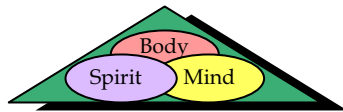


Chapter 6. The 5 “Live” & 5 “Dead” Foods



The 7 Nutrient Factors

Now that you know there are four macronutrients (carbohydrates, proteins, fats, liquids), how do you determine which macronutrients are the healthier ones? Based on numerous nutrition-based studies, there are seven (7) critical nutrient factors that promote optimum health and help to determine whether a specific macronutrient will be beneficial to your health. The seven critical nutrient factors are: vitamins, minerals, antioxidants, fiber, enzymes, omega-3 fatty acids, and phytonutrients.

- **Vitamins:** provide specific micronutrients to protect, cleanse and nourish the cells, tissues and organs, and to help metabolize foods. Examples of vitamins: Vitamin A, Vitamin B-complex, Vitamin D.
- **Minerals:** provide specific micronutrients to support various biological functions including bone density, strength of bones and teeth, muscle contraction, blood pressure, blood oxygenation, blood formation, energy production, fluid regulation, macronutrient metabolism, acid-alkaline balance (pH), and various other enzymatic reactions. Examples: calcium, potassium, magnesium, chromium, vanadium.
- **Antioxidants:** provide protection from cancer cells, free radicals and oxidation. Examples: Vitamin C, Vitamin E, selenium, beta-carotene, CoQ10, indole-3-carbinol.
- **Enzymes:** help to digest, assimilate and metabolize foods to provide fuel and energy. Metabolic enzymes are made by the body to cause chemical reactions that keep the body operating and performing necessary functions. Digestive enzymes are provided by the body to help digest, absorb and utilize the nutrients from food. Food enzymes (within raw food) help to digest carbohydrates (amylase), protein (protease), fat (lipase), and fiber (cellulase).



- **Fiber:** helps to cleanse and detoxify the body by removing waste, cholesterol and toxins. Examples: pectin, psyllium, bran, plant sterols.
- **Oils:** help to lubricate the tissues, arteries, joints, skin and other organs. Examples: olive oil, flax oil, fish oil.
- **Water:** provides hydration to cells and acts as a transport to carry other nutrients to the cells, tissues, and organs.

Healthy/Unhealthy Macronutrients

Given the importance of these seven nutrient factors, it would follow that a healthy carbohydrate, protein or fat will contain most or all of these seven nutrient factors. Similarly, an unhealthy carbohydrate, protein or fat will not contain most of these seven nutrient factors. For those of you who are knowledgeable in nutritional science, there shouldn't be any surprises with the following definitions of healthy and unhealthy macronutrients. All I've done is "y" whether a macronutrient is healthy or unhealthy based on the number of nutrient factors contained within that macronutrient.



Healthy/Unhealthy Carbohydrates

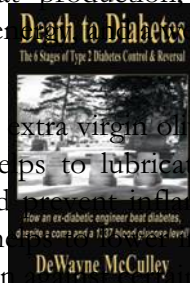
Specifically, colorful vegetables, fruits, and other plant foods (e.g. spinach, blueberries, mushrooms) qualify as healthy carbohydrates because they contain most of the seven nutrient factors. Some whole grains (e.g. oat, amaranth) qualify as healthy carbohydrates because they contain most of the seven nutrient factors: vitamins, minerals, fiber, antioxidants, and enzymes. These healthy carbohydrates satisfy the major objectives of nutritious food, namely to nourish, protect, and cleanse the body. These carbs also help the cells to communicate with each other.

Processed foods and junk food qualify as unhealthy carbohydrates because they lack most of the seven nutrient factors and they cause your blood glucose level to rise leading to insulin spikes, a depletion of vitamins/minerals, inflammation, and a weakened immune system. In addition, these foods do not satisfy the three major objectives of nutritious food. Processed foods and junk food include bottled juice, potato chips, cookies, crackers, donuts, soda, jellies, ketchup, snacks, white rice, potatoes, bread, pasta, and other flour-based products.

Healthy/Unhealthy Proteins

Nuts, seeds, beans, fish, organic eggs, and some whole soy products qualify as healthy proteins because they contain at least four of the nutrient factors; and, do not contain an excess amount of saturated fat. Organic dairy, grass-fed, lean animal meat, and wild animal meat qualify as healthy proteins because they contain at least four of the nutrient factors and do not contain the growth hormones, antibiotics and excess saturated fat that conventional meat and dairy products contain.

Corn-fed animal meat and eggs from animals raised with antibiotics and growth hormones/steroids and processed soy qualify as unhealthy proteins because they lack most of the seven nutrient factors. These foods can cause an increase in the production of homocysteine, cholesterol, and stress hormones in the body, leading to inflammation, clogged arteries, increased fat production, a strain on the kidneys, cancerous tissues, lack of cell energy, and a weakened immune system.



