

The 9 Worst Foods to Eat and Healthy Swaps



by
DR. JOCKERS

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The 9 Worst Foods To Eat

If you feel like healthy eating gets more complicated every day, I feel you. Paleo, vegan, low-carb, high-fat, organic, and the endless list of dietary terms can make it difficult to even begin eating healthy. Experiencing this feedback from my patients for years, I completely understand where you are coming from. Here are 9 of the worst foods to eat, and healthy alternatives to swap them for.

That is why I have put together this article to lay the basis of the worst foods for your health, along with the foundational principles of a healing diet to support optimal wellness in the body. Some of these worst foods may come as a surprise because they are marketed by the media as healthy...but you will come to find out why you will want to avoid them!



Note On Worst Foods

Although it is important to know which of the worst foods to avoid, it is never a good idea to be constantly fixated on what you can't eat. Once you understand the foods to avoid, keep a mental note in the back of your head. Next, take to heart my healing diet nutrition principles and begin incorporating them into your life.

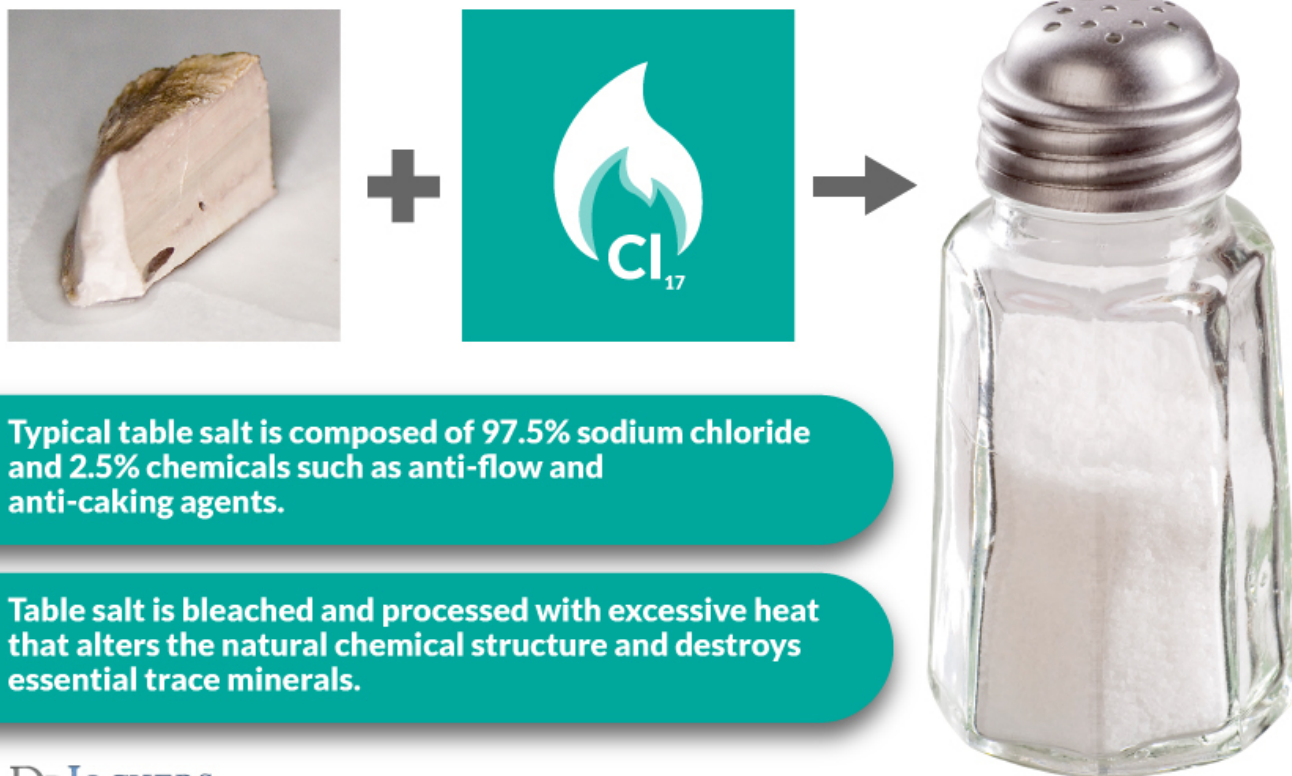
By doing so, you will begin to naturally avoid the worst foods for your health. Instead of feeling limited to a narrow selection of foods, you will experience liberation knowing that the foods that you are eating are adding to your vitality every day!



Table Salt

Commercial Table salt is nothing like the natural salts our bodies have been receiving for thousands of years. Naturally occurring salts from the earth contain sodium along with over 80 different trace minerals, all of which play an important role in the body.

Commercial table salt is a chemically synthesized sodium chloride along with other nasty additives that prevent it from clumping together. Additionally, these salts often contain things like aluminum and fluoride which I would never recommend putting into your body.



The diagram illustrates the process of creating table salt. On the left, a piece of fish fillet is shown. A plus sign (+) follows, leading to a teal square containing a white flame icon and the chemical symbol Cl_{17} . An arrow points from this square to a glass salt shaker filled with white salt.

Typical table salt is composed of 97.5% sodium chloride and 2.5% chemicals such as anti-flow and anti-caking agents.

Table salt is bleached and processed with excessive heat that alters the natural chemical structure and destroys essential trace minerals.

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Alternative: Natural Salts

When it comes to salt, I recommend consuming generous amounts on your food. This is because the sodium and other trace minerals play a vital role as electrolytes that ensure your nervous system is working efficiently.

The salts I recommend are those from clean earth sources. This would include salts like [Pink Himalayan](#) and [Celtic Gray](#). The coloration to these unique salts is an indication of their mineral content.

If you are concerned about getting iodine, I would recommend using a seasoning that includes kelp like [Herbamare](#) or [Braggs Sea Kelp Delight](#).



COMMON TABLE

- “Purified,” a process that involves a re-crystallization at over 1,200°F
- 97.5% sodium chloride, 2.5% additives
- Depleted of its natural minerals
- Includes anti-caking compounds
- Likely contains iodine and/or is fluoridated (particularly in non-US countries)

HIMALAYAN PINK

- Contains 84 essential minerals required by the human body
- 85% sodium chloride, 15% trace minerals
- A good source of magnesium, in which 80% of all individuals are deficient
- Promotes a healthy pH balance of the cells
- Helps regulate blood sugar levels
- Helps regulate the body’s natural sleep cycle

Vegetable Oil

There are two important concepts to understand when it comes to fat consumption. Having a healthy Omega-3:Omega-6 ratio is important for controlling inflammation in the body and regulating [metabolism](#) (1). Also, your brain and the myelin that surrounds your nerves is primarily made of fats.

