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Stomach Acid

Forget the clever ads – it's acid you need, not an antacid!

The health enthusiasts have been saying it for decades – "You are what you eat." The problem is that they are *wrong*! You are not what you *eat* – you are what you *absorb*, and the best diet on Earth will not sustain health if an important ingredient is missing – stomach acid. That's right, acid. In this case, it's hydrochloric acid (*HCl*). You cannot absorb nutrients that are vital for health if this essential part of your digestive system is destroyed by antacids, or if you were born with a tendency to low stomach acid, or if your stomach has been damaged by junk food, alcohol, tobacco, stress and drugs.

If you fall for the propaganda of the drug companies, you are being conned into believing that 'excess acid' must be neutralised. This is a blatant, self-serving lie! A seven-billion-US-dollar lie, to be exact; that is the amount the drug companies earn every year selling their profoundly damaging antacids and acid-suppressing drugs. Each year the profits soar; drugs for stomach and upper digestive system problems are the largest-selling medicines in the United States.

The professional journal, ***Orthopaedic Surgeon***, said this: "Antacids, drugs which so many people take frequently, are so dangerous that they would have been removed from the market if the drug cartels were not so strong. It has been known for decades that they deplete the bones of between 130 and 300mg of calcium each time they are consumed. They contain aluminium, and also contribute to Alzheimer's Disease."

Nature didn't put acid into our stomachs so the drug companies could earn billions suppressing it. Nature put it there for a compelling reason; it is absolutely necessary for health. Our stomach acid is so strong that it can reduce the toughest steak into meat soup in about an hour. Imagine what happens to that steak when it hits an acid-deficient stomach – indigestion, malabsorption, and sometimes unpleasant and anti-social symptoms such as bloating, burning, gas and belching. Not because of too much acid, but because of too little. Because there are few warning symptoms, malabsorption can occur over many years, leading to slow starvation. This results

in crumbling bones, degenerative diseases, acute and chronic infections caused by germs that are easily killed by normal stomach acid, and cancer.

Yes, even cancer, and it's logical when you think about it. When your stomach has normal acid levels it is able to kill invading micro-organisms and break down dangerous food additives. But, if your stomach lacks this vital element, additives can turn into cancer-causing nitrosamines.

Hypochlorhydria (Low Stomach Acid)

My first encounter with stomach acid taught me a lesson I shall never forget. It saved my life. I lived in Europe during the 1960s and, after six months of injudicious pasta-gorging in Italy, I became exhausted. The doctor I consulted had no idea what to do, so I drove myself to London and collapsed. Friends brought a doctor in, and when he took my pulse he told me it was *ten*! Then he asked who my next of kin was, and I knew I was in deep trouble. Tests were done, and the diagnosis was pernicious anaemia. Then, I had to take B-complex and injections and eat lots of red meat for two months — and saw zero improvement.

Finally, presumably because he was afraid I'd die on him, my doctor drove me to a Harley Street specialist. (I was too weak to get there on my own, but can you imagine a doctor doing that today?) The first thing this old-school physician said was, "Have you tried hydrochloric acid?"

I had not exhibited the classic symptoms of *hypochlorhydria*, though I do remember asking my doctor when I was 16 why my fingernails peeled, I squinted badly in sunlight and had night blindness. He would have known if he had taken the time to crack a basic medical text. He didn't, though, and merely suggested that I learn to live with it. These, and other health problems I had, were clear signs of need for additional acid, and this man could have saved me years of problems which culminated in a close encounter with death. Virtually all physicians are making the same mistake today.

The Harley Street specialist understood immediately. He prescribed a potent form of hydrochloric acid drops. These had to be diluted and sipped through a glass straw, to avoid tooth enamel damage. The potion had to be drunk prior to each meal, and after two weeks I was fighting fit. I have taken HCl (fortunately they are in capsules now) ever since.

In 1970, a progressive doctor friend in Los Angeles told me that hydrochloric acid in the stomach is so valuable that every antacid preparation should be prohibited by law. He also told me something that has proved extremely valuable to the people I've advised during the many intervening years; doctors in those days often wouldn't prescribe HCl without first inserting a tube in the nose, and then down into the stomach to test the acid there. When I expressed horror he laughed and said this

procedure was not necessary, that the easiest way to determine if supplementation is needed is by taking a tablet with a meal. If you don't need HCl, there will be a slight burning in the stomach, which is easily neutralised by drinking plenty of water.

There are now other tests. A hair mineral analysis, which measures macro and trace minerals, is an option. If five or more minerals are deficient, particularly those known to be poorly absorbed in low acid states (calcium, zinc and iron), low stomach acid is indicated. Another test consists of a chemical analysis of the stool, with a search for undigested proteins. A well-trained iridologist can also diagnose lack of stomach acid.

The Acid Test

The *pH* system is a scale for measuring the acidity or alkalinity of a given environment (in this case, your stomach). The scale goes from zero to 14. Seven is neutral. Below seven is acid. Above seven is alkaline. Normally, the acid level in your stomach is about 2 or 3.

The Heidelberg capsule is recommended by some physicians. This is a tiny pH sensor and a radio transmitter compressed into the size of a large vitamin capsule. It is swallowed, tethered to a long thread, and removed from the stomach once the results have been relayed by radio signal to a receiver. This is expensive and far from appealing. It does not take into consideration the hourly changes in the pH of the stomach, and can vary from day to day. Expensive and possibly useless.

Then there is the '*try-it-and-if-you-don't-burn-you-need-it'* method. It's quick, it's cheap and the result is immediate. It is not, however, scientific, although (as noted earlier) a physician told me it was accurate and safe.

Warning: This test must not be attempted by anyone who has a peptic ulcer, or who is using any kind of anti-inflammatory medication. This includes aspirin, ibuprofen (e.g. Advil, Motrin), corticosteroids, (e.g. Prednisone), indocin, butazolidin, or any other NSAIDs (*Non-Steroidal Anti-Inflammatory Drugs*).

Wise people shun NSAIDs anyway, considering that, as Dr Joseph Mercola reported on his website, www.mercola.com, "In 1993, of 140,000 hospital admissions for osteoarthritis, 25,000 deaths were directly attributed to high dosage or prolonged use of NSAIDs." If you are taking any drugs, check with your physician before experimenting with HCl. There are so many dangerous drugs being prescribed and heavily marketed, with new ones coming along frequently, and I may have omitted some that interact badly with HCl. Please remember that any anti-inflammatory medications can cause stomach bleeding and ulcers. Combining them with HCl increases this risk. People on cortisone, even in sub-replacement doses, need to approach HCI cautiously, with professional advice. If supplementation proves necessary, it is safer to take HCI well separated from cortisone.

In all the years that I have been involved with natural health, I have not encountered anyone who didn't benefit from taking supplemental acid. So many things trigger this lack – the unrelenting stress most of us live with, junk food, antibiotics, smoking or exposure to second hand smoke, heavy consumption of grains, vegetarianism, age, extremely alkaline diets, etc. Yet, most people are unaware of stomach acid, except when television commercials blare out warnings about 'excess acid'.

Monitoring dosage of HCl can be tricky. Results, of course, are a good guide, although not considered scientific. If bloating, gas, etc., have been problems, these should abate quickly. If you have longitudinal lines on pale, soft fingernails, with supplementation the lines should slowly fade, and the nails should strengthen and become pink. Lifeless hair and skin problems should also improve over time, as should a general sense of wellbeing.

In cases of long-term underproduction of stomach acid, a return to health may not be as simple as popping a few pills. In these cases a knowledgeable health professional is needed to do some detective work: are you low in copper, high in zinc? Is there some other imbalance in your body? Are your B vitamins and/or your enzymes hopelessly depleted? It is helpful to know *why* your body is not manufacturing its own acid. Once that is understood, measures to correct any imbalance can be taken.

For decades, I have felt like a voice in the wilderness. But now, finally, two prominent American doctors, Jonathan Wright, MD, and Lane Lenard, PhD, have written a superb book, ***Why Stomach Acid Is Good For You***, which should be on the desk of every health professional who cares about his or her patients. I highly recommend it for those of you who think you may have *'acid indigestion'*, and have been taking drugs to suppress it. It outlines, in careful detail, exactly what to do in order to heal your stomach from the damage these dreadful drugs have done to it. Once healed, you can take what you need – HCl – to ensure that you will regain your health and start absorbing the nutrients you desperately need.

Appalling Junk

Many people are born with low stomach acid, or develop it in childhood. Of course, in a perfect world children would have an abundant supply of HCl. But observe the average supermarket trolley – most are stuffed with appalling junk, dangerous soy products, and the worst kind of oils. Small wonder our kids have malabsorption, due to lack of stomach acid, plus all the other illnesses caused by the amazingly unhealthy junk their poor little bodies have to metabolise! Small wonder they have asthma, recurring infections of all kinds, anaemia, parasites, coeliac (celiac) disease, and miserable skin conditions. Doctors Wright and Lenard explain in their book how

the children who are brought to their Tahoma Clinic in Kent, Washington, get over these dreadful afflictions by improving their diets and supplementing their HCl.

A distraught mother told me that her four-year-old son had had diarrhoea since he was born, and had never had a normal bowel movement. The many doctors who examined the boy, and gave him drugs, were of no use and she was eventually advised to see a specialist to have a camera inserted into the child's anus. This examination would be followed, no doubt, by a painful, damaging and unnecessary operation.

When I enquired about his other symptoms, she told me that he was anaemic and had giardia. I knew immediately what the problem was – lack of HCl. It's hard to comprehend how the doctors could have missed what every first year med student should know! The first suspect when anaemia is diagnosed should be the acid level, and the first thing to look for when parasites are suspected is, you guessed it – HCl.

Because I'm not a doctor and can't take the responsibility of prescribing, I suggested an old-fashioned, safe remedy – a spoonful of apple cider vinegar in a glass of water half-an-hour prior to meals. It worked, and the boy is now normal for the first time in his life. But for a little apple cider vinegar, this defenceless child might have been irreparably damaged by unnecessary medical procedures.

When the mother told the doctor that her boy was now well because of this remedy, he said, "Oh, don't be ridiculous!" (Warning: Do not give an HCl pill to a child who could get it caught in his/her throat, or who is too young to tell you if his or her tummy gets warm from it).

In another instance, a miner from West Australia rang to thank me for this remedy, which he read in the Fifth Edition of this book. He said that for 20 years he had complained to doctors about symptoms after eating, and none had been the slightest help. The last one told him he should be glad he was still alive! Because he was in the outback, he couldn't get to a store, but tried the vinegar, and for the first time in 20 years his symptoms were gone! These are commonplace stories, and the help I can offer people is not because I'm a genius, but because the doctors tend to ignore nature and commonsense.

Apple Cider Vinegar

As mentioned above, when HCl supplementation is not feasible, a tablespoon of apple cider vinegar in a glass of water, 30 minutes before meals, will often relieve some, or even all, symptoms. As doctors Wright and Lenard say, "This is supported by the common practice in some cultures of treating gastric discomfort with lemon juice or vinegar. But this is not ideal. Unfortunately, even though symptoms may be improved, actual nutrient digestion and assimilation are not improved nearly as much as with HCl replacement."

Trying vinegar first is an excellent way to decide whether or not you need to take HCl. Be cautious with lemon juice, as it can erode tooth enamel. Further, both lemon juice and vinegar can exacerbate *Candida albicans*.

Doctors Wright and Lenard recommend starting with one capsule of betaine HCl, after the first few bites of food. If no problems are noted, increase the dose to two capsules in the early part of the meal. Then, provided there is no burning in the stomach, increase again after a few more days, spreading the additional capsules throughout the meal. Amounts of HCl in tablets vary from country to country. Judicious experimentation is necessary before finding your dose. If, for example, it takes five capsules to achieve the warming, drop back to four capsules with each meal of the same size. Eventually, once the stomach has 'righted' itself, fewer will be needed. We have found that most people do well eventually on one or two capsules with each substantial meal. For those who are subject to urinary tract infections (UTI), be aware that overdosing with HCl can irritate the bladder.

More on GERD

If you have it, don't call it 'acid indigestion'. Better, call it 'lack of acid indigestion'.

This is how it works: When you eat, if your HCl is low, your stomach will hold food longer, and whatever HCl is present will mix in with the food. Your stomach will churn, but because it doesn't have enough acid, instead of emptying its contents into your small intestine, some of the food will regurgitate into your oesophagus. Then, because your throat is not protected against acid with the same mucosal barrier as your stomach, your throat will burn. Thus the term 'heartburn'. If you treat this burning with antacids, the burning will stop, but you will perpetuate the problem until you are a candidate for an operation. To avoid this fate, provide your stomach with what it desperately needs – hydrochloric acid with pepsin, as well as acidophilus and digestive enzymes. But don't do this unless you carefully acquaint yourself with the contraindications (ulcers, NSAIDs). And give some thought to cutting out sugar and grains, which probably caused the problem originally.

Has your heart specialist warned you that, as Jonathan V Wright says in ***Repairing Your Heart and Arteries***, "Low production of hydrochloric acid and pepsin in the stomach is associated with hardened arteries, high cholesterol, high triglycerides, high blood pressure, and even obesity – which can spell trouble for your heart"? Probably not; he and his colleagues are too busy handing out statin drug prescriptions and performing bypasses to think of such simple, non-invasive and inexpensive remedies.