Healthy/Unhealthy Fats

Monounsaturated fat found in extra virgin olive oil and almonds qualifies as a healthy fat because it helps to lubricate the artery walls and the various joints in the body and helps to reduce inflammation. Monounsaturated fat is high in Vitamin E and helps to reduce inflammation, oxidation and cholesterol and offer protection against heart disease and cancers.

Some polyunsaturated fats found in fish oil, flax oil and walnuts qualify as healthy fats because they contain one or more of the three major Omega-3 essential fatty acids (EFAs): alpha linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). These Omega-3 EFAs help regulate the body’s blood sugar level, prevent the increase and spread of internal inflammation, raise the body’s metabolic rate, and thin the blood to reduce the danger of blood clotting, high blood pressure, strokes and heart attacks.

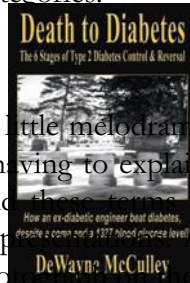
Trans fats, some of the saturated fats from animals, and some of the polyunsaturated fats that contain Omega-6 EFAs qualify as unhealthy fats. The trans fats reside in various processed foods including margarine, French fries, potato chips, cookies, and fried foods. The unhealthy saturated fats are found mostly in animals that are corn-fed and given

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growth hormones and antibiotics; and, include processed meats such as hot dogs, bologna, and lunch meats. Other unhealthy saturated fats are found in processed tropical oils such as refined coconut and palm oils, which are found mostly in store-bought cookies, cakes, and snack foods. The Omega-6 polyunsaturated fats are found in vegetable oils such as soy, corn, sunflower, safflower, and cottonseed; and, some are found in processed meats. These foods can cause an increase in the production of homocysteine, cholesterol, and stress hormones in the body, leading to inefficient insulin utilization, inflammation, clogged arteries, increased fat production, cancerous tissues, lack of cell energy, and a weakened immune system.

Using these definitions of “healthy” and “unhealthy” macronutrients based on the number of nutrient factors as a guideline, all foods can be grouped into two major categories:

- “Dead” food
- “Live” food



These terms may sound a little melodramatic, but I believe that they get the point across without having to explain the rationale of each term in detail. In addition, I found these terms to be very effective in making specific points during my presentations. Also, these terms tie nicely into the book’s title and the photograph on the front cover.

“Dead” food inhibits the body from healing and leads to disease and early *death*. “Dead” food is man-made, processed food that lacks most of the seven nutrient factors. Coincidentally, these foods, along with a sedentary lifestyle, are connected with the development of many of the major systemic diseases such as heart disease, diabetes and cancer.

“Live” (pronounced līv e) **food** helps the body to heal, fight disease and stay *alive*. “Live” foods are primarily raw, unprocessed, lightly-cooked or partially processed foods that contain most of the seven nutrient factors. The term “live” does not necessarily mean that the *food* is alive, but it does contain the nutrients that keep the body *alive*. Coincidentally, these foods are connected with the prevention and reversal of many of the major systemic diseases and ailments.

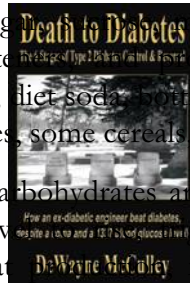
The 5 “Dead” Foods

There are five major “dead” foods. When consumed in excess with a sedentary lifestyle, these processed foods turn the body acidic, cause inflammation, and slowly damage or kill the body’s cells and create neurochemical imbalances that trigger unhealthy food cravings. These chemical imbalances, in turn, devastate your health physically, biochemically, hormonally, emotionally and spiritually. Over a period of years, this leads to systemic ailments/diseases such as high blood pressure, diabetes, heart disease, and cancer. The five “dead” foods include most food products that contain refined sugar, high fructose corn syrup, refined flour, trans fats, saturated fat, alcohol, caffeine, nicotine, and other harmful chemicals.

1: Refined white sugar includes all foods made with high fructose corn syrup, corn syrup, refined sugar, maltose, dextrose, molasses, brown sugar, artificial sweeteners, processed honey as well as foods/beverages such as soda, diet soda, fruit juice, soft drinks, candy, jams, jellies, cookies, cakes, pies, some cereals, and some condiments.

