

Hygienic Healing Secrets:

From Confusion to Confidence



Fake Foods and Your Family

OPT OUT AND ENJOY YOU OWN WHOLE FOOD CUISINE!

Chapter 13

Hygienic Healing Secrets

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Fake Foods; Falsity and Your Family

Opt Out and Enjoy Your Own Whole-Food Plant-Based Cuisine!

I feel badly when I visit the supermarket and see so many folk, paying good money, for artificial food-like substances. Millions are spent on items that consist of coloring, flavoring, chemicals and some kind of base-filler. Especially is this seen in soda-pop and drinks. If only people would go back to what the old folk used to call 'Adam's Ale'—the basic natural quencher of thirst—pure water, what a difference would occur in the health of the nation.



I also feel very badly for people who think they are having true vegetarian products when they are being deceived.

The harshness is more towards those manufacturers who are deceiving the customers, not to the customers who in good faith think they are getting a good product and are being cheated. Like people buying juice for their children and don't know they are being sold sugar and chemicals instead of healthy juice. It is cruel! It is an upsetting subject! I know I was very upset and disappointed when I learned that so many of my nice foods that I thought were animal free, were just deceiving me.

Food Fallacies Exposed

For some of you who may think you are not using any animal products; you may be being fooled. Here are a few facts:

Most soy cheese products (Yes, this includes those sold at health stores) contain Casein from cows! Unless it is marked "VEGAN" slices or says 'No Dairy or animal ingredients'; it has this product in it. Read this quote on Casein:

"Eighty percent of milk protein consists of casein, a tenacious glue. Casein is the glue that is used to hold a label to a bottle of beer. Try to scrape off one of those labels, and then consider the effects of casein in your body. Casein is the glue that holds together wood in furniture.

Behold the power of glue and behold the power of horrible bowel movements. Casein is a foreign protein, and your body reacts to its presence by creating an antibody. That antibody-antigen reaction creates histamines. Anti-histamines (like Benadryl) are used to counter the effects of histamines. Mucus and phlegm are produced as a result of cheese consumption.

“Mucus congests internal body organs. Mucus creates phlegm. The average American lives his or her life with a gallon of mucus clogging the kidney, spleen, pancreas, tracheal-bronchial tree, lungs, thymus, etc. Imagine not eating cheese or any other dairy product for just six days. An internal fog will lift from your body as the mucus leaves. Eat just one slice of pizza on day seven, and twelve to fifteen hours later, the mucus will return.”

Robert Cohen: www.notmilk.com/milkatoz.html

Most people who are allergic to milk are allergic to the casein in milk; so they switch to ‘soy cheese’ and they get the same reaction, and rather than read the label, and understand the ingredients in this deceptive product, they figure “Oh, I am also allergic to soy products” and then avoid things that probably would be fine for them to use, if they were not contaminated with casein.

Margarine Misery

Vegetarians, who would not touch a speck of butter, often use margarine: Bad News! Almost all margarine contains dairy products, whey and whey powder or buttermilk. They add this to make it taste like butter. It tastes like a dairy product, because guess what—It **is** a dairy product. Why do you think the Dairy board is not persecuting margarine like they did when it was first marketed?

I can remember as a child, how the little pack of color was in the margarine box, and if you wanted your margarine to look yellow like butter, you had to mix the color into it by hand. Without the color it was a sickly white. Then they came out with these bags that had a little bubble on the side containing the color. You squeezed the bubble and then kneaded the bag until the color was all mixed through and then you cut open the bag and dumped your margarine out into a bowl or something. It was a lot of work and was done only because the dairy guys would not allow margarine to be yellow like butter. Like they had a patent on the color yellow? Even the color they **did** allow you to mix in had to be a different shade of yellow than butter. I never did figure out how they got away with that; but finally people were irate and protested in the streets until the problem was solved. We had no idea back then that margarine, in any color, was a most unhealthful product; we had been brainwashed to think it was good for us; how duped we were! Nowadays we know that even the yellow coloring agent that we demanded to be added to the margarine back then, was a carcinogen!

