The Wisdom of Dr. Henry Bieler


Bieler’s thesis was simple: you are what you eat, and opting for whole natural foods—as opposed to fast and convenience foods—is crucial to optimum health. “His advice is timeless,” says Linda Chamberlin, his granddaughter. Bieler wrote that he personally gave up the use of medications and relied “solely on food as my medicine.” He added that “it wasn’t long until (after repeated verified results) I discarded drugs in treating my patients. My colleagues, at the time, thought I had lost my mind. But time has only strengthened my belief.”

It was nothing less than controversial for a physician to avoid medications and rely strictly on the healing powers of food. And not surprisingly, Bieler had his battles with the American Medical Association. But he was on solid scientific ground—after all, nutrients form the foundation of our genes and biochemistry. “Dr. Bieler is probably best remembered for teaching people how to use natural foods to take care of themselves,” says Chamberlin. “That’s absolutely priceless.”

Edited by Desire ‘D’ Dubounet

Toxicity, Self Healing & The Root Cause of Disease

In over 50 years of practice Dr. Henry Bieler proved that high levels of toxicity in the body was the root cause of most common diseases and
ailments. This includes conditions such as the common cold, flu, hayfever allergies, asthma, chronic fatigue syndrome, fibromyalgia, food allergies, irritable bowel syndrome, digestive disorders, skin conditions, rheumatoid arthritis, migraine headaches and others. This over abundance of toxins or "toxemia" helps create adrenal fatigue, overloads the liver and kidneys (the body's primary toxic elimination organs) and generally depresses the immune system, thus allowing a variety of harmful microorganisms and viruses to proliferate. These organisms in turn put a tremendous burden on the body, drain it of energy and create the disease conditions listed above.

Dr. Bieler also discovered that a primary source of toxicity for most people was their eating habits. This being the case he developed programs that eliminated incoming toxins and at the same time prescribed healthy foods that would balance and heal. Thus with food as his primary tool he successfully helped many people overcome a wide range of problems.

**Healing Yourself By Eliminating Toxins:**

To bring the body back to permanent health it must first be detoxified; for only then can the adrenals, liver, kidneys and other organs rebuild themselves on a healthy foundation. Since most people seem to acquire toxins primarily through poor dietary habits*, learning to eat the foods that will detoxify, balance and support the body is obviously essential.

*During the past 30 years an ever growing number of large and comprehensive studies generally confirm Dr. Bieler's work as they state that roughly 70% of all disease is caused by lifestyle choices such as diet; the U.S Dept. of Health and Human Services Healthy People 2000 report is a good example.

**A Root Cause of Chronic Fatigue Syndrome, Fibromyalgia, Irritable Bowel Syndrome & Adrenal Fatigue.**

Finding the cause or causes of Chronic Fatigue Syndrome and Fibromyalgia can be a difficult and challenging process. With such a wide range of symptoms assigned to these conditions, diagnosing can often defy standard procedures. The following is a partial list of many symptoms assigned to these conditions:

- generalized pain and fatigue,
- stiffness,
- headaches,
- facial pain,
- sleep disturbances,
- difficulty concentrating,
- spaciness,
- memory lapses,
- digestive disturbances,
- abdominal pain,
- bloating,
- constipation,
- diarrhea (IBS),
- increased frequency of urination,
- neck/shoulder and general muscle tension,
- sore tendons and connective tissue,
- hypersensitivity to
Yet to those who study and chart the effects of the buildup of toxins in the human body these symptoms do point to a general cause, namely toxemia. One such researcher, Dr. Henry Bieler, the author of Food Is Your Best Medicine, in over 50 years of practice proved that high levels of toxicity in the body was very often a root cause of many common diseases and ailments. This includes conditions such as the common cold, flus, hayfever allergies, asthma, chronic fatigue syndrome, fibromyalgia, food allergies, irritable bowel syndrome, digestive disorders, skin conditions, rheumatoid arthritis, migraine headaches and others.

A Primary Source of Toxicity

Dr. Bieler discovered that a primary source of toxins comes from the choice of inappropriate foods. Simple things such as stimulants (sugar, salt, caffeine, MSG), overcooked meats, rancid fats, hydrogenated fats, highly processed foods, food additives and preservatives, bad food combinations and even natural foods that are not appropriate for certain people easily load up the body with toxic substances that it has to process.

The Pathology of Toxicity

As Dr. Thomas Sydenham noted in the quotation above, many diseases are nothing more than the body's attempt to rid itself of toxins. And depending on an individual's strengths and weaknesses, the path which the toxins take on their way out of the body determines the disease. For instance in the case of the common cold, the mucous membrane or the "inner skin" of the respiratory tract is the final exit point for the toxins. Thus the common cold is primarily the result of a preexisting toxic condition which has significantly depressed the immune system; and the offending virus, which usually receives all of the blame, is simply the final catalytic factor. In the case of chronic fatigue and fibromyalgia the paths which toxins are exiting the body can be varied and many. This is confirmed by the wide variety of symptoms chronic fatigue / fibromyalgia sufferers often exhibit.

