

# THE FOOD CURE™

*Beat Diabetes, Heal Your Heart  
Prevent Cancer, Boost Energy  
And Burn Fat...*

**WITH DELICIOUS FOODS!**

**Get the Lean  
Healthy Body  
YOU Deserve!**



[www.HealingGourmet.com](http://www.HealingGourmet.com)

# **THE FOOD CURE™**

## **A Quick Start Guide**

**By Kelley Herring & the Editors of Healing Gourmet®**

© 2007-2011. Copyright Health-e Enterprises, LLC.

ALL RIGHTS RESERVED. IT IS ILLEGAL TO COPY OR FORWARD THIS E-BOOK TO OTHERS

**DISCLAIMER:** This publication does not provide medical advice. Always consult your doctor.

## Disclaimer

THE "**THE FOOD CURE**" BOOK SERIES AND ALL INFORMATION PUBLISHED BY HEALTH-E ENTERPRISES, LLC OFFERS HEALTH, FITNESS AND NUTRITIONAL INFORMATION AND IS DESIGNED FOR EDUCATIONAL PURPOSES ONLY. YOU SHOULD NOT RELY ON THIS INFORMATION AS A SUBSTITUTE FOR, NOR DOES IT REPLACE, PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT. IF YOU HAVE ANY CONCERNS OR QUESTIONS ABOUT YOUR HEALTH, YOU SHOULD ALWAYS CONSULT WITH A PHYSICIAN OR OTHER HEALTH-CARE PROFESSIONAL. DO NOT DISREGARD, AVOID OR DELAY OBTAINING MEDICAL OR HEALTH RELATED ADVICE FROM YOUR HEALTH-CARE PROFESSIONAL BECAUSE OF SOMETHING YOU MAY HAVE READ IN THIS BOOK SERIES OR ON OUR WEBSITE. THE USE OF ANY INFORMATION PROVIDED ON THIS SITE IS SOLELY AT YOUR OWN RISK.

NOTHING STATED OR POSTED IN THIS BOOK SERIES, ON OUR WEBSITE OR AVAILABLE THROUGH ANY SERVICES WE PROVIDE ARE INTENDED TO BE, AND MUST NOT BE TAKEN TO BE, THE PRACTICE OF MEDICAL OR COUNSELING CARE. FOR PURPOSES OF THIS AGREEMENT, THE PRACTICE OF MEDICINE AND COUNSELING INCLUDES, WITHOUT LIMITATION, PSYCHIATRY, PSYCHOLOGY, PSYCHOTHERAPY, OR PROVIDING HEALTH CARE TREATMENT, INSTRUCTIONS, DIAGNOSIS, PROGNOSIS OR ADVICE.

RESEARCH IS ONGOING. THE CONTENT OF HEALTH-E ENTERPRISES, LLC IS CONTINUALLY UNDER DEVELOPMENT AND MAKES NO WARRANTY OF ANY KIND, IMPLIED OR EXPRESS, AS TO ITS ACCURACY, COMPLETENESS OR APPROPRIATENESS FOR ANY PURPOSE. IN THAT REGARD, DEVELOPMENTS IN MEDICAL RESEARCH MAY IMPACT THE HEALTH, FITNESS AND NUTRITIONAL ADVICE THAT APPEARS HERE. NO ASSURANCE CAN BE GIVEN THAT THE ADVICE CONTAINED IN THIS BOOK SERIES OR ON OUR WEBSITE WILL ALWAYS INCLUDE THE MOST RECENT FINDINGS OR DEVELOPMENTS WITH RESPECT TO THE PARTICULAR MATERIAL.

## Copyright

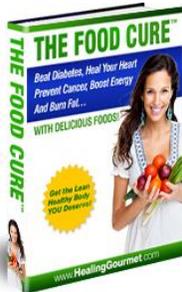
ALL RIGHTS RESERVED. NO PART OF THIS PUBLICATION MAY BE REPRODUCED OR TRANSMITTED IN ANY FORM OR BY ANY MEANS, ELECTRONICAL OR MECHANICAL, INCLUDING PHOTOCOPYING, RECORDING, OR ANY OTHER INFORMATION STORAGE AND RETRIEVAL SYSTEM WITHOUT THE WRITTEN PERMISSION OF THE PUBLISHER.

## Contents

Disclaimer .....	3
Copyright .....	3
On the Menu: Navigating The Series .....	2
Please Allow Me to Introduce Myself.....	4
Protect Your Health One Tasty Bite at a Time .....	5
What People Like You Are Saying.....	8
What Doctors Are Saying... ..	10
Stop “The Big Five” Causes of Disease in Their Tracks.....	11
#1-Inflammation: The Quiet Killer .....	12
#2-Glycation: The Sticky Destructor .....	15
#3-Oxidation: The Radical Robber .....	17
#4-Depletion: The Silent Sapper .....	20
#5-Toxification: The Body Burdened .....	22
Fight Disease... With a Fork! .....	27
Control (and Even Reverse!) Diabetes .....	28
Prevent and Heal Cancer .....	30
Boost Brain Health and Banish Depression .....	33
Guard Against Heart Attack and Stroke .....	34
Protect Your Vision .....	35
Boost Fertility & Enjoy a Healthy Pregnancy .....	36
Ease Digestive Disorders .....	37
What Is Your Health Worth to You? .....	38

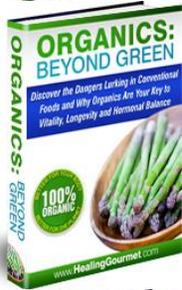
## On the Menu: Navigating the Series

Here's a quick overview of what you'll discover in [The Food Cure™](#) series.