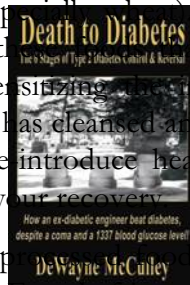
Health impact: These refined carbohydrates are high glycemic foods that cause your blood glucose levels to spike, triggering food cravings and insulin surges that lead to fat gain, inflammation, depletion of vitamins/minerals, low energy and a weakening of your immune system. Many of these processed foods contain high fructose corn syrup (HFCS), which is more dangerous than refined sugar because HFCS increases hunger cravings and fat production. This can lead to systemic diseases such as diabetes, heart disease, cancer, arthritis, Alzheimer’s and osteoporosis. Although artificial sweeteners and sugar-free foods do not contain the refined sugar and calories, their chemical makeup can increase the tendency to overeat and damage the nervous system.

2: Refined white flour includes all foods made with refined flour or starch such as white bread, enriched bread, white pasta, white rice, macaroni, cereals, crackers, donuts, pancakes, pastries, biscuits, spaghetti, cakes, pies, and other processed foods; and, starchy vegetables such as white potatoes and corn.



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Health impact: These refined carbohydrates are also high glycemic foods that cause your blood glucose level to rise, triggering food cravings and insulin surges that lead to fat production, inflammation, depletion of vitamins/minerals, and low energy. And, the increased production of serotonin (and tryptophan) provides a false sense of well being and security. Bleaching agents produce a chemical called alloxan, which makes white flour look “clean”, but alloxan may damage the pancreatic beta cells in some people, reducing their production of insulin. You can minimize the negative effects to your health by eating the organic whole grain, high fiber version of these foods. Many of these processed foods contain a lot of nutrient-poor chemicals, which are linked to other systemic diseases such as heart disease, cancer, arthritis, Alzheimer’s and osteoporosis. However, if you have multiple health issues, it may be necessary to temporarily stop eating all flour, starchy vegetables, grains and grain-based foods (especially refined grains). This is due to the embedded chemicals and toxins in them that may be compromising your immune system and desensitizing the insulin receptors of your cells. However, once your body has cleansed and detoxified itself and begun to heal, you can gradually reintroduce healthier versions of these foods during the latter stages of your recovery.

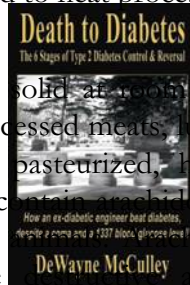


3: Trans fats include all products made with hydrogenated oil, such as stick margarines, French fries, potato chips, pretzels, cookies, fried foods, donuts, crackers, store-bought baked goods, and packaged foods. The process of creating hydrogenated oil destroys the essential fatty acids in the oil and replaces them with deformed trans fatty acids.

Health impact: Trans fats are shaped differently from their original form, creating deficiencies and imbalances throughout the metabolism, including fatty deposits in the arteries. It is believed that trans fats in the nerve cell membranes don’t fit as well as the normal Omega-3 fats, so they cause the nerve cells to communicate less efficiently and the brain cannot function optimally. Trans fats in processed foods also promote heart disease, cancer, and other degenerative diseases. These processed foods lead to fat production, inflammation, clogging of the arteries, and damaged cells (DNA structure). These foods also prevent your body from burning fat and effectively utilizing insulin as this synthetic fat clogs

your insulin receptors. Many of these processed foods are linked to other systemic diseases such as arthritis, Alzheimer’s and osteoporosis. Stick margarines contain more trans fats than the soft versions that come in a tub; and, some of the soft margarines now contain no trans fats. But, be wary of some margarines and processed foods that claim that they contain “no trans fat” – check the list of ingredients to be certain there is no partially hydrogenated oil.

Foods such as French fries are a “triple-killer” because (1) they contain starchy potatoes, which behave just like refined sugar and raise your insulin level; (2) they contain trans fats; and (3) they contain acrylamide, a proven carcinogen (cancer-causing agent). Acrylamide is formed when refined carbohydrates such as potatoes and cereals are cooked beyond 250 degrees Fahrenheit. Acrylamide levels are highest in potato and cereal-based products subjected to heat processing such as frying, grilling, or baking.



4: Saturated fats, which are solid at room temperature, are found in animal meat, organ meats, processed meats, lunch meats, fried foods and some dairy products (cow’s pasteurized, homogenized milk, cheese, butter, ice cream). These fats contain lauric acid, which is found in the fat and muscle tissues of coconut oil. Lauric acid is essential for your health, but it can be destructive at high levels, leading to inflammation and heart disease. Saturated fats are also found in coconut oil, palm oil and other tropical oils. Some of the Omega-6 polyunsaturated fats in vegetable oils such as soybean, corn, sunflower and safflower can also be destructive to your health.

