

Our Toxic World

TOXINS IN OUR FOOD

• PART ONE



We are all literally surrounded by toxicity...EVERYWHERE!

In our environment, in our homes, in the products we use, and in the food we eat.

All of that toxicity adds up...and can have devastating consequences for your health, energy, and your aging process.

Ultimately, this creates a toxic and acidic environment inside your body which is damaging and dangerous.

The food additives and chemicals that we reveal in this guide have proven side effects or what I call 'non-desired' effects, all of which range from nausea and headaches to more serious conditions like heart disease, Alzheimer's, Multiple Sclerosis, and yes, even cancer.

As a former full-blown sugar addict myself, I know firsthand what it takes to overcome adversity and challenges in your health.

I don't tell you all of this information to scare you.

I want to empower you with knowledge so you can gradually begin to make changes that are going to improve your health, both day to day and for the rest of your life.

HOW TO IMPLEMENT THIS GUIDE

With everything Doug and I recommend, there is always a common denominator...

It's about moderation, not deprivation!

And if you apply this principle to everything that you do in regards to your health, you will achieve success!

In regards to your diet, slowly begin to add more nutrient-dense, alkaline foods.

They will make the biggest difference and impact inside your body.

In doing so, what you will find is that eventually, **the good WILL outweigh the bad.** What I don't recommend is making a drastic change motivated by your willpower.

That will work for a small amount of time, but it will never sustain itself. If you've ever tried a traditional diet, you know what I mean.

I want you to win and truly make these changes last, so by adding a little bit at a time, is a sure way to get you there.

Aim for more whole foods, rich in vitamins and alkaline minerals like calcium, magnesium, and potassium.

If the food can spoil, rule of thumb, it's usually good for you. Spoil.

The goal is to work toward our 80/20 rule...

THE 80/20 RULE

Aim for 80% of what you put into your body to be nutrient-dense, alkalizing mineral-rich foods! Processed foods should NEVER account for more than 20% of your diet!

Processed foods are lacking in the nutrients your body needs to function properly, especially if your goal is to lose weight. So you don't want them to make up that much of your overall diet.

It's not realistic for most of us to never eat processed foods. But it's very realistic to dramatically reduce the amount of these poor-quality, acidic foods in your daily diet.

Here's where the problem lies..

90% of the Standard American Diet (SAD Diet) is acidic, and as a result, the ratio for most people is reversed.

If that sounds like you, my best advice is to add, not takeaway.

That comes from coaching thousands of clients and patients through this process. Success – even when it comes to health – is about progress, not perfection.

HIDDEN DANGERS

Have you ever looked at the list of ingredients on a food package and realized you had no idea what they were?

In fact, you need a dictionary to decipher many of the words on that label (scary thing is you won't find those words in the dictionary!).

There are more than 3,000 food additives in our processed food supply today.

Hiding in those words on the list are dangerous toxins too numerous to list.

In fact, the food industry allows more than 3,000 food additives to be used in the processing of our food.

These additives are used to help improve the taste, texture, consistency and visual appeal of food as well as extend the shelf life.

These chemicals are addictive, they are fattening, and they jam your metabolism.

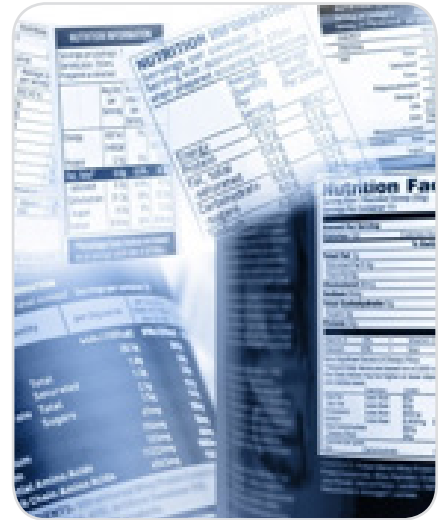
In the sections below, we'll walk through the biggest offenders like high-fructose corn syrup, refined sugar, trans fats, MSG, and artificial sweeteners all found within the labels on our food.

FOOD LABELS

Food labels usually read more like a list from a science experiment than a list of ingredients we actually recognize.

If you can't pronounce it, you shouldn't put it in your body.

Learning how to decipher food labels is important so you can be more aware of what you're really eating and putting into your body so you can make the most informed decisions.



Better choices:

- Avoid foods with health claims on their labels. Instead, read the full ingredient list and see for yourself. Health claims aren't always as good for you as they seem because food-labeling laws allow vague wording.
- Better yet, avoid ALL processed foods with labels in the first place. Eat fresh, whole foods instead.

So what's wrong with processed foods?

Processed foods have been altered from their natural state, which means...

- They tend to be low in nutrients and high in calories. This is what I call empty calories, and these types of calories increase cravings for more acidic foods, and so the vicious cycle begins.
- They tend to not keep us full for very long, so we're hungry again a short time later.
- Most are designed with convenience in mind. They can be eaten quickly, anywhere, and require little to no preparation. In this day and age, that convenience factor can be very appealing.