Consuming highly processed vegetable oils contributes to disease by neglecting both of these important concepts. Vegetable oils are very high in omega-6 fats while also being highly damaged during processing. This leaves you with an elevation in inflammation and subpar building materials for your [brain](#) and peripheral nervous system!



Be careful here...these are REALLY HARD to avoid all together. Be sure to read labels and if you see anything with corn oil, soybean oil, safflower oil, cottonseed oil, canola oil and peanut oil than those are vegetable oil culprits. Many restaurants cook with these and call them “olive oil” when they are really 50% or more corn or canola oil.

Do the best you can and ask a lot of questions when you eat out. Even better, call the restaurant ahead of time and ask if you are able. My wife and I will often bring our own oils and grass fed butter or ghee to make sure we get the right stuff.

Here is an example, one of our favorite local restaurants, Ted’s Montana Grill, has a great menu with bison and guacamole and good veggies. Unfortunately, there “olive oil” is 50% canola oil... so we don’t use it. We bring our own extra virgin olive oil (we like [Papa Vince here](#)) or MCT oil like and either grass-fed butter or [grass-fed ghee](#).



OLIVE OIL 101

ABOUT EXTRA VIRGIN OLIVE OIL

-  Healthiest option with a broad range of flavors, much like wine
-  Produced through natural crushing of olives without heat or chemicals; retains antioxidants






USES

-  Sautéing, grilling, roasting, baking, pan frying
-  Drizzling, dipping, dressings and marinades
-  Smoke Point Range 350°-410° F

TIP

Extra virgin olive oil can enhance flavors of foods. Pair different EVOOs with dishes to find what you like best.

ABOUT OLIVE OIL

-  Heart-healthy monounsaturated fat with mild or minimal flavor
-  Produced through natural crushing of olives and then refined; no solvents used.
-  A blend of refined olive oil and extra virgin/virgin olive oil.



USES

-  Sautéing, grilling, roasting, baking, pan frying
-  Dressing and marinades
-  Smoke Point Range 390°-468° F

TIP

Enhances food without overpowering taste. Olive oil can be used as an alternative to other oils or substituted for margarine or butter.



STORING OLIVE OILS

Avoid heat, air and light to prolong the shelf life and maintain quality of olive oil.



HEAT

Store olive oil away from the major heat sources like the stove or oven.



AIR

Always store olive oil in a bottle with a cap or seal, as air exposure can affect taste.



LIGHT

Store olive oil away from windows and fluorescent lighting.



Courtesy of the North American Olive Oil Association

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Alternative: Organic Virgin Coconut Oil

Coconut oil is a great source of healthy saturated fat that is safe for cooking up to 350 degrees F which is where it hits its smoke point. Coconut oil has a remarkable stability and along with extra virgin olive oil, butter, ghee and beef tallow handles heat quite well.

Additionally, it provides small amount of **medium chain triglycerides** which can be converted into ketones that have great benefits for your body. These fats also have anti-bacterial and anti-yeast properties that benefit the microbiome.

HEALTH BENEFITS OF COCONUT OIL

Helps in easy digestion



Rich in auric acid that helps maintain blood sugar & cholesterol

Strengthens immune system

Effective in healing damaged tissues & infections

Prevents & effectively cures candida

Treats pancreatitis & Alzheimer's disease

Prevents wrinkles, sagging skin, skin dryness & flaking

Prevents diseases affecting liver & kidney

Reduces protein loss in hair & nourishes the hair

Improves bone health



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Unfermented Soy Products

Over the years, soy has become a hot topic as a healthy vs unhealthy food. My view is that you do not want this stuff in your diet. Here's why:

- High Amounts of Phytic Acids and Lectins: Soy contains these chemicals as natural defenses from animals that try to consume them. Phytic Acid binds up minerals, lowering the nutrition you absorb from your meals. Lectins can be extremely damaging to the lining of the gut.
- GMO & Glyphosate: The vast majority of soy in our food supply is **genetically modified**, containing high amounts of the infamous herbicide glyphosate. Glyphosate is another compound that destroys the health of your gut while draining vital nutrients as your body tries to neutralize it.
- Hormones: Soy has mild-estrogenic effects that may be harmful to someone who already has sex hormone imbalance.

Soy products have made their way into many processed foods on the market so it is important to read your labels. Especially look out for things like “soy protein isolate” as it is a very concentrated form of soy that may have exaggerated health effects.

Rice	DRJOCKERS.COM SUPERCHARGE YOUR HEALTH				Yeast
	GMOs				
GMO rice has been approved but is not yet being used commercially					GMO yeast for wine has been approved
Hawaiian Papaya 	Canola Oil 	Summer Squash 	Wheat 	Salmon 	Alfalfa
Most Hawaiian papaya is GMO, even many organic crops are contaminated	87% of canola grown commercially, and 80% of wild canola is GMO	Farmers don't like GMO squash but some experts say GMO squash have blended with wild squash	Unapproved GMO has contaminated wheat fields, and we don't yet know the extent of it	GMO salmon has not been approved by the FDA, but it will be very soon	GMO alfalfa is contaminating non GMO alfalfa crops at a rapid rate
Sweet Corn 	Sugar Beets 	Soy 	Tomato 	Peas 	Cotton
More than 70 percent of corn grown in the United States has been genetically engineered	90% of Sugar Beets (used to make 50% of our sugar) are GMO	More than 93% of soybeans the United States produces are genetically modified	Tomatoes have been genetically modified, but they are not being grown commercially at this time	Peas have been genetically modified but are not approved or available	At least half of cotton grown in the world is GMO

Alternative: Fermented Soy

Soy can be tolerable and even nutritious in its fermented form. This includes things like ORGANIC miso, natto, and tempeh. The fermentation process deactivates a large amount of

the phytic acid and lectins which allows you to readily absorb the nutrients.

If you have a [histamine intolerance](#), then I would recommend avoiding these foods as it can cause a reaction. Other Alternatives include:

- Instead of soy sauce, use [Coconut Aminos](#)
- Instead of soy protein use [Gut Healing](#) (vegan option) or [Bone Broth Protein](#)
- Instead of soy-based meats use Grass-fed Beef



Is Soy Really Good for You?

