

Foods That Heal and Foods (?) That Kill
(most foods are designed for disease)

Foods You Can Eat Freely

- 1) Dark green and yellow vegetables
- 2) Sprouted grains and beans like alfalfa, mung beans, clover, and radish.
- 3) Soaked nuts like almonds and hazelnuts.
- 4) Seeds like sunflower, sesame, flax, and pumpkin.
- 5) Essential fatty acids from flax, porridge, hemp and unprocessed saturated and mono-unsaturated fats from cold pressed virgin olive oil.
- 6) (Non GMO) Soy products like tofu.
- 7) Grains from spelt, millet, and buckwheat. (are alkaline without sprouting)
- 8) Low sugar fruits like avocados.
- 9) Herbs, spices, and Celtic Sea salt.
- 10) Seaweed like Nori and Wakame.
- 11) Lots of distilled water.
- 12) Eat lots of onions and garlic!
- 13) I would put on this list Wheat Grass because it is so alkaline forming.

Foods You Should Never Eat (just from the standpoint of Fungus, Yeast, Molds and Bacteria, Ignoring GMO products for the moment)

Most of us know that food itself cannot be considered poisonous. Very few of us know that pleomorphic bacteria, yeast, and fungus in their toxins, which are characteristically present in stored in fermented food, are using our food chain as a Trojan Horse.

The following list of foods are high in pleomorphic bacteria, yeast, fungus, and mold and produce mycotoxins that have been documented to cause specific diseases and very specific organ lesions in both animals and in humans and should never be ingested.

- 1) Processed Meat including sausage, bacon, salami, and ham are fully fungal: and contain the fungi *Aspergillus Ochraceus* which produces the mycotoxin Ochratoxin A, associated with many different documented cancers.
- 2) Tobacco contains yeast and sugars which ferment the tobacco into the form which reaches the human blood and tissues.
- 3) Mushrooms are not a vegetable but rather the fruiting body of a fungus whose major form of existence, the root like mycelium is hidden in the soil. This fruiting body is but the means to disperse the seed like spores of the fungus throughout the blood and tissues. For example edible mushrooms induced bladder cancer.
- 4) Corn and all associated products contain over 25 different strains of fungus. Refer to table 5.
- 5) Peanuts and Cashews contain over 27 different strains of fungus. Refer to table 5.
- 6) Barley contains the fungi *Aspergillus Ochraceus* which produces the mycotoxin Ochratoxin A associated with many different documented cancers.

- 7) Animal meat and poultry including beef, lamb, chicken, and turkey contain the fungi *Aspergillus Ochraceus* which produces the mycotoxin Ochratoxin A associated with many different documented cancers.
- 8) Alcohol including wine and especially beer contain the fungus *Aspergillus Ochraceus* which produces the mycotoxin Ochratoxin A.
- 9) Dairy products including milk, cheese, yogurt, cottage cheese, ice cream, butter, etc. Are fully colonized with fungi and contain the fungus *Aspergillus Ochraceus* which produces the mycotoxin Ochratoxin A. These foods are also high in sugar which promotes the production of pleomorphic bacteria, yeast, and fungus.
- 10) Eggs are fully colonized with fungus and contaminated with mycotoxins.
- 11)) stored grains and cereals are fully colonized with fungus and contaminated with mycotoxins.
- 12) Stored potatoes are fully colonized with fungus and contaminated with mycotoxins.
- 13) Sugar including honey, maple syrup, corn syrup, sucrose, etc. promote the growth of pleomorphic bacteria, yeast, fungus, and mold and suppressed immune system response up to five hours. (5 hours)
- 14) Vinegar or apple cider vinegar acidifies the blood and tissues which promotes the production of bacteria, yeast, fungus, and mold.
- 15) Yeast in any form including Brewers Yeast.
- 16) Caffeine in any form acidifies the blood and tissues which promotes the production of pleomorphic bacteria, yeast, fungus, and mold.
- 17) High fructose fruits acidify the blood and tissues and feed the production of pleomorphic bacteria, yeast, fungus, and mold. For example, Apple juice is contaminated with the carcinogenic mycotoxin patulin which is derived from the fungus and is associated with stomach cancer.
- 18) Dried fish contains *Aspergillus* fungus and extracts from the dried fish contain large amounts of aflatoxin.
- 19) Devitalized Salt changes the negative charge on the blood cells causing them to stack or combine into simplasts which can lead to oxygen deprivation, congestion, poor circulation, stroke, and/or heart attack.
- 20) Hydrogenated or partially hydrogenated oils like margarine, shortenings, and vegetable oils are altered fat substances which are known to be detrimental to health because they interfere with normal biochemical processes. These oils have been shown to increase cholesterol, decrease beneficial high density lipoprotein (HDL), interfere with our livers detoxification system, and interfere with essential fatty acid function.