

THE SIX POISONS

#1 SUGAR:

Diabetes and Hypoglycemia are conditions resulting from excessive sugar in the blood. Insulin- a pancreatic hormone – is the body’s response to sugar ingestion. Insulin contributes to obesity and is responsible for major diseases like arteriosclerosis (clogged blood vessels). Sugar is linked to candida albicans (yeast infections), irritable bowel syndrome, hypertension, and pancreatic disease. Sugar not only makes you gain weight through body fat, it makes you retain water. Sugar contains no vitamins, minerals, or proteins and I consider it to be the main contributing factor in cancer. Sugar actually robs your system of vitally needed nutrients. Sugar causes such a strain on the immune system that most ailments can be eliminated just by removing it from the diet.

So much money is now made from sugar addiction, (the average person eats 120 pounds a year), the large sugar product companies have unlimited money to finance huge advertising campaigns to keep the addicted public completely brainwashed. They use tricky language and words like ‘natural’ and ‘pure’ to describe this menace.

Once sugar has been omitted from the diet for enough time to get over the addiction, cravings go away. If you consider the cases of diabetes, hypoglycemia, cancer, obesity, rotted teeth, shortened lives, depressions, hardened arteries, and all the other problems for which it is responsible, sugar is the most destructive thing we eat.

#2 WHEAT

The gluten in wheat (school children make paste from wheat flour) has been coating the 23 feet of intestine and 9 feet of colon since its adoption in the human diet. This increases the density of the mucus lining and inhibits its absorption of other foods and nutrients. It’s also considered one of the most allergenic substances known. Phytic acid, found in wheat, binds calcium, magnesium, zinc, and copper, and keeps the body from absorbing these important minerals.

#3 MILK

The great majority of the earth’s adult population has enzyme systems that cannot handle milk properly. Milk gives them gas, cramps, and indigestion. It often causes emotional side effects such as depression and confusion. Recent studies have linked milk to America’s extremely high rate of arteriosclerosis. Acne in teenagers is greatly affected by dairy products. Milk does not have the correct ratio of calcium and magnesium. It is not a good source of either.

#4 ALCOHOL

For people trying to lose weight, alcohol is a nightmare. Not only is it packed with carbohydrates, but also after a drink or two you say “to hell with diet and health”. Alcohol promotes blood-sugar swings – causing all the diseases associated with sugar. After drinking alcohol, your body produces one of the most powerful toxins we come in contact with- Acetaldehyde. Acetaldehyde is known to be carcinogenic (cancer causing). The damage alcohol causes to the liver is irreversible and often lethal to even moderate drinkers. Alcohol destroys vitamins, enzymes, brain cells, and nerves.

#5 TOBACCO

It is very destructive to vitamin C. It destroys vitamin A and it blocks vitamin B12 Co-enzymes. It lowers B6 levels – which some think accounts for the increased incidence of cancer in smokers. Tobacco has additives like lead arsenate (applied as an insecticide). The smoker gets cadmium

from every cigarette-often enough to produce emphysema (no elasticity in lungs). Nickel carbonal (suspected of causing cancer) is present in cigarette smoke. Research has shown that the nickel capable of inducing lung cancer in rats is equivalent to that of 15 cigarettes a day for one year.

#6 COFFEE

Coffee stimulates the adrenals to secrete adrenalin and other hormones. These hormones give you energy – not the coffee. After one or two cups, the adrenals can't produce any more. These hormones that get used up everyday is what your body counts on to take you into old age. These same hormones raise blood sugar – triggering an insulin reaction. Insulin reactions and blood-sugar swings are responsible for allergies, headaches, diabetes, and clogged veins. Decaffeinated coffee still contains some caffeine. After 1 cup of coffee, your cortisol (adrenal stress hormone) spikes for 18 hours. Eliminating the constant draining stress on their adrenals, people who have stopped drinking coffee find they have more energy and a calmer steadier flow of energy throughout the day.