Foods That Should Be Black-Listed and Banned Immediately -Worst Foods You Can Eat-

Many a coroner has wanted to put Hot Dog, Chips and Cola onto the death certificate, knowing it was the real cause of disease. They don’t though, they put arteriosclerosis or cancer on the certificate, but we all know what the truth is. There are some foods that cause so many deaths they should be outlawed, but like tobacco big lobbies and BIG money makes sure the profit over people train keeps moving.

The biggest causes of death in the world are preventable, lifestyle-related diseases. These include obesity, heart disease, type II diabetes and various types of cancer.

In one year 2011 alone, these diseases killed over 15 million people (1).

Interestingly, most of these diseases appear to be completely absent in populations that eat a non-industrial diet. (2, 3, 4) What this implies is that there is something in the Western environment that is causing them. It is these killer foods. The unhealthy diet that we are eating is the biggest contributor.

Here is a brief list of these killer foods for you to avoid at all costs.
These 4 common foods are by far the worst...

1. Processed Sugar, Chemical Sweeteners and High Fructose Corn Syrup

Added sugar is often considered unhealthy because it contains “empty” calories.

That is, plenty of energy without any vitamins or minerals.

This is true, but it is really just the tip of the iceberg.

Let me explain why...

Sugar (as in table sugar, or sucrose) and high fructose corn syrup consist of the simple sugars glucose and fructose in about a 1:1 ratio.

Every cell in the human body can metabolize glucose, but the liver is the only organ that can metabolize fructose in meaningful amounts (5).

While the liver can easily metabolize the small amounts of fructose found in fruit, large amounts of fructose from added sugars can overload the liver (6).

When the liver gets more fructose than it can handle, it turns the excess into fat (7).
This fat either gets shipped out of the liver as **VLDL** (very low density lipoprotein), or it may lodge in the liver and cause non-alcoholic fatty liver disease... which can lead to a host of problems \((8, 9)\).

Controlled trials in humans show that large amounts of fructose can lead to most of the characteristic features of the metabolic syndrome in **only 10 weeks** \((10, 11)\):

- Increased triglycerides, small, dense LDL cholesterol, apoB and oxidized LDL. This indicates a **massive** increase in the risk of heart disease.
- Insulin resistance, a stepping stone towards type II diabetes.
- Elevated **insulin** and blood glucose levels.
- Fat deposition in the abdominal cavity (the dangerous visceral fat).

Given the harmful effects of sugar on metabolism, it is not surprising to find **strong** statistical associations between sugar consumption and obesity, type II diabetes, cardiovascular disease and even cancer \((12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23)\).

Additionally, sugar can contribute to weight gain and obesity via several different **mechanisms**. The dramatic increase in insulin (the fat storage hormone) is just one of them \((24)\).

When people eat fructose, they don’t feel the same level of satiety as they do from glucose. Fructose also doesn’t lower the hunger hormone **ghrelin** \((25, 26)\).

To top things off, added sugar is also downright **addictive**, leading to a vicious cycle of cravings, binge eating and fat gain \((27)\).

All of this combined... elevated insulin, high levels of the hunger hormone ghrelin, cravings, addiction, etc... is a recipe for fat gain **disaster**.

Conversely, including sugar in your diet will make it very difficult to **lose weight**.

**Bottom Line:** **Added sugar**, due to its high fructose content, can cause many features of the metabolic syndrome and is associated with obesity and all sorts of serious diseases.
Sugar Cane Crop
Death By Sugar

Sugar Causes the Plague, Slavery, and Mass Murder
Black Death Caused by Sugar

Nothing has Killed More People than Sugar

UCSF Scientists Declare WAR on Sugar in Food

San Alfonso, Chronicle Staff Writer
02/02/12

Like alcohol and tobacco, sugar is a toxic, addictive substance that should be highly regulated with taxes, laws on where and to whom it can be advertised, and age-restricted sales, says a team of UCSF scientists. (University of California San Francisco)

In a paper published in Nature on Wednesday, they argue that increased global consumption of sugar is primarily responsible for a whole range of chronic diseases that are reaching epidemic levels around the world. The health care expense of sugar-caused diseases is massive.