Digestion - The first line of defense against disease

Whatever you put in your mouth has to be broken down and processed by an amazing and complex digestive system. If what you eat is beneficial the system works smoothly. But if what you eat is either toxic, imbalanced or in too large a quantity, your digestive system's defense mechanism will then go into action. Specifically, when offensive foods or substances pass through

light/sound/touch/odors, skin complaints, swelling, depression, anxiety and others.
your stomach and enter the small intestine they will ferment or putrefy. This fermentation / putrefaction in turn creates an abnormal chemistry which produces products that irritate the delicate lining of the bowel. The bowel then tries to either quickly eject the irritating substances which results in diarrhea, or it puts a spastic clamp on the intestines which stops the process and results in constipation.

In this way the small intestine is trying to stop the absorption of unnatural and harmful food elements into the system, thus making it the first line of defense. If harmful elements are repeatedly absorbed over a period of time the delicate intestinal lining first becomes inflamed and is then gradually destroyed. It is at this point that toxic elements begin to overwhelm this line of defense and enter directly into the blood stream.

So when indigestion, gas, bloating, diarrhea or constipation occur, ie. irritable bowel syndrome, it is easy to lament the fact that one does not have a "cast iron" stomach. But given the information above it is perhaps easier to understand that unpleasant digestive reactions may actually be a blessing in disguise. One thing is for certain, these things are definitely a warning. For once toxins begin entering the blood stream a wide range of serious diseases is often the eventual result.

**The Liver - The second line of defense against disease**

A tremendously robust and resilient organ that performs many jobs, the liver is the primary blood detoxifier. Here toxins are neutralized that have gotten past the body's initial defenses and have entered the blood stream. In order for the liver to accomplish this it must maintain an appropriate PH balance. In cases where the liver has insufficient alkalinity to neutralize all of the toxins that it encounters, the bile flowing from the liver into the intestines becomes toxic and tends to irritate the entire region. This situation also further hinders digestion. A person with a liver working hard to process toxins may also experience chronic fatigue, excess heat symptoms, emotional irritability as well as irritable bowel syndrome.

**The Endocrine Glands - The third line of defense against disease**

When the liver becomes overloaded and can no longer neutralize all of the toxins that it encounters, the overflow of toxins then begins to generally circulate in the blood stream. To the body this has now become an emergency situation since the first two lines of defense, both of which were designed to eliminate toxins, have been breached. The endocrine glands, which constitute the third line of defense, now attempt to rid the body of excesses toxins even though it is not their primary function to do so.
The three endocrine glands primarily involved are the pituitary, thyroid and adrenal. These glands regulate the body's functions through the secretion of hormones, and when they sense toxins in the blood stream they become overactive and produce more hormones than usual. This increased hormonal activity then directs certain organs to expel the excess toxins through various pathways. In this way the endocrine system serves as an emergency toxic relief mechanism.

However there is a price to pay when these glands are forced to perform this function. And this price comes in the form of a wide variety of common ailments and diseases. Depending on the relative strengths and weaknesses of an individual's glands, the pathways which the toxins take to exit will vary. And it is the irritation caused by the toxins at the point of exit that determines the disease. If a pathway is used too often for this purpose, the glands involved will be weakened and the pathway itself will begin to atrophy and degenerate.

**Adrenal Fatigue**

This is a phrase that will become more widely known as more and more research confirms what Dr. Bieler and others have been saying for some time. Namely that when a person's adrenals are severely depleted by emotional and physical stress, stimulants such as salt, sugar and caffeine, and by other toxic substances, a serious chronic fatigue will result. This condition most often is not easily nor quickly cured as it is based on a profound deficiency / depletion. Further use of stimulants is not the answer as they do not create energy but instead force the body to use up already stored energy at a faster rate. While a person may feel temporarily better upon taking a stimulating substance, in the long run they are only adding to the chronic adrenal fatigue.

**Healing Toxicity and Fatigue**

Dr. Bieler's time proven cure for healing toxicity and the resulting chronic adrenal fatigue, fibromyalgia and or irritable bowel syndrome was to restore the person through diet and rest. No matter the source of the toxins, he found it possible to promote detoxification and healing with foods. Hippocrates, the father of modern medicine, noted this in ancient times when he said, "thy food shall be thy remedy." The easiest and most natural way to do this is to eliminate or reduce offensive foods and substances while supporting the body's detoxifying abilities with a simple diet. Low starch vegetables lightly steamed are key as they contain an abundance of the organic alkaline minerals that the liver requires. Other factors such as proper food combining and when to eat and when not to are also important. These
and other specifics are all discussed in My E-Book, "Eat Your Way To Health."