### The Food Cure—A Quick Start Guide

Use this quick start guide to familiarize yourself with the content of the series and quickly locate information by specific health condition or topic.



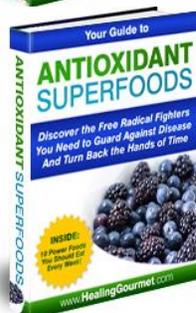
### Organics: Beyond Green

*Better taste and more nutrients too?* You bet! In this book, you'll discover how foods grown in accord with Mother Nature protect you from health-harming contaminants and pack more age defying, disease-fighting nutrition into every bite.



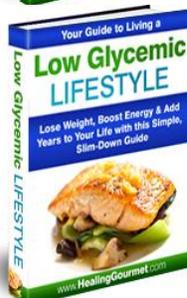
### Smart Cooks Age Better

*Did you know that many of the ill-effects of our diet can be blamed on our cooking?* In this book, you'll learn the best ways to prepare your food to maximize nutrients and avoid cancer-causing compounds, and the only cookware and containers you should be using to stay free from cell-damaging and endocrine-disrupting chemicals.



### Your Guide to Antioxidant Superfoods

*Each strand of your DNA is attacked or damaged every 8.4 seconds!* In this book, you'll learn how to guard your precious cells with delicious, antioxidant-rich foods... and how to get your body to make more of its own internal antioxidant artillery.

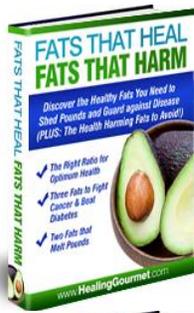


### Your Guide to Living a Low-Glycemic Lifestyle

*Your blood sugar is one of the best measures of your health.* In this book you'll learn why it's so important and how you can keep it under control enjoying sumptuous low-glycemic impact foods (including decadent desserts!).

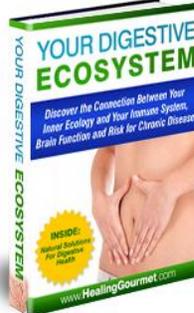
# HEALING *Gourmet*<sup>®</sup>

Your Recipe for Health™



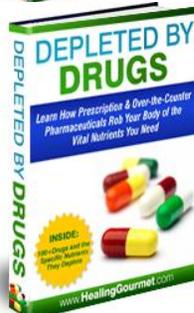
## **Fats That Heal, Fats That Harm**

*Did you know that the fats you eat are metabolic messengers? They can tell your body to make hormones, turn on genes that guard against (or promote) cancer and even store or shed fat. Make sure your body gets the memos you want! Learn about the fats you need to stay healthy and slim... and the right ratios to get them in.*



## **Your Digestive Ecosystem**

*Tummy troubles? That's not good! Your digestive health influences every other system in your body... as well as your risk for nearly every chronic disease. In this book, you'll learn how to avoid the most common digestive threats and how to power up your digestion for better immunity, more nutrient absorption and better detoxification.*



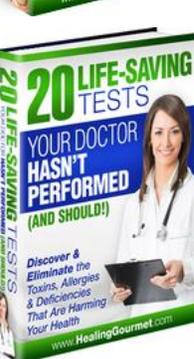
## **Depleted by Drugs**

*Did you know that many over the counter and prescription medicines rob you of vital nutrients? In this free bonus, you'll learn about the specific drugs that deplete vitamins, minerals and life-giving phytonutrients.*



## **Your Kitchen Makeover**

*Good health starts with "clean" ingredients. In this free bonus, you'll learn about the most toxic additives and preservatives and how to keep them out of your food so you can preserve your health.*



## **20 Lifesaving Tests Your Doctor Hasn't Performed (AND Should!)**

*Did you know that most doctors have never taken a single nutrition course? In Western medicine, doctors treat the symptoms - not the cause of disease. This free book will open your eyes to the tests that can help uncover your risk of disease, the root causes of poor health, and the nutritional solutions to rejuvenate your body.*

## Please Allow Me to Introduce Myself

Hello! My name is Kelley Herring. I am the founder and CEO of a company called *Healing Gourmet*.

I am also the Editor-in-Chief of a four-book series published by McGraw-Hill on the power of foods and nutrients to promote health and protect against disease including: *Eat to Fight Cancer*, *Eat to Beat Diabetes*, *Eat to Lower Cholesterol* and *Eat to Boost Fertility*.

Over the last 10 years, I have become widely recognized as an expert on health and nutrition and what it takes to live a long, active, and age-defying life.

But I didn't start out to become a natural health expert. I was going to be a doctor. Faced with my own personal health emergency, my faith in "modern" medicine was shaken. After dozens of tests, prescriptions (that didn't work) and frustrating misdiagnoses, I made the choice to take my health into my own hands.