Sugar is so heavily entrenched in the food culture in the United States and other countries that getting people to kick the habit will require much more than simple education and awareness.
Hyper Glycemic Sugar Weakens the Immune System, Attacks the Nerves and Destroys the insides of the Arteries, Veins, and Capillaries

Cardiac + Stroke Disease Can Start in Youth from Sugar Abuse

Early Abuse of Hi Gly Sugar Leaves Scars on Blood Vessels

Sugar Weakens White Blood Cells’ Ability to Destroy Bacteria

<table>
<thead>
<tr>
<th>Teaspoons of sugar</th>
<th>No. bacteria destroyed</th>
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The Harmful Effects of Sugar

- Suppresses the immune system
- Leads to Chromium deficiency
- Leads to Cancer of the ovaries
- Causes copper deficiency
- Causes premature aging
- Causes tooth decay
- Contributes to obesity
- Causes arthritis
- Causes asthma
- Causes gallstones
- Causes heart diseases
- Causes hemorrhoids
- Causes varicose veins
- Increase Cholesterol
- Contributes to diabetes
- Contributes to eczema
- Causes cardiovascular disease
For more scientific proof

http://www.downloads.imune.net/medicalbooks/California%20bill%20would%20require%20warning%20labels%20on%20sugary%20drinks.pdf
http://www.downloads.imune.net/medicalbooks/The%20story%20of%20Sugars%20with%20Key%20Articles%20from%20The%20New%20England%20Journal%20of%20Medicine.pdf
2. Trans Fats

Trans fats are unsaturated fats that have been chemically modified to be solid at room temperature.

They are also known as hydrogenated or partially hydrogenated fats.

The manufacturing process is very disgusting and requires hydrogen gas, high heat, lots of pressure and a metal catalyst.

These “frankenfats” were never available to humans until about a hundred years ago and it amazes me that anyone thought this stuff would be fit for human consumption.

Our cells don’t know what to do with them and they can cause various harmful effects in the body.

Trans fats raise small, dense LDL cholesterol, lower HDL, increase fat in the abdominal cavity, lead to inflammation and insulin resistance (28, 29, 30).

Over the long term, consumption of trans fats is strongly associated with various serious diseases. This includes cardiovascular disease, type II diabetes, Alzheimer’s disease, obesity, depression and cancer (31, 32, 33, 34, 35).

Even the governments around the world have begun taking action against trans fats, setting laws to reduce the amount of them in the food supply.
But things are taking a long time to change and trans fat consumption is still **way too high**.

I recommend that you read the labels on everything you eat. If you see the word “hydrogenated” **anywhere**, don’t eat it.

**Bottom Line:** Trans fats are unsaturated fats that have been chemically modified. They are highly toxic, cause serious harmful effects on health and may be a leading driver of many serious diseases.
Phasing out trans fats

The Food and Drug Administration is taking steps to eliminate trans fats in American diets.

Adding hydrogen

Partially hydrogenated oils are the primary dietary source of artificial trans fat in processed foods.

Low trans fat: [Vegetable oil, Semi-liquid margarine, Soft margarine, Stick margarine] → High: [Shortening]

As the product gets more solid, trans fat increases

- On shelves: Popular because of easy use, extended shelf life, desirable taste and texture it gives to food
- Up and down: Increase risks for heart disease by both raising bad cholesterol levels and lowering good cholesterol
- Healthier Americans: Change could potentially prevent 20,000 heart attacks and 7,000 deaths a year
- Other options: Butter, vegetable oils, such as palm or coconut; inventing a man-made fat without ill health effects

Worst foods:
- Fried, battered food
- Microwave popcorn
- Frozen desserts
- Baking mixes
- Ready-to-use frosting
- Frozen pizza
- Pie crusts, cookies

© 2013 MCT
Source: American Heart Association, U.S. Food and Drug Administration
3. Heat Extracted Synthetic or Chemical Processed Industrial Seed- and Vegetable Oils

Seed- and vegetable oils are highly refined oils that are extracted from various seeds. This includes heat processed corn oil, soybean oil, cottonseed oil, sunflower oil, safflower oil and canola oil. Cold processed with no chemicals can be good nutrition.

The extraction method is complex and involves high heat, pressing, bleaching and the toxic solvent hexane.

The problem with these oils is that they contain massive amounts of Omega-6 fatty acids, but we need to consume Omega-6s and Omega-3s in a certain balance (36).

When we consume too many Omega-6s, which is common in the Western diet because of these oils, then many things in the body can start to go wrong (37).