Health impact: Excess consumption of saturated fats can lead to inflammation, excess fat production, increased leptin production (loss of appetite control), clogging of the arteries, cancerous tissues, and reduced insulin utilization. Conventional animal meat is obtained from animals such as cows that are fed corn, and chickens that are fed soybeans and grain. These animals are given growth hormones, antibiotics and other chemicals, which collect in their muscle and fatty tissues and produce antibiotic-resistant bacteria – all of which are passed onto us when we consume these meats on a regular basis. Virtually all packaged meat

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products including bologna, hot dogs, pepperoni, salami, ham, spam, lunchmeat, bacon, sausages and most breakfast meats contain mostly saturated fat and the preservative sodium nitrate, which is known to cause seizures and cancer.

Milk in its natural form is very nutritious, but many of the nutrients are destroyed by homogenization and pasteurization. As we get older, our body produces less of the lactase enzyme (to break down the milk sugar, lactose), making milk difficult to digest. This can make milk problematic, because it can prevent the proper absorption of nutrients into the blood and restrict the elimination of the toxic waste from the blood, leading to the formation of mucous, congestion, colds, and allergies. Milk contains a white, tasteless, odorless protein called casein, which is the principal protein of cow’s milk and is the curd that forms when milk is left to sour. It is the basis of cheese and is used to make strong wood glue, plastics, adhesives, paints, and certain foods. You can minimize, but not completely avoid, the negative effects of milk to your health by drinking raw milk or goat’s milk; or, by eating low-fat cheeses, leaner meats or organic meats from cows and chickens that are fed grass on a free range. These saturated fats are a major component of healthy cell membranes and fuel for the heart and muscles.



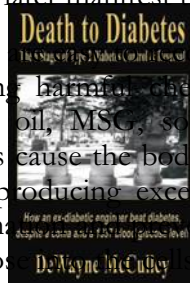
Polyunsaturated vegetable corn oil and sunflower oil should be avoided and definitely should not be heated because they break down easily, becoming rancid, producing carcinogens, and causing excess inflammation. These oils do not raise your total cholesterol, but they may lower the good cholesterol lipid, known as high-density lipoprotein (HDL) and cause inflammation that can lead to heart disease.

However, extra virgin coconut oil is actually a *healthy* saturated fat because it contains the healthy form of saturated fat that is very stable, the medium chain fatty acids. Therefore, virgin coconut oil is the best oil for sautéing, cooking and frying. The healthy medium chain fatty acids in coconut oil do not circulate in the bloodstream like other fats, but are sent directly to the liver where they are immediately converted into energy, just like carbohydrates. Therefore, the body uses the fat in coconut oil to produce energy, rather than be stored as body fat.

5: Drugs include alcohol, tobacco, caffeine, over-the-counter (OTC) drugs, prescription drugs, and recreational drugs.

Health impact: Alcohol and tobacco devastate the liver, lungs and cardiovascular system causing cancer, heart disease and other diseases. Caffeine is a stimulant that may trigger insulin surges. Excess caffeine may cause the body to produce an oxidative chemical called alloxan that may damage the pancreatic beta cells in some people, reducing their production of insulin. Many OTC and prescription drugs cause serious side effects that can lead to liver, kidney or heart failure. Long term use of most diabetic drugs overworks the pancreas, which usually leads to insulin injections and reduced production of insulin by the pancreas, leading to a **lifetime dependence on insulin injections!** Also, these drugs “fool” the body by altering the biochemical and hormonal functions within the body, leading to **chemical dependencies** and the suppression of symptoms that later manifest themselves as a disease.

Many “dead” processed foods recognize because they contain one or more of the following harmful chemicals: high fructose corn syrup (HFCS), hydrogenated oil, MSG, sodium nitrate, or inorganic sodium. These food chemicals cause the body to expend a lot of energy to “break down” the food, producing excess waste and toxins. Also, these chemicals cause inflammation that prevent the proper utilization of insulin and the uptake of glucose.



- HFCS, a by-product of corn processing, was discovered to cause diabetes in animals, but it is a common ingredient in many processed foods, including unsuspecting foods such as ketchup, relish, yogurt, jelly, some cereals, fruit juices, and applesauce.
- Hydrogenated oil is a synthetic fat that is not easily metabolized and tends to clog the insulin receptors of the cells, leading to a decrease in insulin sensitivity.
- Monosodium glutamate (MSG) is an excitotoxin that overexcites your cells to the point of damage, acting as a poison. MSG can be hidden in food labels, e.g. hydrolyzed vegetable protein, gelatin, yeast extract, malted barley, broth, casein, rice syrup
- Sodium nitrate is used to preserve processed meats, and inorganic sodium is used to preserve processed foods in cans and packages.

Note: The food manufacturers manipulate the sugar, fat, and salt in their foods to ensure that the consumer will still like the taste of their foods.