I began studying nutrition. I started focusing on my diet. And with a few simple changes, I got better. It was then that I had my "aha moment": ***Foods have the unique power to heal... or to harm.***

It wasn't long after that I realized my purpose in life wasn't to go to medical school... but rather to help others understand the critical link between diet and disease. And *Healing Gourmet* was born.

Teaching people how to live healthier, happier lives by making changes in their diet has been my mission now for more than a decade. And I've helped thousands of people just like you find the nutritional answers they need!

***The Food Cure™*** is your complete resource for understanding how to prevent and reverse chronic disease with the power of your plate. And you can **try it today – absolutely risk free!**

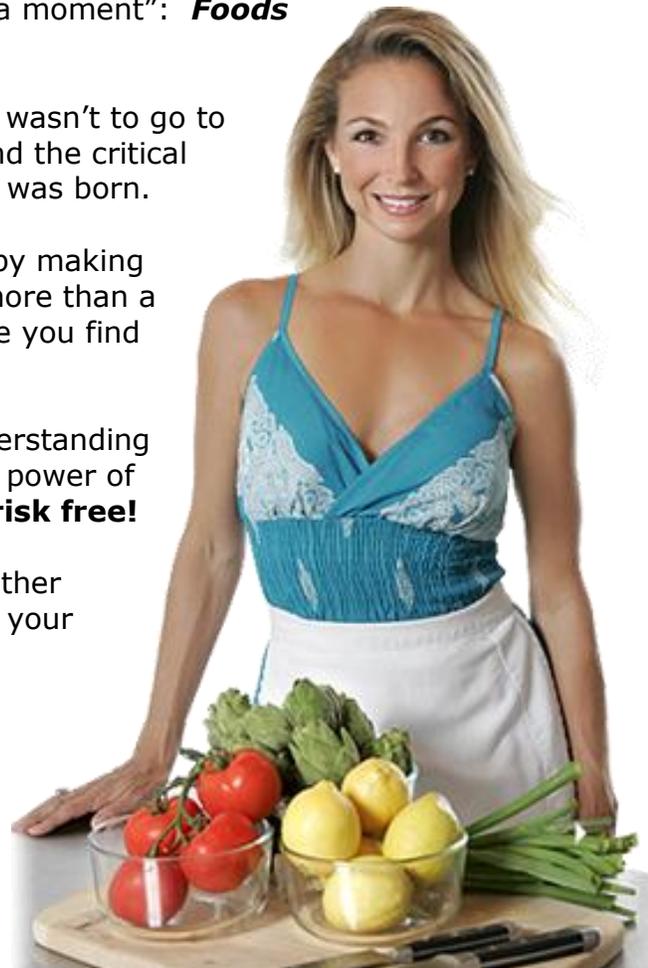
Before you take another bite of food (or swallow another pill), you owe it to yourself to put this information in your hands.

**[Claim your risk-free copy today!](#)**

*To your best health,*

*Kelley Herring*

C.E.O. & Editor-in-Chief  
Healing Gourmet



## Protect Your Health One Tasty Bite at a Time



These days, it's tough to open a newspaper, turn on a TV or browse the Internet without hearing about a new discovery that proves how the healthy foods we eat can prevent disease and slow aging.

But you don't have to look much further to find the dark side of the story – the rates of diet-related illnesses and obesity skyrocketing to epidemic proportions.

What's more, these illnesses – which were once incorrectly associated with age

– are affecting people younger and younger.

In fact, diabetes has become so prevalent in children that the medical term of "adult-onset diabetes" has been changed to "type II diabetes" to accommodate for this tragedy.

*And it's the poison on our plate that's to blame.*

Chances are, you or someone you love suffers from a chronic health condition. But that doesn't have to mean a death sentence. It's just your body sending you a wake-up call to make some healing changes.

You see, your body is an amazing, dynamic machine. *50,000 of the cells in your body have died and been replaced with new cells, all while you have been reading this one sentence.* Every three days your stomach gets a new lining. Your liver performs over 500 functions. In a year, your heart beats 40,000,000 times. And in seven years your body has replaced every cell in it.

Your body is constantly being renewed. And the choices you make today shape the healthy body you'll have tomorrow.

Regardless of your age or the "dis-eases" you have, you will learn how to regain your health using the power of your plate.

That's because food is not just calories. It is information, cellular fuel, immune support, free-radical defense, detoxification, hormonal balance, and glowing, supple skin.... all wrapped up in a delicious, disease-fighting package.

*That is, if you're eating the right foods.*



In this series, we'll show you how to get the most disease-fighting, age-defying "bang" per bite. And we'll also show you how to keep the poison off of your plate.

But before we dive into what you'll learn in [\*\*The Food Cure™\*\*](#), I'd like to share what other people have said about the program.

## **What People Like You Are Saying**

### **"Cholesterol Down, Triglycerides Down, and I Am Off My Diabetic Meds...in Only 3 Months!"**

In 3 months my cholesterol went from 249 down to 199, my triglycerides went from 196 down to 100 and my C reactive protein has decreased from 6.62 to 4.5! I am off of my diabetic meds and am so encouraged at this tangible proof of the difference diet can make in our health in only 3 months time!! I am especially thankful for all the good recipes and resources to help me re-learn how to eat and cook available through this program! Thanks Kelley!

- Nancy S.