And what about your internist? Has he mentioned that the western world's near-epidemic of parasites is due, in large part, to acid-suppressing drugs? If not, educate yourself by heeding what doctors Wright and Lenard say in their excellent book, that low stomach acid leaves us prey to "… salmonella, cholera, dysentery, typhoid and tuberculosis, not to mention garden-variety heartburn, diarrhoea, constipation, bloating, flatulence and parasites.

I lived in Haiti for three years and many of the people I knew there were plagued by parasites. Parasite "cures" were often dinner party conversation subjects. I didn't know then that the HCI that I had brought with me, and took religiously, was the only reason I escaped this unpleasant fate. The same thing occurred when I lived in India and Sri Lanka, but by then I knew how to prevent parasites by taking HCI, and was able to spread the word around.

More from ***Stomach Acid Is Good For You***: "...there is no doubt that acid suppression promotes bacterial overgrowth and that bacterial overgrowth promotes production of carcinogenic nitrosamine compounds. There is also no doubt that acid-suppressing drugs increase the progression and severity of atrophic gastritis in people with H. pylori infection, and that atrophic gastritis is a major risk factor for gastric carcinoma." That's cancer.

What about those who say, "Yes, but I've got reflux and/or GERD and have to take acid-suppressing drugs"? I say, "*Wrong*!" Even though the acid-suppressing drugs may reduce symptoms, they are like throwing petrol on a fire, and will eventually create severe diseases.

Reflux (where acid flows back into the oesophagus) and/or the more serious Gastro-Esophageal Reflux Disease (GERD) are not caused by *too much* acid, but by *too little*. And, if your physician has prescribed any of the proton pump inhibitors or H_2 blockers such as Prilosec, Prevacid, Zantac, Pepcid, and Tagamet, they probably won't kill you outright, but please bear in mind that Propulsid did just that, until it was forced off the market.

If your physician has taken the acid-suppression option, instead of telling you how to heal your stomach naturally, you need to find a physician who has not been hopelessly indoctrinated by Big Pharma. He or she should have warned you that these are some of the most deadly drugs you can take. Prilosec, for example, virtually eliminates acid in the stomach around the clock. This means that necessary assimilation does not take place, and you will slowly starve.

If you have been advised to have surgery for this easily-corrected condition, ponder what Dr Joseph Mercola had to say in *Men's Journal, December 2002*: "A surgical solution should have no role in the management of this purely physiological problem, and future generations will realise how foolish our current medical model has been by trying to treat a primarily biochemical problem with surgery."

We observed amazing recoveries from this condition at Hippocrates Health Centre, merely with our detoxifying diet. There is no question that *poor diet* creates this condition. It is, therefore, *good diet* that cures it. It is as simple as that; but this self-evident truth has not trickled down into the average doctor's surgery. Here is what you can do to alleviate this condition yourself:

Quit poisoning your body with junk food; shun sugar; eliminate all grains until healed, and possibly permanently; take acidophilus and digestive enzymes; obtain vitamin D from the sun; food or supplements and drink plenty of pure water. Once your stomach is healed, start taking HCl as directed above.

Be aware, however, that self-diagnosis is unwise. When in doubt consult Wright and Lenard's ***Stomach Acid Is Good For You***. It is a superb guide to getting well.

For those who wonder how it can be possible that physicians do not appear to know about this simple remedy, consider this:

Big Pharma:

- ❑ earns more than US $7billion per year selling antacids and acid-blocking drugs
- ❑ finances and controls the medical schools
- ❑ has a stranglehold on regulatory agencies, such as the United States Food and Drug Administration (FDA) and Australia's Therapeutic Goods Administration (TGA
- ❑ donates huge amounts of money to politicians

Need I say more?

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During the many years this book has been widely circulated, I have received hundreds of comments from people whose digestive and other health problems have been significantly helped by taking Hydrochloric Acid (HCI). But some have reported that they have been unable to get the diagnostic "burn signal" in the stomach, no matter how many HCI capsules they take. In this instance, HCI should be discontinued until the problem has been diagnosed and rectified, and it is usually caused by nerve blockage in the spine. There is a simple test to discover if such a blockage exists:

Get a bottle of Nicotinic Acid (not niacin or niacinimide) from your health food store. You may have to send away, as this "flushing" version is not always available in Australia. (New Zealand Nutritionals: enquiries@vita-fit.nz). Then, play it safe and start with one-half tablet before breakfast. This will produce a "niacin flush" if it is your appropriate dose. If it does not, you will need to take a bit more the next morning. Once the flush starts, observe to see if the red flush extends to your toes and fingertips. If it does not, it is an indication that you have spinal nerve blockage, and you will need to see a qualified chiropractor or osteopath. Dr John

Whitman Ray, of Body Electronics fame, advised me that the first cervical vertebrae should be adjusted first. Then, once your spinal column is properly adjusted, HCI will be safe and effective and, further, other nutrients you ingest will be carried out to the cellular level.

To illustrate how powerful Nicotinic Acid is, it magnifies the effects of drugs and supplements you are taking. You will need to watch your doses carefully. For example, many people take large amounts of magnesium to cure constipation. They soon discover, sometimes the hard way, that only one magnesium tablet is necessary, as the Nicotinic Acid creates vasodilation, bringing nerve supply to the entire body, including the bowels. Bowels that have been sluggish for decades, some even from childhood, suddenly start perking up and are able to move normally, without any help from laxatives, which are the only help offered by establishment physicians. This combination is the finest cure for intractable constipation that I know about.

There are, of course, contraindications: do not take Nicotinic Acid if you have pending surgery, or if you have stomach ulcers, or if you have diverticulitis. As for dosage, expert advice would be comforting, if you can find it. If not, you will need to listen to your body. Some people find that they need to get the flush every morning for a few days in order to assimilate nutrients. Others can manage on just two or three times a week.

The only hydrochloric acid I can recommend is Hippocrates Digestive Compound (betaine hydrochloride and papain). For details:
www.hippocrates.com.au

"For every complicated problem, there is a solution that is simple, direct, understandable and wrong."

- H. L. Mencken

"It's not the things you don't know what gets you into trouble. It's the things you do know that just ain't so."

- Will Rogers

"Formerly, when religion was strong and science weak, men mistook magic for medicine; now, when science is strong and religion weak, men mistake medicine for magic."

- Thomas Szasz

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Excitotoxins

Deadly chemicals your Government is happy for you to eat and drink

Thanks to the power and tenacity of multinationals, and the scandalous neglect and complicity of Western governments, we have deadly chemical additives in most of our manufactured foods; and, no, I am not referring to preservatives, which, while sometimes hazardous, at least serve a necessary purpose. What I am much more concerned about are what are known as **Excitotoxins** – *chemicals that stimulate the neurons in the brain to excessive firing, which then totally fatigues and sometimes kills them, leading to serious diseases.*

Excitotoxins – The Taste That Kills, by US neurosurgeon Russell Blaylock, MD is a superbly researched scientific study of these substances. After reading his book, those who desire to protect their families will never touch another product that could contain any excitotoxin.

As Dr Blaylock writes, "There are quite possibly thousands of people walking around in a perfectly normal state of health, who have a weakness for one of the inherited neurodegenerative diseases. High levels of MSG, or one of the other excitotoxins, could tip the scales and precipitate the full-blown disease – which is an excellent reason to avoid all excitotoxin food additives."

Unfortunately, this requires constant vigilance and the only sure way is to stay clear of all commercially-manufactured and processed food.

Excitotoxins are basic components of the most widely-used artificial taste-enhancers permitted to be included in manufactured and processed food and drinks: *monosodium glutamate* (MSG) *hydrolyzed vegetable protein* (HVP) and *aspartame*. The following list was compiled using data from 10 scientific reports and books, showing that among them this group of additives has been amply documented to cause, contribute to, or aggravate the following illnesses:

Parkinson's Disease
Cancer
Seizures
Vertigo
Migraines
Liver disease
AIDS
Dementia
Brain tumours
Endocrine disorders
Multiple Sclerosis
Neurological disorders
Chronic Fatigue Syndrome
Infections
Neuropsychiatric disorders
Fibromyalgia
Episodic violence
Epilepsy
Obesity (certain types)
Lymphoma
Confusion
Memory loss
Nausea
Asthma
Bloating
Diabetes
Weight gain
Amyotrophic Lateral Sclerosis (ALS)
Birth defects
Alzheimer's disease
Depression
Abnormal neural development
Blindness
Children's learning disorders
Epstein Barr Syndrome
Lyme Disease
Borreliosis
Headaches
Hepathic encephalopathy
Insomnia
PMS

In short, just about everything!

The *June-July 2000* issue of ***Nexus Magazine*** contained an excellent article by Dr Blaylock. He wrote, "It should be appreciated that the effects of excitotoxin food additives generally are not dramatic. Some individuals may be especially sensitive and develop severe symptoms and even die suddenly from cardiac irritability, but in most instances the effects are subtle and develop over a long period of time." To complicate this health hazard, combinations must be considered. Mary Enig, PhD, of the Weston A Price Foundation, says, "Excitotoxins, plus modern vegetable oils, equals an epidemic of MS."

As Dr Blaylock says, not everyone who ingests these excitotoxins becomes ill immediately. Life would be simpler and we would be much healthier if that happened. Governments would be forced to ban any substance that caused dire symptoms the moment it was consumed.

Unfortunately, excitotoxins are usually slow-acting and by the time symptoms appear, connecting them with particular foods is not even considered, or possible. Further, those blessed with strong immune systems are able to detoxify and eliminate these poisons for years. But not, of course, forever and eventually even the hardiest will succumb. Some people are exceedingly vulnerable, and if you are in that category, tough luck. At least, that is the attitude of the food manufacturers, hired-gun scientists and governments.

Let's examine these poisons in detail.

Monosodium Glutamate (MSG)

The infamous MSG was the first excitotoxin to be unleashed on the public. Most of us know about the 'Chinese Restaurant Syndrome', which is one instance of an excitotoxin causing almost immediate symptoms. A lady who attended Hippocrates Health Centre told me that a tiny amount of MSG accidentally ingested in a restaurant caused her to vomit for 24 hours!

I have seen friends become deathly ill after a Chinese meal, and when doctors were called in they warned them never to consume MSG again. Easier said than done, if you eat anything out of a packet, can or bottle. And reading labels is not a guarantee of safety, because the US government permits manufacturers to omit this unpopular additive from their labels unless the product contains 100% MSG! And, of course, most countries import a great deal of manufactured food from the US.

Further, any manufactured food you buy that lists many ingredients will almost certainly contain MSG, even though it is not itself listed. For example, a soup can that lists tomatoes as one of the ingredients does not have to disclose what is in those tomatoes. They could contain something to which you are allergic, and you would find out the hard way.

When MSG was first introduced to the US, I asked my doctor, and teacher, Henry Bieler, MD, author of the best-selling ***Food Is Your Best Medicine***, if MSG was safe. He gave me an emphatic "*No!*" and said that in an experiment on rats he discovered that the additive caused their intestines to turn bright red!

Following is a list of hidden sources of MSG, adapted from Dr Blaylock's book, ***Excitotoxins – The Taste That Kills***.

Additives that <u>always</u> contain MSG	***Additives that <u>frequently</u> contain MSG***
Plant Protein Extract	Malt Extract
Monosodium Glutamate	Malt Flavouring
Hydrolyzed Vegetable Protein	Bouillon Broth
Hydrolyzed Plant Protein	Stock Flavouring
Calcium and Sodium Caseinate	Spices
Yeast Extract	Natural Flavouring
Textured Protein	Natural Beef or Chicken
Autolyzed Yeast	Flavouring
Hydrolyzed Oat Flour	Seasoning

Additives that <u>may</u> contain MSG or excitotoxins	
Carrageenan Enzymes Whey Protein Concentrate	Soy Protein Concentrate Soy Protein Isolate

Over the past few years I have conducted a tiny experiment of my own. When passing Chinese restaurants I have asked if they have MSG in their food. All assured me that they did not. But then I told them that I am allergic and could become violently ill or even die if exposed to it. With the spectre of a corpse on the floor, and lawsuits looming, the tune always changed and they said that, while they did not add MSG, many of the products they use for flavouring do contain it. This was an eye opener for me and I hope for you, too.

Hydrolyzed Vegetable Protein (HVP)

HVP became a much-used additive due to the huge amount of adverse reports regarding the danger of the enormous money-spinner, MSG. Once sales dropped, a substitute was needed and soon found – 'hydrolyzed vegetable protein'. It sounds fine, doesn't it? Vegetables, protein, how bad can it be?

Very bad, indeed, according to Dr Blaylock and other scientists. Dr Blaylock states that HVP contains MSG in disguised form, and is even deadlier! But, since it was not labelled 'MSG', uninformed people accepted it. It was even added to baby food for years, and is still in it, in disguised forms. According to Dr Blaylock, this neurotoxin (nervous system poison) causes developmental brain defects that produce behavioural problems and learning difficulties in children, and can contribute to violent behaviour later in life. Governments know about this (they have been warned over and over by prestigious scientists) and have continued to protect the enormously powerful and wealthy multinational companies that profit from these excitotoxins.

