

The Horror Revealed

SALT:

Our daily salt Intake has been established as a need factor of 400 milligrams, but we consume 4,000 milligram daily. That is 10 times the needed amount 50% or 2000 milligrams come from processed foods and the other 2000 milligrams from added table salt. Table salt and sea salt are processed is 90-99% sodium chloride: A consumption of this quantity depletes our body of its potassium. Potassium loss is associated with memory loss, mental confusion, heart palpitations and water retention. The excess salt and potassium must be removed from the blood stream. Thus it over works your kidneys . Salt in the arteries has a curing effect on the meat, "mean" of the inner arterial wall. It shrinks and reduces the artery. Salt causes nervousness, by causing the excessive release of the hormone norephinenphrine to be released into the heart, causing faster heart beat and palpitations.

HIDDEN SALT:

Butter :2 mg.....	Soy Sauce (1 tsp).....	1029 mg
Cottage Cheese (4 oz).....	457 mg.....	Chicken (1/2 breast)	69 mg
Dry Milk.....	322 mg.....	Salt (1 T.).....	1938 mg
Corn.....	1 mg.....	10 Chips.....	200 mg
White Wine (4 oz. Domestic).....	19 mg.....	Cucumber.....	2 mg
1 Cup Soup	932 mg.....	Dill Pickle.....	928 mg
Milk (1 cup)	122 mg.....	Tuna (Canned).....	384 mg
Chicken (fast food).....	2243 mg.....	Tuna	50 mg
Club Soda (8 oz.)	39 mg.....	Margarine.....	140 mg.
Water (8 oz. Tap)	12 mg.....	12 mg Antacid	564 mg
Apple Pie (1/8 frozen).....	208 mg-----	Chicken Pot Pie (frozen) ...	907 mg
Tuna Pot Pie (frozen)	715 mg.....	Tomato.....	14 mg
Corn Flakes	256 mg.....	Sauce (1 cup)	1448 mg
Cucumber with dressing.....	234 mg.....	All have hidden salt content.	

PROTEIN

The RDA established only 45 grams as being needed daily by our body for good health, yet we consume over three times that amount, 145+ grams daily. Excessive protein does several things, First it eliminates calcium. The protein molecules accumulate on the walls of the tiny capillaries leading to cells, blocking and robbing the cells of needed nutrients. Protein can be broken down into salt. Protein is broken into amino acids. An amino acid in contact with a base element gives up two hydrogen atoms and becomes salt. This salt settles again into the arteries (also attracting fat-accumulation), ligaments, connective tissues of the arteries and veins. The fat attracting properties of the protein contribute to high blood pressure build up.

FAT (Unsaturated):

The American diet has grown to account for 40% fat. That's alarming beyond description!

Fat operates in several damaging ways:

1. Fat forces the liver and gall bladder to produce excessive bile acids. and these strong acids aggravate the colon walls. This action leaves the colon walls wounded. Since the colon is already full of deadly un-processed poisons. Chemicals, waxes, colorings, preservatives. Etc. It has an open wound of easy infection. Colon cancer is number two killer. Lung Cancer is number one.

2. Fat then joins his friends, salt and protein, to further clog the shrunken arteries. This action is the next step in strokes, heart attacks and heart diseases.

FAT (Saturated):

Hard fat is used in many processed foods under these names, hydrogenated fat, or hardened fat, partially hydrogenated fat, or partially hardened fat. This fat is boiled under pressure with hydrogen bubbled through it with nickel, platinum or another catalyst present. It's then bleached, filtered, and deodorized into an artificial fat. Shortening or margarine can then be made from this process. This synthetic fat is used in thousands of food items. It is made up of new molecular structure that is unacceptable to the human body. The synthetic fats actually block the process of blood cleansing by natural fatty acids. Many scientists today believe these unnatural synthetic fat molecules are catalysts for neurological disease, heart disease, arteriosclerosis, skin disease, cataracts, arthritis and cancer.

VITAMIN D

The RDA has been established at 400 I.U. per day. Yet, because the food industry enriches so many items with D; we get on the average 2,435 I.U. Daily, 6 times the recommended amount. Excessive vitamin D is known to cause heart attacks in experimental animals, raise blood cholesterol levels, irritate blood vessel linings, promote joint diseases, arthritis, and cause magnesium deficiencies. Excessive D causes calcium to be deposited in the soft tissues, which is commonly known as arthritis, joint calcification. Your body needs magnesium for proper metabolism of vitamin C, phosphorus, sodium and potassium. .