Soy is a nutritional powerhouse containing several nutrients.

However, it also contains anti-nutrients that interfere with the body's ability to absorb nutrients.

Researchers have linked unfermented soy foods to:

- **Increased cancer risk**
- **Reduced male fertility**
- **Damaged brain function**
- **Early onset of puberty**
- **Developmental abnormalities in infants**

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Processed Meat

The types of meat you eat are extremely important. Many people believe that simply buying the leanest meats is the healthiest option. The truth is, most of the meat produced today is simply unacceptable.

You want to avoid highly processed meats like deli meats, cured meats, and any kind of meat that comes from poor living conditions. Unless the package states that it is organic and ideally pasture-raised, you will probably want to steer clear of it.

Alternatives: Pasture-Raised/ Wild-Caught

You want your meat to come from animals that have been raised humanely, in pastures, and fed the diet they are meant to eat. For beef and lamb this would be grass, for poultry, this would be things like bugs, seeds, berries and things that can be foraged in a natural environment.

As a result these meats are more nutritious and contain a more favorable omega-3:Omega-6 ratios. The best bet to find good meat is either a health-centered grocer or an online source such as [US Wellness Meats](#) or [Slankers](#).



Beef's Nutritional Ledger

	Grain-Fed Beef	Grass-Fed Beef
Added Hormones	Usually	No
Fed Antibiotics	Usually	No
Fed Grain	Yes	No
Omega-3 Fatty Acids	0.10	1.22
Omega-6 Fatty Acids	3.10	1.08
CLA	0.21	1.46
Beta Carotene	41.00	87.00
Vitamin E	1.30	5.30
Vitamin A	10.00	52.00
Total Fat	High & Saturated	Perfect Balance
Flavor	Bland/Pasty	Original & Bold
All Other Factor	Fair	Perfect
E. Coli Risk	Present	Not Likely

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Microwaved Popcorn






Microwave popcorn is no good for a few reasons. First it is typically GMO corn, which will almost always contain glyphosate. Next, many brands utilize an artificial flavoring called diacetyl that is an alternative to butter. Diacetyl has been linked to respiratory disorders (2).

Finally, corn is a common **food sensitivity** that I see with many of my patients that can cause inflammation in the gut. Traditional microwaved popcorn is truly one of the worst foods you could possibly consume.

Alternative: Sprouted Pumpkin Seeds

If you must have popcorn, your best bet would be to either hot-air pop it or in a pot with coconut oil. Toss it up with some grass-fed butter or coconut oil and a high quality sea salt.

For an even healthier alternative, **sprouted pumpkin seeds** are a great option. They are super nutrient dense, a great source of zinc, and are a great source of healthy fats. They are nutrient dense and blood sugar friendly!

BRAND	INGREDIENTS
	Corn, Natural Oil Blend (Corn and Palm Fruit Oils), Salt, Natural and Artificial Flavor (Derived from Lactose-Free Milk), Colored with Annatto, TBHQ to Preserve Freshness.
	Newman's Own Microwave Popcorn, Palm Oil, Salt, Soybean Oil, Natural Butter Flavor with other Natural Flavors, Annatto Extract (For Color), Vitamin E (For Freshness)
	Pop Corn, Partially Hydrogenated Soybean Oil, Salt, Natural Flavors, Annatto For Coloring, Soy Lecithin. Contains: Egg, Milk & Soy Ingredients
	Popping Corn, Palm Oil, Less Than 2% Of: Salt, Potassium Chloride, Butter, Natural And Artificial Flavor, Color Added, TBHQ And Citric Acid (For Freshness). Contains: Milk. No Added Diacetyl Butter Flavorings.
	Whole Grain Popcorn, Partially Hydrogenated Soybean Oil, Salt, Natural and Artificial Flavor, Color Added, Nonfat Milk. Freshness Preserved by Propyl Gallate and Citric Acid.

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Non-Organic Produce

I have mentioned glyphosate a couple times already but I am going to reiterate. You need to avoid **glyphosate**, as well as all other pesticides, as much as possible.

These are toxic to the human body, leaching minerals from the body and damaging the lining of your gut. Glyphosate consumption has been linked to many forms of cancer and neurodegenerative disease conditions. It is virtually impossible to avoid exposure to these chemicals all together, but you want to do your best where choice is available to reduce your exposure to these toxins.

Know What You're Buying!

Organic

Conventionally Grown



4011

Four Digit Code
Starting with 3 or 4



94129

Five Digit Code
Starting with 9

GMO



83137

Five Digit Code
Starting with 8






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Alternative: Organic Produce

You can either go all organic or, if you are sticking to a budget, follow the **clean 15 & dirty dozen** guidelines released by the EWG. Buy organic for the dirty dozen foods while the clean 15 are relatively safe to purchase conventional.

I consider this an important investment in your nutrition and health of your gut (which tremendously influences your wellbeing overall).

ORGANIC VS CONVENTIONAL

		Minerals (in milliequivalent)						
Vegetables Type of Soil Management		Calcium	Magnesium	Potassium	Sodium	Manganese	Iron	Copper
	Snap Beans							
	Organic	40.5	60.0	99.7	8.6	60.0	227.0	69.0
	Conventional	15.5	14.8	29.1	0.0	2.0	10.0	3.0
	Cabbage							
	Organic	60.0	43.6	148.3	20.4	13.0	94.0	48.0
	Conventional	17.5	15.6	53.7	0.8	2.0	20.0	0.4
	Lettuce							
	Organic	71.0	49.3	176.5	12.2	169.0	516.0	60.0
	Conventional	16.0	13.1	53.7	0.0	1.0	1.0	3.0
	Tomatoes							
	Organic	23.0	59.2	148.3	6.5	68.0	1938.0	53.0
	Conventional	4.5	4.5	58.6	0.0	1.0	1.0	0.0
	Spinach							
	Organic	96.0	293.9	257.0	69.5	117.0	1584.0	0.0
	Conventional	47.5	46.9	84.0	0.8	1.0	19.0	0.5