Words like “natural,” “whole grains,” “fresh,” “fat free,” and “low fat” are most often what you want to avoid.

You see, the front of the package is designed to sell you the product.

It's advertising and it can be very deceiving.

Be suspicious and dig deeper for the facts. Food companies are allowed to promote benefits on the front of the package that are not necessarily true.

For example, a food can contain MSG disguised under other names (there are more than 40 different words for it) but the packaging can claim "No MSG."



It's also very important to look at the sugar content. These days, many foods claim to contain "cane sugar" or "natural sugar." That doesn't mean it's healthy.

Also, the sodium content can be very high in processed foods since the salt is used as a way to preserve food and keep it from spoiling.

So moving forward, read your food labels, watch for these top offenders, and avoid them like the plague!

HIGH FRUCTOSE CORN SYRUP

I am blown away at how many products on the market have high-fructose corn syrup (HFCS).

It's found in everything from crackers to bread, chips, yogurt, sauces, and much, much more.

HFCS has been shown to:

- **damage immune function**
- **speed up the aging process**
- **contribute to weight gain**
- **Increase triglycerides and LDL, or "bad" cholesterol**

The top source of calories in the US is high fructose corn syrup.

Although HFCS is a sweetener on par with refined sugar, its health effects are even more damaging.

REFINED SUGAR

Sugar is perhaps the most acidic substance you can put into your body. Here's what you need to know about sugar...

Sugar = Acid = Glue

It clogs up and binds your entire digestive system, robbing your body of its precious energy, and backing you up with constipation.

The average American eats 170 pounds of sugar each year! That's 1/2 cup every day!

Most of us aren't even aware of all of the sugar we eat, because many products claiming to be healthier alternatives replace fat and other ingredients that have been removed with sugar.

For example, did you know that a bagel has the same amount of sugar as a can of soda?

Carbohydrates in all forms end up as sugar in your body, and those sugars turn to acid, and your body will do anything to neutralize those acids, including sacrifice your health in other ways.

High consumption of sugar and the corresponding elevated insulin levels can cause...

- **Weight gain**
- **Bloating**
- **Fatigue**
- **Arthritis**
- **Migraines**
- **Lowered immune function**
- **Obesity**
- **Cavities**
- **Cardiovascular disease**



TRANS FATS

So what are trans fats?

Trans fats are an ingredient in some foods that has been shown to increase the levels of your low-density lipoproteins, also known as your LDL or “bad cholesterol.”

Where do the trans fats come from?

Some trans fats are produced naturally in the stomach of grazing animals, and therefore are present in small amounts in milk products and meat.

But the main source is of trans fats is partially hydrogenated oil, which is vegetable oil that has been processed with hydrogen to make it more solid.

Food manufacturers use these artificial trans fats to improve the texture of their food products to make them last longer.

Trans fats cause so much harm to our systems, the Harvard School of Public Health came to the conclusion that **trans fats cause about 50 thousand premature heart attack deaths per year.**

Every 90 seconds, someone suffers from a heart attack in the US. In that same time, 2 people will have strokes, and 1 will die of cardiovascular disease.

They increase the risk for:

- **Heart disease, the number one killer in the United States, by blocking arteries**
- **Cancer**
- **Obesity**
- **Depression**
- **Asthma**
- **Osteoporosis**

If there is any good news about trans fats, it is that as of January 2006, new labels are required to list trans fats in all packaged foods.

So here's where you need to look out for hidden trans fats:

- Keep a watchful eye on snacks and bakery treats—especially fried pastries and anything with a frosting or creamy filling.
- If you're eating out at a restaurant, be wary of anything deep-fried or baked.
- Aim to eat foods labeled “zero trans fats” with no partially hydrogenated oils in their ingredient lists.
- Always inspect the list of ingredients before you buy any products, looking in particular for the following on the label which will indicate trans fats:
 - hydrogenated vegetable oil
 - partially hydrogenated vegetable or soybean oil
 - vegetable shortening
 - margarine
- The worst offenders to watch out for include:
 - ice cream
 - pizza
 - cookies
 - frozen food
 - microwave popcorn
 - French fries
 - cinnamon rolls
 - pancake mixes
 - doughnuts
 - apple pie
 - fish sticks
 - chicken nuggets
 - potato chips
- **Lastly, never eat dry-roasted nuts and seeds. Always eat them raw, because when they are dry roasted they turn into a trans fatty acid because of the oils they are cooked with.**



MSG

Monosodium Glutamic Acid, usually known as MSG, is a very common flavor enhancer.

Although is classically known for being used in Chinese food, in reality, it's used

much more widely. It's very common to find MSG in soups, sauces, crackers, chips, and any processed food with a lot of salt.

It is up there as possibly the worst additive you can put into your body because MSG is an **excitotoxin**, which means it amps up and stimulates your sensory nerves. What does that mean in plain English?

It makes you hungrier!