SUGAR: (a real killer)

The body needs sugar for fuel but not table sugar. That stuff was not designed for the human body. Simple sugars are not digested properly. White sugar and brown sugar (white sugar sprayed with molasses) go directly to the blood stream within eight seconds of consumption. The energy level elevates too rapidly for oxygen to catch it, thus brain and body organs suffer oxygen loss, The pancreas is notified of an intruder, and quickly shoots insulin into the blood stream to capture the sugar and store it in the liver as glycogen for proper future use. Some problems with sugar are that sugar is a synthetic sugar and must be accompanied by B-complex vitamins, calcium, and magnesium for digestion. Refined sugar has no vitamin content, so the digestive system pulls B-complex out of the nervous system and calcium and magnesium from bones and teeth to digest the invading counterfeit. After the calcium and magnesium are removed from the bones and teeth they are abandoned in the soft tissues of the body joints, and sets up arthritis.

HIDDEN SUGAR: IN MEDICINES: (1 Tbl.)....CANNED FRUIT: (½ cup).....4 tsp.

Chocolate Bar.....8 tsp.....Alternagel (Liquid).....2000 mg

Glazed Donut.....6 tsp.....Fruit Pie (1/6).....10 tsp.

Gaviscon (Liquid).....1500 mg.....Chocolate Cake.....15 tsp.

Ice Cream (1 Scoop).....4 tsp.....Mylanta (Liquid).....2000 mg

Milk Shake (1 pint).....20 tsp.....Soda Pop (12 oz).....8 tsp.

Jam/Jelly (1 tsp.).....3 tsp.....Banana Split.....25 tsp.

SACCHARIN This chemical is declared a carcinogenic. It was almost totally banned in the U.S. but the saccharin lobby won. France banned its Import manufacture. Germany, Spain, Portugal, Hungary, and other countries banned its introduction into foods or drinks. It is 300 times sweeter than sugar, is a coal tar product, has no nutritional value at all, and is proven carcinogenic.

ASPARTAME "Nutra-sweet" is composed of 2 amino acids bonded together, phenylalanine and aspartic acid. With body heat and time aspartame breaks down into methyl alcohol or wood alcohol. Methyl alcohol is a well known poison and additionally, 95% of all aspartame becomes formaldehyde in the body, a proven carcinogenic.

CAFFEINE: Caffeine is an addictive psychoactive drug millions of Americans are addicted to. They meet their need through either soda, coffee, tea or chocolate. Caffeine stimulates the central nervous system and empties your liver of stored glycogen (gives you that sudden rush). The drug robs your body of 8 vitamins, vitamin C, zinc, potassium and other minerals. Many doctors attribute gastrointestinal cancer to caffeine. People who drink 5 cups of coffee a day have a 50% greater chance of heart attacks than non drinkers. Caffeine has been shown to interfere with DNA replication. It's been proven to cause birth defects in animals. It can cause gastric ulcers in animals. Also, Rats given 150 milligrams of caffeine for 15 months developed cancer of several organs. A proven carcinogenic.

HIDDEN CAFFEINE IS IN: COLAS, COFFEE, and some DRUGS

Coca-Cola67.7 mg.....Dr. Pepper60.9 mg

Percolated.....110.0 mgDexatrim.....200 mg

Mr. Plbb58.8 mg.....Dripolated.....146.0 mg

No Doz.....100 mg.....Tab49.4 mg

Vivarin.....200 mg.....Pepsi Cola43.1 mg

DEAD FOOD: What poor food we eat; when we eat it is either fried, boiled, baked or broiled. It's termed dead. Every living organism has enzymes; vegetables, fruits, nuts, grains, chicken, fish, etc, As we consume a raw apple the enzymes, in the apple help break down the fiber for micro metabolism but when we eat dead food, our system must work twice as hard to break-down that food stuff. We have over 1500 enzymes in our body. Only 12 are digestive enzymes, and the rest are metabolic enzymes used for cellular, organ and tissue repair.

As we digest dead food our pancreas must send metabolic enzymes to help break down the food. Using metabolic enzymes to break down food stuff is like taking a herd of pigs to market one at a time in your Rolls Royce with flat tires. It will eventually break down. It is proven without enzymes there is no life, and if you burn up your metabolic enzymes too soon you will run out of life too soon. You must eat more live foods, uncooked, or just a little steamed if necessary. Save your enzymes like money in the bank so they can work to save your life, not digest your Big Mac.

The following shows a yearly average consumption of choices that produce no health benefits.

Soda (Gallons Yr.).....450 Gals.....Coffee (Gallons Yr.).....250 Gals.

Beer (Gallons Yr.).....230 Gals.....Wine (Gallons Yr.)..... 20 Gals.

Alcohol (Gallons Yr.).....10 ---50...Gals.....Sugar (lb. Yr.).....3150.Lbs .

Corn Sweeteners (lb. Yr.).....870 Lbs.....Aspartame (lb. Yr.).....100 Lbs-----500

Your body has literally become a waste processor. These figures do not represent food additives consumed daily, or fat. By time we reach the age of 30, we have consumed thousands of pounds and gallons of poisons to be processed and flushed out of our system. This does not take into account the hormones. drugs, insecticides, poisons. and chemicals we consume in our meat, chicken, vegetables, water and fruit.

