

## **Avoid Pork And shellfish, hydrogenated fats and unfermented soy!** by Phillip Day

There are foods that really shouldn't be foods. Pork is a major mischief-maker and homotoxin, unpopular though this may be to mention. In a study entitled 'The Adverse Influence of Pork Consumption on Health', Professor Hans-Heinrich Reckeweg states as follows:

'The fact that pork causes stress and gives rise to poisoning is known. It is obvious that this does not only apply to preparations of fresh pork such as cold cuts, knuckles, feet, ribs and cutlets, etc., but also to cured meats (ham, bacon, etc.) and to smoked meats prepared for sausages.

Consumption of freshly killed pork products causes acute responses, such as inflammations of the appendix and gall bladder, biliary colics, acute intestinal catarrh, gastroenteritis with typhoid and paratyphoid symptoms, as well as acute eczema, carbuncles, sudoriparous abscesses, and others. These symptoms can be observed after consuming sausage meats (including salami which contains pieces of bacon in the form of fat).

The consumption of pork is particularly dangerous in the tropical regions. This, for example, is shown in parts of Africa where both the Islamic and Western civilizations live in neighboring territories under the same climatic conditions. The same conditions apply to various races in the Himalayas where the Hunsu (Bircher) live. The Islamic population does not consume pork and is healthy, working to a considerable age as porters for numerous expeditions.

The races of the Western civilizations living on the other side of the valley do not observe the Islamic rules of behavior and eating, and suffer from all of the common illnesses. In other words, the population which observes the Islamic laws is healthy, while those who follow the habits of western civilization manifest all the typical diseases which come with the consumption of pork. Reference must be made to the founders of the great cultures, who have also fundamentally influenced Western culture. Moses, the prophet, and Mohammed, for example, recognized the prohibitions imposed by nature and based their laws on them.'

A master butcher, if they're truthful, will tell you when they cut pork carcasses they often find maggots, worms and tumours. As Reckeweg intimates, the Jews also proscribed the consumption of pork as part of Levitical law, not for symbolic or religious reasons, but on sanitary grounds. Dr Ted Broer at [www.healthmasters.com](http://www.healthmasters.com) also warns pork products are packed with nitrites, which can cause high blood urea and dicitopiprazines, leading to brain tumours and leukaemia.

### **Avoid Shellfish**

They are the scavengers of the sea, which collect toxins (mercury from pollutants especially) and pass them on consumers. The same goes for filter-feeders like oysters, whelks, mussels, etc. Studies show shellfish can contain parasites and drug-resistant bacteria. Farmed beasties are far worse.

'[Consumption of] some exotic animals... can lead to severe nerve problems and gastrointestinal disorders, a new British study has recently cautioned. *"People should exercise caution whenever confronted with a plate of exotic shellfish or large tropical fish,"* one of the researchers said.

Toxins in moray eels, puffer fish, and a variety of shellfish have been linked to a number of health problems among travellers and coastal inhabitants throughout Asia.'

So lay off the puffer fish.

## **Avoid Partially and Fully Hydrogenated Fats**

**Researchers Mary Enig and Sally Fallon write:**

'[Hydrogenation] is the process that turns polyunsaturates, normally liquid at room temperature, into fats that are solid at room temperature -i.e. margarine and shortening. To produce them, manufacturers begin with the cheapest oils - soy, corn, cottonseed or canola, already rancid from the extraction process - and mix them with tiny metal particles-usually nickel oxide.

The oil with its nickel catalyst is then subjected to hydrogen gas in a high-pressure, high-temperature reactor. Next, soap-like emulsifiers and starch are squeezed into the mixture to give it a better consistency; the oil is yet again subjected to high temperatures when it is steam-cleaned.

This removes its unpleasant odour. Margarine's natural colour, an unappetizing grey, is removed by bleach. Dyes and strong flavours must then be added to make it resemble butter. Finally, the mixture is compressed and packaged in blocks or tubs and sold as a health food.

Partially hydrogenated margarines and shortenings are even worse for you than the highly refined vegetable oils from which they are made because of chemical changes that occur during the hydrogenation process. Under high temperatures, the nickel catalyst causes the hydrogen atoms to change position on the fatty acid chain....

The cause of heart disease is not animal fats and cholesterol but rather a number of factors inherent in modern diets, including excess consumption of vegetable oils and hydrogenated fats; excess consumption of refined carbohydrates in the form of sugar and white flour; mineral deficiencies, particularly low levels of protective magnesium and iodine; deficiencies of vitamins, particularly of vitamin C, needed for the integrity of the blood vessel walls, and of antioxidants like selenium and vitamin E, which protect us from free radicals; and, finally, the disappearance of antimicrobial fats from the food supply, namely, animal fats and tropical oils.'