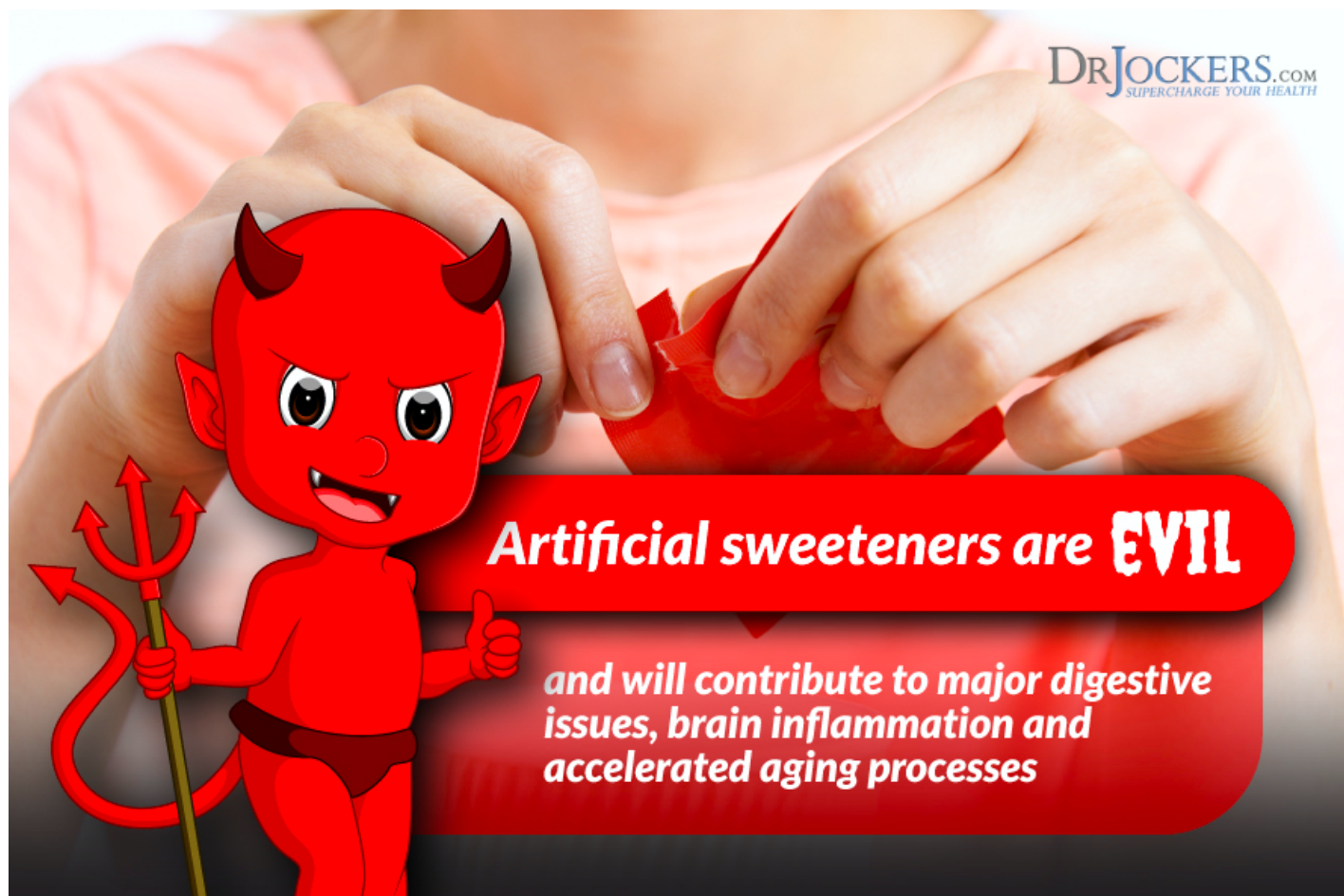
Research conducted by Firman E Bear at Rutgers University in the Natural Gardener's Catalog (1995)

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Artificial Sweeteners

Artificial sweeteners and flavor enhancers include aspartame, acesulfame potassium, monosodium glutamate, sucralose and many others. They allow us to make food taste amazing without needing to add salt or sugar. The downside is that these compounds have a neurotoxic effect on the brain and break down into nasty chemicals once they are digested.

The constituents of aspartame, for example, have been shown to increase chances of mood disorders, overstimulate neuronal cells in the brain, and increase chances of brain-related cancers (3, 4).



Alternative: Natural Sweeteners

One of the primary draws of artificial sweeteners is that they do not have any calories or sugar. If this is your motivation for using these products, [stevia](#) and [monk fruit](#) are great natural alternatives that will not have any negative impact on your blood sugar.

Other healthier options are organic coconut palm sugar or organic raw honey. While these will still create a rise in blood sugar, they have a relatively low glycemic index. I would recommend only using these on occasion.



Best Sweeteners

CRITERIA

- 1 Whole Food Sourced
- 2 Minimal Impact on Blood Sugar and Insulin
- 3 Contains Nutritional Value
- 4 Provides Health Benefits
- 5 Good For the Gut Microbiome

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Margarine

Margarine, like artificial sweeteners, is one of the more deceptive products to ever hit grocery store shelves. It is often marketed as a **heart healthy** alternative to butter. This is supposedly because it contains “heart healthy” vegetable oils and does not contain any saturated fat or cholesterol.

Although marketed as healthy, margarine is actually a toxic mixture of inflammatory, GMO, oils and artificial additives that I would not recommend to anyone. You want to instead eat fats that increase your Omega-3:Omega-6 ratio while providing healthy saturated fats for brain and nervous system health. Margarine is definitely one of the worst foods you can consume!

Alternative: Grass-fed Butter

While many alternatives could fall here, in terms of the health effects mentioned above, butter provides a very complete nutrition profile. **Butter from grass-fed cows** is naturally high in Omega-3 fatty acids as well as important saturated fats and dietary cholesterol that are key for brain health and formation of sex hormones.

Other great options include: Organic Coconut Oil, Extra Virgin Olive Oil, Animal Fats (Lard/Tallow), Omega-3 rich fish, and avocado oil. As a general rule, fats that are solid at room temperature are suitable for cooking, while those that are liquid at room temperature are better suited as dressings after cooking.

GRASS-FED BUTTER BENEFITS

1) Contains CLA

Contains CLA conjugated linoleic acid which helps to reduce belly fat helps to protect against cancer and supports muscle growth.

2) Great Source of Butyrate

Great source of butyrate (a short-chain fatty acid), which reduces inflammation

3) Contains Vitamin A - Retinol

Contains vitamin A- which is good for the thyroid, adrenals, and cardiovascular health

4) Great Source of Vitamin D & K2

Great source of vitamin K2- may reverse arterial calcification and helps to increase bone density

5) Contains Essential Fat

Butter is rich in omega 3 fatty acids

6) Additional Beneficial Nutrients

- Lecithin
- Selenium
- Magnesium
- Zinc
- Copper
- Iodine
- ...and more!