More from Dr Blaylock: "HVP contains several known carcinogens. Incredibly, the FDA does not regulate the amount of carcinogens allowed in hydrolyzed vegetable protein, or the amount of hydrolyzed vegetable protein allowed to be added to food products. This substance poses an even greater danger than MSG itself."

A prominent health advocate, in her best-selling book, highly recommends a certain seasoning, claiming it to be delicious and safe. Because it's hard to find a safe seasoning, I went to a health store to investigate and, I hoped, buy some. Imagine my disappointment when I read the label and discovered that hydrolyzed vegetable protein (HVP) is second on the ingredient list. Like so many writing on natural health today, this trusted author did not do careful homework.

Most Annoying

In June 1999, I first learned the term 'excitotoxins' by reading a review of Dr Blaylock's book in an American health journal. In thumbing through that journal, I saw that Dr Bernard Jensen was an Honorary Board Member. This struck me as a conflict, as the first, and therefore major, ingredient listed in *Bernard Jensen's Vegetable Seasoning* is hydrolyzed vegetable protein, the very same dreaded HVP that the review condemned. Of course, I immediately sent off a fax to the editor of the journal, pointing this out. What I got in return was most annoying, yet humorous as well. It was a long fax from the company that now produces this product. Here are some extracts from the fax I received from their company president, Gary Olsen:

> "... My wife, Cynthia Olson, is a Clinical Nutritionist and would absolutely never authorise hydrolyzed vegetable protein to be used in any products made for Bernard Jensen International's consumers.
>
> "In the future, perhaps the best course for you would be to address us at Bernard Jensen International with your concerns, before sending a potentially harmful letter that contains inaccurate and erroneous information to the general public. Your letter can be considered as liable and having the propensity to incur repercussions for Bernard Jensens International, as well as Dr Bernard Jensen that would be very unfair at his age."

Well, at my age I consider being almost duped into consuming HVP very unfair also. I wonder what Mr Olson had in mind – suing me from across the Pacific for telling the truth about his product? I still have the label specifying the ingredient Mrs Olsen "would absolutely never authorise." My readers will not be surprised to learn that I have not recanted – and that I have heard nothing further from Jensen's.

This is yet another example of our need to protect ourselves. On the off-chance that you are not already convinced to shun HVP, this is Dr Blaylock's description of the manufacturing process: "This mixture is made from 'junk' vegetables that are unfit for sale... The extraction process of hydrolysis involves boiling these vegetables in a vat of acid. This is followed by a process of neutralisation with caustic soda. The resulting product is a brown sludge that collects on the top. This is scraped off and allowed to dry. The end product is a brown powder that is high in three known excitotoxins – glutamate, aspartate, and cystolic acid. It is then added by the food industry to everything from canned tuna to baby food." One more reason to make your own baby food!

Aspartame

The original authorization for the use of the deadly neurotoxin Aspartame in commercial foods and beverages is one of the greatest public health scandals of the 20th Century! That its use is still sanctioned despite massive evidence from all over the world that it goes on killing and permanently disabling millions of people

is absolutely criminal, and due entirely to the massive power and influence which its original maker, the Monsanto Corporation, and various other multinationals, are able to exert over politicians, government regulators and the media. So successful have they been that aspartame is known to be contained in well over 6,000 products – food, supplements, chewing gum, drugs, children's aspirin and even *"Flintstone"* vitamins!

Beware: Some magnesium supplements contain aspartate, which is 40% of the aspartame molecule. Aspartate is an excitotoxin, whether in aspartame or a supplement. It cannot be isolated. It is a dangerous excitotoxin, despite claims to the contrary by some magnesium manufacturers, who shall be nameless. They have a profit motive and appear unconcerned that it causes lesions in the brains of mice. Watch labels! Dr Blaylock warns against aspartic acid, as well. Pure magnesium chloride is safe.

Twenty years ago, Woodrow C. Monte, PhD, Professor of Food Science at the University of Arizona, warned in the ***Journal Of Applied Nutrition****, Volume 36, Number 1, 1984*,

> "Aspartame (L-asparty-L-phenylalanine methyl ester), a new sweetener marketed under the trade name NutraSweet, releases into the human bloodstream one molecule of methanol for each molecule of aspartame consumed.
>
> "This new methanol source is being added to foods that have considerably reduced caloric content and, thus, may be consumed in large amounts. Generally, none of these foods could be considered dietary methanol sources prior to addition of aspartame. When diet sodas and soft drinks, sweetened with aspartame, are used to replace fluid loss during exercise and physical exertion in hot climates, the intake of methanol can exceed 250 mg/day or 32 times the Environmental Protection Agency's recommended limit of consumption for this cumulative toxin."

In this chapter I shall confine my remarks to the medical evidence of aspartame's dangers. To understand the corruption, fraud and skulduggery which surrounds the approval and use of this deadly toxin, I recommend that you Google Betty Martini and visit the websites www.dorway.com www.aspartame.com, where you will see a massive amount of irrefutable evidence which, were it not for the industrial/political influence of the manufacturers involved, would result in the banning of the stuff and the prosecution of the corporations, authorities and politicians who profit from its continued use while the health of millions of people is being compromised.

After years of lobbying by anti-aspartame pressure groups, headed by the indefatigable American activist Betty Martini and her ***Mission Possible*** movement, the European Parliament – alone among Western governments – has voted to re-examine the safety of aspartame. Announcing the investigation early in 2003, a statement from the Parliament said, "…the use of aspartame increases the exposure to its metabolites methanol/formaldehyde and phenylalanine and is reported to

provoke, among other effects, headaches, nausea and allergic reactions, especially in the case of vulnerable persons. Its widespread use should therefore be re-evaluated by the Commission and the relevant scientific committees, taking into account all available data and respecting the precautionary principle. A historical evaluation is required as there seems to be evidence that original studies did not prove the safety of aspartame."

The final sentence is an understatement; the original studies proved it had the potential to kill and disable, but, as evidenced by FDA documents reproduced on www.dorway.com, were 'doctored' to secure FDA approval! Let's hope that our European cousins are more honest and courageous than US, Australian and New Zealand governments have been, and will ultimately outlaw this 'approved' substance that serves only to enrich multinational chemical corporations.

Many Names

The generic aspartame, besides being used as a sweetener in virtually all diet foods and sodas and numerous commercial foods and drinks, is also marketed to consumers as a sugar substitute under many different names such as *NutraSweet*, *Equal*, *Spoonful* and *Crystal Light*. As a result, it is arguably the most deadly excitotoxin of all, being consumed in enormous quantities by young, vulnerable people and by those of all ages who are trying to combat health and weight problems – the very same problems aspartame is likely to cause or contribute to.

Aspartame, Equal, NutraSweet, etc., are not always listed on food labels. These extremely dangerous additives can also be referred to as 'Additive 951' and must be guarded against. Remember, there is *no* safe artificial sweetener, no matter what fancy new name the manufacturers coin in order to disguise their poison. You might like to try *Stevia*, a safe herbal sweetener. Some like it, some don't, but at least it won't kill you.

Over the years I have collected a huge amount of credible medical and scientific information on aspartame, together with hundreds of heart-wrenching letters from victims of this deadly poison. There is far too much to include

Inside Hollywood

There has been much speculation about the cause of the Parkinson's Disease suffered by actor Michael J Fox, but the star's addiction to *Diet Pepsi* (which contains aspartame) is no secret.

One cast member who worked with Fox said he drank at least 12 cans a day. I have no way of knowing if that is true, since I have not spoken with him. I do know, however, from my own Hollywood days, that whenever a celebrity endorses a product, he or she is provided with an unlimited supply, and if there is a movie or TV show involved, cases are sent each week.

Given Michael's long-standing commercial endorsement of Diet Pepsi, it's hardly surprising that not only is he himself now a victim of the neurological disease, but that several crew members who worked with him have also been reported as suffering the same terrible affliction.

PepsiCo, Monsanto and their partners-in-crime have a lot to answer for.

here, but a visit to the internet sites previously mentioned, www.dorway.com and www.aspartame.com, will reveal just how much incontrovertible and impeccable scientific and medical evidence is being ignored by regulatory authorities and suppressed by manufacturers. Even the National Medical Library in Bethesda, Maryland, lists 167 citations for studies under the heading 'adverse effects of aspartame'. So many well-credentialed authorities have published books and papers proving the dangers of aspartame that it is hard to decide whom to quote, as their evidence would fill a library.

Let's start with a very well researched article by Dr William Campbell Douglas in his ***Second Opinion*** newsletter:

Aspartame - It's Got to Go

Right up there with the fluoride and mercury-in your-fillings scandals is the aspartame mass poisoning of the world. From Kenya to Kokomo and from Kyoto to Khartoum, the world is swimming in this highly toxic chemical – over 90 countries are selling it as NutraSweet, Equal, or Spoonful. Over half of all Americans now consume it on a regular basis.

At an environmental meeting in 1997, the keynote address was given by an official from the Environmental Protection Agency (EPA) in which he said (paraphrased): "There is an epidemic of multiple sclerosis and systemic lupus, and we do not understand what toxin is causing this to be rampant across the United States."

It's interesting that he said "what toxin." I've never heard a bureaucrat even suggest that it may be from a toxin – a slip of the tongue?

When the temperature of aspartame exceeds 86° F, the wood alcohol (methanol) in aspartame converts to formaldehyde and then to formic acid, which in turn causes metabolic acidosis. (Formic acid is the poison found in the sting of fire ants.) The methanol toxicity mimics multiple sclerosis. Thus, people are diagnosed as having multiple sclerosis when, in fact, they are often suffering from aspartame toxicity. If they had been taken off aspartame, their symptoms would, in many cases, have disappeared.

Systemic lupus erythematosis has become almost as common as multiple sclerosis and the major culprits appear to be Diet Coke and Diet Pepsi. The systemic lupus appears to be triggered by aspartame. The victim usually does not know the aspartame is the culprit and continues the Coke and Pepsi, thus aggravating the lupus to such a degree that it can be life-threatening.

Chronic methanol toxicity from Diet Coke and Diet Pepsi, usually diagnosed as something else, has similar symptoms as lupus and MS. It is usually found that the patient drinks three to four 12oz cans (or more) of Diet Coke or Diet Pepsi per day.

When patients are taken off aspartame, those with systemic lupus may improve, but they will not be cured. The damage has been done and the disease cannot be reversed. However, in 'MS' cases, the results are often dramatic, bordering on the sensational. In reality, the 'MS' is often chronic methanol toxicity and the symptoms may disappear completely with removal of aspartame from the diet.

An 'MS' case suffering from blindness is almost certainly a case of chronic methanol toxicity secondary to aspartame poisoning. Ask doctors in a country where bootleg

whiskey is common, such as Russia, what is the most dramatic symptom of acute methanol toxicity from the bad hooch they drink and they will tell you it's blindness.

The symptoms of "aspartame disease," – chronic methyl alcohol toxicity – are amazingly varied, including: blindness, tinnitus, numbness in the extremities, muscle spasms, slurred speech, blurred vision, joint pain, headaches, anxiety, vertigo, and memory loss. So you can see how easily the patient can be misdiagnosed as MS, Alzheimer's disease, brain tumour, or just plain neurosis, early in the course of the toxicity.

Brain tumours have increased dramatically, and there is solid evidence to indict aspartame in the genesis of the modern epidemic of brain cancer. Furthermore, the formation of brain cancer was dose-related – the higher the dose, the more cancer.

I was astonished to find out that the first experiments done to test the safety of aspartame disclosed a high incidence of brain tumours in the animals fed what would become known to the world as NutraSweet. The study was done by the very company that was going to sell Monsanto Corp's brainchild, if you will pardon the double entendre. The G.D. Searle Co. found there was a 3.75 percent incidence of brain tumours in the rats fed aspartame and zero percent in the control rats – astrocytomas are rare in rats. It's so rare that this incidence represents a 25 times higher incidence than would be expected in rats.

Equally incriminating, the study was discontinued after only 76 weeks. Since the number of tumours continued to increase, some damage control was needed. What would any well-paid investigator do? – stop the study and declare that all the tumours were "spontaneous!" The FDA went along with the studies, which they knew to be badly flawed to the point of fraud and gross incompetence – and approved NutraSweet. Dr Russell L. Blaylock, author of the seminal book, ***Excitotoxins - The Taste That Kills***, called this action "a monumental crime."

Dr H.J. Roberts, diabetes specialist and world expert on aspartame poisoning, has also written a book entitled ***Defense Against Alzheimer's Disease***. Dr Roberts tells how aspartame poisoning is escalating Alzheimer's Disease. Hospice nurses are reporting that women are being admitted at 30 years of age with Alzheimer's Disease.

There are 92 documented symptoms of aspartame, from coma to death. The majority of them are neurological, because aspartame destroys the nervous system. H.J. Roberts, MD, says: "Consuming aspartame at the time of conception can cause birth defects." And Dr Louis Elsas, a Professor of Genetics, at Emory University, testified before Congress that phenylalanine, a breakdown product of aspartame metabolism, concentrates in the placenta, causing mental retardation in the baby."

