

## These are some of the lies that you'll witness on TV

*"Eat Cheerios to lower your cholesterol." "Three or more glasses of skim milk a day are a great way to lose weight." "Splenda is just like sugar and is great for kids."*

The worst of them all: *"There is nothing wrong with High Fructose Corn Syrup. It comes from corn and can actually be good for you."* They say that it's okay because it's made from corn but the process that's used in order to create the syrup is done with heavy chemicals that are toxic to your body. It is no longer natural and therefore foreign to your body. You overload your liver with the foreign substances and it's harder to lose weight. They also say that Corn Syrup is exactly like sugar when they are completely different substances. Regardless, sugar is one of the biggest cause of the heart disease, diabetes, cancer and weight gain anyway. If you want to be healthy and get a handle on your weight, stay away from High Fructose Corn Syrup of any kind.

I can see why people are totally confused about healthy eating. I can also see why obesity, heart disease and Type 2 diabetes are at an all time high in this country and in many others as well.

People don't see the choices. They see what's advertised in print and TV and believe that it's good for you. Even doctors jump on the bandwagon from time to time. Unfortunately, they are not nutritionists. The people we trust the most is feeding the wrong information. With everything on grocery store shelves containing corn product in one form or another, it's hard not to get dizzy from all of it. The only real way to avoid it is to buy from reliable markets and/or buy organic and make things yourself. Expensive? Sometimes, but it's worth it when it comes to you and your family and the cost of medical care.

### **1. Cheerios' biggest claim to fame is that eating them will help you lower your cholesterol.**

Eating processed grains, especially in the form of cereal can actually make your cholesterol go up! The cholesterol study done, showed how soluble fiber can help the body eliminate bad cholesterol from the body. Cheerios has 1 gram of soluble fiber per serving, Big deal. I can get 2 grams of soluble fiber from an apple, 3 grams from broccoli and carrots, and more than 4 grams from kidney beans. Honestly, I don't think there are many foods in a box that are healthy at all. They have to be highly processed to stay shelf stable, many times loading them up with chemicals and fillers that are making us gain weight. My recommendation is ditch the cereal and pick up some wholesome natural foods like fruits and veggies. Natural grains like brown rice, millet and quinoa are 10 times better than any boxed cereal. Besides, I've posted breakfast ideas in an earlier note. This is another reason why I've started juicing organic veggies and fruit. All your Micro-Nutrients are there and easily digestible. I'll go further into that in a later note.

**2. Milk does a body bad!** That's really what the commercial should say. Ok, that is not entirely true. Conventional milk does a body bad. Organic is a must and Raw Milk is even better.

1. Americans drink the most milk of any other country, yet we still have the highest rate of osteoporosis.

2. Pasteurization kills off all the necessary digestive enzymes in the milk (This is why so many people are now suffering from lactose intolerance).
3. Pasteurization also makes the major part of the calcium contained in milk insoluble, in other words making 50% of milk's calcium unusable by the body (This contributing to the high rate of osteoporosis).
4. Milk sugar (lactose) converts into sugar your body uses very quickly, leading to blood sugar highs and lows and an up and down energy rollercoaster ride for you.

Milk was really only intended to be consumed in its natural state (un-pasteurized), sounds scary. Many states in the US and most organic farmers will ONLY drink milk if it's un-pasteurized and they are extremely healthy.

There's a story of this man who came to this country from Peru, he claimed that the milk tasted funny, so he didn't drink it. When we finally located an organic farmer who could provide him with raw (un-pasteurized) milk, he went back to drinking it. That guy is 71, in top shape, and has never been on any medications in his life!

The other fact we need to consider is that most cows are being given an excess of growth hormone just to keep them producing massive amounts of milk. This, in turn, makes them sick, at which time they are given antibiotics. The growth hormone and antibiotics get into their blood stream and then into the milk they produce. Who drinks this chemical laden milk? We do! They are also fed corn because it's cheaper for the farmers who are subsidized by the Government to grow it. Cows eat grass!

The next big concern is "How will I get enough Calcium?" As mentioned above, most of the Calcium in milk is not absorbed by the body. More calcium is absorbed from foods such as green leafy vegetables, broccoli, sardines (with bones preferably) and salmon. This makes sense that more calcium come from greens since cows preferably eat grass and they have a lot of calcium inside their bodies.

If reducing your risk for Osteoporosis is your goal, do the #1 activity that prevents this debilitating disease: Exercise! Weight bearing exercise has been shown to be the #1 way to prevent osteoporosis. Putting small stresses on your bones via strength training helps to re-build them stronger. No one should be neglecting exercise into their life.

1. If you consume dairy on a regular basis, try to find raw (unpasteurized) milk. [www.realmilk.com](http://www.realmilk.com) is a great resource for this.
2. If the thought of raw milk scares you, purchase the next best thing: certified organic milk products. They will be free of antibiotics and hormones.
3. Since most of milk's calcium is not absorbed by the body, make sure to get your calcium from these other sources: leafy green veggies, broccoli, sardines (with bones) and salmon.

4. Commit to a strength training routine on a consistent basis. Not just for your muscles and for the way you look in the mirror but for your bone's sake.

**3. Give Splenda to my children? Never!** Splenda has not been out on the market long enough to show whether it is actually safe or not. Until then it is a public health experiment I don't want to be the guinea pig. Sucralose is a synthetic compound stumbled upon in 1976 by scientists in Britain seeking a new pesticide formulation. Many chemists believe this molecule resembles a pesticide much more than it resembles natural sugar. If this is still in debate, I will not be a test subject. I highly recommend you take yourself and your children out of this experiment as well. My tip: Stick to natural sweeteners like whole fruits, stevia and agave syrup and stay away from artificial sweeteners like Splenda, Equal and Sweet & Low.