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Canned Tomatoes

Chemicals from plastics are a disaster to healthy [hormone balance](#). For men and women, frequent exposure to chemicals leached from plastics can cause an elevation in estrogen that has many negative health effects. One of the major offenders is the chemical Bisphenol-A (BPA).

What many people don't realize is that BPA is often used in canned goods to protect the inside of the can from deteriorating. Combining a BPA lining with an acidic food such as tomatoes causes large amounts of BPA to leach out of the can. This means consuming canned tomatoes exposes your body to a massive amount of BPA.

In addition, aluminum cans also contain aluminum which leaches out with acidic substances like the canned tomatoes. Aluminum is highly toxic and especially detrimental to brain health. Although many have thought that canned tomatoes are a healthy choice, they are definitely one of the worst foods you can consume.

The Problem with Canned Tomatoes

This popular food item should be avoided if possible as the acidic nature of tomatoes pulls and leaches out aluminum and other harmful chemicals such as BPA from the can. This creates a high toxic load and can heavily burden the body's detoxification systems.

What To Look For Instead

- Dice Up Fresh Tomatoes
- Use Tomato Sauces in Glass Jars
- Look For Organic Brands

**Tomatoes are one of the EPA's dirty dozen each year as they are highly sprayed with pesticides and herbicides. It is always best to get them organic so you know they don't have these harmful chemicals.



Alternative: Fresh Tomatoes

You may be able to find canned tomatoes in BPA free cans or even alternative packaging. However, I would say it is probably ideal to buy fresh organic tomatoes from your local health foods store or farmers market.

You can also get tomato sauces and diced tomatoes in glass jars and this is perfectly acceptable as the glass doesn't have chemicals that leach into the tomatoes. Many brands offer tomatoes and tomato sauces in glass jars these days.

HOW TO AVOID BPA

Bisphenol A (BPA), a chemical found in plastics used to package food, may be linked to birth defects, reproductive problems, heart disease.

WHAT TO LOOK FOR







OTHER

Container bottoms marked with 7* or 3 may contain BPA

New bio-based or combination plastics also marked with numeral 7.

POTENTIALLY HARMFUL

- Mimics the hormone estrogen
- Found in the urine of 93 percent of the population over age 6; suggests constant exposure to BPA
- BPA can leach into food or beverage if plastic container is heated

	PRODUCTS Purpose of BPA	HOW TO AVOID BPA
 Baby Bottles	Makes bottle transparent	<ul style="list-style-type: none"> • Use glass bottles or plastic • BPA-free bottles available
 Nondisposable Water Bottles	Makes bottle shatterproof	<ul style="list-style-type: none"> • Do not wash in dishwasher • Use stainless steel or BPA-free plastic bottles
 Canned Food Lining	Prevents corrosion, food contamination	<ul style="list-style-type: none"> • Choose food packaged in cardboard cartons • Eat fresh produce
 Paper Receipts	Paper receipts from grocery/convenience stores are a major exposure to BPA that can leach into the blood stream through the skin.	<ul style="list-style-type: none"> • Opt for digital receipts or use a glove when handling paper receipts to avoid skin contact.

BPA also found in plastic eyeglass lenses, coatings on cash register receipts, CDs, paints, medical equipment, toys.

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Following A Healing Diet

Sometimes the most daunting thing about beginning a new way of eating is becoming fixated on all of the worst foods you can no longer eat. So, after you get a general idea of the most important worst foods to avoid, it's best to focus on these key guidelines for the foods you *should* eat.

A **healing diet** focuses on a style of eating that stabilizes blood sugar, dramatically lowers inflammation, reduces exposure to environmental toxins, and floods the body with nutrition on a daily basis.

As a simple starting point, I recommend 3 key rules for a healing diet.

3 STEPS TO A HEALING DIET



01

REDUCE SUGAR AND GRAINS

02

**GET RID OF BAD FAT AND
ADD IN MORE GOOD FAT**

03

**CHANGE THE MEAT
THAT YOU EAT****DRJOCKERS.COM**
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Reduce Sugar & Grains

Sugars and refined carbohydrates consumed frequently throughout the day send blood sugar into an unstable rollercoaster. Along with this comes a fluctuation in insulin levels that contributes to inflammation, weight gain, and unstable energy levels.

Additionally, removing grains will drastically reduce phytic acids and **lectins** going into your system. This will help you extract more nutrition from your food and put less of an inflammatory strain on your gut lining.

Top Foods and Food Ingredients That Promote Inflammation

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 <p>Gluten</p>	 <p>Sugar</p>	 <p>Refined Carbohydrates</p>	 <p>Conventionally Raised Meat and Dairy</p>	 <p>Farm Raised Fish and Seafood</p>
 <p>Processed Conventional Meats</p>	 <p>Trans Fats (Partially Hydrogenated Oils)</p>	 <p>Food Additives and Preservatives</p>	 <p>Highly Processed Vegetable and Seed Oils</p>	 <p>Artificial Sweeteners</p>

Decrease Bad Fat & Increase Good Fat

Remove highly processed oils and fats from conventionally raised animals. Replace them with healthy fats.

This includes things like grass-fed butter, coconut oil and coconut products, olive oil, avocados, and MCT oil. These help stabilize blood sugar, balance hormones, and keep you full between meals.

GOOD FAT VS **BAD FAT**

GOOD FAT (Nature):

- ✓ Butter
- ✓ Tallow
- ✓ Ghee
- ✓ Coconut Milk
- ✓ Coconut Oil
- ✓ Avocado Oil
- ✓ Olive Oil
- ✓ Fish Oil
- ✓ Eggs

BAD FAT (Factories):

- ✗ Canola Oil
- ✗ Soybean
- ✗ Sunflower Oil
- ✗ Corn Oil
- ✗ Safflower Oil
- ✗ Grapeseed Oil
- ✗ Margarine
- ✗ Cottonseed Oil
- ✗ Peanut Oil

DRJOCKERS.COM | Nature doesn't make bad fats, *factories* do.

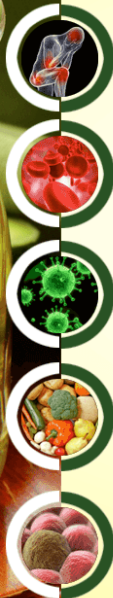
Change The Meat You Eat

It is absolutely critical that you replace all conventionally raised animal products with those derived from pasture-raised animals. The nutritional value of any animal derived product is a direct reflection of the environment it was raised in. Meat and dairy from pasture-raised animals is richer in nutrients, contains more omega-3 fatty acids, and overall is better for you and the environment.