### **"This Program is The Answer to Our Prayer!"**

I have just begun (within past month) to begin changing our traditional SAD diet. My husband & I are in our late 50's and both overweight; just not feeling that great anymore and after lots of searching around, found this program and it has already been an answer to our prayer! It helps explain "everything" and is so easy to use. The few healthy changes we have already changed in our everyday food is absolutely amazing. Between the two of us, we have already lost 22 lbs.!

- Jan H.

**“I’ve Already Released 20 Pounds Of Fat... And I’m Just Getting Started!”**

Although I have had a few thyroid problems, I am basically in very good health. Because of the thyroid problems I gained a lot of weight. Through adding iodine supplements, changing the way I exercise and eating more healthy foods, I’ve already released 20 pounds of fat. And I’m just getting started!

What I like the most about *The Food Cure* series, is that all of the information that I need is together in one place and it is easy to find. Although I knew a lot of the information already, Kelley was the first person who explained the chemical structure of the various fats, which I found to be very interesting. Many people also talk about the "Glycemic load" but this was the first time I saw it in chart form. The explanation of antioxidants was also superb as was the list of additives & preservatives.

- Stephanie R.

**“I’m Finally Doing it, Thanks to You! I no Longer have Lupus or Fibromyalgia!”**

Twenty years ago, I was diagnosed with lupus and fibromyalgia and treated with non-steroidal drugs, steroids and antidepressants. Once I started taking these medications, my weight went from 130 lbs to 177 lbs in about a year. I have suffered from these weight problems for years now. Even after I stopped taking the drugs, it seemed impossible that I could lose the weight.

Well, I am finally doing it, thanks to you! I have almost eliminated the sugar in my diet, and have changed my eating habits without feeling uncomfortable or hungry. I eat less and feel better than ever.

Oh, and by the way, I no longer have Lupus or Fibromyalgia (my ANA test was negative). Since I started changing my diet, my symptoms have vanished. And the most important part... I’ve lost 14 pounds and still losing!

- Dee C.

## What Doctors Are Saying...

### **"Your Books are the Best I Have Seen to Date..."**

As a wellness doctor and student of natural medicine, I believe that your books are the best, most informative, most physiologically correct I've seen to date.

- Jim H.

### **"A big CONGRATULATIONS!"**

Wow... I am jealous...what a masterful job you did to put together a subject as diverse as nutrition and make it simple as well as informative. A big CONGRATULATIONS! I will be sharing your information with my patients as well as bettering myself.

- Robert C. Kenny D.C., F.A.S.B.E.

### **"I Would Like to Provide Your Information to My Patients..."**

As a prevention-minded family doctor, I have been recommending similar concepts to my patients and in my public lectures for 15 years or more. I am impressed with the total package you have put together. It is a comprehensive curriculum and reference library.

It would be a great benefit to my practice if I could provide *Healing Gourmet* publications to my patients. If more physicians of like mind would make your materials available, it could have a profound effect!

- Ken Hurst, MD, FAAFP

## Stop “The Big Five” Causes of Disease in Their Tracks

What if I told you that you can prevent Alzheimer’s disease, diabetes, metabolic syndrome, heart attacks, strokes, breast cancer, colon cancer, prostate cancer, weight gain, premature aging, cataracts and macular degeneration, infertility and IBS... *all in one meal?*

Does it seem too good to be true? Well, it’s not.

That’s because most **chronic diseases are really just physical variations of the same underlying causes of disease.**



Chances are, you may be unfamiliar with this perspective. And likely so is your doctor. That’s because *allopathic medicine* – or Western medicine – treats the symptoms of disease while ignoring the root of the problem.

You don’t just wake up one day with diabetes. You don’t catch cancer. Your memory isn’t here one day and gone the next. All of these chronic illnesses take years, or even decades, of the same internal destructive processes before the diagnosis occurs.

We call these destructive internal processes “The Big Five”. Here they are:

- 1. Inflammation**
- 2. Glycation**
- 3. Oxidation**
- 4. Depletion**
- 5. Toxification**

While [\*\*\*The Food Cure\*\*\*](#)<sup>™</sup> series may appear to be seven individual books with very specific topics, you’ll find they are interconnected by “The Big Five”.

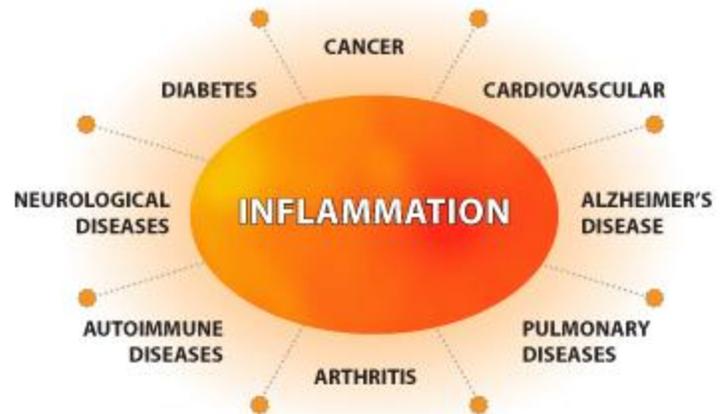
In this introductory book, we’ll introduce these principles and point you to the locations in the other books in the series to learn more.