Colds and The Flu:

"If you feed a cold you will have to starve a fever"
- Hippocrates, The Father of Modern Medicine

The above quotation is probably one of the most misquoted and misunderstood sayings of all time. Usually quoted as "starve a cold, feed a fever," or "feed a cold, starve fever," either way the wisdom of the saying is missed. The point that Hippocrates tries to convey is this: at the onset of a cold, fasting is necessary in order to promote the body's detoxification process; otherwise the condition will worsen and one will eventually be forced to fast due to the severity of the symptoms.

What Exactly is a Common Cold?

Dr. Henry Bieler, author of Food Is Your Best Medicine, found that the primary cause of colds or the flu is a build up of toxins in the body. This build up or "toxemia" in turn depresses the immune system and in turn makes a person very vulnerable to viruses. Seen in this light the common cold is then primarily the result of a pre-existing toxic condition and the offending virus, which usually receives all of the blame, is simply the final catalytic factor. Put another way, the toxemia makes the bomb and the virus is the lighted fuse that sets it off.

Essentially a cold is nothing more than a catarrhal inflammation. The mucous membrane, which can be seen as the "inner skin" of the respiratory system, becomes inflamed and exudes fluid in an attempt to rid the body of excess toxins. The greater the amount of toxicity in the body, the more severe the cold symptoms become. Light colds involve only the outer layers of the mucous membrane whereas more serious colds the involve deeper layers and the mucous glands themselves. In most cases the primary toxin being exuded is sodium chloride or common table salt. It is very easy for the average person to confirm this as the nasal fluid coming from a runny nose always tastes salty. This salt coming out with the fluid is what irritates the nasal passageways and turns them itchy and red. Sodium chloride in general is very toxic and your body will take any opportunity it can (colds, sweat) to get rid of it.
The Cold and Flu Season

Why do people tend to get sick during the colder months and the holiday season? One factor is the increased intake of toxins such as salt and sugar. Another factor is that people tend to perspire less during this time, which effectively reduces the body's ability to rid itself of toxins through the skin. And finally a third factor is that people do not eat as many vegetables or fruits and thus deprive their systems of many substances that are vital for good health and immunity.

A Cure for the Common Cold?

The best way to deal with a cold or the flu is of course not to get it in the first place. Besides taking the common sense precautions of getting proper rest and reducing stress, detoxifying your system by eating the proper foods will promote your immune system to function as it should. In addition by treating yourself well and following healthy diet guidelines you can successfully deal with the cold and flu season and avoid downtime and suffering. The experience of most people who avoid the intake of toxins and eat well is that they do not get sick very often, and if they do their symptoms are very mild to almost nonexistent. This is because their bodies simply do not have any toxins that need to be eliminated vicariously through their mucous membrane or other systems.

If an illness is encountered however, there are definite steps that can be taken to greatly shorten the length and the severity of the symptoms. The key in this instance is to aid and support your body's ability to detoxify. This is best done through physical rest and fasting. Fasting in essence is a "chemical rest" for your internal organs. By simplifying your intake of food you greatly facilitate your body's primary detoxification organs, the liver and kidneys, and thus speed up the process. The guidelines of how to do this are laid out in my E-Book, "Eat Your Way To Health."
Dr. Henry Bieler’s Food is your Best Medicine written in 1965 teaches basic health truths

by FAMILY HEALER on DECEMBER 7, 2008

Last week I was visiting my friend Jackie and one of her hobbies is she rummages through book sales looking for possibly interesting health books on sale. Every time I visit her to buy organic supplies she would show me her new books and ask for a quick book review. This time it was a small pocketbook named “Food is your Best Medicine” by Henry Bieler M.D. written way back in 1965. I gladly read the introduction and the table of contents and found that it may be interesting.

At home I found the book very interesting. I could not put it down. Here was a doctor who at the time of writing in 1965 had practiced medicine for 50 years. And here he was writing and lamenting about the drug industry and his colleagues who prescribe endless drugs to nowhere and it is as if nothing has changed from 1965 to today’s 2008.

Dr. Bieler first lays out his credentials. The many number of people he has cured and even the famous ones for those who are impressed with famous people cured. What impressed me the most was that In the past 3 years of my internet enhanced studying... which is an accelerated form of studying health and healing... and me trying to piece everything together... Here I
stumble into a man of great wisdom and experience who sums up many concepts I know today in 2008 and he has written them all down way back in 1965! What I’m trying to say is, if I’m going to teach my friends and relatives summarizing the things that I know from the various resources I have read, self experimented and given advice on... I would rather just gift them this book. It is very short and it is very easy to read.

On the other hand, if I had read this book earlier, I would have been spoon fed with this information and I would not have spent so much time trying to synthesize and analyze and piece together the puzzle about health and healing.

On the other hand, if I had read this book much earlier, I may not have appreciated the power and the wisdom of the teachings Henry Bieler wrote because I would not have understood the concepts I know now.

