

Processed Foods to BE(a)WARE of

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1) White Sugar- Instead try raw honey, stevia, maple syrup, agave syrup, unrefined cane sugar, organic zero or blackstrap molasses in your cooking, baking or coffee. White sugar, brown sugar and turbinado sugar have all been bleached and refined. They are empty calories and supply no nutrients.

2) Hydrogenated Oils, Refined Oils and Margarine- If you need a spreadable butter use unrefined coconut butter (salt it yourself with unrefined sea salt such as those distributed by Celtic, Himalayan or Real Salt brands) or for a spreadable butter with the texture of margarine, mix unrefined, cold pressed, extra virgin olive oil and soft organic butter in equal parts (and a little of the aforementioned salt) and store in a glass jar in the refrigerator. If you only make one improvement to your diet, throw out all refined oils, margarine and shortening and instead use only organic butter or ghee (clarified butter), unrefined cold-pressed extra virgin olive oil or unrefined organic coconut oil in your kitchen. Always purchase brands that are stored in glass instead of plastic to avoid leaching of plastic molecules into your food.

3) White Rice, White Pasta, White Flour and White Bread- Instead use brown rice, whole wheat pasta, spelt pasta or soba noodles, quinoa pasta, brown rice pasta (it's there you just have to look for it!), whole grain flours and whole grain breads.

4) Processed and Fast Foods. Read Labels! - Don't be part of the experiment! There is no way to study the combined and accumulative effects of synthetic chemicals in the human body. Not good for forming and growing bodies.

5) The following foods should also always be purchased organic or if not organic, avoided altogether because they are most likely genetically engineered: corn, soy, canola, potatoes, flax, tomatoes

6) Avoid carcinogenic irradiated foods which have had their electrons "knocked out of orbit" (creating unique radiolytic products, which have never been tested) and have no "life force" (the dose of radiation can exceed 50, 000, 000 chest x-rays). That is just the tip of the iceberg, there is much more to be said about the ridiculousness of this procedure which also creates aflatoxins which are 1000 times more toxic than the ethylene dibromide (EDB) which it replaced. Always purchase these commonly irradiated foods organic so that you can avoid irradiated food altogether:

potatoes and onions (irradiated so they don't sprout)

wheat flour (to avoid insects)

whole and ground spices and dehydrated seasonings (to reduce microbes)

7) Foods other than fruits and vegetables that you might want to always purchase organic (and why):

peanut butter (pesticides, aflatoxin)

molasses (concentrated pesticides)

coffee (pesticides and issues of fair trade)

chocolate (pesticides and issues of fair trade)

animal products (concentrated source of pesticides, antibiotics, bad energy and “sickness” via poor and inhumane commercial farming practices)

8) Especially Avoid All Non Organic Processed Food (70% of processed food items in the Canadian market contain genetically engineered ingredients).

9) It Is Essential to Choose Organic Animal Products-because toxins are concentrated and stored in fat cells. As well, factory farmed animals are routinely given antibiotics to prevent infection. This promotes antibiotic resistance and depletes our own beneficial micro flora making us susceptible to Candida, leaky gut and reduced/improperly functioning immune systems; not to mention the disregard for the well-being of animals, carries with it an energy that is detrimental to human health also. If you eat animal products, ensure that both the body of the animal was pure and its life force was strong. Nutrition derived from animal food must be healthy for the benefits to be conferred to the human diet as well. It is also well worth mentioning to avoid luncheon meats which are preserved with nitrates (carcinogens) and made from the poorest quality meat. In regards to dairy products, purchase organic, non homogenized dairy if at all possible. The following certified organic yogurts from Canada are not homogenized:

Saugeen

Jerseyland

Whipping Cream is not homogenized

All goats' milk products are not homogenized

Consider avoiding pasteurized organic milk as well. This subject is too vast to be briefly described here. Please refer to the following websites for more info:

www.rawmilk.com