Ant Poison

If you have any NutraSweet powder, use it to poison ants. It's more effective than Orkin, and much cheaper.

Official Corruption

A great deal more is now known about the machinations employed by Monsanto/Searle to obtain FDA sanction for this poison. It is a shocking tale of corporate greed and official corruption involving, among others, the Prince of Darkness, Donald Rumsfeld, former US Secretary of Defense, and architect of America's oil war against the people of Iraq. Details and documentary proof are published on both www.dorway.com and www.aspartame.com.

As James Bowen, MD, in ***Aspartame Murders Infants***, published on www.dorway.com, says: "At every point in the fertility process aspartame destroys, beginning with the gleam in Mom and Pop's eyes: it ruins female sexual response and induces male sexual dysfunction. Beyond this, aspartame disrupts foetal development by aborting it or inducing defects. And if a live child is born, aspartame may have heinously damaged the DNA of the baby, cursing future generations."

The manufacturer and the FDA have steadfastly refused to put a warning on aspartame even though they have full knowledge of how it can destroy the foetus or trigger birth defects. Louis Elsas, MD, Professor of Paediatric Genetics at Emory University, testified before Congress on this issue. His testimony can also be read at www.dorway.com, along with Dr Roberts' position paper admitting that even a man consuming aspartame at conception can cause birth defects in his own child.

The following quotes are from a long article in ***Flying Safely***, *May 1992*, a journal for professional aircraft pilots:

> "In pregnancy the effects of Aspartame can be passed directly on to the foetus, even in very small doses. Some people have suffered Aspartame-related disorders with doses as small as that carried in a single stick of chewing gum. This could mean a pilot who drinks diet sodas is more susceptible to flicker vertigo or to flicker-induced epileptic activity. It also means that all pilots are potential victims of sudden memory loss, dizziness during instrument flight and gradual loss of vision. A pilot's hot-line was set up and over 500 pilots responded, some speaking of grand mal seizures in the cockpit of commercial airline flights. Many pilots lost their medical certifications to fly, and their careers...
>
> "...Monsanto reaps one billion dollars a year from the Aspartame toxic bonanza… This can buy a lot of bureaucrats! Does FDA mean Fatal Drugs Allowed? ... The NutraSweet Company and sister Searle are owned by Monsanto, which discovered Aspartame while testing an ulcer drug... If you're taking other medicine, consider possible reactions you may have.
>
> "In 1969 Searle approached Dr Harry Waisman to study the effects of Aspartame on primates. Seven monkeys were fed the chemical in milk. One died after 300 days, 5 others had Grand Mal seizures. Searle deleted these findings when they submitted his study to the FDA! ... The best way to understand NutraSweet is to think of it as a minute nerve gas that eradicates brain and nerve function.... Aspartame makes you crave carbohydrates and so you gain weight. The formaldehyde stores in the fat cells, particularly on the hips and thighs... NutraSweet, Equal, Spoonful are the deadliest toxins in our society because of their ubiquitous presence in thousands of foods, even children's medicines, Kool Aid and Jello, and on every restaurant table. We're dosed with millions of pounds every year! This warning should be on every Aspartame product: Chemical Poison: Keep Out Of Reach Of Humans! Genocidal!"

H J Roberts, MD, has published a monumental book (over 1000 pages) on aspartame-related illnesses. As Director of the Palm Beach Institute for Medical Research in Florida, he has spent over three decades researching the diverse effects

of aspartame and has published many papers and articles. In his book, ***Aspartame Disease, An Ignored Epidemic***, he says that the physical effects can be inflicted on all systems, organs and tissues, and the mental effects can result in psychological, behavioural, and psychiatric problems. According to Dr Roberts, numerous reactions to aspartame frequently are undiagnosed. Or, they are misdiagnosed and wrongly attributed to such serious health conditions as fibromyalgia, arthritis, lupus, multiple sclerosis, or Alzheimer's disease, among others.

Dr Roberts offers diagnostic guidance to doctors, saying that every evaluation of difficult allergic, dermatologic, gastrointestinal, or metabolic problems should include queries about aspartame consumption. "Diabetes accompanied by visual, neurological, or bowel problems should not be assumed to be complications of retinopathy or neuropathy until aspartame use is ruled out," he says.

Insidiously Addictive

The most insidious thing about aspartame is that it is addictive. In one of Dr Roberts' many scientific papers he wrote that aspartame reactors in his study found it "difficult or impossible to discontinue aspartame because of severe withdrawal effects." His case histories, of people with life-threatening illnesses due to aspartame, and their pathetic inability to "kick" the habit, are extraordinary. He has repeatedly urged the government to "declare aspartame an imminent health hazard" and remove it from the market. He has, needless to say, been unsuccessful. So far, the manufacturers have won the day, despite incontrovertible medical evidence on its addictive properties and involvement in at least 92 documented illnesses and conditions.

Dr Roberts also wrote about the dangers of aspartame in chewing gum: "Chewing aspartame gum poses a unique threat, as evidenced by the dramatic development of generalised symptoms in some aspartame reactors... The chemical may be absorbed through the mucosa of the mouth, and via a simple diffusion from the oropharynx, directly into the brain."

So, in 1999 my blood boiled (something it does frequently) when I read a story in the ***Gold Coast Bulletin*** in which they reported that *Wrigley's* was donating their sugar-free diet gum (which, of course, contains aspartame) to a local school. The idea was that the young children would chew the gum after eating in order to remove sugar from their teeth (apparently they didn't think of *not giving* the children sugar, a known cavity-producer, instead).

This marketing ploy is being repeated in other schools in Australia and I presume in other countries as well. I immediately rang the school principal, warning her about the danger, and was treated like a ratbag for my pains. So, I wrote an impassioned Letter to the Editor of the ***Gold Coast Bulletin***, which was fortunately

printed. Sure enough, a mother rang to thank me, saying that her daughter became ill shortly after this outrageous practice was started. She was so ill that it was necessary to keep her out of school for several days. This lady then complained to the principal and warned that she would sue if her child were given any more neurotoxins.

Some scientists assert that aspartame in chewing gum poses a greater risk than in even the deadly 'diet' drinks. Small wonder; it acts like nitro-glycerine under the tongue and goes straight to the brain. The younger the child, the more dangerous the effect.

When will the authorities learn? Or even listen to reason? I flirted with the idea of carrying a picket sign in front of the school, but gave it up as too time-consuming. If you feel that companies that knowingly poison children, and schools that cooperate, have forfeited all rights to respect, please write letters of protest. If your child is given sugar-free gum in school, I suggest photocopying this information and threatening a lawsuit if they continue this dangerous practice.

New Threat

Unfortunately for our health, Monsanto's patent on aspartame has run out. This means any processor can use this product, which will be showing up in even more foods. As soon as I learned about this development, I rang Mary Stoddard in Texas. Mary is the head of the non-profit Aspartame Consumer Safety Network, and is doing an extraordinary job of educating and advising people who have been poisoned by this family of artificial sweeteners.

She told me something sinister; in order to keep the billions flowing in, Monsanto has developed an artificial sweetener called *Neotame*. According to Mary, who is in constant touch with he scientists who are fighting the use of these products, Neotame is ten times more potent than aspartame, and much more dangerous.

Monsanto opted to trial this artificial sweetener overseas, before applying to the US Food and Drug Administration for official approval in the US. It is Mary's opinion, and mine too, that they prefer to use other countries as guinea pigs before chancing problems in the US. And guess which countries they chose? You guessed it – Australia and New Zealand, where the regulatory agencies once more rolled over and played dead for Monsanto, one of the richest companies in the world, just as they did over the company's reckless promotion of genetically modified seeds. Once again, money talks.

So, be warned about Neotame. In addition, be alert to the following on labels: 'Phenylketonurics: Contains Phenylalanine', as well as *Acesulfame-k* and *Sucralose* (sold as *Splenda*). Sucralose has a chlorinated base like DDT and can cause auto-immune disease, and acesulfame-k (the *k* is the chemical code for potassium)

triggered cancer and leukaemia in original studies. The European Parliament has called for a review of sucralose and aspartame-acesulfame salt use within three years as well. Avoid all these non-food sweeteners like the plague if you value your life.

With all the negative press regarding artificial sweeteners, it is at first glance inexplicable that the American Diabetes Association wholeheartedly recommends diet foods and drinks containing aspartame. That is, until you dig under the surface and discover that this association is funded by Monsanto. I assume that the Australian version of that association has a similar connection.

Ironically, diabetes organizations recommend these 'diet' products to people who desperately need to lose weight, when it has been amply documented that the formaldehyde in aspartame stores in fat cells, particularly on the hips and thighs, and is then difficult, sometimes impossible, to dislodge.

There has been a great deal of industry pressure on doctors who have warned of the dangers. For example, Dr James Bowen wrote, "I have come across first-hand reports of a doctor who had her medical degree revoked because she spoke on the aspartame issue. Even I have been threatened by insiders from the political camp of aspartame, that they will get my degree revoked... Yet the government defends staunchly the marketing of aspartame, which as a formaldehyde poison, is probably 500 times as potent as straight formaldehyde, causing aggravated formaldehyde poisoning in its victims... The amount you would get from a can of pop greatly exceeds what you would get from inhaled air, even by the old, more lenient standard."

And he should know; apart from his research and medical practice bringing him in contact with many aspartame victims, Dr Bowen is himself a sufferer from Lou Gehrig's disease, which he attributes to his consumption of aspartame in cold drinks supplied to desert troops by the manufacturers when he was an army medical officer.

At Hippocrates we have had a statistically significant amount of reports from students who have suffered vertigo when suddenly rising from a sitting or lying position. This is due to a lapse of delivery of blood to the brain, and the students could all trace it back to the use of aspartame, HVP or MSG, which they said they did not ordinarily ingest, but had a Chinese dinner or 'cheated' on their diets and thought that 'just this once' it wouldn't hurt to indulge. It does!

But Wait - There's More!

The multinational food industry, which has an unrivalled reputation for shamelessness, has disguised processed free glutamic acid (MSG) in the food ingredient 'citric acid'. It sounds benign, doesn't it? Believe me, it is not, as it has the same effect on excitotoxin-susceptible people as does MSG, HVP and aspartame.

Citric acid, which is widely used, is not produced, as one might imagine, from citrus fruit, but from the fermentation of crude sugars. During processing, the remaining protein is hydrolyzed, and this creates processed free glutamic acid. When combined with protein in the diet, even more of this dangerous neurotoxin is produced.

The widely-used amino acid, *cysteine*, is an excitotoxin. It is sometimes used in supplements as well, so please check labels.

As if all this were not bad enough, the US Food and Drug Administration (FDA) has approved an antimicrobial spray called *Sanova* for use on meat, vegetables and fruit. They are now trying to get approval to use it on all processed foods! Labelling is not required. I have not as yet been able to ascertain if this product is going to be permitted in Australia, but if experience is any guide, it will be. Australia, to our detriment, is a hand-maiden of the US, and our politicians slavishly copy all the bad things they do.

According to Dr Blaylock, soy, which is another of my pet hates, naturally contains glutamate and glutamine, which are excitotoxins. Further, soymilk often has HVP added to improve the flavour. Kombu, miso and soy sauce all contain HVP. Dr Blaylock says that a natural food distributor sent a flyer trying to allay consumer fears of MSG by saying that HVP is a natural source of "bound glutamate", and not dangerous. "This is not true," says Dr Blaylock.

Dr Blaylock says that there are ways to neutralise some of the harmful effects of excitotoxins: anti-oxidant vitamins and minerals, the branched chained amino acids, zinc and magnesium glyconate and magnesium lactate (but *not* magnesium aspartate, which is an excitotoxin) offer some protection. This does not mean you have a licence to consume these deadly toxins. Please inspect your home and bravely rid it of all products that list HVP, MSG, aspartame, and any other artificial sweeteners. Then, think carefully about manufactured foods that don't list these chemicals, but are vague about exact ingredients. I suggest that you box the whole shameful mess and send them off to your health minister and tell him or her to eat them as punishment for allowing them in our food supply.

Betty Martini, America's high-profile, dedicated anti-aspartame crusader, told me that she and many prominent physicians have written the Multiple Sclerosis Society frequently, alerting them to the proven connection between MS and aspartame. They have never answered, nor acted on this information, which could have saved countless lives. When in doubt, look to the funding, and like most "health" societies, they are funded by the very industry that is causing this dreadful disease. As Betty said in an email to me, "When those responsible to solve the problem, **are** the problem, it is a sad commentary on greed and lack of concern for humanity. How can anyone set aside professional ethics to allow an MS holocaust, when simply alerting those with MS to avoid aspartame and other excitotoxins could save the lives of thousands?"

At a MS Society walk-a-thon, the Society gave out free Diet Cokes, and tried to prevent Betty's activists from giving the walkers information that could save lives. Betty called out to the crowd, saying, "The MS Society does not want you to have this life-saving information on a product triggering this disease." Many took copies, and Betty received calls later from those who had been helped by quitting diet drinks.