Dr. Bieler wrote good things about vegetables needing heat to crack open the nutrients... that raw animal food would have been preferrable for organic sodium... but that many people are not culturally accepting of raw animal food... so he resorts to teaching Bieler’s broth... with zucchini as the star organic sodium source.

Dr. Bieler summarized toxemia, the function of the kidneys, the adrenals, the liver the appendix. He has a powerful explanation of bad cholesterol in his experience and analysis, the worst is cooking fats and starches together. Take that, you fried rice and french fries fans!

I was impressed by his explanation of childhood diseases. That many mothers in the 20th century were already so toxic, their children had to spend the first 3 years detoxing! Which explains why children are not born equal. Why some people are born with diseases.

Dr. Bieler explains raw protein and raw animal foods. That which we raw paleolithic dieters (we eat raw fruits, raw vega and raw animal foods) already know is that raw protein is best, that the body knows what to do with raw protein... it is cooked protein that causes overdoses, toxemia, disease. So do not complain that red meat causes illness... it is your idiotic insistence on eating cooked condimented meat that is YOUR PROBLEM. You eat raw fruits... you learned to eat raw vega... now learn to eat raw animal foods... every time... all the time.
But of course Dr. Bieler recognizes the futility of converting people to raw foodists or just the futility of insisting on a “best or ideal diet”. What Dr. Bieler explains is that the best diet for you right now depends on many things like your overall state of health which he analyzes and finally suggests a course of action. He does not want everyone to be fixated on a diet. He wants an individualized diet for every case.

What Dr. Bieler is saying is that food is your best medicine, not drugs. That it is inexperienced, young, just out of college, know nothing yet doctors who prescribe so many drugs... and that as the doctor ages, gains experience and knowledge do they prescribe less and less and ultimately hardly any drugs. Many times, it is patients who are the problem as they shop around for doctors who will prescribe to them ultimately injurious and sometimes fatal drugs. Patients beware, be informed. Learn the basics of health and healing in this book. “They” do not teach this in medical school.

**DR. HENRY G. BIELER’S LINES OF DEFENSE AGAINST DISEASE**

By David L. Duffy, MD

In the digestive process food is broken down into simple sugars, fats, amino acids, vitamins, and minerals. Absorption takes place in the small intestine. The salivary glands make amylase which digests starches into simple sugars. The stomach secretes hydrochloric acid and pepsin. The pancreas secretes bicarbonate which neutralizes the stomach acid. The pancreas also secretes enzymes which digest protein, starch, and fat. The liver secretes bile which contains bile salts. Bile salts interface between water and fat. The broken down sugars, fats, and amino acids are absorbed by the small intestine. The colon contains the undigested food mixed with colonic bacteria. As water is absorbed by the colon the fecal material becomes more concentrated. When it arrives in the sigmoid colon the person is prompted to move his bowels.

Through the absorption of sugar, fat, and amino acids the body is nourished. Digestion is simplest when one eats one food at a time. This is called a "mono-diet". When many foods are eaten
together the digestive process is more complicated. Depending on what is eaten and the strength of the person's digestion many nutrients are absorbed. However, when the food exceeds the person's digestive capacity, undigested food remains unabsorbed and is broken down by intestinal bacteria. This is the putrefaction process which produces decayed, smelly byproducts.

Dr. Bieler called the small intestine "the first line of the body's defense against harmful foods and poisons." When the person ingests harmful irritating foods or irritating substances are produced by the putrefaction of undigested foods the intestine will reject it. It may trigger nausea and vomiting or diarrhea or both. In a typical case of Staphylococcal food poisoning bacteria grow in the food and release a toxin. With in one to six hours after ingestion the person has acute nausea, vomiting, abdominal cramps and diarrhea. The episode usually resolves in less than 12 hours.

More commonly a person discovers certain foods that disagree with him. Overeating in general and too much of a particular food may cause the intestines to reject it. We should carefully observe the cause the intestines to reject it. We should carefully observe the beneficial and adverse effects of the different type of food we eat. Arnold Ehret noted that in the transition diet when there is much waste material in the intestines, the body may not tolerate fresh fruit. The sugar in the fruit mixing with the intestinal waste leads to fermentation and gas.

The portal vein brings blood from the intestines to the liver, The liver functions as the central chemical laboratory The liver synthesizes materials such as albumin and clotting factors. It prepares fuel for oxidation and energy. It also stores excess nourishment for future use. The liver stores sugar in the form of glycogen. It converts amino acids into sugar. It produces urea from the breakdown of protein. It produces cholesterol and bile salts. It also transforms chemical compounds into substances ready for excretion through the bile. Many drugs are metabolized and excreted by the liver.