Too many Omega-6 fats can contribute to inflammation, which is a causal factor in some of the most serious diseases of our times (38, 39, 40).

Studies show that the amount of Omega-6 in the bloodstream directly correlates with the risk of cardiovascular disease. Several controlled trials have confirmed this finding (41, 42, 43, 44).
These fats are also **highly reactive** due to the abundance of double bonds in the fatty acid molecules. They tend to sit in our cell membranes and increase their susceptibility to damage (45, 46).

These oils have also been associated with various other diseases, including cancer, fatty liver disease, depression and altered immune function (47, 48, 49, 50, 51).

Not only that, but a study of common vegetable oils sold in the U.S. found that **0.56 to 4.2%** of the fatty acids in them are highly toxic trans fats (52).

This does NOT apply to other cold processed plant oils like olive oil and **coconut oil**, which are extremely healthy.

If you want to improve your health and minimize your risk of chronic disease, avoid these processed seed- and vegetable oils like the plague.

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**Bottom Line:** An increased consumption of vegetable oils can cause inflammation and increase the risk of many serious diseases, including cardiovascular disease.

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**Pressing:** the grains are pressed to extract most of the oil

**Solvent Extraction:** the grains are mixed with industrial solvents to extract more oil

**Boiling:** solvents are removed (212 °F)

**Degumming and bleaching:** more impurities are removed

**Deodorization:** the oil is blown with hot vapor to remove traces of taste and smell (440-465 °F)
Industrial Vegetable Oils

1. Seeds de-hulled, de-skinned and ground into meal and heated
2. Pressing - Meal fed into a screw press, under pressures up to 20,685 kilopascals
3. Solvent extraction - Hexane used to dissolve oil, which is then recovered by distilling
4. Solvent Removal – Oil is boiled by steam, and the lighter hexane floats upward
5. Refining - Heat oil to 85°C and mix sodium hydroxide. Soap forms and is removed by centrifuge.
6. Degumming - Treating them with 95°C water, steam, or water with acid. The gums (phosphatides), precipitate out, and the dregs are removed by centrifuge.
7. Bleaching - filtered through fuller's earth, activated carbon, or activated clays
8. Deodorization - steam is passed over hot oil in a vacuum at 250°C. Citric acid at. 01 percent is also added to oil after deodorization to inactivate trace metals
9. Enjoy “all-natural, healthy” vegetable oil!
Evidence is mounting that wheat is a significant contributor to many diseases. This includes whole wheat... which is commonly mistaken as a health food.

The main reason is that wheat contains large amounts of a protein called gluten.

It is well known that people who have celiac disease cannot tolerate gluten. But now studies have identified a less severe form called gluten sensitivity, which is much more common (53, 54, 55).

People who are gluten sensitive mount an immune response in the digestive tract when they consume it. This can damage the lining of the intestine and cause pain, stool inconsistency, bloating, tiredness and other symptoms (56, 57, 58, 59).

There is also evidence that gluten can make the intestinal lining more permeable, potentially allowing other substances from the digestive tract to “leak” into the bloodstream, which can lead to a host of problems (60).

Wheat may contribute to nutritional deficiencies via various mechanisms:

- It is high in phytic acid, a substance that binds important minerals and prevents them from being absorbed (61, 62, 63).
- One study shows that wheat fiber makes the body burn through its Vitamin D stores 30% faster (64).
In individuals who are gluten sensitive, the damage to the intestinal lining can decrease the absorption of all nutrients (65). Wheat may also increase your risk of heart disease. In one study, whole wheat increased LDL cholesterol by 8%, LDL particle number by 14% and small, dense LDL by a whopping 60.4% compared to whole oats (66).

Several controlled trials show that a gluten free diet can improve some cases of schizophrenia, autism and cerebellar ataxia (67, 68, 69, 70, 71, 72, 73).

Saying that whole wheat is better than refined wheat is like saying that filtered cigarettes are better than unfiltered cigarettes.

Using that same logic, you could say that everyone should be smoking filtered cigarettes for the health benefits. It doesn’t make sense.

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**BREAKING up with BREAD**

Of those who eat gluten-free foods...

- 36% do so for reasons other than sensitivity.
- 65% do so because they think it’s healthier.
- 27% do so because they believe it aids in weight loss.
- 7% do so to help reduce inflammation.
- 4% do so to combat depression.