Good News

Aspartame activists in the US have taken a spectacular action, and we hope it will trickle down to Australia and other countries eventually. Years ago, a law was passed to break the mafia stranglehold, and it was very successful. Many of the most reprehensible men in US organised crime were jailed because of this law, called RICO (Racketeer Influenced and Corrupt Organisations). Now, a RICO complaint has been filed, charging the defendants with manufacturing and marketing a deadly neurotoxin unfit for human consumption, while they assured the public that aspartame-contaminated products were safe and healthful, even for children and pregnant women. Former Secretary of Defence Donald Rumsfeld is mentioned throughout the lawsuit, but he will no doubt squirm out, with help from powerful friends.

Class action damages asked are US$350,000,000. Many household company names are defendants and Dr. Robert Moser, past CEO of NutraSweet, is cited for misrepresenting facts to public and commercial users, with full knowledge of the deceptions. Organised crime does huge damage to individuals and to the economy, of course, but this damage has been a fleabite compared to the genocide and poisoning of billions of people practiced by industry, and sanctioned by governments. These men deserve the gallows.

The RICO suit is encouraging, and more will follow. World-wide lawsuits will fly one day, when enough people have been killed and maimed so class actions appear profitable to the legal profession. But don't hold your breath that Monsanto or any other multinational will be punished. These Captains of Industry are way ahead of us mere mortals, and are already arranging for others to take the falls. Corporate swindlers/poisoners rarely end up in jails, no matter how richly deserved, due to their vast wealth and bribes to legislators.

For proof, look to the asbestos outrage/scandal. For seventy years that I know of, the huge US asbestos miner and fabricator, Johns Manville, knew their product was killing people, yet they managed, with money and government connivance, to hide the evidence and stonewall lawsuits. When class actions were finally instigated, they did what any other multinational would do --- they skipped the country, taking all their money, and leaving behind a legacy of death and suffering. The Australian company, James Hardie, has been in the news for similar, although not quite as blatant, behaviour.

Because of the enormous publicity the asbestos poisonings have received, people appear to have the idea that something like this could never happen again. But they are wrong, and one day it will be clear to everyone that there are things in our lives that are infinitely worse than asbestos, all of which are explained in this book. These things will destroy health in the "civilized" world, and bring health services to their knees. Populations will be miserable, governments, as usual, will be useless, and the multinationals will join the asbestos killers in offshore havens.

Our best defence is to boycott all of the products these companies produce. They are committing crimes against humanity.

Still On The Fence?

Consider the following quotes from aspartame expert and activist, American physician, Dr James Bowen:

- The intact aspartame molecule is an alcohol poison about twenty thousand times as toxic as most alcoholic beverage alcohols.
- Aspartame manufacturing plants around the world now protect their employees with face masks and full body protective garments lest their employees come into any contact with the dust! This all started with the death of an employee named Krossic who first passed out from the inhaled dust's toxic effects... His death occurred even after all were made to wear face masks so they couldn't breathe the dust. Krossic absorbed enough through the skin that he died from a toxic cardiomyopathy. The post mortem exam revealed an "alcoholic cardiomyopathy". Jim Krossic was a teetotaller who used NO beverage alcohol!
- Aspartame ingested by the mother before and during conception is horribly damaging to the foetus, causing foetal loss, deformity, foetal alcohol syndrome and many other horrible problems.
- The maternal transmission of damaged MtDNA can occur for the rest of a woman's reproductive years, and may directly affect both her children and grandchildren, as well as becoming a persistently transmitted genetic woman's problem. The mother, therefore, does not necessarily have to have been drinking aspartame when she got pregnant, nor while carrying the baby. **Since the female is born with all the eggs she will ever have already present in her ovaries, it may well be the NutraSweet her mother drank that is the source of her offspring's problems.**

Warning: If you want normal grandchildren, teach your daughters to be more afraid of artificial sweeteners than they are of poisonous snakes.

5

Processed Foods

A convenient way to shorten your life

It's hard to know where to start when dealing with this infuriating and frightening subject. A section in a book can only skim the surface; to really understand the complexity and dangers of food additives one must be a biochemist or, at the very least, read several thick, intimidating, hard-to-understand tomes.

If you eat processed food you can be sure it will be filled with potent chemicals that the human system never encountered prior to the advent of the test tube.

Our body computers simply don't know how to deal with these chemicals, and are thrown into confusion by them. This confusion can lead to dividing of cells, and we all know what that means. As respected cancer researcher, Dr William E. Smith, said, "The growing custom of introducing an endless series of biologically foreign molecules into the human organism for various commercial advantages is not unlike throwing a collection of nuts and bolts into the most delicate machinery known."

Virtually everything you eat has been chemicalised somewhere along the line; your body, if you use processed foods, will have to deal with emulsifiers, preservatives, dyes, artificial flavours, humectants, drying agents, artificial sweeteners, bleaches, neutralisers, disinfectants, thickeners, antifoaming and anticaking agents, alkalisers, deodorants, extenders, gasses, conditioners, hydrogenators, hydrolisers, maturers, sulphites, sulphur dioxide, fumigants, antifungal preservatives, stabilisers, texturisers, antibiotics, steroids, and even irradiation. And you thought you were eating *food*!

The scope of this book does not permit a detailed list of the thousands of chemicals that are added to our foods, and the dangers, or suspected dangers, of each one. There are several fine textbooks on this subject for those who want to learn more. But be warned: reading them may be hazardous to your mental health, and can destroy any lingering faith or respect you may harbour for regulatory agencies,

chemical companies, scientists and food processors.

The list of chemicals in soft drinks is dizzying. Many contain brominated vegetable oils, which have produced large lesions on the kidneys, livers, hearts and spleens of laboratory animals. (See Starting Point.) It would take pages to list all the dangerous chemicals in these innocuous-seeming fizzy drinks. Suffice it to say that many are coal-tar products, which have been known carcinogens for many years.

Soft drinks not only destroy your bones, they also destroy your teeth. If sweet reason won't persuade you and your children to quit drinking them, try these experiments:

- Drop some metal nails into a bottle of cola. In a couple of days they will dissolve.
- Spill some on a concrete surface and watch what happens to a fly that ingests it. And see how clean the surface becomes, too.
- If you're game, spill some on your car and watch what it does to the paint – a car that's destined for the junk yard!

If you and your family persist in drinking soft drinks after these experiments, you need psychiatric help!

It's The Real Thing *All Right!*

To those who wonder how governments could allow these drinks to be sold if they are so dangerous, I can only say that you must think for yourselves in order to protect yourselves and your families. The food manufacturing industry is huge and powerful and, historically, all governments have been more concerned with protecting industry than consumers.

For example, soft drink companies have, with the help of the government, infiltrated the public school system in the US. Can Australia and all other 'civilised' countries be far behind? Several school districts in the US have actually signed contracts with *Coca-Cola* that bring in many millions, provided annual sales quotas are met! The result is predictable: school administrators encourage students to drink *Coke*, even in classrooms.

In 1998 the Centre for Science in the Public Interest (CSPI) warned that *Coca-Cola* paid the Boys and Girls Clubs of America US$60 million to market its brand exclusively in over 2000 facilities. How do you feel about this? Is it worth taking the time to write letters of protest? Do you feel, as I do, that governments, school districts and these children's clubs are irredeemably sleazy?

Many familiar and loved products wouldn't exist without liberal use of preservatives, particularly canned foods and processed meats, which require potent preservatives to prevent unwanted side effects, such as death. Processed meats are unhealthy on all levels, and best avoided in any case. Some meats are so heavily preserved that the expiry date should read, "You should live so long!"

Setting You Up for Cancer

The oft-repeated excuse used by industry spokesmen and, incredibly, believed by the public and governments, is that because these chemicals are used in such small amounts they are harmless, even though they cause cancer in experimental

animals. Some are so poisonous that they would kill humans instantly if eaten in large quantities! The frightening truth is that even tiny amounts of a carcinogen, taken occasionally, are enough to cause cancer in susceptible individuals.

At a meeting of cancer specialists, Dr Hermann Druckery, of Germany, said, "A person absorbing even infinitesimal amounts will still have the cumulative effect and when a certain level is reached and a period of latency has passed, the effect will become evident in the form of a tumour." The chemical you ingest today, in that delicious treat you just couldn't resist, could be setting you up for cancer a few years from today. Is it worth it?

Even the director of the US Food and Drug Administration, Toxicological Division, agrees. He says that there is no precise understanding of the ultimate fate of food additives once they are in the body. Years ago it was thought that the body was able to detoxify food additives, and that they were broken down into harmless compounds. It is now known that this does not happen. The processors, chemical manufacturers and governments are playing Russian roulette with our bodies. They can continue doing so *only* if we cooperate.

While it is impossible to establish the cause of most human cancers, statistics tell us that the unprecedented rise in the incidence of cancer closely parallels the huge rise in the incidence of untested chemicals in our food supply. The average person in industrial nations ingests between three and seven kilograms of these additives per year. Prudent people ingest none – so there are lots of people ingesting two or three times that amount. They are courting cancer, and all of the other ills caused by food additives.

Sorry History

There are thousands of man-made chemicals in our food that have never been adequately tested – no one knows their potential to cause birth defects, allergies, genetic damage or cancer. The food processing industry has a sorry history of using chemicals for as long as 75 years before the news leaks out that they cause serious liver damage in experimental animals. Coumarin, dulcin and butter yellow (doesn't it sound appetizing?) are just a few examples.

Many substances which are known to cause cancers in experimental animals are tolerated by governments, in spite of warnings from cancer experts, on the grounds that they are consumed in small amounts and aren't instantly lethal.

Rarely Tested

The processors rarely test additives themselves. They depend upon the manufacturers, and upon 'independent' firms such as Industrial Bio-Test Laboratories in the US, one of the largest in the world. The executives of this firm were convicted

of falsifying the results of over 22,000 tests performed for chemical manufacturers, in spite of the fire that 'accidentally' destroyed all of their records just before the Feds moved in! It's chilling to reflect that the American laboratories are considered the best in the world, and that most other countries rely upon their test results. Honest laboratories have poor track records, too; more often than not, carcinogens are identified only after the product has been tested on an unsuspecting public. Even in laboratories with flawless integrity, cumulative dangers are usually ignored. What may be relatively harmless over a short time could cause cancer over years of ingestion. Interaction has also been ignored in testing – what may be harmless alone could prove deadly when combined with other additives or natural substances. Considering that there can be 30 or more additives in just one kind of food, the permutations are endless!

Poring over labels in the supermarket is an exercise in futility. For example, a pizza maker who uses dough, tomato paste, cheese and vegetables must list them. In many countries he need not list the shocking things that have been done to 'improve' the flour that he used to make the dough, nor the additives in the cheese. If he didn't make the tomato paste, its ingredients may go unlisted. If he uses sausage that someone else has processed, all he must list is 'sausage', and the contents remain the ugly secret of the sausage maker.

Should you or your children be allergic to the sodium nitrate, or any of the many other additives permitted in prepared meat, tough luck. Animal studies show that the young are at much greater risk from additives than mature people. It may be that fully developed organs are better able to resist the onslaught of damaging substances. Whatever the reason, it is well established that all food additives present an unacceptable risk to our children.

When you consider the large amounts of brightly coloured non-foods, sodas, and other highly chemicalised food they consume, it is no wonder we have so high a rate of childhood cancer. Fifty years ago one rarely heard of a young person with cancer, or other degenerative diseases – now it is commonplace.

Into the Mouths of Babes

Even babies are victims of the processors; reading the ingredients of some baby foods, formulas and supplements would make a vulture gag. They read more like chemistry lessons than nourishment. It is known that babies have no taste for salt, yet it is often added, thus starting an early addiction. Even monosodium glutamate (MSG), which has long been known as a dangerous non-food, was used in infant food. After a long fight, consumer groups forced it to be removed in most countries. In the US, executives of prestigious Beech-Nut Corporation were prosecuted because they sold five million jars of artificial colour, sugar and synthetic malic acid, labelled as 100% fruit juice. One was convicted of 429 counts of violating the Food, Drug

and Cosmetics Act. Mr Nice Guy. When choosing food for your children, don't trust processors; trust yourself only! If you love your baby, breastfeed for as long as possible, then squash up fresh fruit and vegetables. It's not as quick as opening a can or a bottle, but you will spend less time nursing sick children and protect them from illnesses, surgery, chemotherapy and early graves.

Trap For The Unwary

Probably the most dangerous, and the least necessary, additives are dyes. At least preservatives serve a purpose, dangerous as they are. The only advantage in dyes is to the processor, who is able to mask half-dead, over-processed food so people will buy it, thinking it's fresh and nourishing. Dyes are a trap for the unwary, especially children who are attracted to the bright, shiny colours.

Natural food dyes are rarely used because they are so much more expensive than chemical ones, which are often derived from coal tar, a known carcinogen. *Tartrazine* is just one example among many. It is used to dye food yellow, orange and green, and can be found in sodas, jams, decorations, custard, flavoured milk, and many bakery goods. Approximately 10 percent of the public is intolerant or allergic to it, and no one knows the long-term effect upon people who don't have any immediate, noticeable symptoms. It is an azo dye, and they have all been linked with cancer of the intestinal tract. There are other symptoms, such as skin and respiratory problems. Many consider it a central nervous system poison, as well. It, along with all the other synthetic dyes, should have been banned at inception.

