

Remove Irritating and Pathogen Feeding Foods From your Lifestyle

You can have an informed control and choice over what enters your body—it's a powerful step toward recovering your health.

Corn: Unfortunately technology of genetically modified organisms has destroyed corn as a viable food. Corn and its by-products create substantial inflammation. Its foods can feed viruses, bacteria, mold and fungus. Even corn advertised as being non-GMO can still trigger any kind of health condition. Try to avoid all corn products: corn, corn chips, taco shells, popcorn, corn cereal, corn syrup, corn oil, some gluten-free products use corn in place of wheat.

Soy: Has suffered a similar GMO fate as corn. It often has some GMO contamination or contains added MSG. If you do use soy, make sure your soy has come from a place that tightly controls non GMO farming.

Canola Oil: Creates a great deal of inflammation, especially damaging to your digestive system, potentially scarring the lining of both your small and large intestines, a major cause of irritable bowel syndrome. It also creates vascular damage to your arteries. It is used in many restaurants and in thousands of products as a low-cost alternative to olive oil. Canola is mostly GMO at this point in time. Avoid!!

Eggs: The biggest issue with egg is that they're prime food for cancer and other cysts, fibroids, tumors, nodules and hormone related issues. Eggs also cause inflammation and allergies; feed viruses, bacteria, yeast, mold, Candida, and other fungus and trigger edema in the lymphatic system. Many people are told that eggs are a safe protein that starves Candida. Nothing could be further from the truth. Eggs are hormone food for pathogens.

Dairy: Milk, cheese, butter, cream, yogurt, and other such products contain a substantial amount of fat, that strains your digestive system—especially your liver. Dairy contains lactose, and by combining fat and sugar together has a very negative effect on health. Dairy fat in the bloodstream helps to breed viruses and bacteria. Dairy is mucus producing, and a major cause of inflammation and allergies. These issues hold true for even organic and free-range. Conventional mainstream practice has made a problematic food into a toxic one by pressuring the farm industry to give hormones, antibiotics, GMO corn and soy, and gluten to cows, goats, and sheep. If you want a smooth healing process, it's best not to eat dairy at all.

Pork: Avoid all forms of pork, including ham, bacon, processed pork products, and, and so on. It's difficult to heal any chronic illness while consuming any kind of pig

product due to the high fat content...very difficult to digest, creating significant putrefaction.

Farmed Fish: Farmed fish are often raised in small, enclosed spaces. Breeding algae, parasite, and other diseases, so breeders often give the fish antibiotics and treat the water with toxic chemicals. This makes consuming farmed fish risky. The safest fish are wild ones, such as salmon, halibut, and haddock. No matter what type you select, beware of mercury—especially with larger fish such as swordfish and tuna. The cleaner fish contain both scales and fins.

Gluten: Gluten is protein found in many grains. The forms of gluten to which people are especially sensitive are in wheat, barley, rye, and spelt (a type of whet). They can also contain multiple allergens and proteins that can trigger any condition, creating disruption and inflammation especially in your intestinal tract and bowels, triggering celiac, Crohn's and colitis.

MSG: Monosodium glutamate is a food additive used in tens of thousands of products and restaurant dishes. It typically builds up in the brain, causing inflammation and swelling, killing thousands of brain cells, disrupting electrical impulses, weakening neurotransmitters, burning out neurons, making you feel confused, anxious and leading to micro-strokes, also weakening and injuring your central nervous system. It is especially dangerous if you have an illness that involves your brain or central nervous system. MSG is often "hidden" on labels such as glutamate, hydrolyzed, autolyzed, protease, carrageenan, malta dextrin, sodium caseinate, balsamic vinegar, barley malt, malt extract, yeast extract, brewer's yeast, corn starch, wheat starch, modified food starch, gelatin, texturized protein, whey protein, soy protein, soy sauce, broth, bouillon, stock, and seasoning. Often natural flavors are hidden with MSG.

Artificial Flavors are birthed in a lab and are chemicals.

Artificial Sweeteners act as a neurotoxin containing aspartame causing neurological breakdown and strokes. If you crave sweets, eat a much fruit as you like. Fruit fights disease and has powerful healing properties.

Citric Acid is very irritating to the linings of the stomach and intestinal tract, causing a lot of inflammation. Citric acid is not the same as naturally occurring acid in citrus. Citrus in fruit is a healing food. The isolated ingredient citric acid, is often corn derived.

By removing these irritating and pathogen feeding foods either temporarily or long term from your lifestyle, you can significantly take a powerful step toward recovering your health. These are actions that are within your control.