Dr. Bieler calls the liver the body's "second line of defense against disease". His view of the liver is very interesting. A large part of the liver's role is neutralizing acid. Acid is defined as the hydrogen ion H+. When hydrochloric acid (H+ Cl⁻) is neutralized by sodium bicarbonate (Na+ HCO3 the product is sodium chloride (Na+ Cl⁻), water (H2O) and carbon dioxide (C02). Water is excreted in the urine. Carbon dioxide is expired out by the lungs, and salt is a major mineral content of the blood.
Dr. Bieler observed that the liver is one of the largest reservoirs of sodium in the body. He observed that when the liver is depleted of sodium its capacity to neutralize acid is inhibited. When the liver cannot filter out these substances they spill over into the blood stream and cause disease. Normally bile is clear bright yellow. It is alkaline in reaction and non-irritating to the tissues. When the liver has not been able to neutralize the acids, the bile becomes dark green or black. It is acidic and has a corrosive effect on tissue. Acid bile causes inflammation of the liver, bile ducts, and gall bladder. Toxic bile in the intestines can cause burning and vomiting.

One of Dr. Bieler's patients was a 35 year-old man who felt weak and dizzy. He had nausea, vomiting and loss of appetite. The blood test showed liver inflammation. He was placed on bed rest with a 5 day fast of vegetable broth. At the end of this time he was able to assimilate food. Dr. Bieler points out that food and nutrition are not the same thing. "Man is nourished not by the food he eats but only in proportion to what he is able to digest and assimilate." [Food is Your Best Medicine (Ballantine Books, New York, 1992) p. 67.]

In Dr. Bieler's model, the endocrine glands are the "third line of defense against disease." Dr. Bieler is talking about the pituitary thyroid, and adrenal glands. The pituitary is located in the head behind the eyes. It monitors hormone concentrations in the blood and secretes hormones which stimulate the thyroid and adrenal glands. The thyroid gland is in the neck. Under the stimulation of the pituitary it secretes the hormone thyroxine. Thyroxine controls the speed of our metabolism. The adrenal glands are located above the kidneys. They also receive stimulation from the pituitary. They secrete cortisol and aldosterone. Cortisol helps the body regulate the production of glucose for fuel. It stimulates the conversion of protein into sugar and helps raise the level of blood sugar by opposing insulin. Aldosterone controls the retention of salt by the kidney and helps expand the volume of blood.

Dr. Bieler's theory is that the endocrine system guards the body and helps eliminate waste material when the bowels and liver are overwhelmed. The
pituitary is the "watchdog". When the pituitary detects an abnormality in the blood it can direct the thyroid and adrenal glands to respond. Dr. Bieler says: "In emergencies the thyroid will direct elimination through the skin and the mucous and serous membranes; the adrenals will direct elimination through the kidneys and bowels." (p. 73).

At the time Dr. Bieler wrote "Food Is Your Best Medicine" he did not have as complete a picture of the endocrine and immune systems as we do today. Some of the functions ascribed to the endocrine system may really be done by the immune system.

Dr. Bieler is viewing the body from a perspective which suggests the body is purposeful in defending itself against disease. It is not a concept expressed in modern medical textbooks. However when you think about it, it makes sense. When a person has asthma, the body is secreting an overload of mucus into the lungs. The modern treatment for asthma is adrenal corticosteroids. The steroids help relieve the asthma by suppressing the immune system and reducing inflammation in the lungs. Again in skin diseases like eczema and psoriasis steroid creams are applied to the skin to reduce inflammation and itching.

Dr. Bieler also observed how the balance between the endocrine glands affects the health of the person. When the adrenal gland is predominant the person tends to have high energy. The hands and feet are warm. The muscles are strong. When the thyroid gland is predominant the person's nervous system is sensitive. The heart beat tends to be rapid. The person is frequently fatigued. He may have insomnia. Dr. Bieler did not give a detailed description of the person with a dominant pituitary gland.

From the viewpoint of Modern Medicine, Dr. Bieler's model is simplistic and incomplete. For that matter, so is Arnold Ehret's model. Yet both Dr. Bieler and Arnold Ehret are saying that the body has intrinsic
wisdom and has the capacity to heal itself if we let it. We recognize that each of us have genetic strengths and limitations. We are vulnerable to various types of illnesses. If we fill our intestines with junk our intestines will initially rebel. If we persist in overloading the intestines with unnecessary food, the liver will take up the battle. When the liver is overwhelmed the endocrine glands and immune system can cooperate in trying to eliminate the waste. The disease may be acute, like a cold, pneumonia, a rash, or diarrhea. The disease may be chronic like allergic rhinitis, asthma, psoriasis, or ulcerative colitis. Whatever the disease, both Ehret and Bieler recommend returning to the basics of healing: fasting, eating wisely, and allowing the body to eliminate waste.

Foods can be a Slow Poison
And You are What You Eat
Foods are your Best Medicine
Learn What to Eat for Health
How To Make Bieler’s Broth

The Original Healing Soup

Uses: The original recipe was developed by Maverick Physician Henry Bieler to heal a variety of illnesses. Many times the soup was used as a fast or a general detox.