Now you understand the worst foods to eat so be sure to avoid these. For a more in-depth shopping guide, click the banner below and you can get a [free shopping list](#) for the healing diet along with core principals of this powerful eating style.



5 BENEFITS OF A HEALING DIET



REDUCES INFLAMMATION

STABILIZES BLOOD SUGAR

REDUCES TOXIC LOAD

PROVIDES FOUNDATIONAL NUTRIENTS

SUPPORTS HEALTHY BLOOD PH

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CHRONIC LYME DISEASE SUMMIT

4

It's time to gain a deeper understanding of Lyme disease - the sooner it's detected, the easier it is to address!

FREE & ONLINE FROM JULY 27-AUG 2, 2020

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Chronic Lyme Disease Summit

The chronic lyme disease summit brings together the leading experts in natural health and lyme disease. Now considered to be a dysfunction of the immune system, Lyme disease can mimic other chronic conditions; it can manifest in autoimmunity... along with other misunderstood chronic conditions, this has destroyed people's lives.

Lyme disease can be a devastating (and sometimes hidden) condition, but it doesn't have to be! Known as "The Great Imitator," Lyme disease may mimic other chronic health conditions: arthritis, fibromyalgia, chronic fatigue syndrome, MS, depression...

But the sooner it's detected, the easier it is to address! —>>Gain a deeper understanding of Lyme disease when you attend this complimentary, online event!

When you register for this event, you will also get a free gift, Dr Jay Davidson's eBook, *21 Herbs to Beat Chronic Lyme Disease*, when you unlock it now!

UNLOCK YOUR FREE EBOOK!

Lyme Disease Summit Experts

Lyme disease is difficult to diagnose and treat and has over 150 different possible symptoms: fatigue, mood problems, insomnia, neurological impairments, brain fog, migraines, gut issues, neuropathy, joint pain and others. If not properly treated, over time Lyme disease becomes chronic and can manifest in autoimmunity or a number of other **degenerative**, debilitating health issues.

Some people live in a cycle of symptom management while remaining extremely ill. Many doctors don't know which medications to give people, so many have to find their own solutions.

The fact is: if you don't know the root cause of your health issues, it's so much harder to heal. In this summit, you will learn from the top experts in chronic lyme and be sure to check out my presentation on intermittent fasting with lyme disease and autoimmunity.



The graphic features a circular logo on the left with a target symbol and the text "CHRONIC LYME DISEASE SUMMIT" and the number "4". On the right is a portrait of Dr. David Jockers, a man with short brown hair wearing a blue polo shirt. The background is a gradient of yellow, orange, and green. A dark green banner at the bottom contains the text "Dr. David Jockers DNM, DC, MS" and the "DRJOCKERS.COM" logo with the tagline "SUPERCHARGE YOUR HEALTH".

CHRONIC LYME DISEASE SUMMIT
4

Don't Miss My Presentation on
**INTERMITTENT FASTING WITH
LYME DISEASE AND AUTOIMMUNITY**

Dr. David Jockers DNM, DC, MS

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WHY ATTEND?

Your host, Dr. Jay Davidson, nearly lost his wife to chronic Lyme disease, which prompted him to undergo years of research to help her heal. He'll share that wisdom with you during this summit.

Lean on the wisdom of our health experts to help with:

- + Testing methods and treatment protocols
- + Steps to take before addressing Lyme
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Sources For This Article Include:

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Dr. Jockers

Dr. David Jockers is a doctor of natural medicine, functional nutritionist and corrective care chiropractor. He currently owns and operates Exodus Health Center in Kennesaw, Georgia. He

July 27, 2017 at 9:31 am

These nutritional values can vary because each animal is raised in slightly different environments but here are some nice articles that explain this subject:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2846864/>

<https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/composition-differences-between-organic-and-conventional-meat-a-systematic-literature-review-and-metaanalysis/B333BC0DD4B23193DDFA2273649AE0EE>

[Reply](#)

Kim

July 25, 2017 at 12:04 pm

Question, regarding avocados. When you buy avocados you cannot open them in the store, and therefore cant tell sometimes wether it is good...if a avocado is brown like spots or if the majority is brown, does that mean its bad or are they still good to use and eat. Should it be all green to eat or ?

I live avocados but i have a hard time storing them to keep them fresh.

Also ive heard of oil pulling which is healthy for teeth and immunity, what will happen if you accidently swallow any...and is it ok to just eat a tsp/tbsp of coconut oil?

[Reply](#)

Dr. Jockers

July 25, 2017 at 1:31 pm

Hey Kim avocados should have a slight give to them when you squeeze them, that is an indication they are ready to eat. They can be stored in the refrigerator if they begin to feel like they are getting too soft. This is something you just need to get a feel for over time and you will notice that sweet spot! You want the inside to be

preferably nice and green on the inside with as little brown as possible as this is a sign of oxidation.

As for oil pulling you will want to avoid swallowing as it accumulates many toxins during the process that should not be ingested.

[Reply](#)

TL

July 26, 2017 at 12:14 am

Avocados should not be soft when purchased. Allow them to ripen, only until they yield slightly to pressure when slightly squeezed. If you buy many at a time, put some of them in the frig so they will take longer to ripen. Also, if you pull off the little piece left from the stem, it should be green underneath. If it's brown, then it's likely that the avocado is also brown in places.

Oh, and it's preferable to spit out the oil after pulling due to the impurities you just pulled out, but it isn't harmful if you accidentally swallow it.

Happy eating!

[Reply](#)

Dr. Jockers

July 26, 2017 at 9:28 am

Thanks for your input TL!

[Reply](#)

Trent

August 8, 2017 at 10:55 pm

Have heard the oil from oil pulling contain toxic, so not recommend swallowing. As have mentioned above by Dr. Jockers...

[Reply](#)

Renie

July 6, 2019 at 9:43 am

Unripe Avocados do not do well under refrigeration, they'll turn an ugly black inside. Let them ripen at room temperature. Once ripe you can store in frig or freeze

[Reply](#)

Dr. Jockers

July 8, 2019 at 11:11 am

Thanks for sharing the advice Renie!

[Reply](#)

TL

July 25, 2017 at 12:47 pm

Great information! However, I looked up both the Herbamare & Bragg's Sea Kelp Delight & neither list iodine on the label; not sure how it supplies it if it's not listed on the nutrient list.

