

10 “Healthy” Foods That *Inhibit* Stem Cell Growth



Conventional Beef

Conventional beef is fed corn. Cows did not evolve eating corn, and data show that a diet high in grains may cause disease in cows. Specific to corn, corn is high in Omega-6 fatty acids, which means the conventional beef is higher in Omega-6 fatty acids that grassfed beef.

Bison: lower in fat, more healthy fats, more friendly to the environment
 Grassfed beef: healthy cows, healthy to consume



Veggie Omelette

Veggies are likely fried in Omega-6 oils (inflammatory)

Egg also cooked in unhealthy oils

Steam vegetables. Put in saute pan with a little water and steam them, cook egg in grassfed butter or avocado oil.



Turkey on a Bagel

Triple-Whammy

1: gluten in bagel is inflammatory
 2: deli meat contain something called advanced glycation end products (AGEs), inflammatory compounds created when these processed meats are dried, smoked, and cooked at high temperatures.”
 3: Many turkey bagels are made with mayo, and mayo contains vegetable oil, an inflammatory oil high in Omega-6 fatty acids (which counteract the benefits of Omega-3 fatty acids).

Gluten-free bread with chicken or turkey roasted at home
 Replace mayo with mustard or humus



Dairy, especially when added to coffee

Milk prevents absorption of polyphenols from coffee

Milk is inflammatory for most people

Coconut milk, almond milk (not soy)



Veggie Frozen Pizza

Contains trans fats, highly inflammatory AND increase bad cholesterol.

Gluten is also inflammatory and can increase joint pain and arthritis pain.

Portabello Pizza: put favorite veggies and a healthy cheese on a portabello mushroom and roast that in the oven.



“Healthy” Cooking Oils

The following oils are promoted as “Healthy,” but are actually highly inflammatory, increase bad cholesterol, and decrease good cholesterol:

- Vegetable
- Corn
- Peanut
- Soybean
- Canola
- Sunflower
- Sesame

Cooking destroys the health benefits of these two oils, so use them raw in salad dressings and other raw foods:

- olive oil
- hemp oil

Healthy Cooking oils:

Both these oils are rich in Omega-3 fatty acids and they have high smoke-points so you can safely be used for cooking:

- avocado
- coconut



Fruit Juice

Lots of sugar, no fiber to slow down it's absorption.

This creates a sugar overload for your body, insulin spikes, and the sugar gets stored as fat. And doing this taxes your system, creates inflammation, and impairs your immune system.

Fluoride-Free water

Orange juice with the pulp in

Eat a piece of fruit with the juice so you have some fiber to slow down digestion



“Zero Calorie” Drinks & Foods Made With Nutrasweet

Nutrasweet can cause inflammation, many side-effects like headaches, impairs your body's natural insulin response, and can be carcinogenic. Currently nutrasweet is found in over 4,000 food and beverage products.

The only healthy Zero Calorie sweeteners are Stevia and Erythritol. Read the label to make sure it doesn't contain aspartame (nutrasweet) or splenda.

Xylitol, a sugar made from birch trees, is a healthy alternative to regular sugar, and is about half the calories of regular sugar. And it is good for your teeth and does not spike your insulin like regular sugar.



Tofu

Made from GMO soybeans, 90% of which contain Roundup, a toxin related to inflammation, Alzheimer's disease and Diabetes. Roundup, one of the world's most widely-used pesticide, is a neurotoxin.

If you are vegetarian and looking for meat-free protein choices, here are some healthy options for you that won't cause inflammation or poison your body with neurotoxins like Roundup.

- hemp seeds
- nut butters, especially almond, walnut, and cashew
- quinoa
- fava beans



Low Fat Salad Dressing

Packed with sugar

Oil and vinegar dressing you make yourself. There are a variety of olive oils and vinegars in your grocery store.