Dr. Bieler’s Health Broth
Adapted from “Food is Your Best Medicine” (see below)
Wonderful for a Fall or Winter Detox
· 3 stalks of celery
· 2 lbs whole zucchini
· 1 lbs of string beans
· 1 cup of (Italian)parsley

Dr. Henry Beiler created a vitamin and nutrient rich soup to heal his patients. Bieler’s broth,(Beiler’s broth) contains zucchini and string beans, which are rich sources of organic potassium and sodium. The liver and probably other organ’s use those elements to clean and revitalize the body.

Occasionally, when you’re sick, the best thing to do is not eat. Drink Dr. Bieler’s healing broth recipe for energy, weight loss, and cleansing

Directions for making the broth
Put 1 cup of water into a stockpot. Put the string beans in first and steam for about 5 minutes. Then put in the celery and zucchini into the pot and steam for another 10-15 minutes or until tender, but still crisp. Do not overcook.

Then put the vegetable water and the cooked vegetables together into the blender. Blend until liquefied. Add a tablespoon of Olive Oil and a large handful of parsley. Blend again until parsley is liquefied.

Dosage: Drink 2 cups a day of the broth/soup for an excellent way to stay healthy.

*Optional add 1 clove of garlic.
QUANTUM NUTRITION

Homestead

written and edited by Desiré D. Dubounet
Avoid at All Costs

Death

- Animal fats, lack fiber
- Fried fats, white flour, lack fiber
- Added sugars, acidic
- Chemical sweeteners, added SDS
- MSG, high sodium, added MSG
- Artificial colors, added fats
- Artificial preservatives, homogenized fats
- Animal fats, lack fiber, homogenized fats
- Hydrogenated oils, white flour
- White flour, added sugars
- High sodium, MSG, artificial preservatives
- Lack fiber, refined grains
- Hydrogenated oils, added sugars
- Refined grains, added sugars, MSG
- Hydrogenated oils, Added sugars, MSG
- Added sugars

Legend:

- Acidic: disrupts acid/alkaline balance, promotes bone loss, osteoporosis
- Added sugars: promotes diabetes, obesity, vitamin loss, learning disabilities and behavioral disorders
- Animal fats: promotes heart disease
- Artificial colors: promotes ADHD, behavioral disorders
- Artificial preservatives: promote cancer, heavy liver detox load
- Chemical sweeteners: cancer risk, promotes migraines, nervous system damage
- Fried fats: contain carcinogens, promotes heart disease, obesity
- High sodium: stresses kidneys, promotes hypertension, high blood pressure
- Homogenized fats: unnatural alteration promotes plaque in arteries
- Hydrogenated oils: contains trans fats, promotes heart disease, nervous system disorders, ADHD, tumor growth, birth defects
- Lacks fiber: promotes colon cancer, digestive stagnation, heart disease
- MSG (monosodium glutamate): migraines, hormonal disorders, overeating
- Refined grains: promotes diabetes, obesity, vitamin loss
- White flour: promotes diabetes, obesity, vitamin loss

Disease

- Chronic pain
- Behavioral disorders
- Aggressive behavior
- Learning disabilities
- High medical bills
- Reproductive disorders
- Skin blemishes and spots
- Easily injured
- Frequently sick
- Sleep disorders
- Tired and fatigued
- Irritable
The food guide built to benefit you, not Big Business.

Eat with Joy

Health

Life

Sunlight

Healthy fats, organs, brain

Essential fatty acids for nutrition

High vitamins, fiber, polyphenols

High antioxidants, healthy brain, heart

Healthy oils, high fiber, antioxidants

Healthy oils, high fiber, antioxidants

Healthy heart, brain, and more

Healthy heart, brain and more

High fiber, healthy oils, fat

High protein, healthy fats, minerals

High-density nutrition

Quality plant-based proteins

Raw fruits (all kinds)

Berries (all kinds)

Healthy oils, healthy fats

Soy, tofu, soy milk, etc.

Sesame, hemp, chia, etc.

Seeds

Almonds, peanuts, cashews

Nuts

Cashews, almonds, peanuts

Cranberries, apples

Tomatoes, peppers, cranberries

Bananas

Red:

Orange:

Yellow:

Green:

Purple:

White:

Eat all the colors of the rainbow:

- Tomatoes, peppers, cranberries, raspberries, apples, beans, strawberries
- Carrots, pumpkins, oranges, sweet potatoes, cantaloupe, peaches, apricots, mango
- Squash, corn, legumes, lemons, banana, eggs, grapefruit, mushrooms, pineapple, sesame seeds, macadamia nuts, cashews, peanuts, quinoa, chickpeas, almonds, pecans, walnuts, brown rice, ginger, beans
- Peppers, cabbage, beans, limes, spinach, kale, honeydew melon, avocado, pears, peaches, celery, zucchini
- Blueberries, blackberries, currants, beets, red cabbage, eggplant
- Potatoes, tofu, onions, garlic, whole oats, cauliflower
### The Glycemic Index of Selected Foods

