

Trends: Some Good, Some Bad Fruit Fear, Candida, Keito Diet, Etc. Etc.

Health professionals are making good improvements in many areas of health, but most of these improvements aren't enough to make real healing happen. We need to do more and understand the "why" behind any of "the improvements" but also the why behind "lack of full healing." The label "science" can be used to put a spin on everything possible in conventional or alternative health. "We won't get answers by treating science as God and treating those who question theories and findings as fools." "Trends don't always look like trends. They often disguise themselves as sound medical advice" p.xxiii

Many trendy diets may help people lose weight, clear the head a little, allow for more energy, reduce inflammation and pick things up overall for many, but for most their overall health has not really improved, but the biggest drawback of these diets is to shun fruit.

FEAR OF FRUIT:

"It's a grave mistake for them to associate fruit with "bad carbs." Fruit sugar is in a class of its own and should never be mistaken for a troublemaker". p.253.

"Doctors who practice Eastern medicine say fruit creates dampness in the body.

Doctors who practice Western medicine say fruit feeds Candida and cancer.

Dietitians and nutritionists will say fruit contributes to diabetes.

Physical trainers will say fruit will make you overweight, or even obese.

That's because health professionals and medical communities associate fruit sugar with high-fructose corn syrup, processed cane sugar, sucrose, lactose, and other sweeteners and sugars."

Fructose that has been processed and separated from its fruit is not an ideal source of food, but fruit in its whole form, full of water and fiber-rich pulp, is the real deal for your health.

A cup of sugar is a cup of sugar. A cup of fruit is "a unique blend of life creating, life-saving, life-sustaining phytonutrients and other phytochemicals that stop disease and promote long life."

Fruits don't have a high percentage of sugar in them. "Fruit outweighs the nutrition of any other food." "The Bible mentions fruit over 300 times because fruit is vital to the essence of who we are." "Yet the current 'health' movement toward low-carb diets have put fruit on the endangered species list with the goal of making it extinct."

CANDIDA & SUGAR:

Candida feeds on sugar, the confusion lies on what kind of sugar. Fructose that naturally occurs in fruit is actually bonded with compounds and substances—including antioxidants, polyphenols, anthocyanin, minerals, phytochemicals, and cancer killing micronutrients—that annihilate almost all diseases and actually kill off Candida.

Fat, Proteins & Candida: It is a huge misconception that eating a high-fat, high-protein diet starves Candida. Fat and protein actually feed Candida. The build-up of undigested proteins in someone with a weakened digestive system can result in a breeding ground for Candida and other varieties of fungus, as well as parasites and bacteria. Relying on fat as your main calorie source will result in the highest Candida growth.

Healing from Candida: The best anti-candida approach is to eat a low-fat, low-protein diet that incorporates plenty of fruits and vegetables. Your goal is to A. Increase levels of hydrochloric acid in the digestive fluid; B. Rebuild the intestinal tract; C. Detoxify the liver. (look at Sunrider's Evergreen & Dandelion Root, Vitadolphilus). (See Gut Health article)

Also, avoid both antibiotics and antifungal medications. These wipe out all bacteria in your gut—including the good bacteria—which severely weakens your immune system. An impaired immune system (liver/gallbladder/large intestine) is a trigger for viruses, bacteria, and/or fungi that are lurking in your body and highly resistant to these drugs, so they may start reproducing and reducing your quality of life. *Medical Medium-Secrets Behind Chronic and Mystery Illness and How to Finally Heal*, Anthony William. p. 290-291

KEITO DIET: High fat-Low carbs

When good carbs (glucose) are taken away on these diets, fat becomes the main calorie source, and that can hurt and even kill your liver over time. **The liver runs on glucose and stored glycogen** to give you a healthy, long life, protecting your adrenals, heart, and brain. Glucose is what is needed for the liver to be healthy. A high fat diet may not hurt your liver as badly as if you were living on fast food; still, it could slow your liver down, make it more dysfunctional, and allow for the possibility of all kinds of diseases and symptoms. This will certainly lead to a fatty liver.

