
Top 10 Toxic Foods

Revelation Health, LLC.

“Our bodies do not need help healing, they just don’t need interference.”

Since learning the importance of proper diet and lifestyle through my own personal health challenges, I share this list of ten toxic foods with the hope that it helps to change others’ lives for the better, as this information has dramatically changed my own life. The following list provides dietary guidelines to integrate into your lifestyle for overall improved health, brain function, detoxification, hormone regulation, and weight-loss. I do not believe that there is one specific diet that is right for every person; however, making these shifts in eating habits decreases inflammation in the body, which is at the root of most modern disease. Avoiding these toxic foods will jump-start the healing of any health condition at the cellular level.

AVOID these foods for radically better health:

1. Grains (Even Whole Grains!)

Did you know that eating two slices of whole grain bread raises blood sugar just as much as drinking a 12 ounce can of soda? Grain products such as bread, pasta, and crackers quickly turn into sugar in the body and promote inflammation at the cellular level. When cellular function is compromised due to chronic systemic inflammation, cells cannot communicate well with each other and vital hormones become unbalanced causing weight gain and a host of other ailments. Grains also contain anti-nutrients, the plant’s innate self-defense mechanisms, which make grains very difficult for humans to digest and assimilate.

Eating exclusively “whole” grains does not solve the problem either. Although whole grains contain some fiber, vitamins and minerals, they are very high in a sugar called amylose. Amylose drives cellular inflammation by spiking blood sugar, which is the same reaction that occurs after consuming non-whole processed grains.

Perhaps most importantly, the majority of grains today are genetically modified organisms (GMOs). The genetic modification of grains causes the denaturing of proteins and carbohydrates to the point that the body no longer recognizes them as foods. The immune system then creates an inflammatory reaction in response to these denatured foods, which creates an ideal environment in the body for illness to arise. Grains are not the healthy food that people think they are, and should be mostly avoided for optimal health.

2. Vegetable Oils

Scary fact: the half-life of trans fats (a partially hydrogenated vegetable oil), found in foods like french fries, is 51 days. This means that after 51 days, only half of the negative effects of this man-made fat have been processed by the body. An additional 51 days (totaling 102 days) are needed to remove the majority of this toxic fat. Makes you think twice before downing that plate of fries, eh?

Man-made fats like hydrogenated and partially hydrogenated vegetable oils, margarine, and trans fats are often used to extend the shelf life of foods. These bad fats have replaced natural, good fats (or “God” fats), and are found in many foods today due to their low cost. These oils denature very easily, since they are sensitive to heat and light, and are likely rancid before they make their way into your kitchen or restaurant meal.

Vegetable oils cause cellular congestion, and are a huge health concern due to their wide-spread and excessive consumption. These oils are linked to chronic inflammation, and may even lead to cancer, heart disease, stroke, diabetes, neurotoxic syndrome, chronic fatigue, and other serious diseases. But the solution is simple: remove the bad fats and replace them with good fats such as organic butter and cream, coconut oil, flax oil, MCT oil and hemp oil. Good fats are the number one most lacking nutrient in the modern American diet, and are essential to hormone production, decreasing inflammation, and yes, even weight-loss.

3. Refined Sugar

If you want to age faster than anyone in your neighborhood, simply raise your blood glucose by eating plenty of refined sugar. Refined sugar unnaturally spikes and elevates levels of glucose and the hormones insulin and leptin. Prolonged spiking and elevation of insulin and leptin lead to insulin and leptin resistance, which means that the cells cannot hear what the hormones are telling them to do in order to function normally. This hormone resistance not only leads to premature aging, but to diabetes, heart disease, ADD, ADHD, high cholesterol, cancers, and the inability to lose weight. Consumption of refined sugar also lowers function of the immune system, and promotes systemic yeast overgrowth (called Candida), which has nasty side effects like thrush, vaginitis, and skin outbreaks.

Sugar is also an anti-nutrient, comparable to grains, and interferes with the absorption of other important nutrients. Sugar robs the body of its precious nutrient stores, and offers insignificant amounts of vitamins and minerals. Refined sugar is very toxic stuff, and consuming it regularly will no doubt put you on the fast track to looking older than your age, and what's worse, getting sick. To add sweetness to my diet, I use a bit of Stevita stevia supreme, which is an incredibly sweet herb native to Paraguay. The sweeteners steviosid and rebaudiosid A, extracted from the plants, are 300 times sweeter than regular sugar, so you don't need to use very much, and are not metabolized and contain no calories. Stevita stevia is 100% naturally extracted, tastes wonderful, and is a great alternative to nasty refined white sugar.