Staff of Life?

Yes, your humble loaf of whole-grain bread will be found in most cases to contain whey, whey powder, or other dairy products. There is a surplus of milk, and the marketing powers are determined to stuff it into you somehow. You have to read labels and ask questions.

“In the making of raised or yeast bread, milk should not be used in the place of water. The use of milk is an additional expense, and it makes the bread much less wholesome. Milk bread does not keep sweet so long after baking as does that made with water, and it ferments more readily in the stomach.” CD 316.

There are a few health breads and some European breads that may be safe to use. Then of course you have to watch for canola oil, it is in many health foods as well and yet is a highly refined, processed and unnatural product. The Canadian government subsidizes it, so it can be sold cheaper than any other oil--so if it says soy and/or canola oil--guess what the companies likely decide to use?

Good Ol' Veggie Meats

Read the labels; they often contain eggs, egg products, dairy and dairy products and other horrors. Canola oil is rampant in these as well. Canola oil used to be called 'Lear Oil' or 'Penetrating Oil' and was an industrial product. It sure is a penetrating oil as it is everywhere in food today! What can you eat to be safe? Learn to cook whole foods from scratch!

Fast Food Deceptions

Did you know that McDonald's French fries are fried in 'all vegetable oil' (Canola) Sure thing! And **then** they are seasoned by adding beef fat! And you are not told that little secret. Fast food places are hives of dishonesty in food quality. I believe they got sued for that little trick so I am not sure if they still do it; but I wrote them off once I learned about it, and am not interested in testing it out.

I recently learned another horror about McDonald's French Fries; the special potatoes grown for McDonald's fries have to be unblemished and to be that way they have to use high amounts of a very toxic pesticide. It is so toxic that farmers have to stay out of their fields after they are sprayed and when the spuds are harvested, they have to be stored in barns for a period of time until the toxicity has lessened enough that they can be used. So how much of that residue is in your fries when you buy them for your children is a scary thought. If ever there was a time when we need to eat home prepared foods—it is now!

Spongiform Encephalopathy (Mad Cow disease)

Now your chances of acquiring this deadly disease are greater than to win the National Lottery and your odds are improving every day! Here are some ways to better your chances:

Hamburger meat and hamburgers: each one can contain meat from up to a hundred or more animals (Notice I didn't just say cows). So if even one of these was sick with something--you can catch it!



By the way, there are more lies going around about the Mad Cow epidemic than you can keep track of. Here are a few facts: There is no known way to destroy a prion without reducing it to ashes and then it sometimes is still infective! You **can** find the prions in milk! It **can** be passed from mother to offspring! It **can** be in an animal for years before it sickens and dies! It **has** been sent to every country on earth in animal feeds! It **can** be carried by all animals **and** poultry and eggs and vaccines... do I need to go on?

Dairy products: Did you ever see those lovely big tanker trucks that tell you that 'Milk is Beautiful'? Well each of them contains milk from hundreds of cows—all dumped in together! If even one of those cows is sick, all of the milk will have the germs. Oh yes, better news still; it is almost impossible to find a totally healthy dairy cow.

Well aren't they all vaccinated? Yes they sure are, and all the germs from sick animals that go into the vaccines, can go into your milk as well; better chances all the time, eh?

Well it's pasteurized, isn't it? Yup, and that makes the milk able to better support bacteria as it grows back, and many deadly germs don't even wink at pasteurization.

More Goodies: As a teen, I worked for a short while on a farm where they also killed and packed chickens. Every week he would send out the nice packages of fresh chickens to the grocery stores and receive back from them the ones that hadn't sold the previous week. They had gotten slimy and a bit green here and there, and the customers wouldn't buy them. So the guy would un-package them and wash them up and off they went to – guess where? That's right--Kentucky Fried Chicken places! MM-MM! Finger lickin' yummy!