*Source: Mintel | FoodBusinessNews.Net*
5. Processed Meat  

Processed meats are high in calories, fat and sodium. Consuming these products regularly (meaning several times a week) puts you at risk for obesity, diabetes, heart disease, and cancer.

What exactly are processed meats, anyway? Any meat that has been salted or endured a chemical process (especially nitrate or nitrite) - such as hot dogs and lunch meats -- fall into this category.
Processed Meats Declared Too Dangerous for Human Consumption

The relationship between diet and cancer has long been evaluated, but a recent study from the World Cancer Research Fund outlines the dangers of eating processed meats. The report lists sodium nitrite and MSG as two cancer-causing additives found in most processed meats, which got us thinking since our favorite snack is beef jerky.

Health blogger Holly Lee recently discussed the report, concluding that consumers should avoid eating processed meats altogether. The numbers are alarming — the chemicals in commonly found in processed meats can increase the risks of pancreatic cancer and colorectal cancer by 67 percent and 50 percent, respectively. These dangerous ingredients are added to enhance color and flavor and extend shelf life.

However, not all processed meats are made with these harmful chemicals. You can find some better alternatives at the supermarket or online. Choose a food company with safer products. Make sure to carefully review food labels before buying processed meat. For example, Golden Valley Natural makes beef, buffalo and turkey jerky with no sodium nitrite, no added MSG and no sodium erythorbate.

http://goldenvallenatural.com/learn/processed-meats-declared-too-dangerous-for-human-consumption/

![Increasing health risks per 50g of processed meat per day](image)
DANGERS of PROCESSED MEAT

HIGHER STROKE RISK
A 2012 American Heart Association study linked stroke risk to processed meat consumption, with risk increasing by 13% for every daily serving.

INCREASED RISK OF DEATH
In 2013, the American Journal of Epidemiology reported that processed meat products are linked to increased risk of death.

DOUBLE THE RISK OF LUNG DISEASE
A 2007 study found that men who eat processed meat daily have more than double the risk of developing lung disease compared with men who rarely or never eat processed meat.

DOUBLE THE RISK OF HEART DISEASE, CANCER, & DIABETES
A 2014 Harvard study found that processed meat raises women’s risk of cancer, heart disease, and diabetes. And a 2012 British Medical Journal Open study linked processed meat consumption to increased risk of heart disease.

INCREASED RISK of COLORECTAL CANCER & EARLY DEATH
In 2013, the American Cancer Society found that colorectal cancer survivors who consume the most red or processed meat are more likely to die over a 7.5-year follow-up.

INCREASED RISK OF BLADDER CANCER
A 2010 NIH study found that consumption of processed meat increases risk for bladder cancer.

INCREASED RISK OF PROSTATE CANCER
A 2009 NIH study found that processed meat increases prostate cancer risk. Every 10 grams of processed meat consumed raises prostate cancer risk by 10%.

A 2013 Harvard study found that men who consume the most processed meat have more abnormalities in sperm count, size, and shape.

for more information, please visit PCRM.org/DropTheDog
6. SINthetic Chemicals in foods

Our Society has All Learned to Avoid Synthetic Foods

Pharmacology Fact: To Use a SYNTHETIC anything is an Insult to the Body

Cancer increases since 1975 along with increases in SINthetic Chemicals

Cancer Awareness
For more Scientific Proof go to


1. The Synthetic drug companies do not know how to properly place the electrons around the atoms in making a drug. Nature uses QED via Photosynthesis to put some of the electrons into high energy quantum states. This is how we get energy and life.

2. The Synthetic Drug companies use antiquated outdated reductionism philosophy to assemble and test their drugs. The Fractal Complexity of Nature with its incredible complexity must be revered rather than ignored. The height of IGNORANCE is to ignore nature. An IGNORANCE that makes money.

3. There is no study known that ever shows a synthetic drug completely equivalent to its natural counterpart. The reductionism studies only measure the required variables. They DO NOT measure side effects. Side effects are observed and often only observed years or decades later. The laws and the FDA protect them.

4. Side Effects dominate and proliferate the Synthetic Drug scene. Look at the Physician Drug Reference and see that all drugs have a list often a long list of side effects. This is not natural. Almost Every year over a hundred drugs are removed from the market because they are hurting people. It’s just a matter of time before the hurtful side effects are seen.