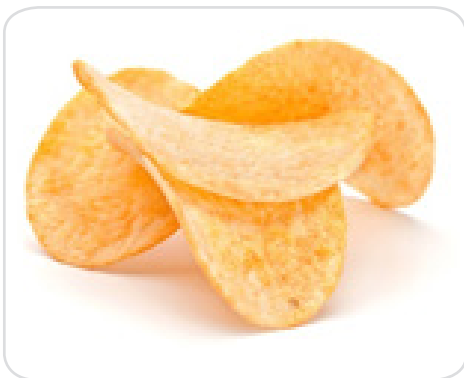
MSG is a known obesogen, which means it causes obesity. It's also a proven a neurotoxin, which means it's very toxic to our nervous system.

This is something that you need to watch out for if you are dealing with any **chronically tight muscles.**

It is linked to a host of health issues including:

- **Fibromyalgia**
- **Obesity**
- **Fatty liver**
- **High insulin and blood sugar levels**
- **High cholesterol**
- **Metabolic syndrome**
- **High blood pressure**
- **Disturbances in the gut-brain connection**
- **Neurological and brain health issues**

Mice injected with MSG increased their food intake by more than 40%.



So, avoiding MSG should be easy right? Guess again.

As a flavor enhancer, MSG is required by the FDA to be listed in the ingredients.

However, as a processing agent, which is very common in many food products, the FDA does not require MSG to be labeled.

And when you do have to claim it on the label as a flavor enhancer, it's usually disguised under other names.

So pay attention because these are the hidden names you want to watch out for:

- **Yeast extract**
- **Hydrolyzed vegetable protein**
- **Carrageenan, which is commonly found in low-quality almond and coconut milks**
- **Sodium caseinate**
- **Soy protein**
- **And even “natural flavorings”**

Natural flavoring doesn't always mean MSG, but often, it does.

ASPARTAME

Even if you don't buy aspartame under names like NutraSweet and Equal, aspartame can be found in more than 6,000 products, including the following:

- **fizzy drinks**
- **chewing gum**
- **yogurt**
- **chewable vitamins**
- **dessert mixes**
- **sugar-free cough drops**
- **table-top sweeteners**
- **diet and diabetic foods**
- **breakfast cereals**
- **jams**
- **diet sodas**
- **other names like AminoSweet**

**2 in 3 American adults and
2 in 5 children regularly
ingest aspartame.**

This means that there is a good chance that you and your family are among the two-thirds of the adult population and 40% of children who regularly ingest this artificial sweetener.

Aspartame is perhaps the most controversial food additive in history.

Once upon a time, the Pentagon listed aspartame as a biochemical warfare agent. Yet today, it's an integral part of the modern American diet.

For years, studies have linked aspartame to cancer and recent evidence linking it to leukemia and lymphoma has added fuel to the fire.



Yet, it's still widely used because it is calorie free and **180 times sweeter than sugar.**

However, if you are drinking that Diet Coke expecting that it won't make you gain weight, I have bad news for you.

Aspartame is worse than the sugar laden Coca Cola!

That's right... All of those products like Diet Coke that people think are making them skinnier are actually making them heavier!

Products marketed as “reduced calorie,” “sugar-free,” and “diet” can actually sabotage your weight control efforts.

So the bottom line with Aspartame...

AVOID IT LIKE THE PLAGUE!

GENETICALLY MODIFIED ORGANISMS (GMOs)

You may have heard about the controversy around GMOs. There's now enough scientific evidence out there to conclude that GMOs are bad news for our health.

Here are a few studies supporting the conclusion to avoid GM foods:

- An analysis of 19 animal studies revealed that nearly 10 percent of blood, urine, organ, and other parameters tested were significantly influenced by GMOs, with the livers and kidneys faring the worst.

- A 2009 Brazilian study discovered that female rats fed GM soy for 15 months showed significant changes in their uterus and reproductive cycle, compared to rats fed organic soy or those raised without soy.
- A study performed by the Russian National Academy of Sciences reported that more than half the babies from mother rats fed GM soy died within three weeks, while the death rate in the non-GM soy group was only 10%. Additionally, the babies in the GM group were smaller could not reproduce.



For a current list of GMO foods, you can visit The Environmental Working Group's website at <http://www.ewg.org/foodscores>.

CONCLUSIONS

Looking at this list of additives, we have to wonder how our food supply has become so far removed from what nature intended.

None of our great-grandparents would recognize any of these “ingredients.” That’s for sure.

It has become clear that the chemicals that are allowed in our foods are a big part of the health crisis in this country.

It’s also sad but true that these additives are allowed in our food. In fact, some countries have banned most of these ingredients from their foods.

The good news is that we get to choose what we eat. The more knowledge we have, the more power we have to tip the health scale in our favor.

We get to vote with our dollars every time we make a trip to the grocery store.

Your best bet is to stick with organic, non-GMO, unprocessed or minimally-

processed foods as much as possible.

I know organic products are not always what they are publicized as, and they do cost more, but when it comes to your health, if it can add years to your life, it's worth the difference in price.

If you can, buy from your local farmers' market.

It's great to support what they are doing, and the food is so much more nutritious.

At the store, avoid foods with more than 5 ingredients.

If you see ingredients you wouldn't find in your kitchen, put it back and find something that will contribute to your health.

**Stay Alkaline,
Dr. Daryl & Doug**

THANK YOU!

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