## #1-Inflammation: The Quiet Killer

Inflammation plays an important role in the body. Without it, we couldn't defend against harmful invaders (like microbes) or repair damage caused by injuries.

But chronic inflammation is different. Unlike the redness, pain and swelling that tells us loud and clear that our body is in repair mode, chronic inflammation is a silent process that slips "under the radar".

This quiet killer is the **cornerstone of degenerative disease and physical aging.**



The good news is that the primary causes of chronic inflammation are *completely* within our control. They include:

- Having high blood sugar levels
- Eating the wrong kinds of dietary fats
- Carrying excess body fat (especially around the middle)

In this series, you'll learn dozens of ways to stop inflammation... and therefore your risk for chronic diseases.

Here's a taste of the inflammation-fighting tips you'll discover:

- ***This fat dramatically reduces dangerous inflammation. But close to 90% of us don't get enough. Learn what it is and how much you need every day in *Fats That Heal, Fats That Harm*, p. 14) and the test you should take to find out if your oil is low (*20 Tests Your Doctor Hasn't Performed, And Should!* p. 13)***
- These fats promote inflammation. This is really important because these bad fats make up an astounding 80% of American's fat intake! (see *Fats That Heal, Fats That Harm*, p. 12)
- ***The slimming fat that fights three key markers of inflammation. But you'll only find it in animals eating this special diet (see p. 36 of *Fats That Heal, Fats That Harm*)***
- The fat that increases blood levels of a dangerous inflammatory factor called *c-reactive protein* by 73% (see p. 38 of *Fats That Heal, Fats That Harm*)

- The one fish you think may be healthy that actually contains 400% more inflammatory-promoting fats than their wild counterparts (p. 23 *Organics: Beyond Green*)
- **The three key nutrients that dramatically reduce *homocysteine* – a harmful inflammatory compound – and the best foods to get them in (p. 10 of *Smart Cooks Age Better*)**
- Eating foods higher in *these* compounds promotes inflammation and speeds aging. Learn how to avoid them on p. 21 of *Smart Cooks Age Better*.
- **Do you store fat around your middle? If so, your levels of *C-reactive protein* (an important marker of inflammation and predictor of disease risk) are up to 53% higher. Learn more about *C-reactive protein* and how you can reduce it on p. 6 of *20 Tests Your Doctor Hasn't Performed (And Should!)*.**
- If you use *this* over the counter drug, you have a 65% chance of developing intestinal inflammation. What's more, because this common (yet dangerous!) drug blocks your body's natural inflammation-fighting and repair substances, your damaged intestine can't heal. Learn more on p. 28 of *Your Digestive Ecosystem*.
- **The *National Health and Nutrition Examination Survey* evaluated almost 4,000 people and found the more of *this* people ate, the lower their level of inflammation. See p. 6 of *20 Tests Your Doctor Hasn't Performed (And Should!)* to learn more.**
- These bacteria inside of your gut create natural anti-inflammatory substance. But you have to feed them the right fuel. Learn what they eat on p. 18 of *Your Digestive Ecosystem*.

*“The longer I live the less confidence I have in drugs and the greater is my confidence in the regulation and administration of diet and regimen.”*

*-John Redman Coxe*

## #2-Glycation: The Sticky Destructor

As a kid, your mom probably told you to lay off the sweets. But her concern of a trip to the dentist is the least of sugar's ill effects.



In fact, **sugar speeds the aging process and promotes every chronic disease** including diabetes, heart disease, metabolic syndrome, some cancers, Alzheimer's and many more.

That's a pretty scary fact, given the recent statistic that Americans eat 158 lbs of this "white devil" per year!

One of the ways this not-so-sweet compound sours your health is through a process called *glycation*.

Quite simply, glycation is the process of sugars attaching to proteins. It may

sound innocuous, but like inflammation, it causes a slow, but sure deterioration of your health.

Here's how.

When you eat a sugary dessert, drink a soda or any carb-rich food, your blood sugar rises. The sugar in your blood then binds to red blood cells (as well as other proteins and fats) and creates disease-promoting compounds called *advanced glycation endproducts (AGEs)*.

AGEs are "sticky". They float along until they bind to a vascular wall or tissue-gumming up your pipes and hampering the integrity of tissues and organs too.

As the glycated globs grab on, it wreaks havoc on your cells (creating *oxidation*, which you'll learn about next section).

Your body – always vigilant and prepared to defend itself – rushes to the rescue to clean up the damage and repair the destruction. And of course, it calls in *inflammation* to do this.

Three of the "Big Five" disease processes, simultaneously, all cascading from one killer ingredient: *sugar*.

The good news is that you can guard yourself against AGEs by keeping your blood sugar under control and by choosing foods that low in AGEs.