Next time you go to the supermarket, take a look at the mouthwash and plaque cleaners. There they are, lined up in all their synthetic brilliance; hot pink, blazing orange, kelly green, bright blue and scarlet, inviting you to put them in your mouth, swirl them around on your delicate, absorbent membranes, and poison yourself.

Careful people can avoid most food additives, but sulphur is hard to detect. It has been used for years to keep dried fruit from going brown. If the fruit looks plump and the colour is bright, it has sulphur on it. If it looks a bit scruffy and brown, it should be unsulphured. It won't be as soft, but once you become accustomed to unsulphured dried fruit it's lovely, and a bit of a challenge because it's chewy. It's more healthful if you soak it before eating, and that reconstitutes the moisture and makes it soft again. Health food stores usually carry unsulphured dried fruit, but it's wise to ask questions and inspect before buying.

What they call 'sulfiting agents' are a menace which is much harder to detect. Some restaurants use them on salad vegetables to maintain a fresh appearance, and on seafood and fried potatoes. Some people react with diarrhoea, acute asthma attacks, nausea, loss of consciousness and even anaphylactic shock.

Toothless Laws

Deaths have occurred often enough in the United States so that laws have been brought in to protect the public. Unfortunately, they haven't teeth; rather than banning sulfiting agents, restaurants are now merely obliged to post signs stating that they have been used.

Canned foods are chock-full of poisonous chemicals, salt and non-nourishment. Most of the vitamins and minerals are lost through processing, as are all of the precious enzymes, without which the body cannot function efficiently.

The cans themselves pose a serious problem because of leaching. This is especially dangerous in canned citrus, berries, or other acidic foods. One hundred and fifty parts per million of tin contamination of the contents was shown in some experiments. Sensitive individuals have been known to become violently ill when exposed to the golden-brown lining which is used to keep the metal from changing the food colour. The seams of the cans are closed with lead, and this leaches into the food, also.

Those who store tinned food in the refrigerator are begging for trouble, as contamination increases dramatically each day of storage. In a related incident, a family in Los Angeles, California, brought some pretty pottery back from Mexico. They used one of the jugs to store orange juice in the refrigerator for several days. One of the children died and other family members became deathly ill before it was realised that lead in the pottery had leached into the orange juice. The danger from cans isn't that dramatic, of course. If it were, canned food would be removed from the market and people would be much healthier. But the principle is identical and the dangers are slow and cumulative.

Disgusting things are done by the processors. To facilitate peeling, fruit and vegetable skins may be turned to mush by caustic solutions such as lye. To prevent loss of chlorophyll, magnesium carbonate, or magnesia, is used whether you want a laxative or not. Firming agents, such as monocalcium phosphate, calcium chloride, and citrate may be used in preparation.

Since canned food would be an unappetising grey colour without doctoring, soaking in soda or stannous chloride (tin salts) is commonly employed. Most of these distasteful chemicals are not listed on the labels, but you can be sure they are there, just the same. Processors claim they 'dissipate', but processors' track record for veracity and concern for the community leave one unconvinced.

An old saying goes, "The whiter the bread, the sooner you're dead," yet bakers continue producing devitalised, dangerous, deadly white bread, and people go on gobbling it down and giving it to their unsuspecting children. Your mother probably gave it to you, often with peanut butter and jelly, and it was a treat, a part of growing

up. Like so many things we grew up with, it's hard to associate it with poison. Yet, poison it is, and it's impossible to build or maintain maximum health while eating the stuff.

Profit Motive

For 30 years flour was bleached with nitrogen trichloride, a central nervous system poison. Now bleaching is done with ammonia, alum, gypsum and chlorine dioxide, all dangerous, in spite of assurances of safety by the food processors. Many scientists deplore this practice, and, in experiments, mice have been shown to suffer stunted growth due to eating flour treated with chlorine dioxide.

Profit is the motive; bleaching makes it is possible to use very poor quality flours, and give the product a long shelf life. The processors are unconcerned that when they remove the colour from the flour, they also remove the nourishment.

With the exception of the bleaching process, all of the dangers lurking in white flour exist in whole wheat. So, congratulations are not in order for those of you who have been serving your families dark bread, unless you've been grinding your own flour from bio-dynamic grain (to avoid brominated flour) and baking your own bread, or using a food drier to prepare grain crisps. They maintain all the nourishment as long as the drying temperature is kept below 40° Celsius. If you prefer traditional bread, look at baking day as an opportunity to put some old-fashioned warmth back into family life and get the kids off the street, away from the television and involved in family life. But even the best bread contains gluten, which compromises health.

While groaning about the time spent baking, remember that wheat seeds are treated with mercury poison, and in storage bins cyanogen gas is sprayed on them. Later, bakers saturate the dough with mycoban or calcium propionate, which destroys the enzyme that makes it possible for our bodies to assimilate calcium. They use it because it stops mould, unaware or uncaring that anything that retards the growth of a living organism must also be dangerous to people. Add to this dreadful mix the bromine that is in all commercial flours, (see Starting Point) and it's small wonder so many people are allergic to bakery products! So, if you are going to bake do it only with organic seeds!

There may be as many as 80 ingredients in a loaf of bread, and few of them are listed. Most of them are non-foods, and many are dangerous. There are dyes, preservatives, antioxidants, mould retarders, bread improvers, extenders, emulsifiers, leaveners and conditioners. Some are used instead of eggs, milk and shortenings, because chemicals are cheaper than real food. Others are used to make distribution easier and shelf life longer. These chemical breads remain 'fresh' for a long time, passing the 'squeeze test'. And why not? They're not food anymore, and there's nothing to rot.

By the time everyone has gotten into the act, most bread is unfit for consumption, human or animal. Weevils have more sense than some people –they won't eat white flour. Not only is it chock full of poison, but all the vitamins, minerals and enzymes have been removed in the milling process, and fed to hogs. 'Enriched' flour is a farce. Synthetic coal-tar vitamins are pumped in after the natural nutrients are milled out. Bread made with this kind of flour is the staff of death, and should carry the skull and crossbones.

It is wise to avoid any food that has a numbered ingredient on its label. Those numbers were put on due to consumer pressure – too many people were being poisoned, and even killed, because they didn't know what they were eating – and most of the numbers represent chemicals no sane person would choose to eat or drink. As a tiny example, 'Additive 920' is manufactured from animal hair and chicken feathers. The anonymous 'Bread Improver', which is in so many commercial breads and in many bread maker recipes, is to be avoided, because of the aluminium and other dangerous additives present.

As our appointed 'guardians', governments have failed miserably in their duty of care towards safeguarding our health. They all suffer from tunnel vision when multinationals are threatened and will absolutely not give us the protection we so badly need, deserve, and pay for. This subject is too complicated for politicians. More sinister, the food processors are too rich and their lobbyists are too powerful and/or generous for politicians to make headway against their dangerous practices, even if they had the motivation, the interest, or the knowledge. They don't, and they probably never will; *as ever, we must protect ourselves!*

Benzyl alcohol; isopropyl alcohol; ethyl alcohol; propylene glycol; glycerin; mannitol; sorbitol; polydextrose; ethyl acetate; glyceryl monoacetate; glycerol diacetate; triacetin; triethyl citrate; edible fats and oils; sodium chloride; erythritol; modifying agents; natural starches; maltodextrin; gelatin; hydrogenated; calcium silicate; potassium caseinate; sodium aluminosilicate; magnesium carbonate; calcium sodium alumino silicate; calcium phosphate; tribasic; calcium hydroxyphosphate.

As an example of the devil-may-care attitude the Australian government and other governments in 'civilised' countries have adopted, following is a list of a few of the chemicals permitted in our food supply:

These chemicals are actually permitted in the food we eat! Do you think your government has any inkling of what damage some, or all of them, may do? Has anyone, anywhere, even considered what interactions these chemicals may have? It is not specifically stated, but I have reason to suspect that some of these chemicals are in *baby food*! Aspartame is permitted in baby food, so why not the above chemicals, many of which are thought to be carcinogens? Do you want to feed these chemicals to your family? I certainly don't, and that is why I never buy any manufactured food. I hope you will follow my example.

6

Oils and Fats

The facts behind all that industry misinformation

Cholesterol is not the enemy. In fact, if you do not provide your body with enough of the right kind of fats, your body will have to manufacture its own cholesterol. And remember, our bodies are a lot smarter than the food industry's hired gun scientists.

What I am about to say regarding oils is not what the food chemists want you to know about, or what the expensive ads postulate. This information flies in the face of the 'conventional wisdom', which may be conventional, but certainly isn't wise: all of the polyunsaturated oils that are now promoted as healthful, are not. In fact, they are dangerous. In order to maintain your health, shun these manufactured, oxidised, chemicalised products.

The polyunsaturate-pushers don't want you to know the truth. For decades their propaganda has covered up the dangers associated with having low blood cholesterol, and the safety of the old-fashioned fats and oils that have nourished countless generations.

Lost in the shuffle are the hundreds of studies proving that low cholesterol leads to much higher deaths from cancer. These studies have appeared for decades in obscure medical journals and in the books of corporate-neutral scientists. Regrettably, few people are exposed to them. But articles praising the heart 'benefits' of polyunsaturated oils appear everywhere. So, too, do the glossy, full-page advertisements their manufacturers have paid for. Advertisements are the lifeblood of most magazines and newspapers, and when the ads are accompanied by favourable articles, it is prudent to look with healthy scepticism upon the products they promote.

A study in Honolulu showed that age-adjusted mortality from cancer was four times higher in the low serum cholesterol group, compared to the high serum cholesterol group. In a Yugoslavian study, as cholesterol levels fell, total mortality

rose. In Malmo, Sweden, the lowest serum cholesterol group was associated with the highest death rate, mainly due to cancer and other non-coronary heart disease causes.

Men, are you aware that without the right kind of cholesterol, your body will be unable to manufacture its own testosterone? Apart from the obvious masculinity problems, scientists have identified low testosterone as the cause of 'Irritable Male Syndrome', the grumpy, non-communicative, moody male who makes life miserable for his family.

Shorter Life

Gary Taubes, the author of ***The Soft Science of Dietary Fat***, wrote in ***Science Magazine***, *2001*, "Men with very low cholesterol levels seemed prone to premature death; the lower the cholesterol the shorter the life… Men with cholesterol levels below 4.1mmol/L tended to die prematurely from cancer, respiratory and digestive diseases and trauma. As for women, the higher the cholesterol the longer they lived."

Dr Robert Jay Rowen agrees. In his newsletter, ***Second Opinion***, he writes, "Cholesterol dangers are largely a myth… The majority of heart attacks in this country [*the US*] are incurred by people in the 'normal' range… I see a 67-year-old woman with cholesterol levels over 800 with no signs of vascular disease or hypertension whatsoever!"

Women must have cholesterol. Without this vital nutrient, their bodies will not be able to produce the hormones they need for their reproductive cycle, and to keep them healthy throughout their later years.

Perhaps most telling of all is what leading endocrinologist Dr Raymond Peat wrote in his book, ***From PMS to Menopause***: "Unsaturated oils, especially polyunsaturates, weaken the immune system's function in ways that are similar to the damage caused by radiation, hormone imbalance, cancer, aging, or viral infections. The media discuss sexually-transmitted and drug-induced immunodeficiency, but it isn't yet considered polite to discuss vegetable oil-induced immunodeficiency."

The hysterical cholesterol scare campaign gained currency for all the wrong reasons shortly after World War II, and was picked up by the food manufacturers and health professionals who didn't read the research, and blown into a dangerous cult. Sure, some fats are deadly – but they are the *manufactured* fats, such as margarine, homogenised milk, soy oil, corn oil, etc. In short, all of the heavily-promoted oils are dangerous, and the fats and oils reviled by the huge companies – coconut oil, butter and olive oil, are the good fats. But only if they are properly formulated and carefully stored.

For decades, the multinationals who manufacture trans-fats and unsaturated oils manipulated research, in order to promote the sale of their chemicalised, oxidised

products, which are unfit for consumption – human or animal! In doing so, they have taken attention away from the real causes of heart disease – sugar, junk food, heavy grain consumption and the wrong kinds of fats. In spite of all the glossy ads and the misinformation campaigns that have led our health practitioners astray, cholesterol, unless it is oxidised, is a valuable nutrient. We need it because it is the precursor of progesterone, oestrogen, DHEA, pregnenolone and other hormones. Our bodies cannot manufacture these invaluable hormones without it.

Can Cause Impotence

According to Dr John Lee, "This decades-long misinformation campaign has been a contributing factor in the meteoric rise in the incidence of heart disease and cancer, and has helped bring billions of dollars in profits to companies selling both cholesterol-lowering drugs and hydrogenated oils." Men who are prescribed these drugs, usually without warning from their physicians, learn the hard way that they can cause impotence. If you are unconvinced, please see ***Chapter 14*** to learn what these oils do to the male prostate gland.

For those of you who need any more reasons to embrace a healthful diet, consider this: if you eat and drink yourself into severe heart disease and your physician warns that a bypass is your only option, you run a 42 percent risk of brain damage, neurological complications, and suffering a stroke on the operating table.

