

8 Foods you must never eat

Hi Bill

If you're reading this message, I would assume that you're vertical, breathing and your heart is beating.

Good.

I want to help you stay that way for as long as possible!

So I'm going to tell you about 8 common foods (or food ingredients) that should be labeled with a skull and crossbones because they will help ensure you're horizontal, without a pulse and deep-sixed long before you should be.

These foods that are so deadly and harmful that eating (or drinking) them on a regular basis will most assuredly chop years off your life, and guarantee that the years you have left will find you facing sickness, disease and very likely obesity.

I call them the **Evil Eight**.

Here they are:

1) Soda

ANY soda -- diet or regular -- is acid in a bottle (or can). It's SO acidic that it takes 32 CUPS of water to neutralize the acid in just ONE can of soda in your body!

Having so much acid in your system puts a tremendous strain on your kidneys, which filter acid out of your bloodstream and put it into your urine.

Your body also uses its own alkaline minerals (including calcium from your bones and magnesium from your muscles) to neutralize the acid. Eventually that can lead to osteoporosis, weak muscles, tooth decay and brittle, porous bones that fracture easily.

Plus soda contains the worst form of sugar on the planet--high fructose corn syrup (more on that further down).

Don't think diet soda is any better--because here are the dangers of artificial sweeteners:

2) Artificial sweeteners

Simply put, they're poisons. No other way to say it.

Take aspartame (NutraSweet), for example--the artificial sweetener found in most diet sodas.

A recent comprehensive study showed that drinking just ONE 12 oz. diet soda a day increases your risk of leukemia by an alarming 42%!

Plus the study also showed a 102% higher risk of multiple myeloma and 31% increased risk of non-Hodgkin lymphoma in men!

Note that diet soda is by far THE largest source of aspartame in the US. Every year, we consume about 5,250 tons of aspartame in total, of which about 86% (4,500 tons) comes from diet sodas.

Plus here are some other documented side effects of aspartame:

Eyes:

Blindness in one or both eyes

Decreased vision and/or other eye problems such as blurring, flashes, tunnel vision

Eye pain; Dry eyes/decreased tears

Nerves:

Seizures

Headaches/migraines

Dizziness

Confusion/memory loss

Severe drowsiness and sleepiness

Numbness of the arms and legs

Slurring of speech

Tremors/trembling

Psychological/Psychiatric:

Severe depression

Irritability/agitation

Anxiety/phobias (fears)

Personality changes

Chest:

Heart palpitations/rapid heart beat

Shortness of breath

High blood pressure

Digestive:

Nausea

Diarrhea, sometimes with blood in stools

Stomach pain/pain while swallowing

Skin and Allergies:

Itching without a rash; Hives

Endocrine and Metabolic:

Loss of control of diabetes

Thinning or loss of hair

Low blood sugar (hypoglycemia)

Severe PMS symptoms

But wait! There's more:

The most severe effects of aspartame poisoning are:

Death

Irreversible brain damage

Birth defects, including mental retardation

Ulcers

Aspartame addiction and increased craving for sweets

Hyperactivity in children

Severe depression

Aggressive behavior

Suicidal tendencies

Cancer

I know what you're thinking at this point.

What about Splenda?

Answer: It's no better.

Studies are associating Splenda with a growing list of medical problems that include:

Flushing or redness of the skin; rashes

Anxiety; panic attacks

Nausea; bloating; diarrhea; vomiting

Stomach cramps

Depression; becoming withdrawn

Feeling forgetful; memory loss

Headaches

Feeling irate, impatient, hypersensitive, moody

Chest and body pains

Seizures

If you want to use a non-calorie sweetener, use Stevia. It's been around for centuries and has a proven track record of SAFETY.

3) High fructose corn syrup

High fructose corn syrup (HFCS) is directly associated with the following conditions:

Kidney disease

Osteoporosis

High cholesterol

Raised insulin levels (leading to diabetes)

High uric acid levels (which can result in arthritis)

Obesity

Non-alcoholic fatty liver disease

Plus studies have shown unsafe levels of mercury in high fructose corn syrup.

Mercury is a poison to your brain and nervous system. It has been linked to fertility problems, memory and vision loss, chronic fatigue, neuro-muscular dysfunction, autism, heart disease, Parkinson's disease and multiple sclerosis.

What makes this problem SO huge is the fact that HFCS is found in just about EVERY type of product on the store shelves! In addition to (regular) soda, that includes ketchup, barbecue sauces, salad dressings, gravies, drink mixes, breads, cereals, cookies & cakes, ice cream, crackers, pastries (including Pop-tarts), stuffing, granola bars, cottage cheese, yogurt, and even cough syrup and cold medicines!

So what should you do?

Read labels and find alternatives. Organic products typically don't contain HFCS.

Plus, the less you rely on packaged foods, the better (more on that below).

4) Hydrogenated oils

Hydrogenated and partially hydrogenated oils contain trans-fats, which are fats that don't exist in nature, so your body CANNOT metabolize them. Instead, they just accumulate in your tissues, clog your arteries and cause inflammation, cell damage and heart disease.

These Franken-fats are found in deep fried foods, margarine, baked goods, powdered and artificial coffee creamers, and most processed (packaged) foods.

Look for the words "hydrogenated" or "partially hydrogenated" on package labels. If you see them, do NOT buy the product.

5) Nitrite cured meats

Cured meats made with sodium nitrite (or sodium nitrate) include hot dogs, lunch meat, bacon, ham and corned beef.