In the series you'll learn how important your blood sugar really is and the tasty

ways to protect yourself including:

- The four simple cooking techniques that prevent AGEs from forming (p. 22 *Smart Cooks Age Better*)
- **The foods and ingredients you can eat that reduce your body's blood sugar response. One of them is wine! (see *Your Guide to Living a Low Glycemic Lifestyle* p. 21)**
- How insulin levels increase a dangerous protein called *c-peptide* which can triple your risk for colon cancer and why you should get tested (*20 Tests Your Doctor Hasn't Performed, And Should!* p. 7)
- **How high glycemic index foods damage the small blood vessels in the eyes and lead to cataracts and peripheral blindness (*Your Guide to Living a Low Glycemic Lifestyle*, p. 11)**
- How high glycemic carbs flip the switch to your hunger hormones "on" – promoting weight gain— and how to turn them off (see *Your Guide to Living a Low Glycemic Lifestyle*, p. 12)
- **The foods found to reduce the need for diabetes medications in 95% of patients after 24 weeks in a Duke University study (see *Your Guide to Living a Low Glycemic Lifestyle*, p. 14)**
- The health-harming compounds that form when you eat sugar and attach themselves to your tissues and organs contributing to disease (p. 20 of *Smart Cooks Age Better*)
- **A test that is far better at determining heart health and predicting your risk of heart disease than the standard cholesterol test. And it's covered by insurance! (see *Your Guide to Living a Low Glycemic Lifestyle* p. 17 and *20 Tests Your Doctor Hasn't Performed, And Should!* on p. 6)**
- The lipid-soluble version of *this* B-vitamin that has been found to act as potent inhibitors of *advanced glycation endproducts (AGEs)* and how much you need every day (p. 22 of *Smart Cooks Age Better*)
- **The safe sweeteners you can use that don't cause a blood sugar spike... or cause AGEs to form (p. 22 of *Smart Cooks Age Better*)**
- Why sugar is the REAL culprit in heart disease (see *Your Guide to Living a Low Glycemic Lifestyle*, p. 16)

## #3-Oxidation: The Radical Robber

Each day, every cell in your body is attacked by more than 10,000 free radicals.



Odd as it may sound, this process – called *oxidation* – is perfectly natural. In fact, up to 5% of the oxygen that cells use is converted into free radicals.

But our normal metabolic processes aren't the only way these damaging compounds are formed. We also get free radicals from pollution, smoking, medications, alcohol... and eating the wrong foods.

*So what do free radicals do?*

These rogue molecules are highly reactive with other molecules in the body. They're missing an electron, so they spend their time robbing electrons from healthy cells. The result: **a cascading series of cellular damage.**

Here are some of the ways free radicals rob you of your health:

- ✘ Damage cholesterol and make it more likely to stick to the lining of your arteries, increasing risk for a **heart attack** or **stroke**
- ✘ Wreak havoc on the DNA inside of your cells, causing cell mutations that can lead to **cancer**
- ✘ Attack the delicate structures of the eyes, promoting **cataracts** and **macular degeneration**
- ✘ Pillage your neurons – the nerve cells in your brain – and contribute to **Alzheimer's**
- ✘ Weaken *collagen* and *elastin* – the two structural proteins in your skin – contributing to **wrinkles** and the other **visible signs of aging**

The good news is that our amazing bodies have mechanisms to neutralize these molecules and repair their damage.

Eating foods high in antioxidants – including carotenoids, vitamin C, vitamin E, selenium, and a colorful array of phytonutrients – is one way to lighten your body's free radical load.

But research shows that the antioxidants manufactured *inside* of our body are much more effective. And there are a handful of **foods that serve as the fuel for your own antioxidant artillery** you should be eating every day.

There are also foods that are free-radical factories...that you should avoid at all cost.

You'll learn about all of the free-radical fighters (and food foes!) and the many ways you can boost your defenses against oxidation including:

- **The easy cooking method that boosts antioxidants in your foods by up to 467% (see p. 12 of *Smart Cooks Age Better*)**
- The chart-topping antioxidant herbs and how you can boost their free-radical fighting ability TENFOLD (see p. 13 of *Smart Cooks Age Better*)
- **The three key minerals and top 28 foods your body needs to produce *superoxide dismutase (SOD)* – a potent antioxidant whose job is to neutralize superoxide, the #1 free radical in the your body (see p. 7 of *Your Guide to Antioxidant Superfoods*)**
- *This* group of 13 veggies is one of the most potent when it comes to boosting your body's antioxidant artillery. Find out which ones provide the most "bang per bite" on p. 13 of *Your Guide to Antioxidant Superfoods*.
- **The 8 foods highest in *this* nutrient that help protect your cholesterol from oxidation – the *real* cause of heart disease. See p. 14 of *Your Guide to Antioxidant Superfoods*.**

## Get 56% More Antioxidants With ORGANIC KETCHUP!

You may have heard that **lycopene** – the red pigment found in tomatoes – is one of the most potent antioxidants around.

Studies show that lycopene helps reduce the risk of heart disease, macular degeneration, prostate and breast cancer.

But to get the power of lycopene, you need to cook your tomatoes. In fact, **cooking increases lycopene levels by up to 171%**.

And there's something else you can do: *go organic*. A USDA study found that **organic ketchup packed 56% more lycopene than conventional brands**.

So go ahead and dip a fresh-baked batch of sweet potato "fries" into organic ketchup for a healthy treat loaded with free radical fighters.