#### Low Glycemic Foods
- **SUGARS**: Brown sugar, Fructose, Maltose
- **FRUITS**: Date, Blueberries, Kiwi
- **VEGETABLES**: Corn, Sweet potato, Green beans
- **MEAT**: Chicken, Turkey
- **NUTS**: Almonds, Walnuts

#### Medium Glycemic Foods
- **SUGARS**: Honey, Syrup, Refined sugar
- **FRUITS**: Apple, Orange, Pear
- **VEGETABLES**: Yam, Sweet potato, Bell pepper
- **MEAT**: Beef, Pork, Lamb
- **NUTS**: Cashews, Hazelnuts

#### High Glycemic Foods
- **SUGARS**: White sugar, Brown sugar, Cane sugar
- **FRUITS**: Mango, Date, Ripe banana
- **VEGETABLES**: Corn, Potato, Sweet potato
- **MEAT**: Beef, Pork, Lamb
- **NUTS**: Hazelnuts, Brazil nuts

#### Eat the foods in Green

#### Avoid the foods in Red

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### HONEST FOOD GUIDE.ORG

**Avoid all costs:**
- Disease: Heart disease, Diabetes, Cancer, Obesity
- Life: Health, Longevity, Energy, Happiness

**Eat with Joy Health >>**

**Be Healthy! Learn More:**

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**GROCERY WARNING**

You can't Eat Garbage if you Don't Buy Garbage

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**Legend:**
- Blue: Heart disease, Diabetes, Cancer, Obesity
- Green: Health, Longevity, Energy, Happiness
- Red: Disease: Heart disease, Diabetes, Cancer, Obesity
- Orange: Food, Drinks, Beverages, Snacks, Sauces, Condiments
- Red: Disease: Heart disease, Diabetes, Cancer, Obesity
- Orange: Food, Drinks, Beverages, Snacks, Sauces, Condiments

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**Eat all the colors of the rainbow:**
- Red: Tomatoes, peppers, carrots, sweet corn, beans, tomatoes
- Orange: Carrots, pumpkins, squash, cantaloupe, peaches, apricots
- Yellow: Squash, corn, lemons, limes, oranges, tomatoes, mangoes
- Green: Peppers, carrots, lemons, limes, tomatoes, green beans, spinach, lettuce, kale, broccoli, brussels sprouts, collard greens, mustard greens, cauliflower
- Purple: Blueberries, blackberries, raspberries, cherries, blueberries, acai
- White: Onions, garlic, potato, white beans, cauliflower
**Immune Boosting Foods**

**Grapefruit**
- Packed with vitamin C, making this an immune-boosting essential. They are packed with bioflavonoids, which are phytonutrients.

**Cruciferous Vegetables**
- Rich in antioxidant vitamins which give an immune system boost, and also contain Choline which keeps your cells functioning properly and helps maintain healthy gastrointestinal tract.

**Carrots**
- A great source of beta carotene which support the body's mucus membrane, which lines the respiratory and intestinal tracts, making it harder for bacteria to enter the bloodstream.

**Cinnamon**
- Cinnamon is an antiviral, antifungal, and antibacterial and an immune system booster. It actually fights the pathogens that cause illness.

**Berries**
- Berries contain antioxidants responsible for the health of your immune system, as well as your body's ability to destroy invading bacteria and germs. They also contain vitamin C and magnesium, two nutrients that are essential in maintaining the strength and function of your immune system.

**Mushrooms**
- A major source of the immune system-boosting mineral, zinc. If you don't have enough zinc in their diet tend to have fewer white blood cells to help fight off disease, which can lead to a reduced immune response.

**Kale**
- Greens such as kale, spinach, and Swiss chard are immune-boosting foods that contain high levels of vitamin C, which help fight off infection and regenerate other antioxidants in the body, including vitamin E. They also contain folate, another immune booster.

**Watermelon**
- Contains antioxidant Vitamins A and C, which helps to neutralize free radicals than can lead to inflammation, general sickness and chronic illnesses such as stroke and heart attack. It contains beta-carotene, which helps fight cancer, particularly colon cancer. Lycopene, a carotenoid found in watermelon provides additional cancer fighting health benefits.

http://eatingmywaytobetterhealth.blogspot.com/
# The Glycemic Index of Selected Foods