My girlfriend raised dogs and we bought meat for them from a guy who picked up from farms animals who had managed to die at home. We learned that he had other customers as well—some of the burger chains!

Now here is good news for poultry lovers; when they kill the poor tortured birds that you want to eat for your dinner, many of them are sick, so they have an inspector who has to sit and watch the birds go by at 60 or more per minute. He doesn't dare stop the line or he'll lose his job in many cases. So your birds are inspected—aren't they?

But take courage, even if most of those birds are not sick (Impossible in today's chicken farms) they throw them all in together into a huge vat of water contaminated with blood & feces (bird poop) and let them **soak up** to 20% of their weight! Workers at the plants call it fecal soup. If this practice were stopped, the meat packers would lose the millions of dollars they get from selling you filthy water in chicken flesh! Now if even one bird is sick, all the birds in the vat can absorb the germs. Talk about **tender and juicy!** Now you know where the "juicy" comes from!

By the way, those of you who still eat meat but think to avoid pigs, if a package says 'Contains 100% beef', or 'Made **with** 100% beef'; it may only contain a morsel of beef. Why? Because as long as they drop in a little 100% beef they can say the product **contains** 100% beef! Yes it is legal. If it says 'Made of 100% Beef' or just '100% Beef' then it should be the real thing.

Fake Fruit Fiasco

They do the same with other things; for example, juice may say in big letters 'Contains pure fruit juice', or 'Made with 100% pure fruit juice' and it may only have a drop or less of it in there. If it say just 'pure fruit juice' or 100% pure fruit juice, then it is fruit juice.

One person who was training to go into 'food engineering' saw a huge vat of color, chemicals, artificial flavors, sugar and water; then the food engineer got up and dropped in an ounce or less of 'pure fruit juice'. The whole vat was then sold under that label. **Please** watch your labels!

This next article is for those of you who are struggling with cheese addiction; yes it is addictive; and trying to brush away God's warnings that cheese is unfit for food:

Behold the Power of Pus

"Constipated by Camembert? Sickened by Swiss? Phlegmed by port wine cheddar? You do not have to consult Inspector Gadget or Lieutenant Columbo to solve the mystery of cheese. By the time you add up the clues in this column, you'll solve a major crime and be knighted and made an honorary member of Scotland Yard.

The Food and Drug Administration (FDA) allows 750 million pus cells in every liter of milk (about two pounds). In Europe, regulators allow only 400 million pus cells per liter. France and Italy are known for their magnificent cheeses. Perhaps that's their secret: Less pus!

Since it takes 10 pounds of milk to make one pound of cheese, a pound of cheese can contain up to 7.5 billion pus cells. If your American cheese is sliced so that there are 16 slices to a pound, that single slice of American or Swiss can contain over 468 million pus cells. Got cheese? Got pus!

Behold the Power of Phony Studies

In the name of science, the dairy industry sponsors studies in which people drink milk. These laboratory subjects then answer surveys about what the insides of their mouths feel like. Biased dairy scientists then conclude that milk and dairy products cause no mucus.

Behold the Power of Hormones

Every sip of milk has 59 different powerful hormones. Which ones do you want your little girls to take? Estrogen, progesterone or prolactin?

In her lifetime, as a little girl becomes a big girl, then a mature woman, she will produce the total equivalent of one tablespoon of estrogen. Hormones work on a nanomolecular level, which means that it takes a billionth of a gram to produce a powerful biological effect.

The average American now consumes nearly thirty pounds of cheese each year. That product contains concentrated hormones. One pound of cheese can contain ten times the amount of hormones as one pound of milk. Nursing cows were never supposed to pass on cheese to their calves. They were, however, designed to pass on hormones, lactoferrins, and immunoglobulins in liquid milk to their infants.

Got Romano? Got raging hormones! See www.notmilk.com/deb/072698.html on hormones.