- **The *two key words* you MUST look for on the label of culinary oils to ensure it was processed in a way that doesn't generate free radicals in the bottle...or in your body (see *Fats That Heal, Fats That Harm*, p. 26)**
- The reason why *these* foods are naturally higher in antioxidants (see *Organics: Beyond Green*, p. 9)
- **The safe temperature zones that prevent the formation of free radicals for 20 different cooking oils (see p. 16 of *Smart Cooks Age Better*)**
- How heating *these* cooking oils creates DNA-damaging compounds and the safe oils to choose (see p. 15 of *Smart Cooks Age Better*)
- **Berries are antioxidant powerhouses! Find out which berries pack 19% more antioxidants than their supermarket counterparts (see p. 9 of *Organics: Beyond Green*)**
- Digesting meat causes harmful free radicals called *lipid hydroperoxides* (LOOH). But drinking *this* with your meat reduces their formation. See p. 19 of *Your Digestive Ecosystem*.

***“Scientists now believe that free radicals are causal factors in nearly every known disease, from heart disease to arthritis to cancer to cataracts. There is overwhelming scientific evidence demonstrating that those of us who eat a diet rich in antioxidants and take antioxidant supplements will live longer, healthier lives.”***

**– Dr. Lester Packer, Ph.D.  
The Antioxidant Miracle**

## #4-Depletion: The Silent Sapper



Dr. Linus Pauling, winner of two Nobel prizes, said:

***"You can trace every sickness, disease or ailment in the human body to a trace element deficiency."***

It was true then. And it's even truer today.

In fact, the average vegetable found in today's supermarket is anywhere from 5% to 40% lower in minerals (including magnesium, iron, calcium and zinc) than those harvested just 50 years ago. ***Our foods are nutritionally bankrupt!***

Why? Our soil isn't what it used to be. Industrial farming has depleted it, and in doing so has depleted our food.

But it's not just the soil. Farming chemicals reduce the amount of beneficial nutrients plants naturally produce.

What's more, conventionally-raised livestock eating grain (not grass and other foods native in their diet like clover) provide fewer nutrients too.

Finally, most of us suffer from an unhealthy digestive system that doesn't absorb nutrients and we take drugs that sap our nutrients too.

Add it all up and you have a recipe for depletion... and eventually disease.

But not to worry. In this series, you'll learn how to feast on the most nutrient dense foods and tips for better absorption including:

- **This protein may be killing your *villi* – the specialized structures in your small intestine that increase the surface area of your intestine by a factor of 600 to help absorb nutrients. But when your villi become damaged, you can't absorb the health-promoting substances you need. Learn what this protein is and if it could be harming you on p. 6 of *Your Body's Ecosystem*.**
- The simple ways to boost 27 key nutrients in your food by the way you cook and combine with other foods (p. 11 of *Smart Cooks Age Better*)

- **This nutrient is completely missing in conventionally-raised animal foods. And it helps you stay slim and fight cancer (see *Organics: Beyond Green*, p. 26)**
- The mineral you're missing that may be cause of your "Restless Leg Syndrome (p. 11 of *20 Tests Your Doctor Hasn't Performed, And Should!*)
- **The cancer-fighting, thyroid supporting micronutrient that has dropped 50% in the last two decades and the food you only need one ounce of to get 767% of the daily value! (*20 Tests Your Doctor Hasn't Performed, And Should!* p. 12)**
- The specific over the counter and prescription drugs that deplete your nutrients (see *Depleted by Drugs*)
- **These four life-essential minerals are critically lacking in most Americans diets. Learn what they are, how to know if you're deficient and the easy way to get more (*20 Tests Your Doctor Hasn't Performed, And Should!*, p. 9-12)**
- How you can get 25% more nutrients from your food, just by making this one easy choice (see *Organics: Beyond Green*, p 10)
- **If you drink bottled or filtered water, you may be missing out on important minerals including magnesium. Learn more about why you need this important mineral and how a deficiency is a silent cause of disease on p. 9 of *20 Lifesaving Tests Your Doctor Hasn't Performed (And Should!)*.**
- Using a microwave reduces this important B vitamin by more than 50%.

## "Miracle" Elixirs that HARM YOUR HEALTH

You've seen them. Drinkable concoctions that promise to fight free radicals, provide a bevy of vitamins and ward off ailments.

But most of these "health drinks" are loaded with **sugar, preservatives** and **artificial sweeteners**.

**Jamba Juice Aloha Pineapple Power Smoothie** contains 123 grams of sugar and 550 calories. That's the equivalent of four Coca-Colas!

**Mona Vie** is preserved with *sodium benzoate*, that when combined with vitamin C naturally in the juice, is converted to the **carcinogen benzene**.

**Propel Enhanced Water** contains the antioxidants vitamin C and E. But the second ingredient is the artificial sweetener, *sucralose* - a toxic hormone disruptor.

Leave these health imposters at the shop. Instead, make your own antioxidant elixirs with whole foods at home. See **Antioxidant Superfoods** for the power foods you should include in your juices and smoothies.



