortenings. “These are very high in calories and very low in nutrition.” Dr Register.</p>	
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