Behold the Power of Antibiotics

Got American cheese? Got antibiotics. Consumers Union and the Wall Street Journal tested milk samples in the New York metropolitan area and found the presence of 52 different antibiotics. Eat ice cream, yogurt, and cheese toppings, and you're also consuming antibiotics. Cows are fed chicken feces as supplemental protein. The droppings are baked and sanitized but the heat process does not destroy the hormones or antibiotics in chicken feed.

Got Parmesan? Got penicillin! (Parmesan cheese also is about the most acidic foodstuff you can consume.)

Behold the Power of Bacteria

In February of 1999, the Land of Lakes Company recalled nearly four hundred thousand cases of cheese products from supermarkets in every one of America's 50 states. Cheese makes a remarkable culture medium for bacteria, which stay alive for up to six months. This year's recall

was due to listeria. Eat listeria and it can take up to 45 days for you to get sick. Would you make the connection?

Cheese can also contain mycobacterium paratuberculosis which causes diarrhea and irritable bowel syndrome. Forty million Americans are so affected.” See www.notmilk.com

I urge you to do more research yourself and don't be fooled by marketing board sponsored studies. Money talks! - But it Lies!

In the late 1800s and early 1900s a warning cry went out from the messenger of the Lord to warn His people to learn to do without all animal products. God knew what only a few humans knew back then; in those years man began research to create and turn loose terrible plagues for warfare and genocide; and they started with animal experiments, introducing viruses etc. into farm animal herds.

“As disease in animals increases, the use of milk and eggs will become more and more unsafe. An effort should be made to supply their place with other things that are healthful and inexpensive. The people everywhere should be taught how to cook without milk and eggs, so far as possible, and yet have their food wholesome and palatable.” Counsels on Diet and Foods 365 (1905)

Now you understand the warning why it came so urgent at that time! Notice it said “**As** the disease increases” not “**if**”.

Is Your Food Fake?

By Ocean Robbins, John Robbins

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Does your food come from a farm, or from a laboratory?

Even if you try to eat healthy, it can be an uphill battle. Many of the items on supermarket shelves are chock-full of additives, preservatives, flavorings, colorings, fillers and artificial adulterants.

Does this matter? Yes and more than you know.

It turns out that what you eat is the single most potent weapon you have in the battle against disease. With obesity rates and chronic illness in America higher than ever, and with health care

now exceeding 20% of US GDP, the struggle for real, healthy food is not only important. It's crucial.

Conscious that consumers care more and more about the health impacts of what they eat, many companies are trying to respond. But sometimes, their response is more about deceptive marketing than about your health.

Part of their strategy includes making misleading claims on packages. Since many of these claims aren't regulated by the Food and Drug Administration, intentionally misleading customers is perfectly legal, and it's happening throughout supermarket aisles near you. Arming yourself with information is the best way to protect your family from deceptive food claims.

Here's a look at the top three fake food scams:

1) "Blueberry" Products: Blueberries have been getting some great press recently because they're packed with antioxidants, vitamins and fiber. But many "blueberry" products on the market today contain no blueberries at all. Kellogg's "Blueberry Muffin" Frosted Mini Wheats cereal, for example, contains sugar, artificial dyes and genetically engineered soybean oil, but not a single blueberry. The same is true for many other foods being eaten by millions of Americans every day. Blueberry muffins, bagels and pastries by Kellogg's, Betty Crocker and General Mills all show blueberries on the box. But they contain no fruit. Zilch.

2) "Made With Whole Grains": The bran and germ contain most of a grain's fiber, vitamins and minerals. White flour (which is generally called "enriched flour" or "wheat flour") has been stripped of these vital sources of nutrients. Knowing this, about 2/3 of Americans prefer to buy breads and cereals made with whole grains. Why, then, are less than 11% of the grains consumed in the US actually whole?

If you're like most Americans, you might be getting tricked.

Products that advertise themselves as "100% whole wheat" are legally required to be just that. But there is currently no definition on the percentage of "whole wheat" required to advertise a product as "made with whole wheat." In many cases, manufacturers will incorporate a small amount of whole wheat, and then add caramel color to white flour-filled products, knowing consumers will fall for the dark look and the "made with whole wheat" claim.

