# PRIMARY "FOODS" TO AVOID

## "Seven Deadly Sins"

1. Soft drinks (regular & diet) – too much sugar (see #3),  high in phosphates which can cause calcium loss, artificial sweeteners (see #4)

2. MSG – very common in processed foods, research suggests that it damages the hypothalamus which controls our appetites – a damaged hypothalamus can lead to unregulated appetite, MSG can also cause the pancreas to produce more insulin – so blood sugar often drops due to excess insulin and typically makes you hungry

   Hidden sources of MSG:

   Glutamate     Glutamic Acid     Monosodium Glutamate     Monopotassium Glutamate     Yeast Extract     Yeast Food     Yeast Nutrient     Autolyzed Yeast Autolyzed Yeast Extract     Torula Yeast     Autolyzed or Hydrolyzed Proteins Hydrolyzed Corn Gluten     Calcium Caseinate     Sodium Caseinate     Textured Protein     Textured Vegetable Protein (TVP)     Natrium Glutamate     Gelatin

3. Refined sugar (includes high fructose corn syrup) – addictive; weight gain; linked to ADHD, diabetes, elevated cholesterol & triglycerides, osteoporosis; impairs your immune system

4. Artificial sweeteners  – may cause the following possible side effects:  abdominal pain, anxiety, bloating, blurry vision, depression, dizziness, diarrhea, gas, headaches (especially migraines), heart palpitations, joint pain, shortness of breath, "spaciness" Aspartame (NutraSweet, Equal), Sucralose (Splenda), Acesulfame K (Sweet One), Saccharin  (Sweet' N Low)

5. White flour – mostly devoid of nutrients and converts rapidly to sugar in the body leading to insulin resistance, diabetes, weight gain, obesity, and inflammation which causes a host of other problems (including heart disease and cancer)

6. Fast Food – F = flour (white)  A = artificial sweeteners/flavors/colors  S = sugar  T = trans fat     F = fat  O = overweight  O = obese  D = Diseased/Dead

7. Trans fat – any fat that is hydrogenated (looking for partially hydrogenated and shortening on labels), common in commercial baked goods and processed and packaged foods, raise bad cholesterol and are implicated in heart disease and cancer