4. Genetically Modified Foods (aka GMOs)

I like to say, "If man changed it, exchange it." GMOs are bad news, friends. Herbicides, like glyphosate, which are sprayed on GMOs, disrupt hormone balance, kill beneficial gut bacteria, create psychological issues, impede natural detoxification, and promote obesity. I recently discussed the very real dangers of GMOs with Jeffrey Smith, the leading consumer advocate promoting healthier non-GMO choices. Smith's exhaustive research documents how biotech companies are putting the health of society and the planet in danger by continuing to promote and produce GMO crops. The interview shares why genetically engineered foods are destroying the health of our nation by causing numerous diseases, and the pressing need for consumers to reject GMO ingredients from their diet.

Common genetically modified foods include corn, soy, milk, canola oil, sugar beets and wheat. To avoid GMOs when shopping look for the Non-GMO Project's label on food items. Also, start asking questions and stay informed! If we quit buying GMOs, they will stop being produced. Support labeling of GMO foods and vote with the almighty dollar.

5. Conventional Meat

You aren't what you eat: you're what you're eating ate! There is an important distinction to understand between conventional meat and organic, grass-fed meat: the difference lies in the meat's fatty acid ratio. Scientists now believe that a meat's ratio of fatty acids, like omega 3 and omega 6, is more important than the measure of the singular fatty acids themselves. For example, cows were designed to eat grass. When fed an unnatural diet of grain, instead of grass, changes occur in the cow's

fatty acid ratio and denature the good fats into bad fats. Conventionally raised meat has fatty acid ratios which are greatly disproportionate to those of organic, grass-fed meat. When conventional meat is consumed by humans, the unbalanced fatty acid ratio contributes to a myriad of health problems, such as hormonal issues, skin conditions, Type 2 diabetes, and slower brain development and ADHD in children.

Plus, hundreds of current studies link conventionally produced meats to cancer and heart disease. The bio-accumulation of commercial pesticides, herbicides, antibiotics and hormones in meats is alarming, and far higher than those found in commercial vegetables. And those feed lot operations are just plain sad. When shopping, I stick to 100% grass-fed, organic meats, and support local farmers when possible. The meat tastes much better than conventional meat, and when purchasing quality meat you're voting against the inhumane animal feeding operations that are wrecking the health of America.

6. Conventional Dairy

Did you know that 99% of dairy products in the USA contain a toxic protein called A1 Beta-Casein? This protein is 23 times more toxic than gluten, and is referred to as "The Devil in the Milk", by authors Keith Woodford and Thomas Cowan, who wrote a book of the same name. A1 Beta-Casein is a transmuted gene in cows that has affected the majority of dairy products in this country and around the world. This gene mutation occurred thousands of years ago in Europe, and it still causing trouble today. It's no surprise that so many people react negatively to dairy products, but few understand the root of the problem. This genetic mutation in cows, which produce the toxic dairy products we consume regularly, holds the answer to the many who suffer from mild to severe milk allergies. Symptoms linked to dairy from A1 cows include digestive issues, auto-immune conditions, infertility, type 1 diabetes, autism, neurological deficiencies, and heart disease.

Additionally, twelve different pesticides have been identified in conventional cow's milk, according to the USDA Pesticide Data Program. And don't forget about the loads of steroids, hormones, and antibiotics pumped into cows to force them to produce milk in massive quantities. Yikes! Pasteurized and homogenized A1 dairy products definitely do more harm to our bodies than good.

However, consuming cultured dairy products from cows that do not have the A1 Beta-Casein mutation can offer remarkable health benefits. These cows, known as A2 cows, do not produce dairy that has the ill-effects that milk from A1 cows seem to trigger.

7. Chemically Produced Coffee

Stop and take note of how you feel after finishing your morning cup of joe. Do you feel energized? Is your brain super-charged? Are you ready to take on the world? If you're feeling less than stellar, reconsidering your coffee bean choice could make all the difference in how you jump-start each day. Coffee beans are typically grown in countries that do not regulate the use of chemicals and pesticides, which coat the beans that we grind and drink daily. And most coffee sold in stores is at least eight weeks old and already stale, which greatly decreases the coffee's beneficial free-radical fighting anti-oxidants. What's worse, coffee beans are often covered in toxic mold, called mycotoxins, which may cause a variety of serious issues like kidney disease, brain damage and hypertension.