When you eat nitrites, they can be converted into nitrosamines (which are potent cancer-causing chemicals) in your body. The primary types of cancers associated with nitrite consumption are colorectal, stomach and pancreatic.

In addition, children born to women who ate a lot of cured meats during pregnancy have a two to three times greater risk of developing a brain tumor than those born to mothers who did not eat cured meats.

6) Processed foods

Processed "foods" include all packaged foods (in boxes, cans, jars, bags or frozen cartons) that contain ingredients other than a real, unaltered food.

Although the appeal behind them is convenience and an indefinite shelf life, they are extremely dangerous and loaded with chemicals and preservatives that your body was never meant to ingest.

Besides the chemicals they contain, processed foods are deadly to your health for these reasons:

- * They provide no usable naturally occurring nutrients; they use up loads of your digestive enzymes, and then basically turn to nothing but waste.

- * They contain no water to transport nutrients or carry away wastes from your body, like fruits and vegetables do. Instead, they add to the waste pile, making you very toxic.

- * Since processed "foods" don't nourish you, even though your stomach may be physically full, your body thinks it still needs more food because it hasn't gotten nourished from what you've eaten...so your hunger bell will ring again soon, my friend.

That's why you can polish off an entire family-size bag of Doritos then feel hungry again an hour later.

It's no wonder that 1 out of 3 people in the US is obese and those numbers continue to climb, huh?

7) Farmed salmon

Farmed salmon are crammed into little pens and fed things they were never meant to ingest like soy, poultry litter, and hydrolyzed chicken feathers.

As a result, farmed salmon is lower in vitamin D than fresh caught and higher in contaminants such as carcinogens, PCBs and pesticides like dioxin and DDT.

Fresh caught salmon (and ALL kinds of fish) is always best.

8) Tap water

All water is NOT created equal.

Since our bodies are naturally (meant to be) alkaline, our water must be alkaline too. But thanks to acid rain and the chemicals added by municipalities, that's not always a given.

Regular (unfiltered) tap water is acidic and contains harmful toxins like fluoride and chlorine.

Avoid tap water (this includes water fountains) at ALL possible cost, no matter what you may read in the news or your local politician may tell you.

Strive to drink bottled or filtered water of some type.

So there you have them--the Evil Eight.

But knowing about the Evil Eight is only half of the equation.

Because it's even MORE important to avoid them at all cost AND help to undo the harmful effects they may have already had on your health!

Here are the best ways YOU can fight the Evil Eight:

1) Eat to live--don't live to eat

What's best for your body (and will help you live disease-free well into your golden years) are REAL foods eaten in easy-to-digest combinations.

And the Great Taste No Pain health system will show you exactly what to do.

- <http://www.greattastenopain.com/great.asp>

The Great Taste No Pain manuals teach you the dangers of the Evil Eight and show you how easy it is to prepare and enjoy delicious REAL foods. Once you get away from things like soda and processed foods, you lose your taste for them and end up craving REAL food.

Here's a perfect example. I haven't had soda in probably 25 years, but I mistakenly took a sip of a pre-poured Diet Coke at a party once, thinking it was iced tea.

It tasted like kerosene! I had to run to the bathroom and spit it out.

The recipe book in Great Taste No Pain is filled with delicious dishes that will make you love eating real foods. You'll soon wonder why you ever settled for anything less!

When you exist on nutritious real foods, your body naturally becomes more alkaline. All of your systems can work like they're supposed to. Excess pounds can slide off. Aches and pains can dissipate. You may need less or no medication.

And you help add years on to your precious life.

Note: If you've got gluten sensitivity or Celiac, Great Taste No Gluten is for you instead:

- <http://www.greattasteno gluten.com/great.asp>

2) Rebuild your internal army

If you've been eating the Evil Eight a lot or even occasionally, chances are excellent that your friendly intestinal flora may be seriously imbalanced...and your digestion impaired and immune system greatly compromised as a result.

But Super Shield multi-strain probiotic formula can help you restore this vital balance.

- <http://www.bluerockholistics.com/product/pross.asp>

Super Shield has been formulated with a variety of probiotic strains to help keep your population of friendly bacteria strong and ready for whatever dangerous viruses, infections or toxins come your way.

Plus it helps your beneficial bacteria compete with the harmful bacteria for "parking spaces" along your intestinal wall, crowding the bad guys out so they can be swept away with your bowel movements.

3) Fill in for Nature

Hard to digest meals and processed foods require a Herculean effort on the part of your system to break down...and in this process, it expends BOATLOADS of enzymes.

But unfortunately, there is not an endless ocean of enzymes inside of you.

Sooner or later, you will reach the point where your body can't adequately produce them anymore.

So if you've had a less-than-stellar diet and the Evil Eight have been your companions for a while, chances are good that you may be close to an "enzyme emergency."

That's where you can help where Nature may be running short...with an enzyme supplement like Digestizol Max.

- <http://www.bluerockholistics.com/product/dmax.asp>

Its super-potent blend of 14 enzymes targets a broad range of proteins, carbohydrates, sugars, fats and fibers in your diet.

Digestizol Max will help to digest every single kind of food you could possibly eat...which gives a body bouncing back from the Evil Eight a much needed boost, plus helps to conserve your body's remaining enzyme supply.

Do all you can to keep the Evil Eight out of your life and fight back from the health toll they may have already taken on you.

And I guarantee you'll see a difference in how YOU feel very soon!

To your health,

Sherry Brescia