[Reply](#)

Dr. Jockers

July 25, 2017 at 1:32 pm

Both of these seasonings contain sea kelp which is a natural source of iodine.

Reply

Gillie

July 21, 2020 at 11:00 am



Reply

John Michael Schmidt

July 25, 2017 at 9:58 pm

I appreciate this article so much thank you. I was pleasantly surprised that I had eliminated all of the bad stuff already and am well invested in the good. I live in Chiang Mai, Thailand where many of the issues raised stare us in the face daily and I have learned there are some things I require ordering from the USA from companies like Iherb and Vitacost who deliver my natural product goodies to my door. Also, we import Himalayan Pink Salt directly in full containers from Pakistan to provide for the international and Thai community here and I have been drinking sole' (pink salt with water) for 13 years daily now and feel the energy from all of the minerals I absorb. My blood pressure was 110 over 67 last week so I know the salt is not negatively affecting that aspect of my health. My question is, can I be using too much of this precious salt?

Reply

Dr. Jockers

July 26, 2017 at 9:27 am

Great to hear you are on the right track John! It sounds like you are not experiencing any negative effects from your salt intake so I'd say you are okay to keep it up! Here is a great article on salt that may help you with this:

<http://drjockers.com/is-your-salt-killing-you/>

Reply

TL

July 26, 2017 at 12:17 am

Hmm, I'm pretty sure that glyphosate (Roundup) is an herbicide, not a pesticide. Both are harmful, but a herbicide is even worse!

[Reply](#)**Dr. Jockers**

July 26, 2017 at 9:32 am

Thanks for the input TL! It has been updated but you're right, neither should be part of a healthy diet!

[Reply](#)**SANDRA OLSON**

July 24, 2018 at 10:26 am

Thank you for your newsletters, recipes and summits! I find them very encouraging. I have many health issues (MS, Lymes, Celiac) and have been eating KETO for a year. It's made a big difference. Just wanted to thank you.

[Reply](#)**Dr. Jockers**

July 24, 2018 at 12:39 pm

Thank you for sharing Sandra, that is awesome!

[Reply](#)

Vanessa

July 2, 2019 at 10:36 am

Fab, article! So informative, thank you 😊

I have been eating low carb/high fat for about a year after coming across one of your articles and I feel great as a result. I live in Scotland so have the luxury of reasy access to good quality, grass-fed, clean and ethical animal products.

[Reply](#)

Ina

July 2, 2019 at 10:49 am

Could you please comment on soaking nuts and seeds.
I loved your article... trying to do all of it.

[Reply](#)

Dr. Jockers

July 5, 2019 at 9:44 am

Hey Ina, Soaking methods are a great way to reduce lectins but it doesn't fully eliminate them. I actually go into more detail about soaking and sprouting them in this article: <https://drjockers.com/avoid-lectins-diet/>

[Reply](#)

Mike

July 2, 2019 at 6:03 pm

? kinda conflicting was curious how GMOs/whole grains not in the top 9 BUT then below #1 is to drop sugars and grains on the list of 3 ? Honestly GMO corn soy and Wheat are 10X more consumed then most list of 9, table salt and tomato sauce ? how about just anything BPA lined cans and usually its canned soups etc loaded with bad salt also. Just

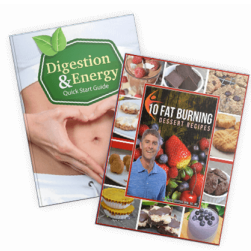
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Ronald Ada

Do you know if Canada has banned BPA liners in canned tomatoes?

Like · Reply · 1 · 1y



Carol Bass

Thank you for the article and your expertise. I would be very appreciative if you could post a few keto dinners. There is an emphasis on desserts by many authors but the really difficult area is in Keto meal planning and execution. Also, some of us cannot tolerate coconut. Do you have reliable substitutes for coconut products including oils and coconut meat? I look forward to your responses!

Like · Reply · 1y



Tess Thornburg

Very strange that one of your 3 key rules is to reduce sugar and grains, yet you don't include grains in your list of foods to avoid! Commercially baked breads, including most gluten free ones, are one of the worst things you can put into your body.

Like · Reply · 1y



George Houghtby III

Corn is a grain

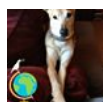
Like · Reply · 1y



Dorothy Holt

George Houghtby III

Like · Reply · 1y



Donna Stoner

Thankyou! So much helpful info. Are Pomi tomatoes in a carton instead of those in a can a good alternative?

Like · Reply · 1y



Janis Abrams

Wonderful information that supports my nutrition path that I've been on for many years. I loved the fact that you and your wife are so meticulous about eating at a restaurant. I am too!

Like · Reply · 37w



Kelly Kindle Cheney

Well, I just spent my month's entire budget on grass fed butter and a carton of fresh organic tomatoes. Are you for REAL?

Like · Reply · 36w



Nancy Graf Parten

I'm not in ketosis but am using a Keto protein powder (LCHF Shake) with 19 g saturated fat per 2 scoops for my morning smoothie to which I add berries, broccol/beets - I only use one scoop. should I change to a non-Keto protein powder?

Like · Reply · 22w

**Kurt Van Meeveren**

That's all great and I avoid everything on the list, but it's unaffordable for many people to buy all grass fed and organic.

I still buy all my meat as unprocessed but it's not grass fed.... same with butter...

I'm betting many who follow you are in the same circumstances.

No way is it affordable.

So, personally, I follow a Keto diet.

It consists of normal, store bought, grain fed meats, for the most part.

Fats are olive oil, butter, coconut oil, and the natural fats off cooked meats.

I'm lucky that the poultry I buy for instance is hormone free as are my eggs, but not cage free.... I still believe that I'm eating much healthier than the typical standard American diet .

Cutting out processed foods, sugar, and carbs alone is, in my opinion, miles ahead in having a healthier diet.

Like · Reply · 22w

**Julie Douville**

In promoting grass fed animals, you need to also mention that the animals need to be "grass FINISHED" as well. A lot of places that slaughter animals (even Grass-FED) FINISH them on grain to fatten them up. Grass-finished means they have not been given grain and have been slaughtered humanly.

Like · Reply · 8h

**JoAnne Murphy**

I eat an all organic, no animal product diet and thought I was doing everything right, but still had a variety of debilitating health problems due to a traumatic brain injury that I suffered 5 years ago.