**Natural fruit sugars used moderately increase hormones, immunity, and health.**

**Eat this**

<table>
<thead>
<tr>
<th>Low Glycemic Foods</th>
<th>Medium</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SUGARS</strong></td>
<td></td>
</tr>
<tr>
<td>Levulose</td>
<td>Fruit sugars</td>
</tr>
<tr>
<td>Stevia</td>
<td>Fruuctose</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GRAINS</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GRAIN FOODS</strong></td>
<td></td>
</tr>
<tr>
<td>Oatmeal cookie with fructose</td>
<td>Whole grain pasta</td>
</tr>
<tr>
<td>5 grain pulse bread</td>
<td>with vegetable pasta</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>FRUITS</strong></td>
<td></td>
</tr>
<tr>
<td>Tomato</td>
<td>Grapefruit</td>
</tr>
<tr>
<td>Lemon, Lime</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>VEGETABLES</strong></td>
<td></td>
</tr>
<tr>
<td>Cold-processed vegetable oils</td>
<td>Lettuce</td>
</tr>
<tr>
<td>Green vegetables</td>
<td>Broccoli</td>
</tr>
<tr>
<td></td>
<td>Sprouts</td>
</tr>
<tr>
<td></td>
<td>Cauliflower</td>
</tr>
<tr>
<td></td>
<td>Cabbage</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>BEANS</strong></td>
<td></td>
</tr>
<tr>
<td>Boiled, unsweetened kidney beans</td>
<td>Lima beans</td>
</tr>
<tr>
<td>Soy beans</td>
<td>Black beans</td>
</tr>
<tr>
<td></td>
<td>Lentils</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>NUTS</strong></td>
<td>Healthy</td>
</tr>
<tr>
<td>Pumpkin seeds</td>
<td>cinnamon with fructose and nuts</td>
</tr>
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</tr>
</tbody>
</table>

| **Index No** | 10 | 20 | 30 | 40 | 55 | 60 |

Eat the foods in Green
## The Glycemic Index of Selected Foods

Dextrose enters the cell too fast and makes high Glycemic Index. This makes immune weakness, neural irritation, and aggravates all diseases. Avoid any exposure to high glycemic foods.

Do NOT eat this —— !

### MEDIUM

- Synthetic sweeteners are not problems of high glycemic index but they are toxic to nerves and must be avoided at all costs.
- Sweet corn
- Long rice

### HIGH GLYCEMIC FOODS

- Jelly beans
- Grape sugar
- Date sugar
- Honey
- Fructose corn syrup
- Maltose beer
- Fruit roll-up
- Coca-cola
- Maple syrup
- Sorghum
- Specialty cakes and any sweets or desserts made with Dextrose, Sucrose, or Glucose

- Sugars
- Brown rice
- Quick oats
- Ezekiel bread
- Popcorn (no artificial additives)
- Natural wheat
- Popcorn (with additives)
- Processed wheat
- Cornmeal
- White rice

- Grains
- Bran muffin
- Oatmeal cookie (normal)
- Grape nuts
- Donuts
- Brown bread
- Pop tarts
- Special K
- Pretzels
- Baguette
- Cornflakes
- Rice cracker
- White bread
- Pancakes

- Grain foods
- Black grapes
- Peach
- Orange juice
- Pineapple
- Raisins
- Cherries
- Watermelon
- Bananas
- Maraschino cherries
- Dates
- Canned fruits preserved in sugar syrup

- Fruits
- Carrots

- Vegetables
- Broad beans
- Sweetened kidney beans
- Boston baked beans in sweet syrup
- Candy bars with nuts

- Beans

<table>
<thead>
<tr>
<th>Сhange</th>
<th>55</th>
<th>60</th>
<th>70</th>
<th>80</th>
<th>90</th>
<th>100</th>
<th>110</th>
</tr>
</thead>
<tbody>
<tr>
<td>Index N</td>
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</tr>
</tbody>
</table>

Avoid the foods in Red
'When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.'

~ Ancient Ayurvedic Proverb

All We are Saying is Give PEAS a CHANCE
YOU ARE WHAT YOU EAT

( Hey Lardass, I think you’d better ease up on the Bacon. )
DETOX

YOUR BODY

**BLOOD**
- garlic
garlic beans
tofu
cayenne pepper
ginger root
broccoli
brussels sprouts

**LYMPH**
- carrots
beef
tomatoes
strawberries
asparagus
fish

**LIVER**
- avocado
citrus fruits
green tea
artichokes
- grapes
cherries
onions
broccoli
tofu
tomatoes

**GALLBLADDER**
- sweet potato
beets
lemon
- apples
cucumber
probiotics
oats
beans
cauliflower
bell peppers

**KIDNEYS**
- flax seed oil
leaves greens
- cranberries
olive oil
fish
cabbage

**PANCREAS**
- sweet potato
blueberries
leaves greens

**INTESTINES**
- fresh fruits
- & veggies
- grains
- flax seed
FOOD is your Best Medicine

Healthy Eating starts on your shopping trip and Health makes the next step at the kitchen. The dinner table is the next step of Healthy Eating.

Food made with anger, fear or hate is Poison. Food made with love is nutrition. If made with extra love, the food is Medicine. Desire’s work on Medicine and Wellness has made her the World’s most famous medical naturopath alive.