FREQUENTLY ASKED QUESTIONS

Why Can't I Have :-

Dairy

All dairy on sale in this country has to be pasteurised. In that high heat process a chemical in the milk is changed to phosphoric acid which will leach calcium out of the bones - all sodas also contain phosphoric acid. Cheese is fermented, so the immune system has to deal with many foreign microtoxins from it.

Dairy is difficult to digest and produces mucous in the intestines.

Cows give birth to their calf which is then taken away and fed mechanically or by hand not directly from the cow. After a few weeks the cow comes in heat and is put in calf again. The milking still continues as the new calf is growing inside. Some of these naturally produced growth hormones may get into the milk which we then drink. These growth hormones are not normal to our bodies and may precipitate the overproduction of ceils. This unwanted cell proliferation may lead to cancer.

Non organic milk can contain antibiotics which destroy the beneficial bowel flora.

Homogenized milk has had the fat globules broken down into a very small size making them invisible to the eye. This results in the body not being able to filter them out properly as it can with the natural sized ones. This means that they end up in the blood stream and get deposited in places where they can cause problems.

Wheat, Rye, Oats

Wheat was hybridised during the industrial revolution, meaning that its chemical structure has been changed. The protein to gluten ratio has been altered, making for the nicely risen loaf which we're used to.

Unfortunately it is difficult to digest properly now. The husk has been made thinner to make it easier to grind, but this also means that environmental toxins can get into the grain, including herbicides, pesticides and fungus. All grains used to be left standing in the fields after cutting, this allowed time for the grain to start to germinate and break down the sugar. This made it easier to digested as it contained more living nutrients. We now recognise the value of sprouted seeds and beans.

The same applies to rye. Also rye can carry a specific fungus, ergot, which is a neuro-toxin.

Oats are highly acidic and are high in sugars and moulds. Usually they have been over- processed and heat rolled, which destroys many of its nutrients. They are susceptible to a fungus commonly called 'rope'. All grains have to be treated with high heat as the mould would grow so quickly that they would not have any shelf life.

Soy

There has been much research done on the dangers of soy. In the West, soy has been highly processed. It contains phytates which block the absorption of minerals. It contains phyto-estrogens which can occupy the oestrogen receptor sites in the body, leaving too much oestrogen floating around. Large amounts of oestrogen has been linked to various cancers and over-expression of feminine characteristics in males. It also contains a neuro-excitory chemical which can cause disruption of the neurological system. It has also been implicated in thyroid problems.

Fruit and Fruit Juice
Fruit has been greatly altered since we first ate it. It now contains an over-abundance of its sugar, fructose, which our bodies find hard to cope with. The breakdown of fructose puts a burden on the liver. This sugar can stress the pancreas and insulin receptor cells just like any other sugar does.

These stresses can lead to spikes in the blood sugar and perhaps diabetes. The biggest danger though, is that it feeds Candida and other mico-toxins allowing them to flourish, stressing out our immune systems and making us ill.

Sugar, Honey, Jam, Maple Syrup etc.
Same reasons as above - stresses out the pancreas and insulin and leptin receptors, disrupting the immune system with the overgrowth and mutation of Candida and other organisms. See separate section on Candida.

Potatoes, Carrots. Beetroot. Peas, Sweetcorn. Winter Squashes
These vegetables are high on the glycemic index; i.e. they have a lot of sugar in them, so are best avoided for the reasons given above.

Mushrooms and Fermented Foods
Contain one-celled organisms, which is what we're trying to avoid! Fermented foods are that way because they contain yeasts. Most people's bodies are having a hard enough time with the yeast already in the body, without putting in more!

Peanuts
Contain aflotoxins, i.e. a specific mould. Most nuts have mould, or the fats have become rancid. Keeping them in the freezer helps to prevent the rancidity and making crisp nuts cures the mould problem on other nuts.

Shell Fish, Flat Fish, Oily Fish
These contain high levels of PCBs and mercury. Flat fish are scavengers, i.e. they feed from the bottom of the ocean, where there are the most pollutants. Toxins accumulate in the oil of the fish.

Pork, Ham, Bacon, Packaged Meat
Pork meat is similar in its structure to human flesh - perhaps not a good idea to teach the body to digest it!

Also, pork can have a parasite cyst in the muscle meat which is not killed by cooking, it hatches out in the stomach acid and so takes up residence in its human host.

Bacon, ham and preserved meats contain sodium and potassium nitrate and nitrites which form nitro-cynamides in the stomach. They are known to be carcinogenic, meaning cancer-causing.

Alcohol
Alcohol is pure sugar, and has been fermented. Therefore it contains many micotoxins, which the liver finds hard to process. The main one is acetaldehyde, responsible for the hangover and brain fog. Also many chemicals have been used to grow the grains or grapes, these are still present in the finished product. Many chemicals are used in the manufacturing process also, including bulls blood, which is sometimes used in the fining process of wine.

Black Tea. Coffee. Sodas
Black tea is fermented. Coffee stresses out the adrenals and leaches minerals out of the system. Sodas, besides containing a huge amount of sugar, contain phosphoric acid which leaches calcium out of the bones.