

Aspartame

Methanol when it undergoes **oxydation**, heated, for example, at **86° Fahrenheit (30° Celsius - summer t°)**
=> converts in **formic acid & formaldehyde**.

Canderel comprimés
Canderel poudre
Canderel chocolat
Can'kao
Culinaire

Formaldehyde

- is classified as arsenic & cyanide as potent long-term carcinogen,
- it causes, in case of chronic ingestion, neurogenic & immunological damage

(**) Life Science, 1998 Vol 63, n°5 p 337 & following).

FOODS TO AVOID: SUGAR & SWEETS

Worse :

- Preserved foods: chocolates, soft drinks
- Mixed foods: cakes,, ice-creams, ...
- Sweeteners: aspartame,



Lesser problem :
Fructose (coming from real fruits (?))



Why? Sugar & sweets intake

- Stimulate yeast overgrowth
 - Contain often preservatives = "antibiotics" => disturb intestinal flora
 - Are hard to digest, as each food needs a different pH to be digested
 - stagnation of the indigested sweets => fermentation + acidification of GI tract => deactivation of digestive enzymes which need alcalin pH
 - ↓ serum levels of 'hyperglyc. hormones' (GH, testo, cortisol, DHEA, E₂, ..)
- => Preserved food, sugars & sweets, ... => max. 2 days/week



Bread, Pastas & other Cereals ...?

FOODS to AVOID: CEREALS

Why?

Unsprouted cereals contain indigestible cellulose & toxics (enzyme inhibitors, ...)
=> RAW : impossible to digest
=> BAKED, COOKED, GRILLED: still difficult to digest



Indigestible cellulose

=> Part of the cereals will be left undigested by the human intestinal tract
=> Cereal fermentation
=> Yeast overgrowth

Enzyme inhibitors

=> Partial inhibition of digestive enzymes
=> Poor digestion of many foods arriving in intestinal tract (also foods other than cereals)
=> Fermentation & putrefaction of many other foods

Cereals are statist. sign. associated with:

- **Bread, margarine** is sign. associated with **↑ colonic cancer death** (Hara N, Sakata K, Nagai M, Fujita Y, Hashimoto T, Yanagawa H. Geographical difference of mortality of digestive cancers and food consumption. Gan No Rinsho. 1984 Oct; 30(13): 1665-74.)
- **Pastries consumption** is sign. related with **↑ coronary heart disease mortality** (positive correlation coefficient: R = 0.752) (Menotti A, Kromhout D, Blackburn H, Fidanza F, Buzina R, Nissinen A. Food intake patterns and 25-year mortality from coronary heart disease: cross-cultural correlations in the Seven Countries Study. The Seven Countries Study Research Group. Eur J Epidemiol. 1999 Jul; 15(6): 507-15)



AVOID CEREALS => Solutions?

Solutions ?

- Eat **sprouted germs**
- Prefer **rice > pastas > toasted bread > normal bread**:
Limit intake to small quantities of **boiled cereals**



- **Toast bread, crackers**
(! It occurs at high t° => toxic?)

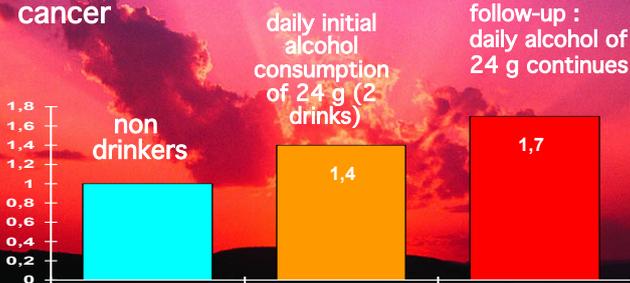


- Add **pancreatic enzymes** with amylase, maltase

Alcohol ...?

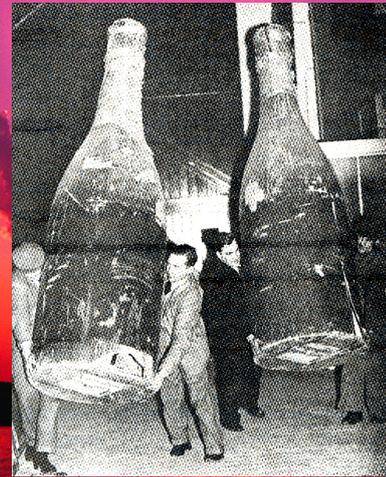
Alcohol => ↑ risk of breast cancer

Relative risk of breast cancer



drinkers & non-drinkers.

(Langnecker, JAMA, 1988, 260(5):



Slightly lesser problems :
good quality wine, champagne, ...

FOODS TO AVOID: ALCOHOL

Worst:
beer, strong alcohols, ...

Slightly lesser problems :
good quality wine, champagne, ...



FOODS TO AVOID: NOT fresh foods

Cans, antibiotics, ...

Contain **PRESERVATIVES**
=> yeast overgrowth

NOT FRESH FOOD

=> possibility of
microbial contamination

Food Quality?

Pesticides? Preservatives?

Bacterial or
parasitic contamination?

Ripe or not?

Processed or not?