Then I found an amazing health coach and 99% of my health problems are resolved. She did a deep dive into what I ate, when I ate various foods and a list of my symptoms. The woman truly is a blessing to my life and if anyone is suffering from any ailment, Somya can help you. You can find her here: <http://thegardenrecip.com/>

Like · Reply · 7h

Comments

Karli

July 25, 2017 at 12:00 pm

Thank you for the interesting article. Can you please tell me the source for your table, Beef's Nutritional Ledger? I would like to read more on this subject. Thank you.

Reply

Dr. Jockers

saying the list is way to specific and very limited in scope. Top of list should be GMO NON-Organic Corn Soy Wheat which covers the worst of the worst and the 3 largest mass produced over consumed crops in the country including all the derivatives corn syrup (most sugar drinks) corn oil soy oil (most salad dressings) soy proteins etc etc, Wheat is half the cereals and most the bread isle pasta etc etc this is half the diet of some people. The most recent data on GMOs and Glyphosate loaded corn and whole grains is this is most Likely the biggest gut issue even less then problems with gluten, so GMOs are probably the single biggest factor in creating leaky gut and Auto Immune issues that you cover pretty extensively SO why Im making this a point not to mention the ant-biotic nature of glyphosate destroying gut bacteria.

Just being constructive personally think your info is on point most of the time compared to others! Side note liked your interview covering Keto and cancer was aware of this and the glutamate connection but not your guest. Something you might want to research is the GABA/Glutamate cycle how it effects mood depression mental health nervous system and specifically supplements like taurine that are glutamate blockers. I think this is being overlooked in the research, ever hear of the cancer patients that just get acting positive and the cancer goes away because your mood and mental state effect the cycle and how GABA/Glutamate or utilized. Also Glutamate effects similar brain function as drugs creating a dependency, "NAC" helps break these addiction cycles+ also. Not sure how the nervous system effects Mitochondria function but it may be effected by the Glutamate cycle creating the over stimulation that helps fuel cancer??? Increased GABA and Glutamate blocking supplements may be a key factor.

[Reply](#)

Dr. Jockers

July 5, 2019 at 1:09 pm

Thanks for sharing Mike! Yes that is true about the GMO corn/soy and wheat! Here is a helpful article on GABA <https://drjockers.com/gaba/>

[Reply](#)

Suzanne Ellis

July 3, 2019 at 5:44 pm

Thanks so much for all the information. I have learned so much through your articles and podcast. So happy that I found your site.

[Reply](#)

Dr. Jockers

July 5, 2019 at 10:14 am

Thank you Suzanne for the kind words! Blessings!

[Reply](#)

Cheryl Sharp

November 5, 2019 at 2:43 pm

Do you suppose we're overdue to have health warnings on diet soda products that contain aspartame? As in – This product is known to cause optic nerve degeneration. When I worked as a medical transcriptionist for seven family practice and internal medicine doctors, I had to be able to type like really fast! I used to consume several diet sodas in a day, not knowing that was causing my severe blurred vision. When I learned about the toxic effects aspartame had on vision, I quit that stuff immediately and lo and behold – my vision returned! This is wicked bad stuff and should not be on the market! If my memory serves me correctly, I believe it was Donald Rumsfeld who applied political and FDA pressure to get this poison in the market. Just because something is FDA approved does not necessarily mean it's actually safe for human consumption – although I suppose it is if no one is dropping dead immediately! Thanks for getting that information out there.

[Reply](#)

Vacheslav

November 6, 2019 at 2:09 am

there is a good lady who contacted the fda writing: if aspartame is so bad why don't you ban it? after several years of writing, they finally replied: we need to reduce the population!..pretty wicked, isn't it!

[Reply](#)**Dr. Jockers**

November 6, 2019 at 10:55 am

Hi Cheryl, I am sorry to hear that this happened and I'm happy to hear you quit the habit and your vision returned! Thank you for sharing!

[Reply](#)**Linda**

February 11, 2020 at 7:16 pm

Dr. Jockers I appreciate all the information you share. I have purchased some of your products and listened to speakers from the Summit. However, I still am not confident in all that I am doing.

For the past few weeks I have done the following and would appreciate your advice on what I'm doing wrong or right: first thing every morning I drink 1 glass of water when I wake, than a glass of water with a teaspoon of Himalayan salt water after barn chores and a cup of water with 1/2 lemon and a tablespoon of 100% extra virgin olive oil. At work in the morning I will have a blueberry/ginger tea with MCT oil. I fast from 3:00 pm until 12:00 the next day. I eat from 12 to 3 and have a coffee with MCT oil and cream. I try to eat keto for lunch using recipes from your book. I have no health issues but need to get 8 hours sleep in-order to make it through my day. I still work out and am 70 years old. I do not do the above on Thursdays because I go to a friends for lunch and eat whatever she is offering. I will often not eat keto for supper. Any advise to improve what I'm doing would be appreciated. My husband is not well so I have extra things to do on the farm so I get lots of exercise.

[Reply](#)**Dr. Jockers**

February 12, 2020 at 7:54 am

Hey Linda, I don't think you would need the olive oil in your water and lemon drink. Sounds like you have a great eating window and lifestyle. I am not sure if you are exercising, but that would be very good as well. Blessings!

[Reply](#)

Gillie

July 21, 2020 at 11:26 am

First of all Thank You for this excellent article. My family follows these principles and yes it is more expensive. So we made some changes. No more cable or satellite TV, we stream instead and that saved \$160/mo. We also became very focused with our car usage saving gas and maintenance and mileage (and reducing emissions) We also started grocery shopping online with free delivery so we can buy the grass fed and fresh organic products as we need them. We do not miss driving to the grocery store at all.

Our city tap water is highly chlorinated so we invested in the top rated countertop water filter giving us beautiful clean water for cooking and drinking.

Our feeling is It is a lot cheaper to buy grass fed, fresh and organic than to spend huge amounts of money fighting preventable illness.

[Reply](#)

Reggie

July 21, 2020 at 3:54 pm

Dr Jockers, or anybody that would care to chime in: I used to frequently eat wild caught salmon from Alaska. I don't trust eating it anymore, because I keep hearing periodically that the West Coast of the US is being "fried" with radioactivity from the Fukushima reactor meltdown. Just wondering if there's any truth to that, and if the salmon has any radioactive stuff in it.

[Reply](#)

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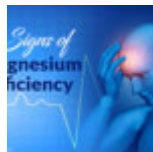
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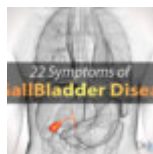
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