They are, of course, talking of the problems with fake butters, margarine, and a whole host of modern 'conveniences', which are not really food at all. Better the full fat butter in meager amounts, though if you are lactose intolerant or exhibiting stomach and digestion problems, you'd do well to steer clear completely.

### **Avoid Unfermented Soy**

I'm not going to enhance my popularity here by having a go at soy, but a spade's a spade, and there are some problems. Sean McNary Carson writes:

As the soy industry lobbied the Food and Drug Administration for a cardiovascular health claim for soy protein, two senior FDA scientists, Daniel Sheehan and Daniel Doerge - both specialists in estrogen research - wrote a letter vigorously opposing such a claim. In fact, they suggested a warning might be more appropriate. Their concern? Two isoflavones found in soy, genistein and

daidzen, the same two promoted by the industry for everything from menopause relief to cancer protection, were said to *"demonstrate toxicity in estrogen sensitive tissues and in the thyroid."*

Moreover, *"adverse effects in humans occur in several tissues and, apparently, by several distinct mechanisms."* Sheehan also quoted a landmark study (Cassidy, et al. 1994), showing that as little as 45 mg of isoflavones could alter the length of a pre-menopausal woman's menstrual cycle. The scientists were particularly concerned about the effects of these two plant estrogens on fetuses and young infants, because *"development is recognised as the most sensitive life stage for estrogen toxicity."*

Today, hypothyroidism (underactive thyroid) is widespread. How much of this is down to soy consumption, no-one's yet put a figure on it. While the Amazon rainforests are being decimated to provide soil for hundreds of square miles of soy, the public continues believing the bean is the 'food of the ancients', even citing the longevity of certain Asian cultures to justify it as a health food. The reality is, what they term 'soy' is not even the same stuff these cultures are using. Carson again:

'Oddly, nowhere in industry promotion does anyone differentiate between traditional, painstakingly prepared *"Asian"* soy foods and the modern, processed items that Fallon calls *"imitation food."* And therein lies the rub. Modern soy protein foods in no way resemble the traditional Asian soy foods, and may contain carcinogens like nitrates, lysinoalanine, as well as a number of anti-nutrients which are only significantly degraded by fermentation or other traditional processing.

So, while Asians were using limited to moderate amounts of painstakingly prepared soy foods - the alleged benefits of which are still controversial - Americans, especially vegetarians, are consuming more soy products and isoflavones than any culture in human history, and as one researcher put it, *"entering a great unknown."*

New Zealand-based [www.soyonlineservice.co.nz](http://www.soyonlineservice.co.nz) introduces us to the dark side of the bean:

'Have you ever wondered about soy? It's promoted as the miracle food that will feed the world while at the same time prevent and cure all manner of diseases. But what if all you've read about soy is nothing but a multi-million dollar marketing strategy based on scanty facts, half-truths and lies? How could anyone get away with that?

The soy industry is one of the world's most wealthy and powerful and one that will steamroller anyone who dares suggest there may be problems. When we first questioned the safety of soy, a representative of Protein Technologies told us they had: *"...teams of lawyers to crush dissenters, could buy scientists to give evidence, owned television channels and newspapers, could divert medical schools and even influence governments..."* A boast, which has proven all too true. You'll be shocked to learn that much of what you've read about soy is nothing but a con.'

*The Whole Soy Story: The Dark Side of America's Favorite Health Food* is a book out by Dr Kaayla Daniel, in it, you'll learn soy is not a health food it's touted to be, nor the answer to world hunger, nor even a disease-preventive panacea. In fact, soy has not even been proven safe. Dr Daniel explains how -

Soy impedes the sexual maturation of boys (p. 335)  
Soy accelerates the sexual maturation of girls (p. 339)  
In newborns, the hormonal effects of soy may be irreversible (p. 333)  
The average daily dose of soy estrogens in soy formula (38mg) is higher than the amounts that cause thyroid problems and endocrine disruption in adults (p. 334)

**Please check out this book and the following sites if you need to know more:**

[www.soyonlineservice.co.nz](http://www.soyonlineservice.co.nz)

[http://thedoctorwithin.com/index\\_fr.php?page=articles/magic\\_bean.php](http://thedoctorwithin.com/index_fr.php?page=articles/magic_bean.php)

[www.mercola.com](http://www.mercola.com)

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