Dr Julian Whitaker, of Whitaker Wellness Institute Medical Clinic (*www.drwhitaker.com*), explains why: "There are several explanations for this. Ill effects of anaesthesia may be a factor. Inflammatory chemicals that are released in massive quantities during surgery likely have adverse effects as well. However, the primary culprit appears to be the heart-lung machine... which may introduce air bubbles into the bloodstream that can interfere with blood flow to the brain. Even worse, messing with the aorta loosens embolic matter (small bits of plaque and blood clots), which can break off, travel up the carotid arteries in the neck, lodge in the blood vessels of the brain, and disrupt oxygen delivery."

Be wary of doctors and persuasive glossy advertisements pushing statin (cholesterol-lowering) drugs. They work by blocking an important enzyme the body uses to make cholesterol, but the makers have evidently not considered what other essential work that enzyme may be required to do. Or, perhaps with an eye only on the bottom line, they simply do not care.

Then there are the well-documented side effects: intestinal disease, increased risk of cancer, stroke, suicide and severe Alzheimer's Disease. Bayer had to withdraw its statin drug, *Baycol*, from the US market, when it was found to be responsible for 31 deaths from a muscle-destroying disease. Another, *Cervistatin*, was also taken

off the market when it created the same problems. ***Public Citizen***, a US consumer watchdog, petitioned the government to force drug companies to warn Americans that they should quit the pills at the first sign of muscle pain or weakness. How about warning them not to take these drugs at all? And, where are the consumer watchdogs in Australia? Recently, one pharmaceutical firm patented the inclusion of Co-Q_{10} in its newest statin. This happened because they finally acknowledged that statin drugs reduce synthesis of this nutrient, which is vital for heart health. This means, of course, that none of the other firms making statins will be able to add Q_{10} to their formulation. Dr Whitaker believes this is grounds for a huge class-action suit by patients who have been damaged by statins, without being warned to take supplemental Q_{10}.

Failed to Protect the Heart

Dr Duane Graveline, on American radio show, *The People's Pharmacy*, told of bouts of total amnesia he experienced while taking a statin drug. Pfizer, who make the statin drug, *Lipitor*, deny that there have been any reports of memory loss. But then, they would, wouldn't they? Lipitor brings them in more than US$5 billion per year! The efficacy of this drug has been thoroughly discredited.

A large Hungarian study, reported in *Dr Peat's Newsletter*, showed that using a drug to lower cholesterol failed to protect the heart, and greatly increased the cancer death rate. "It is now widely recognised that the pattern of blood lipids associated with lower incidence of heart disease – higher blood levels of the High Density Lipids (HDL) and lower levels of the Low Density Lipids (LDL) – is associated with a higher cancer risk. It seems that any intervention – not just excess vegetable oil – which lowers the LDL cholesterol will increase the risk of cancer." Wow! In other words, just the opposite of what the 'experts' say.

The lesson to be learned here is that all of us should consume as perfect a diet as possible, shun drugs, and keep the sickness industry at bay. Don't let them play Russian roulette with your heart and life!

Dr Peat quotes experiments that show even a 'moderate' use of unsaturated oils in the diet accelerates aging. Mice fed soy oil produced offspring with smaller brains and learning difficulties, compared to the offspring of mice given coconut oil. He says, "The brain seems to be especially sensitive to the toxic effects of vegetable oils." Dr Peat also says that if polyunsaturated oils are not eaten, vitamin E needs become low, and he warns that women should shun unsaturated oils during pregnancy, in order to protect their babies.

Mother's milk is rich in cholesterol, and nature didn't put it there because it is bad for infants. It is there to ensure proper development of the nervous system and brain. Whenever women tell me proudly that they have their babies and older children on margarine and low-fat milk I am horrified. These children will never

realise their full potential – they are being starved of the kind of fats the brain needs. Denying babies and children the right kinds of fat is child abuse, and any physician or so-called health professional who advises this starvation diet should be ashamed. And, while I'm railing against the health advisors, they have either forgotten or never learned that a major cause of extremely high cholesterol is low thyroid function. Bring the thyroid up to normal and cholesterol will drop.

Rancidity

Flax oil has been heavily promoted for several years as 'essential' for health, and many people force themselves to take a tablespoon each day, even though they don't like the taste. This is misguided, according to Dr Peat, who considers it "…the most carcinogenic of oils"! The British alternative medical newsletter, ***What Doctors Don't Tell You***, carried out exhaustive tests on all the brands of flax oil sold in London. They found that most were rancid, which is dangerous because rancidity promotes cancer. Two were not rancid, but the magazine reported that they turned rancid after a few days of refrigeration.

Radical Facts

What are these 'free radicals' we hear so much about? This is Dr Peat's definition: "Free radicals are reactive molecular fragments that occur even in healthy cells, and can damage the cell. When unsaturated oils are exposed to free radicals they can create chain reactions of free radicals that spread the damage in the cell, and contribute to the cell's aging."

Next time a health professional urges you to consume this oil, ask why it comes in a dark bottle and must be refrigerated immediately. Commonsense dictates that this is because it is highly unstable and readily breaks down into free radicals. If that doesn't scare you, this should: under the influence of unsaturated fats (including flax oil) brain cells swell, and their shape and interactions are altered. For more information on flax, see **Chapter 14**.

As for the so-called, much-touted 'essential fatty acids', consider this quote from Dr Peat's book, ***From PMS To Menopause*:**

> *"Essential fatty acids are, according to the textbooks, linoleic acid and linolenic acid, and they are supposed to have the status of 'vitamins,' which must be taken in the diet to make life possible. However, we are able to synthesise our own unsaturated fats when we don't eat the EFA, so they are not 'essential.' The term thus appears to be a misnomer." (M.E. Hanke, **Biochemistry**, Encycl. Brit. Book of the Year, 1948).*

Intrinsically Toxic

Far from being 'essential', these oils are intrinsically toxic and should be avoided. They inhibit enzymes that are needed for digestion and for the production of thyroid hormones. As Dr Peat writes, these oils

"increase the risk of abnormal blood clotting, inflammation, immune deficiency, shock, aging, obesity and cancer... Since the unsaturated oils block protein in the stomach, we can be malnourished even while 'eating well'....

Linoleic acid constricts blood vessels and promotes hypertension... and is specifically associated with serotonin-dependent disorders such as migraine.... Polyunsaturated fats contribute significantly, maybe decisively, to the degenerative changes that occur in aging." Flax oil and all the other unsaturated oils are everywhere – small wonder there is so much serious illness in the 'civilised' world.

Canola oil should also be shunned, but this is easier said than done, as it is ubiquitous. The only way to keep it out of your diet is by strict avoidance of fast food outlets, by keeping junk food out of your life and by being fussy when choosing manufactured foods. Remember, when you are tempted by a quick snack:

Fast Food = Fast Death!

Nutritional experts Sally Fallon and Mary Enig, PhD, in a lengthy article in *Wise Traditions*, wrote, "…canola oil is definitely not healthy for the cardiovascular system. Like rapeseed oil, its predecessor, canola oil is associated with fibrotic lesions of the heart. It also causes vitamin E deficiency, undesirable changes in the blood platelets and shortened lifespan in stroke-prone rats… Furthermore, it seems to retard growth, which is why the FDA does not allow the use of canola oil in infant formula." Finally, the FDA did something right!

Margarine, one of the worst offenders, must be avoided. During the many chemical processes used to manufacture this product, hexane and carbon tetrachloride are used as solvents, and traces remain. To achieve a butter-like consistency, hydrogen gas is bubbled over a nickel catalyst, saturating the fat and turning it into an artery-clogger.

These chemical insults create an odoriferous black goop, which must be bleached and deodorised with even more chemicals. Then artificial flavours, dyes and preservatives are added. The result is a plastic, chemical non-food that your body does not know how to deal with or detoxify. You might just as well inject liquid plastic into your veins. Amazingly, many doctors still recommend this stuff for prevention of heart attacks!

Risk of Heart Disease

The New England Journal of Medicine reported that trans-fats (polyunsaturated fats) *increase* the risk of heart disease by damaging arteries. These dangerous fats are in all fast food, fried food and most bakery goods. They are produced when polyunsaturated vegetable fats are artificially hydrogenated. When you see "partially hydrogenated oil" on a label, put it back on the shelf. This is the dreaded trans-fat,

and it is a killer. Dr Peat agrees that these oils damage the heart, and adds, "It is now known that polyunsaturated fats interfere with thyroid hormone in just about every conceivable way." Healthy functioning of the thyroid gland is essential for good health. Dr Peat also wrote, "The easily-oxidised short-and medium-chain saturated fatty acids of coconut oil provide a source of energy that protects our tissues against the toxic inhibitory effects of the unsaturated fatty acids and reduces their anti-thyroid effects."

For the sake of your health, ignore the 'experts' who jumped on the bandwagon, and search out the alternative health professionals who know the truth behind one of the most cynical and dangerous publicity campaigns ever mounted. Dr William Campbell Douglass is one, and he has graciously permitted me to reprint the following from his newsletter, ***Second Opinion***:

> *Coconut oil is the best example of an innocent saturated oil getting the reputation of clogger of arteries because of a misinterpretation of the research. The wrong interpretation was then repeated until it became 'a known fact' that the food manufacturers were killing us by using large amounts of coconut oil. Now there are a lot of things wrong with the food industry, and they do use a lot of unhealthy oils in their foods, but coconut oil isn't one of them. In fact, the seed-oil cartel has managed, by what nefarious method I don't know, to almost eliminate coconut oil from the diet of the American people.*
>
> *Twenty-five years ago, I was taken in by the seed-oil company propaganda against coconut oil, just like everybody else. It was easy to fool us: coconut oil is a saturated fat; 'saturated fat is bad'. And there's the economic factor; that's the one that really counts. Coconut oil is relatively expensive. Soy bean, peanut and corn oils are not. But these cheap oils that are used in processed foods today are very unstable. They can become rancid in just a few hours, even in the refrigerator. So the answer to that problem, you may have already guessed, is the addition of a lot of preservatives.*
>
> *Coconut oil, for reasons not completely understood, does not become rancid, even though it contains a small amount of unsaturated oils. Coconut oil has been left at room temperature for a year without developing any rancidity. The five percent of unsaturated oils in coconut oil should turn rancid, but they don't. It is theorised that the saturated oil in coconut oil has an antioxidative effect and thus prevents the oxidation of the unsaturates present in the oil.*
>
> *Unsaturated oils cause cancer; the research is there to confirm it, but few people have seen it.* ***The 'essential' fatty acid, linoleic acid, when fed to experimental animals, gives them heart disease****. But if you give the animals saturated fat, in the form of animal fat or coconut oil, they will be protected*

from the harmful effects of the 'essential' unsaturated linoleic acid. This is clearly understood in the organ transplant field. Emulsions of unsaturated oils are used specifically for their immuno-suppressive effects. Is that what you want on your salad – oils, such as canola and soy bean, that suppress your immune system? Or would you prefer an oil, like coconut oil, that protects you against the ravages of immune suppression?

Fifty years ago, farmers attempted to fatten their livestock by using coconut oil, which was a lot cheaper than grains. They reasoned that fat (any fat) would make the animals fat, a simple and self-evident postulate. But they were wrong. What they got instead was lean and perky, rather than fat and indolent. Granted, the cows were hungry all the time, and ate a lot, but they didn't get fat.

So, back to the drawing board. They next tried drugs that would suppress the function of the thyroid. It worked; the animals got fat on less food. But the compounds were found to be carcinogenic and it was feared that the meat would in turn give cancer to the consumers. So they decided to try various cheap beans, such as soy, and cheap vegetables, such as corn.

Both soy beans and corn worked. And here is the point of all this animal husbandry: the soy beans and corn suppressed the thyroid gland, just like the drugs, and the animals got fat without consuming a lot of food. So do you wonder why it's hard to lose weight on these oil-based vegetarian diets? You don't lose weight if your thyroid gland is suppressed, you gain it. What the farmers already knew was later 'proven' with animal studies. The animals fed unsaturated vegetable oils, such as soy and corn, were fat; the animals fed coconut oils were lean. The total amount of fat eaten was not the controlling factor. The higher the ratio of unsaturated oil to coconut oil, the fatter the animal, no matter what the quantity of oil ingested.

And there are other reasons not to use the unsaturated oils. The seed oils block proteolytic enzymes, which is probably why they block the production of thyroid hormone. But they also block digestive enzymes and affect the clotting mechanism.

Even worse is the effect of the unsaturated oils on the brain. Soy oils are incorporated directly into the brain, making the brain structurally abnormal. Children fed exclusively on unsaturated oils are not going to develop normally unless they get the protective effect of coconut oil.

As expected, the drug companies have fractionated coconut oil to obtain patentable products, such as butyric acid, because it's well known that coconut oil contains many important nutrients. But you don't need purified

products; you just need coconut oil. The natural coconut oil acts as an antihistamine, an anti-diabetic, an anti-cancer agent, and an anti-infective.

The ***Journal of the American Medical Association*** agrees with Dr Douglass: "Coconut oil may be one of the most useful oils to prevent heart disease because of its antiviral and antimicrobial characteristics (***JAMA*** *1967 202:1119-1123*; ***American Journal of Clinical Nutrition*** *1981 34:1552*).

