

Sugar

World consumption of sugar increased from 50 million tons in 1960 to 150 million tons in 2005.

In 1997 the average American consumed 53 teaspoons of added sugars daily!

Sugar raises insulin levels which interferes with growth hormones and decreases immune function. Also, phagocytosis (the process whereby white blood cells swallow pathogens to kill them) is dependent upon Vitamin C, and excess sugar competes with Vitamin C for entrance into the cells, and thus decreases the white blood cell's ability to phagocitize (eat) bacteria/viruses.

A blood sugar of 120mg/dl reduces the phagocytic index by 75%

<u>Teaspoons</u>	<u># Bacteria Killed</u>
0	14
6	10
12	5.5
18	2
24	1

<u>Item</u>	<u>Size</u>	<u>Teaspoons of Sugar</u>
Malted Milk	12 oz	42
Soft Drinks	12 oz	10-12
Canned fruit (light syrup)	1 serving	8
Chocolate Cake	1 4oz slice	8
Chocolate Candy	1 oz	7
Fruit Pie	1 slice	7
Ice Cream	1 scoop	5
Donut glazed	1	4
Jam/Jelly	1 Tbsp	3

Cancers that are linked to sugar: Colon, rectal, breast, ovarian, uterine, prostate, kidney, and cancers of the nervous system.

Chocolate

Chocolate contains methylxanthines (caffeine, theophylline, theobromine that have toxic/addictive side effects), tannins, oxalic acid, sugars (to mask the bitterness), saturated fat/oil (to eliminate the graininess), additives (to prevent the oil from becoming rancid), and contaminants.

In the processing of cacao pods, the flesh and seeds are scooped out and allowed to ferment (rot). In the process, the flesh turns to alcohol and then to lactic or acetic acid (vinegar). In the process the bitter taste of the bean changes and it is called a cocoa

bean. The cocoa bean then has to be dried, and in many places, during fermentation and drying process, insects and rodents infest the piles of your future chocolate.

The US Food & Drug Administration specifications allow for up to 120 insect fragments and 2 rodent hairs per cup of chocolate. Visible or solid animal excreta (feces) must not exceed 10mg per pound of chocolate. For chocolate powder, not more than 75 insect fragments per 3Tbsp of powder.

Fiber:

This is carbohydrate that cannot be digested by humans and is present in all unprocessed plant foods.

Soluble fiber - pectins and gums - (oats, apples, citrus, berries, legumes, carrots), lowers cholesterol, slows gastric (stomach) emptying (thus preventing early hunger), stabilizes blood sugar curve.

Insoluble fiber - cellulose & hemicellulose - (whole grains, beans, provisions, cruciferous - cabbage, broccoli, cauliflower), reduces colonic pressure and has laxative effect, binds bile salts which reduces cholesterol.

High fiber diets decrease your risk of heart disease, stroke, diabetes, certain cancers, diverticular disease, constipation, and the list goes on.

Recommended 25-40g fiber daily

Meal Spacing:

The stomach takes about 4 hours to digest a meal, and needs at least an hour for rest. Meals should be at least 5 hours apart.

There is no such thing as a healthy snack (except water!).

Research with nurses, one group was given 3 meals daily with no snacks, every meal having different foods than any other meal. The other group was given the same 3 meals daily, but with 2 bites of chocolate between meals and before bedtime. After 3 days, all underwent endoscopy (video scope from the mouth to the stomach). The 1st group had no food in the stomach. The 2nd group had remnants of their 1st meal 3 days prior in stomach.

Loma Linda has done research showing that if one eats even healthy snacks (fruits, vegetables) it delays the stomach's ability to empty for several hours, thus the stomach never has a chance to rest, and things like hiatal hernias, heart burn, reflux, and ulcers result over time.

2 meals daily are better than 3. Even diabetics do better on a 2-meal-a-day program, although they have to work closely with their doctor to adjust their medications or they may suffer low blood sugars. Imagine having 1 less meal to prepare for and clean up from, and the weight you may lose by eating fewer calories throughout the day. It is better for your digestion as a whole, and especially helps you develop self control.