FRUCTOSE INTOLERANCE:

The confusion around fructose intolerance has everything to do with the liver. The more toxic the liver, the more it appears fructose intolerant. The liver desperately needs fruit sugar to restore itself and defend itself from pathogens. Because fruit is so purifying someone who consumes fruit is going to cleanse and detox more than with any other food, and that leads to a common mistake when evaluating for fructose intolerance. **Livers** react when they start detoxing, whether mildly or more heavily. These poisons have nowhere to go because the blood is so filled with fats and toxins because of a sluggish, stagnant, sick liver. The resulting reactions are inevitably branded as fructose intolerance or malabsorption, keeping people away from what could really offer help.

FRUCTOSE MALABSORPTION:

Experts believe that testing picks up on excess fructose in your system, meaning that you're not able to absorb it. What they don't understand is that you're really experiencing an intestinal tract filled with rancid fat that's not being broken down due to a weak, sluggish, stagnant, dysfunctional, sick, probably pre-fatty liver that needed attention.

If people reduce their intake of fats, in turn minimizing their blood-fat ratio, they wouldn't be symptomatic anymore when eating fruit, nor would they trigger off tests for fructose issues—because there never was a fructose intolerance or malabsorption issue to begin with.

APPLE CIDE VINEGAR: Apple cider vinegar has been getting extra acclaim for being good for the stomach and the rest of the digestive tract. With the gut, it's thought to create alkalinity, settle acid reflux, and help with blotting. Even more acclaim for cleansing the gallbladder and liver. Apples in themselves are miracles, amazing for digestion. They collect and rid bacteria, parasites, viruses, and mold from the entire gut. They are incredibly cleansing and healing for the gallbladder and liver. Not only do they detoxify, carefully extracting sediment from these organs; they also help dissolve gallstones, Apple cider vinegar does not create alkalinity or cleansing of your system---apples do. Livers despise vinegar as much as they do alcohol. The liver cells struggle to stay balanced and perform as they fight for oxygen, because vinegar steals oxygen from the bloodstream and from the liver. Basically, when we consume vinegar, the liver battles being pickled like a cucumber.

COFFEE ENEMAS:

Coffee enemas are a popular, longstanding liver remedy for just about any sickness. Their theoretical function is to purge toxins from the liver, allowing the body to heal. Coffee is strong, harsh, extremely acidic, dehydrating, highly astringent, and over-stimulation. It's a drug. Coffee entering the stomach is a whole different story than coffee entering directly into the colon through an enema. Coffee going into the stomach, there's a controlled environment with built-in protective measures to safeguard you. When it comes to any foods, liquids or fluids of any kind, medicines, parasites, bacteria, whether good or bad, entering the intestinal tract thru the colon, the stomach's safeguard does not apply. Coffee's acidic nature and nervous system—assaulting effect is way too intense for the colon to handle on its own. It will instantly prompt the adrenals to release adrenaline as a defense mechanism. The liver ends of having to mop up excess adrenaline in the bloodstream. Coffee enemas trigger these adrenaline surges. Secondly, the caffeine finds its way into the bloodstream immediately with no hydrochloric acid or other components of gastric juices or bile to slow it down. This can trigger anxiety. The cleansing that does occur, the poisons and toxins that are leaving the liver, instead of being flushed out of the body, inevitably end up rerouted back to the liver because they're not being cleansed in a safe way. The truth is that the liver can end up more toxic from a coffee enema than when it started.

ALKALINE WATER:

For quite a few years now, alkaline water has been touted as essential for maintaining health, Some experts claim a pH of 9.5 is most suitable for our needs. Is it? What does our liver need? When we drink highly alkaline water, the stomach has to stop all its activities and focus on bringing that water down to the right pH before it can be of any use. Tap water can be pretty acidic. No matter what the imbalance, it takes the stomach's energy, reserves, and seven-acid blend, as well as pancreatic strength and enzymes to change the water's structure and take it to a place where the stomach senses it can be safely dispersed to the rest of the body with the best results. The more neutral the water the better. If you squeeze some fresh lemon or lime into your water, it will be its own ionization process, and the water will become more alkalizing for the body without putting your stomach or liver through anything, It will actually help properly cleanse your liver.