3) "All Natural": Just like "whole grain" or "whole wheat", the FDA fails to define what "all natural" actually means. In fact, the agency lets anything be called "natural" so long as it doesn't contain artificial flavors or synthetic substances. Currently, foods that are called "natural" on supermarket shelves include such health-lovers' delights as high fructose corn

syrup, or beef that's been raised in a feedlot, given growth hormones, administered antibiotics, and fed genetically engineered corn. Sometimes "natural" foods are healthier than their "unnatural" counterparts, and sometimes the claim is little more than hogwash.

So, how do you protect your family from fake food?

By law, packaged foods sold in the United States are required to state certain basic nutrition facts, as well as a list of ingredients in order of quantity. If you read the ingredients, you can find out what's really in the food in front of you.

Some of the healthiest foods, however, don't come in packages at all.

More and more Americans are ditching the supermarket altogether, as they grow to favor farmer's markets, CSAs, and even growing food themselves. There was a steady and alarming decline in the number of farms in America from 1950 to 1997. But we are now experiencing a turning of the tide.

The number of farmer's markets in the United States has increased more than four-fold in the last 17 years. There are now more than 12,500 farms marketing their crops direct to consumers through Community Supported Agriculture (CSA) programs. Sales of organic foods have increased more than four-fold in the last decade, and 78% of families now say they buy some organic food.

When you read labels, buy whole foods, and support local farmers, you aren't just taking responsibility for your and your family's health; you're contributing to a food revolution that is sweeping our nation.

For more on CSAs and how to find one near you visit: <http://www.localharvest.org/csa/>. For more on Farmer's Markets and how to find one visit: <http://www.localharvest.org/farmers-markets/>. For more on the food revolution and movements towards healthy, sustainable, humane and delicious food visit: <http://foodrevolution.org>.

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Unbelievable!

Here is the latest deception coming from the 7UP bottlers. They sell a drink called '7up Cherry Antioxidant'. And you read the ingredients—nothing but chemicals—no fruit at all!! Friends we

need to become a society of label readers and stop letting ourselves be ripped off. Stop paying your good money for chemicals water and red-40 coloring!

Whey-NOT!

Whey as a Protein and Aluminum Supplement

Some Very Important Facts:

Whey is a waste product of the cheese industry. Basically it is the liquid part of spoiled milk. If milk in this condition were found in your refrigerator you would throw it out. The industry has been struggling for decades with the problem of disposal of this product. It is not considered biologically safe to throw it out into the environment. SO what is the solution? Of course!! Find a way to feed it to people and convince them it is good for them!! (Like they did with fluoride)

The ads claim it is high in vitamins and minerals, but I just looked at the information from Guelph University on making Whey powder and the process required removal of vitamins and minerals. It is also known to be a great hazard to people with allergies.

Anyway the dairy marketing guys are so thrilled with the new rage to add Whey powder to everything, that you will not get much real truth on the dangers being heard. These guys are riding the money wagon and your health doesn't matter to them. They also have money to suppress any negative feedback

Just think about it for a while though from common sense. Milk is a very risky product these days at best. Dairy cattle are a very sickly lot, hyped up by drugs and chemicals to produce totally abnormal amounts of milk, the dairy cow with a normal productive lifespan of 20-25 years, now is a total wreck in 5-6 years. They are full of antibiotics and vaccines (mercury is in every vaccine) as well. If it were not for dairy products, leukemia in children and juvenile diabetes for just 2 examples, would be almost unheard of!

If you take the milk from hundreds of cows, curdle it and collect the liquid part you have the potential for a huge amount of germs, virus particles, animal waste, and even deadly prions; so you take an already dangerous substance and then you concentrate it to hundreds of times – and you then think it is safe?



