

5 TIPS YOU CAN IMPLEMENT TODAY

1 Stop drinking SODA!

Whether it's regular soda or diet soda, it's ALL toxic to your body & causes inflammation. You CANNOT reverse your symptoms, whatever kind you have, if you continue to drink soda. Stopping this habit is hard. Being in constant pain is hard. Choose your hard. Drink WATER!

A FEW REASONS SODA IS SO UNHEALTHY:

First of all, if drinking regular soda, SUGAR is the #1 cause of inflammation in your body. Inflammation is at the root of all auto-immune disease, but nowhere is it more obvious than with arthritis!

Second, regardless of whether it's regular soda or diet soda, the acidity of the soda changes the pH levels in your body. So then your system begins to pull calcium from your teeth and bones to balance the pH back to where it needs to be! This can lead to conditions like osteoporosis.

Third, the most popular artificial sweeteners are toxic to your body. In the case of NutraSweet®, (brand name) the aspartame (chemical name) is

categorized as an "excitotoxin" in that it quite literally excites your brain cells to death! The rates of cancer skyrocketed in the 1980's when this was introduced into our food supply. Artificial sweeteners also contribute to conditions like Alzheimers.

Another artificial sweetener that is very dangerous is Splenda® (brand name). **Sucralose** (chemical name) was originally created to be a bug poison, but the manufacturer's realized that there was more money to be made in an artificial sweetener. Sucralose does so many unhealthy things in your body, that I can't go into them all here.

Please do your own research!

2 Minimize White Flour!

If you want to reverse **pain & inflammation**, you CANNOT have a biscuit for breakfast, a sandwich for lunch, and a roll with dinner. You can have it on occasion, but not THREE times a day. That also goes for pasta, pizza crust, and cakes, etc.

A FEW REASONS FLOUR WORKS AGAINST YOU:

JESUS said, "I am the bread of life," so I don't think it was ALWAYS unhealthy...

I hear people on social media talking about how food in general –but especially bread – is different in Europe compared to the US.

Companies literally make the same product, but make one version for the European markets and a separate, cheaper one for American markets.

There is a lot of talk about gluten sensitivities, but that's not my focus today. Although bread is much higher in gluten content today than it was even 50 yrs ago.

The two main things I want to make you aware of are:

- **Genetic Modification (GMO) of wheat**
- **The use of the herbicide RoundUp®** (brand name) or **glyphosate** (chemical name) on agricultural products such as wheat, corn, etc.

Literally, any non-organic food product consumed in the US that contains wheat, corn, oats, etc – such as bread, biscuits, pasta, pizza crust, breakfast cereals, cookies, cakes, etc, contain herbicide in them! They have been genetically manipulated to RECEIVE RoundUp herbicide (herbicides kill plants). This means the plant ABSORB this toxic chemical, and it's in every slice of bread, every bowl of cereal.

Bottom line: herbicides are toxins that promote inflammation which promotes arthritis as well as cancer.

3 Eat Less Fast Food!

When you are rushed and have to rely on fast food restaurants, there are things you can do:

- Order water not soda!
- Skip the fries! (*more about fries below*)
- If you get the fast food salad, ask for an extra chicken breast on top to get enough protein to stay full.

(These tips will save you money also!)

A FEW REASONS TO AVOID FAST FOODS:

French fries should have three basic ingredients, but **most fast food french fries have between 14-17 CHEMICALS!**

These chemicals are used to make the foods more addictive, rather than more nutritious.

In fact, before the potatoes are even turned into fast food french fries, they are sprayed with a pesticide so toxic that the farmers cannot go back into the fields for about two weeks. Once harvested, the potatoes have to "out gas" in a special warehouse for several weeks before they can be used for human consumption. Do you still wanna feed this stuff to your kids or grandkids?

Fast food is made for a fast profit, not for your health! Friends of mine bought some plain fast food hamburgers and fries as an experiment. (No condiments or cheese, just a plain hamburger and a bun.) Those items have been sitting around for 14 yrs! They have shrunk slightly due to losing moisture, but mold won't grow on any of it, bugs won't eat it, nor the mice. Other than shrinking and getting dry, the food looks just like it did when it was bought. REAL FOOD would have had mold on it, bugs and/or mice would have gotten to it by now. So if bugs and rodents won't eat it, maybe you shouldn't either!

4 Stop Eating Processed Foods!

People are taught to count calories, fat grams, etc, but no one tells you that you should pay attention to how many chemicals are in your food! Chemicals lead to inflammation! Again, inflammation is the root of all auto-immune issues, especially any kind of arthritis!

A FEW REASONS TO AVOID PROCESSED FOODS:

ARTIFICIAL FLAVORINGS, COLORINGS, PRESERVATIVES, FILLERS, ETC:

You may have heard how certain artificial colors can literally turn a well-behaved, mild mannered child into a raving lunatic. It's not just kids that react negatively to things like these artificial colorings, flavorings, etc. Anything artificial promotes various levels of inflammation, and inflammation is the root of all types of arthritis! Then there's the preservatives! A man who owned a funeral home told a friend of mine that due to all the preservatives Americans eat in our food these days, human bodies don't decay as fast as they used to. I have read articles about this as well.

Old cells are supposed to divide and create new cells, and then die. Cells have a life

cycle. Preservatives promote an unhealthy life cycle, in that old, sick cells don't die, and can then easily turn into tumors!

LEARN WHAT TO LOOK FOR ON FOOD

LABELS: Just because something is named, packaged and advertised as healthy doesn't mean that it is. In fact, for a "food" to be called "natural" in the US, it is only required to contain a pitiful 10% of "natural" ingredients. That's simply a term used in marketing. A good rule of thumb is the fewer ingredients, the better, and if you cannot pronounce the ingredients, that's a clue that perhaps you should not be eating them either! **Eat REAL food in it's most natural form, and cooking at home is worth the effort!**

5 Avoid "diet, low-fat & sugar-free"

If this approach to food truly was healthier, the US population would not be one of the sickest on the planet! We're not thinner as a result of these foods either! This goes for salad dressings, condiments, candies, gums, etc. Unless you are a Type 1 diabetic, avoid them all!

A FEW REASONS TO AVOID THESE TYPES OF FOOD

STOP EATING SO MANY CHEMICALS!

We were not created to eat this many chemicals, but the food industry with the help of the pharmaceutical industry has convinced us that real food is dangerous, while man made substitutions are the better choice.

These chemicals promote autoimmune conditions from arthritis to cancer. They contribute to conditions like ADD/ADHD in your kids.

I can hear you ask, "But what about the FDA?" This organization makes it's profit from Big Food & Big Pharma companies. They work for them, not for you! If you were only exposed to a few chemicals once in a great while, that would be another story, but we are literally breathing, drinking and inhaling chemicals 24/7.

In fact, a newborn baby has been exposed to at least 150 toxic chemicals before it's even born! And store bought baby formula is full of fillers, etc!

Our food supply is so incredibly contaminated in the US, that kids today are getting what used to be considered "adult" diseases. Remember when Type 2 was called "Adult Onset Diabetes?" So many kids now have diabetes from poor diet choices that they had to change the name!

Again, just because something is low-calorie or low-fat, doesn't mean that it's good for you at all. For decades we were told to eat margarine instead of butter. Did you know that margarine is ONE MOLECULE away from being a plastic? Did you know Kraft "American" cheese singles will catch fire if held over a flame?