5. Our society has now learned conclusively that synthetic foods are incompatible with health. We have now rejected all synthetics and we know that the finest quality comes from the natural. It is the next step of simple human consciousness and thought to see clearly that synthetic drugs are incompatible with the human body.
7. "Low-Fat" Foods  
Source: bbcgoodfood.com
For decades now, the grocery store shelves have been filling with products marked "low-fat" and yet the American population just keeps getting fatter. How is this happening? These low-fat foods are filled with trans-fats which are bad for our hearts and cholesterol levels, and they also compensate for the loss of flavor with high amounts of sugar and sodium. A lose-lose for everyone.

Here is a great article from the BBC about the history of trans-fats in our food and information on why we shouldn't be so scared of good fats.

8. Processed Mayonnaise  
Source: livestrong.com
Okay, nobody is fooling themselves into thinking that mayonnaise is a health food, but you may not realize just how unhealthy it is. One tablespoon contains 90 calories, 10 g of fat, and 90 mg of sodium. This is one condiment that should be used very sparingly.
9. Frozen Dinners + GMO foods  

Source: shine.yahoo.com

Americans just love convenience, and this has helped frozen dinners to become a mainstay at the grocery store. While some manufacturers have worked to create healthier options, most are exceptionally high in calories and sodium.

This article looks at one of the unhealthiest frozen meals on the market which clocks in at 960 calories and an almost unheard of amount of sodium.

http://indavideo.hu/video/GMO_food_studies
10. Chemical SINthetic Margarine  
Source: squidoo.com

Margarine gained its foothold in the market because consumers were choosing it as the healthy alternative to fatty, sinful butter. But margarine is chock full of hydrogenated oils (trans-fats) which are known to cause cancer, diabetes, heart disease, and more.

Read more about margarine, hydrogenated oils, and why you shouldn't fear butter.

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**FACT: Butter is a HEALTH FOOD**

- Soy beans, corn, cottonseed or canola seeds
- Oils extracted by high temperature & pressure
- Remaining fraction of oils removed with hexane and other solvents
- Oils with catalyst subjected to hydrogen gas in high-pressure, high-temperature reactor.
- Oils, now rancid, steam cleaned to remove all vitamins & antioxidants, but pesticides and solvents remain
- Soap-like emulsifiers mixed in
- Oil steam cleaned again to remove horrible odor
- Gray color removed by bleaching
- Artificial flavors, synthetic vitamins and natural color added
- Advertised and promoted as a health product
- Mixture is packaged in blocks or tubs
- Box Raised Chicken With FATTY 8% Corn, Tomato and Truf Seeds, Sbar Broccoli, Human Gene Spliced Potato
- 1 1/2 lbs. or more
- Backyard Barbecue
- 1 1/2 lbs. or more

**Butter is an excellent source of vitamins**
- Vitamin A, D, E & K

**Butter contains healthy fatty acids**
- Immune supporting & metabolism boosting short & medium chain fatty acids

**A great source of minerals**
- Manganese, chromium, zinc, copper & selenium. Also a great source of iodine.

**Butter contains Conjugated Linoleic Acid (CLA)**
- Grass-fed cows produce cream rich in CLA which can help you store muscle instead of fat and protect against cancer.

**Butter is an excellent source of good cholesterol.**
- Cholesterol is needed for healthy cellular function. It supports brain, nervous system & hormonal development.

www.weedemandreap.com
11. Soda and Sweet Drinks Source: hsph.harvard.edu

Looking to lose weight? Soda is almost always the first thing that doctors suggest you eliminate from your diet. But soda isn't just a concern for obesity. Regular and diet sodas have also been linked to kidney damage, cancer, heart disease, and diabetes, and diet soda has been linked to an increased risk of stroke.

This article from the Harvard School of Public Health details several studies on soda consumption and the toll it takes on our health.
Nixon Signs $1.6 Billion Cancer Bill, Names Man to Head Fight

WAR ON CANCER!
WE WANT YOU!

CANCER IS THE RESULT OF A DIVORCE FROM NATURE

The Truth in Small Doses
Why We're Losing the War on Cancer — and How to Win It

How goes the WAR on Cancer?
Cancer Won
It is Important first to know What NOT to Eat. Then Know what to eat. The food companies make Profit from ADDICTION.
"Education and Treatment Starts with Teaching Patients what NOT to Eat, Say and Do"

Desire' Dubounet