But, luckily, the health benefits of drinking coffee outweigh the risks, though you will only reap the benefits if you are consuming coffee in the right way. I recommend and personally drink the Camano Island Coffee Roasters brand coffee, which is USDA certified organic, shade-grown with high anti-oxidant levels, mold-free, and sustainably harvested.

8. Commercial Soy Products

So-called “health foods” such as tofu, soy milk, soy cheese, soy burgers and soy protein are not health promoting foods at all. According to the USDA, 93% of soy is genetically modified. And due to the serious dangers of consuming GMOs (see number 4 on the list) you want to avoid processed soy products as much as possible. GMO soy lurks in many processed foods under other guises such as lecithins, emulsifiers and protein powders, so always check ingredient labels to make sure to avoid this toxic ingredient.

Processed soy also contains compounds called phytoestrogens, which are similar to the hormone estrogen that our bodies naturally produce. Phytoestrogens can cause hormonal, thyroid, and reproductive concerns in sensitive individuals. Soy may also drive bad estrogen metabolites, which increases the risk of cancer development.

On the other hand, organic, non-GMO, fermented, soy products such as tempeh, miso, tamari, and natto can be consumed in small amounts, depending on individual tolerance. These products boast loads of beneficial cultured bacteria, which help to promote and maintain a healthy gut. Fermented foods are a vital, but hugely absent, component of the modern American diet. Try to consume fermented foods often to reap the numerous health advantages, and approach soy with extreme caution.

9. Mercury-Filled Fish

Due to the massive contamination of our oceans, many fish are filled with toxic levels of the heavy metal mercury. And pregnant women are not the only ones who should be concerned about eating toxic fish. Mercury poisoning is no joke. I myself experienced it from a different source (silver amalgam fillings) and know first-hand how dangerous and life-altering the condition can be. I’m blessed to have recovered from the serious poisoning episode and am passionate about bringing awareness to others of the havoc that mercury damage can inflict on the body.

Avoiding certain fish can help to greatly lessen your mercury exposure. According to the Natural Resources Defense Council, the fish with the highest levels of mercury are Mackerel (King), Marlin, Orange Roughy, Shark, Swordfish, Tilefish, and Tuna (Bigeye, Ahi). Steer clear of these most mercury-toxic fish whenever possible. Also, beware of levels of the radioactive chemical cesium that have been detected in Pacific Ocean caught fish due to the Fukushima nuclear disaster. Smaller fish, like sardines and anchovies, tend to be less toxic. Know where your seafood is coming from, and stay educated.

10. “Diet” and Gluten-Free Processed Junk Foods

If you want to get fat or stay fat, keep eating and drinking the plethora of modern diet junk foods on the market today. Low-fat, low-calorie, processed “food” items are filled to the brim with chemicals, preservatives, and tons of sugar. These products are devoid of the health-promoting nutrients found in whole foods, are highly addictive, and keep you on a blood sugar roller coaster that leaves you sick, tired, and, ironically, still fat.

In addition, the current gluten-free craze is adding fuel to the fire. The market is now flooded with gluten-free products, with many folks endorsing their health benefits. The problem is that these products are filled with starches from potato, rice, corn and tapioca which spike your blood sugar just as badly, if not worse, than other glutinous grains or even refined sugar. Overconsumption of these “super sugar” ingredients can end up leaving you fatter than ever. For those with a true gluten allergy, it’s wise to eat only naturally gluten-free foods like, organic, grass-fed meat and dairy, vegetables, nuts, seeds and some low-glycemic fruits.

Bottom line: if you’re looking to lose weight and improve every area of your health, quit eating packaged and processed diet

and gluten-free junk foods. And don't fear fat! Fat does not make you fat: it's your body's inability to burn fat. The body simply needs to shift from a sugar-burning mode to a fat-burning mode to lose weight and keep it off long-term. To become an efficient fat-burner you should eat plenty of healthy, good-quality fats (see number 2 on the list) and cut out refined grains and sugars, following core principles of the True Cellular Healing™ Diet. You will gain amazing energy, and even improve brain function by adding the right fats to your diet. Just say NO to processed "health foods" and begin changing your diet by adding in the good fats. I believe your life will change, as I've seen so many patients' lives transform by making these shifts in their daily diet.

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