The high protein animal product will actually cause a drain in energy and stamina as it is hard work for the body to digest and dispose of high levels of protein; uric acid is formed and added to the lactic acid your muscles produce, an acidic condition of the system results which is anything but helpful!

High Protein Myth

The body is designed to live on high carbohydrate and very low protein. If the body is forced to burn protein for energy, it is a very big problem for the body and results in much acid waste. The truth is, the more animal protein you consume, the greater will be the loss of calcium from your bones and teeth! Meat is the main cause of Osteoporosis with dairy a close second!

Excess protein is a dangerous dietary imbalance

It leads to Osteoporosis. 16% of each protein molecule is nitrogenous waste known as NH_2 . The molecule becomes ammonia NH_3 when it breaks down in your body's digestive process. Ammonia! It eats the wax off your floor, what does it do to your body?

To deal with this deadly Ammonia, your body combines 2 molecules of ammonia with 1 CO_2 which makes Urea. The more protein, the more urea; this eats away at your body tissue and the body releases calcium from your bones to buffer it. When there is more urea than calcium reserves, calcium loses and the bones deteriorate! Among Eskimos who eat mostly meat, osteoporosis is a common condition at even 22 years of age!

Laboratory tests have clearly shown that taking mineral calcium has no effect on the progress of osteoporosis. Large doses of mineral calcium, cause constipation and kidney problems. The more additional calcium supplements one consumes, the less they absorb. Don't be led into believing that taking calcium will help your osteoporosis. Also, milk and cheese urged upon us by the vigilant dairy industry only increases the loss due to high protein content.

Even vegetarians, who are protein-brainwashed and practice food combining or using high dairy or meat analogues to increase protein intake, are as much at risk as meat eaters; in fact, some consume more protein than meat eaters.

Go easy on protein, your body needs very little, and gets it best from live foods such as fruits and vegetables, especially leafy greens, and grains, with some seeds and nuts.

When in your life, do you grow the fastest and thus need the most protein? **The newborn infant doubles his weight in about 180 days!** How much protein is found in Mother's milk? **It is only 2-4% protein!**

If you eat enough whole, natural foods to maintain your body weight, you get plenty of protein. Protein is not an energy food; in fact, it takes energy from the body to digest protein. The way to have energy is with adequate water intake, lots of fresh, whole veggies and fruits. Sure, people can experience a sort of temporary hype-up effect from animal protein, but it is like caffeine, a false energy that actually rapes the body's resources.

■ *Watch for the Metal in your Munchies!*

Aluminum and heavy metal contamination is deadly to the brain. Recent research has found that people with agitation, inability to focus and concentrate, and memory loss can be helped by avoiding all products containing aluminum. These products include all baked items made with common baking powder. Crunchy snack foods like chips and Cheezies are loaded. Pancakes, muffins and waffles have it too. Sadly, although Pizza crust is supposed to be made with yeast-raised bread dough, these days many companies are adding aluminum-rich baking powders to it to make it lighter and crunchier. Read all labels and ask for Ingredient lists at Restaurants.

Avoid products containing chemicals with 'alum' as part of the name. Aluminum is sometimes listed in compound ingredients, such as silico-aluminate. This can be confusing to the uneducated consumer. Just watch for the 'alum' part and you'll spot most of it.

Some labels trick the consumer. Some deodorant labels state, "Contains No Aluminum Hydroxide" yet they list another form of aluminum on the package, thus deceiving consumers. Some vendors of crystal deodorants, which are made with mineral salts and other ingredients, claim that "alum" is not aluminum. This is not true. The dictionary defines alum as "Aluminum sulphate".

Avoid any and all baking-powder products, as well as food packaged in aluminum foil packs and aluminum tins, to help preserve mental acuity. Improvement in mental focusing and acuity is usually found quickly, within two weeks once these aluminum products are removed from a patient's diet. Even badly deteriorated Alzheimer's people can improve, when baking powder and aluminum products are out of the diet. When Dr. Alzheimer discovered the disorder he found it linked to aluminum but few people know this; however now the truth is getting out!