Water, Fluoride and Flouride, is a tooth defender or is it an Immune system destroyer? Never forge that fact. There is always a reaction to retry action. In the late 30's there arose a disposal problem of a new chemical, sodium fluoride, it being a waste product of the new aluminum manufacturing. It was prohibitively expensive to dispose, and was causing serious injuries to cattle and crops, thus they were being sued continuously. These 45 plus industries contracted a biochemist "Institute" to come up with a solution. He did. Dump it In the drinking water across America at "safe" enough levels. 1 part per million, but yet enabling the firms to sell their waste. They, "The Industry", advertised the benefits of sodium fluoride and psychologically attacked moms and dads through their children. It was promoted as a tooth decay preventer. Now isn't that funny. 50% of the adult population lose all their teeth, and about 90 million have bad gum disease. Evidence has revealed that it doesn't work. Always remember, a poisonous substance must do something in your body. There has to be a reaction!

The core problem of fluoridated water according to Dr. Shella Gibson: It slows down the white blood cells by 21% thus disabling them to function properly. Dr. Alfred Taylor and Nell Taylor of the University of Texas found that fluoride In drinking water at levels of 112 to 1 part per million increased tumor growth rate by 15-25% in mice. (1 part per million is the normal level in city water). The white blood cells slow down and act as a disabled warrior, not quick or sharp.

Disease is then able to conquer massive amounts of tissue and form a tumor, cancers, etc. So since the Immune system is slowed down by almost a third, you start to grow old quicker. Cells simply have lost their fighting force for life! Fluoride also has the ability to bond amino acid chains. Fluoride ion and the hydrogen of the amide radical forming amino acid chains bond together creating the second strongest bond know to man. Thus enzymes are unable to breakdown the amino acids and provide protein "fuel" for cell maintenance. Also the fluoride ion can and does destroy enzymes when in contact.

AIDS—Surveys.....Fluoridated Water.....Cases of AIDS per million

New York City, NY.....31.6 x 1 million....San Francisco, CA.....24 x 1 million

Miami, FL.....19.1 x 1 million.....

Non -Fluoridated Water:Newark, NJ.....7.6 x 1 million

Houston, TX.....5.2 x 1 million.....Los Angeles, CA.....4.9 x 1 million

Report September 24. 1982 (Vol. 31, No. 37, Pg 513). Center for Disease Control, Atlanta GA.

Morbidity & Mortality Weekly Report. So fluoridated water areas have up to 4 times more cases of AIDS than non fluoridated areas.

It would seem this alone is evidence enough not to drink fluoridated water. Fluoride does not cause AIDS but since it slows down your immune system by 21-27% It allows the AIDS virus to destroy your immune system 4 times faster and easier.

FDA & RADIATION: In 1980 - F.D.A. approved use of radiation as a safe, effective process to preserve food and kill bacteria. Food will be radiated at radiation levels ranging from 15,000 rads to 3 million rads. A typical chest x-ray is 0.1 rad, so this shows you the immense difference in rad exposure. Is it safe to eat? NO! Animals fed irradiated foods developed tumors, kidney disease, shortened life spans, weight loss, infertility and death in offspring. The radiation kills enzymes, vitamins, amino acids, and can create highly toxic radiolytic products.

Dr. Joseph Barna did 1,223 studies on wholesomeness of radioactive foods. It was a largest survey ever taken and it was done not for our government, but by the Hungarians in 1979. Dr. Joseph Barna found 1,414 adverse effects on food and animals. In other case studies where children were fed radiated wheat they developed a blood problem which is linked to leukemia.

What foods will be radiated? Almost all foods. Spices were radiated by official approval since 1986 (Food Processing Mag. June 1985, pg. 89). Whole vegetables, fruits, wheat, flour and pork haven't yet been given full approval.

Processing plants were being slated for construction and planned for completed by 1990. Their goal: was to have 1,000 processing plants in operation nationwide back then, and now in 2008, can you imagine how much this has advanced since this was first studied.

Since we now have huge stock piles of radioactive waste on our hands, and no safe way of disposal, someone somewhere said use it and sell it at a profit to someone. Food irradiation research is now being funded by (Congress approval) the U.S. Dept. of Energy with our tax dollars. Ten million dollars was spent in 1986-1987 on ways to basically use the waste by-products. Well, they found a way to dispose of it at a profit, into our food supply! Like the sodium fluoride in our water.

Where is it coming from? Radioactive waste comes from our nuclear weapon manufacturing and nuclear energy plants. Not only is there a food and health issue, but if the war mongers get their way, we'll have a 1000 little nuke stations, spilling deadly radioactive waste every where. Think of the terrorist opportunities. With that much radioactive waste available it will probably end up in our lakes and drinking water.

How about the shipment of that deadly radioactive material on the highway? With 1,000 stations nationwide that would mean every sizeable city would have their own.

Labeling? There can be no way to know if any ingredients are radioactive. The F.D.A. will require no label warnings. The only warning required by start up time is the symbol below. If you don't know what the symbol means then you'll just be out of luck and in the dark!