The diet
that optimizes
the hormone
levels

OPTIMIZING THE HORMONE LEVELS

HYDROCARBONS

vegetables, fruits,
sprouted cereals,
*small amounts of
unsprouted cereals
(rice, pastas, bread)
or nuts tolerable*

PROTEINS

meat, fish,
poultry, eggs,
tofu,
*small amounts
of milk products
tolerable*

FAT

cold-pressed oils,
fatty fish & meat
eggs,
uncooked butter,
not overheated
fat

MINERAL-suppl. :
Mg²⁺, Ca²⁺, K⁺, Na⁺,

VITAMIN-suppl. :
vit. E, D, A, B₁₂, CoQ₁₀,

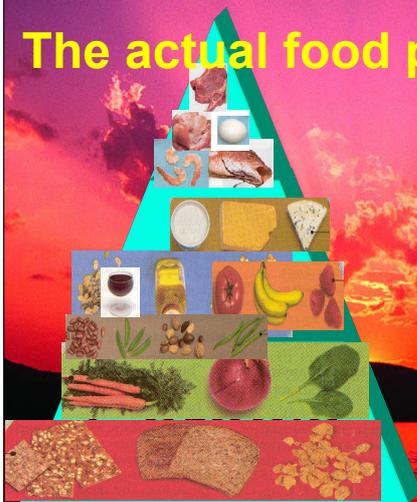
TRACE elements :
Fe, Zn, Cu, Se, ...

Eating following
the actual food pyramid



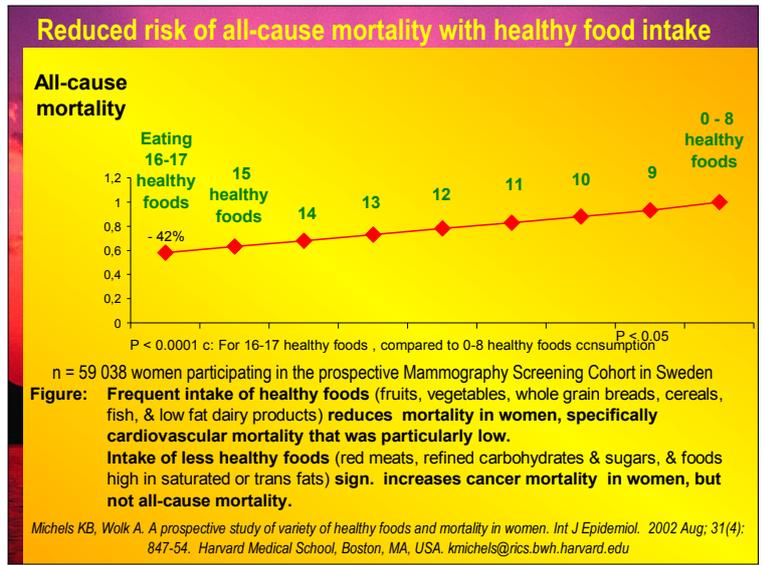
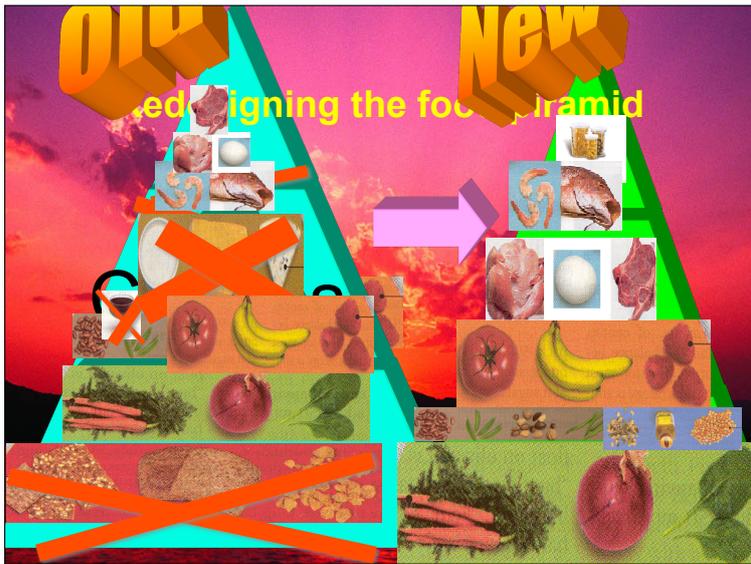
5 -10 years later

The actual food pyramid

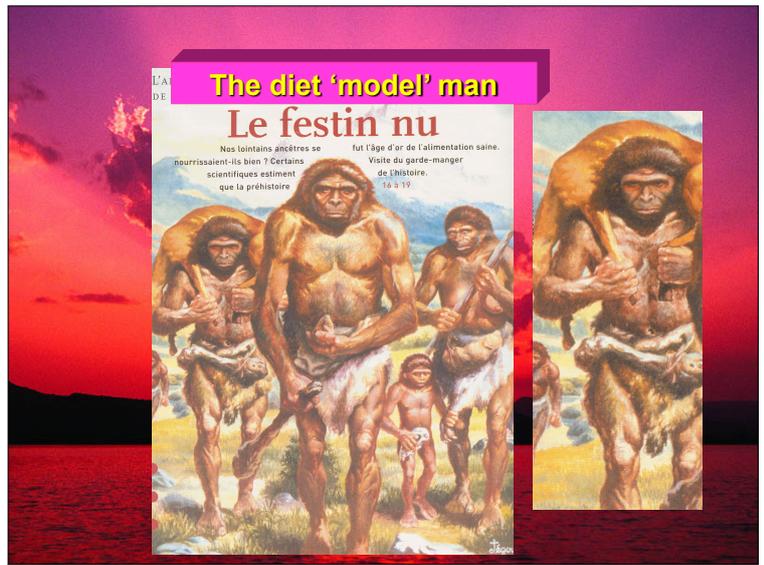


Redesigning the food pyramid





THE DIET
= ±
paleolithic diet



THE DIET

RICH in (animal) PROTEIN & CALORIES

fresh

organic

Uncooked or Cooked at low t°

poor in (cereal) carbohydrate