"In Framingham, Massachusetts, the more saturated fat one ate, the more cholesterol one ate, the more calories one ate, the lower people's serum cholesterol... we found that the people who ate the most saturated fat weighed the least and were the most physically active." (William Castelli, director of *The Framingham Study*).

"The diet-heart hypothesis had been repeatedly shown to be wrong, and yet, for complicated reasons of pride, profit and prejudice, the hypothesis continues to be exploited by scientists, fundraising enterprises, food companies and even governmental agencies. The public is being deceived by the greatest health scam of the century." (George Mann, MD, renowned researcher).

"An analysis of cholesterol values in 1,700 patients with atherosclerotic disease revealed no definite correlation between serum cholesterol levels and the nature and extent of atherosclerotic disease." (Michael DeBakey, MD, famous heart surgeon.)

The pioneering ***Townsend Letter for Doctors and Patients*** states: "Coconut oil is particularly useful as it has an essential saturated fat, lauric acid. Trans-fat is the fat that should be absolutely avoided at all times. Read labels. Any time you see partially hydrogenised fat - that means trans-fat. Avoid it... Organic, unrefined coconut oil is safe. However, most other coconut oil products are hydrogenated. Coconut oil has been subjected to a smear campaign by commercial vegetable oil producers, but the research studies cited have used *hydrogenated* coconut oil, which has skewed the results."

Skin Care

Dr Peat has this advice for women; he suggests avoiding skin creams containing polyunsaturated botanical oils because they promote aging of the skin by intensifying the effects of the sun's ultraviolet rays. He recommends coconut oil as the best for skin care, and so do I. It's the only cleanser or moisturiser I use, and I always give it to my massage therapist, because I don't want any dangerous oils absorbed through my skin.

The Health Centre's interest in coconut oil started years ago when we read the following story in ***Health and Healing Wisdom,*** the journal of the Price-Pottenger Nutrition Foundation:

"When an AIDS sufferer found that his viral load had reached almost 700,000, he decided that the best use of his money and remaining time on Earth was a relaxing vacation. He chucked all the vitamins and drugs he was using – including *Naltrexone* – packed his bags and headed for an Indian village in Surinam. There he dined on fresh coconut meat every day. Within two days his peripheral neuropathy was gone and within two weeks, he was 'running through the jungle'. Back home, and continuing to consume at least one-half of a coconut per day, his lab tests showed that the viral load had dropped to just over 300,000. Within another month the viral load had dropped to non-detectable levels and he had gained 32 pounds."

This little paragraph came like a bolt from the blue. Knowing the integrity of this non-profit foundation I decided to research coconut, starting by turning myself into a guinea pig – not for the first time! Within minutes, I was on the way to our local supermarket. Unfortunately, green, soft flesh coconuts are hard to find in cities, so dried nuts are the next best thing.

A coconut novice, I didn't have the sense to ask the produce man to saw the coconuts in half and empty the liquid into a jar. (Some will cooperate, some won't, I later discovered). Fired with enthusiasm, I rushed home, not giving a second thought to the task ahead – how to open two incredibly hard spheres.

More On Rancidity

Regarding the rancidity in most oils, Dr Peat said, in one of his informative *Newsletters*, "The fact that saturated fats are dominant in tropical plants and in warm-blooded animals relates to the stability of these oils at high temperatures. Coconut oil which had been stored at room temperature for a year was found to have no measurable rancidity. Since growing coconuts often experience temperatures around 100 degrees Fahrenheit, ordinary room temperature isn't an oxidative challenge. Fish oil or safflower oil, though, can't be stored long at room temperature, and at 98 degrees F the spontaneous oxidation is very fast."

After trial and error I discovered the way to proceed, and the following are my recommendations, but first, when choosing your coconuts, shake them to make sure there is plenty of liquid inside. If not, they are old and probably spoiled. Be sure to keep your sales slip because sometimes even those with liquid are found to be spoiled, and the market will return your money.

Preparation

If your produce man is uncooperative, fend for yourself, this way: Take the nuts outside, along with a hammer, screwdriver and a jar. Prop the coconut between your knees, place the screwdriver on one of the eyes, and hammer it into the eye, until it slips in easily. Then do the same with the other two eyes, being careful not to spill the liquid. Up-end the nut and pour the liquid into the jar. Taste it. If it's sweet, you have a good nut. If it smells or tastes sour or offensive, you have an old nut. If it's good, drink the liquid while it's fresh. If you have eyestrain, put some

of the water in a glass dropper bottle and use the healing water as eye drops. After removing the water, cover the nut with an old towel or a plastic bag and hit it with the hammer until it breaks into pieces.

Then you will have to remove the meat from the husk, which is easier said than done. But persevere, it will come out. Don't be concerned by the thin, brown coating on the outside of the meat. There is nothing wrong with it. And, don't attempt to chew the meat – you run the risk of cracking a tooth.

Once you have the meat separated from the husk, the best approach is to shred it. I use a *Champion Juicer*, with the 'blank' on. This shreds beautifully. If you use a different shredder, make sure it doesn't heat up, and don't under any circumstances use aluminium; it is toxic and will contaminate the coconut. I then put my coconut in a food drier, although it isn't necessary. It tastes better, and is slightly crunchy, dried, and appears to keep better. But remember, if you opt for drying, be sure the drier doesn't have aluminium trays, and keep it at a low temperature so the nutrients aren't destroyed, 40° Celsius (104° Fahrenheit) or under. Most Indian stores sell a great and inexpensive coconut scraper that gets the meat out simply, if you first saw the coconut in half. For those of you who do not have this equipment, or the time to go through this exercise, there is another way – buy pure, unadulterated coconut oil. More about that below.

Lauric Acid

Every illness is different, as is every case. Fortunately, experimentation is not dangerous, and you can easily figure out for yourself how much you need, and how often. Proceed slowly, bearing in mind that coconut flesh is rich, and too much can be hard on susceptible digestive systems, and the liver. I prefer the oil to dried coconut as it is easier and perfect for cooking.

After proving to my satisfaction the benefits of coconut, I wanted to know – *why*? So, I rang the Price-Pottenger Foundation and talked to their dedicated, helpful editor, Pat Connolly. She suggested that I read a back issue of their journal, which contained an article by Mary Enig, PhD, an expert of international renown in the field of lipid chemistry. Dr Enig, who has impeccable credentials, is able to practice pure science, as her research is not 'bought and paid for' by the food conglomerates.

Dr Enig has done an enormous amount of research on coconut oil. She has found the oil to be not only antiviral, but anti-microbial, anti-protozoal and anti-carcinogenic. This is extraordinary information, and Dr Enig quotes other research studies made by many other prestigious scientists. She cited studies which found the lauric acid in pure coconut has adverse effects on various micro-organisms, such as bacteria, intestinal yeast overgrowth, fungi and enveloped viruses. She states that it was found that **lauric acid causes the disintegration of the virus envelope!**

Important Nutrient

"Some of the viruses inactivated by the lipids in lauric acid are measles virus, herpes simplex, vesicular stomatitis virus, visna virus and cytomegalovirus," she says. There are also several studies described in this article which found that dietary coconut oil, as widely used in island communities, does not cause high cholesterol levels. Breast milk contains lauric acid for the protection of babies, indicating that nature considers this an important nutrient.

It is nothing short of criminal that the medical profession has ignored the healing properties of coconuts. According to Mary Enig, immune-compromised people should ingest about 25gm of lauric acid per day. She based this figure on comparative levels found in human breast milk. If using oil only, this would amount to four tablespoons per day for an adult. It can be used in soups, as salad dressings, and for sautéing food and in drinks.

Coconut milk, if you can find a pure one, is another option, as four ounces contain about 11gm of lauric acid. Fresh, shredded coconut contains about 6gm per ½ cup. Although I don't approve of it myself, since I don't know what 'they' have done to it, another possibility is desiccated coconut. It, too, contains about 6gm of lauric acid per ½ cup. But please remember: **no** hydrogenated coconut oil, and **no** 'lite' oil!

These large amounts are recommended by Dr Enig only for those with severe immune system problems. Smaller amounts are adequate for others.

Those of you who remain phobic about cholesterol, even after all the evidence I've compiled in this book, must now be trying to decide which is worse – eating an oil that is not recommended by the multinational food industry and by ill-informed health professionals, or the virus or bacteria you are trying to banish.

When you consider what commercial food processors do to coconuts before they reach the stores, it's small wonder that proprietary coconut oils, grated coconut and other end products are toxic. They burn the coconut, dry it at extremely high temperatures, store it in dirty sacks, then bleach and deodorise it, because the manufacturing processes make it look and smell disgusting. And, in the case of oil, after all the above insults, they homogenise and hydrogenate it. They call it *RBD Oil* (Refined, Bleached, Deodorised) and it's a disaster – everything decent has been killed.

Dr Peat has this to say about coconut oil: "This oil contains immunity-boosting lauric acid, also found in mother's milk. For these reasons, its regular use offers protection against disease and premature aging." Dr Peat recommends taking about an ounce each day, as salad dressing. Many people have reported to me that they take much more than this and claim that it has helped them greatly.

Dr John R Lee concurs with this, and also with Dr Douglass, that "An added bonus is that by increasing the metabolic rate via the thyroid, coconut oil, in spite of being a fat, has been known to bring about an amazing loss of excess weight. Farmers, in fact, who thought it would be an inexpensive way to fatten their animals, found it had just the opposite effect!"

Addressing the irrational fears most people have regarding this oil and heart attacks, Dr Lee also states, "Equatorial people, whose main source of fat is unrefined coconut oil, tend to be very free of heart disease."

The Good Oil on Oils

Olive Oil

Buy only green olive oil, or extra virgin for salads, and make sure it is in a dark bottle, to avoid the oxidation that occurs when oil is exposed to light. Please do not cook with olive oil, as heating oxidizes it and creates free radicals, which we all need to avoid.

It is becoming difficult to find quality olive oil these days, probably because there are too many people who want it, and too few olive trees. It is necessary to be selective and find a brand that tastes of olives. Some producers add other oils that are not healthful. I used to buy the Melrose brand, but the last bottle tasted strongly of fish oil. I asked them for an explanation, but never heard back. I've switched brands.

Butter

This fat, recommended by all the oil experts I trust, contains the valuable A and D vitamins, which are vital for the proper absorption of calcium, and efficient functioning of the thyroid gland. The fatty acids in butter are valuable to the immune system, and the lipids in butter protect gastrointestinal health. These fatty acids are burned for quick energy, rather than stored as fat. According to the American health journal, ***Health Freedom News***, "The notion that butter causes weight gain is a sad misconception."

Tragically, 'they' have ruined this nourishing food by taking the cattle out of grassy pastures where, in the 'good old days', they were free to absorb the life-giving nutrients nature provided. They are now fed the cheapest, most unhealthful grains, dosed with drugs, and treated inhumanely. If you can locate a dairy that allows their cows to live according to the laws of nature, their butter will be high in life-giving fats and will nourish your family.

New Zealand's butter and meat are said to be from grass-fed livestock. The Americans, in some States, are fortunate to have certified dairies, as well as organically raised meat. In Australia, some health stores carry meat and butter from properly raised animals. Always purchase the unsalted variety, and do not use it for cooking, as heat causes butter to oxidize, creating free radicals.

Because I mistrust food manufacturers, I recommend that people churn their own butter, if they can find a dairyman willing to sell pure, uncontaminated milk. The big problem for most of us is finding time for such things.

Coconut Oil

For all the reasons already mentioned, and from a great deal of experience, I am convinced that this is the most healthful oil available. Nature has wisely provided the coconut with protection against tropical heat, so its oil does not turn rancid or oxidize in hot weather. Nor does it create free radicals when heated. Because of this, coconut oil is the only oil I consider safe to use in cooking. Storage is also not a problem. Although I do not recommend it, I have stored it un-refrigerated for four years without noticing a rancid smell or flavour.

Coconut oil turns hard when exposed to cold, but when it is placed in warm water or in the sun for a while, it liquefies. And, of course, when it is in the body it is in its liquid state, contrary to poly-pusher propaganda. Do not purchase commercial coconut oil products: the processing turns it deadly.

For years, we were unable to find a good coconut oil. They all smelled of chemicals, and now I know why. Finally, after months of phone calls to several countries, we were able to locate a superb oil, and the Hippocrates Health Centre is importing it. It is made by native South Pacific communities, using very old and safe methods. Nothing is done that can hurt the oil, and the presses are washed only with hot water, never the benzene or other poisons most oil processors use. These poisons, of course, end up in small amounts in most of the conventionally-processed oils. Manufacturers stress the minute amounts, ignoring the cumulative effects of years of poisons our bodies are expected to detoxify.

For information see www.hippocrates.com.au.

For the truth on cholesterol and the health of your heart, there are two superb, life-saving books with, coincidentally, identical names**:** ***The Great Cholesterol Con***. The one by Dr Malcolm Kendrick is easy reading for the layman, and the one by Dr Anthony Colpo is aimed at scientists. These books will change forever the way you look at cholesterol, statin drugs and cardiologists.

For more information on oils, I highly recommend Dr Peat's newsletters, and the work of Mary Enig, PhD, and her co-writer, Sally Fallon.