This is really important because this nutrient is involved with DNA manufacture and helps to reduce of *homocysteine*—an amino acid which increases the risk for heart disease and stroke (p. 28, *Smart Cooks Age Better*)

- **These two spices are 50 times higher in antioxidants than blueberries! But most of us rarely use them. Learn what they are and easy ways to incorporate them in your diet on p. 17 of *Your Guide to Antioxidant Superfoods*.**
- Your digestive system may be lacking this important ingredients needed to effectively break down food. Learn what it is and the 9 easy ways to boost it on p. 9 of *Your Digestive Ecosystem*.
- **The fiber you can stir into beverages, yogurt, soups and sauces that benefits gut health and boosts calcium and absorption by up to 20% (see p. 18, *Your Digestive Ecosystem*).**
- If you eat this unhealthy fat, your body can't absorb a group of disease fighting, antioxidant nutrients called carotenoids. Learn what it is and where it's found on p. 17 of *Your Kitchen Makeover*.
- **This common sweetener has received lots of press for encouraging weight gain. But its ill-effects don't end there. It also interferes with the heart's use of key minerals including magnesium, copper and chromium. Learn more on p. 13 of *Your Kitchen Makeover*.**
- More than 50% of us are deficient in *this* vitamin that many health experts are calling a "cure all". A deficiency is associated with an increased risk of diabetes, cancer, heart disease, Alzheimer's, depression and even autism. Learn about this amazing vitamin, how much you need and how best to get it on p. 10 of *20 Lifesaving Tests Your Doctor Hasn't Performed (And Should!)*.

***"Diseases are but symptoms of nutritional deficiencies combined with retained toxins. These are caused by poor soil resulting in nutritionally deficient plants and fruit and other foodstuff. We must change our nutritional habits to consume at least 75% living and unprocessed foods those that grow in the ground or fall from a tree. If we do this we can stop using drugs and even supplements because our food has become our medicine."***

***-Dr. Juergen Buche, N.D.***

## #5-Toxification: The Body Burdened



While the nutrients in our foods are *decreasing*, our exposure to harmful toxins is *increasing*.

And without the proper nutritional forces, our body's detoxification efforts fall short. Our liver is on overload, and our health pays the heavy price.

While toxins are present in the air we breathe and the water we bathe in, most make their way into our bodies by way of our plate or by the chemical products we use (like lotions, shampoos and other personal care products; household

items, etc).

These toxins damage our cells and affect our endocrine system, producing a wide range of toxic effects.

Some encourage our body to **store fat**... others **impair the function of our thyroid**... some **alter the effects of our reproductive hormones**... and many **promote cancer** and even damage our brain.

The good news is that **your body has a natural pollution solution**. And with good choices, you can keep the poison off your plate, lighten your liver's load and put your detox machinery in high gear.

You'll learn:

- **This common food additive is one of the best known *excitoxins* – substance that literally stimulate the neurons to death, causing brain damage of varying degrees. And manufacturers try to hide it from consumers by calling it 15 other sneaky names! Learn what they are so you can avoid "brain drain". See p. 14 of *Your Kitchen Makeover*.**
- The foods that crank up your body's detoxification efforts (see *Antioxidant Superfoods*, p 5)
- **The "power protein" that boosts *glutathione* - your master antioxidant and detoxifier - and the only two brands you should be buying. See p. 5 of *Antioxidant Superfoods*.**

- The plastics, containers and other cooking tools that leach harmful compounds into your food (see p. 24 of *Smart Cooks Age Better*)
- **The twelve fruits and vegetables that contribute to 90% of your pesticide exposure that you always want to buy organic (see p. 7 of *Organics: Beyond Green*)**
- The two green foods you can use to help detoxify from heavy metals (see *Organics: Beyond Green*, p. 22)
- **Do you eat canned food? If so you're being exposed to a dangerous cancer causing compound called *bisphenol-a (BPA)* due to the can liner. But two companies make BPA-free can liners. Learn the brands you should choose to stay away from BPA! (p. 29 of *Smart Cooks Age Better*)**
- The "Toxic Twelve" additives, preservatives and chemicals manufacturers use in foods, why you're health depends on avoiding them and how to spot them (see p. 7 of *Your Kitchen Makeover*)
- **Can your cookware cause cancer? Many common pots, pans and cooking tools contain chemicals that promote tumors (see *Smart Cooks Age Better*, p. 25). Discover the safe alternatives to choose (p. 33).**
- This "hidden ingredient" found in carb-rich foods reduces your body's production of *glutathione* – "your master antioxidant and detoxifier". Learn where it's found and how to avoid it on p. 18 of *Smart Cooks Age Better*.
- **This petroleum-based color "enhancer" is added to 90% of salmon! Learn how to avoid it on p 23 of *Organics: Beyond Green*.**
- If you drink water from bottles labeled with these numbers, you're being exposed to a

## GOT MERCURY?

### DETOX WITH THIS DRINK!

Have you ever eaten a tuna fish sandwich, had a vaccine, got a "silver" filling, or bellied up to a sushi bar?

If so, you probably have toxic levels of mercury in your body.

**Mercury is the second most toxic substance known to man** after plutonium. It's a neurotoxin that damages the brain, harms the thyroid, and causes free radical damage.

But two "detox superstars" – **cilantro** and **chlorella** – bind to mercury (and other heavy metals and contaminants) and safely and effectively remove it from your body.

**Detox Elixir:** Juice 2 cups organic spinach, 2 stalks organic celery, 1 inch ginger, 2 peeled cucumbers, ½ organic apple, ½ cup cilantro. Stir in 1 Tbsp. chlorella. Drink daily.



dangerous cancer-causing compound called *bisphenol-a (BPA)*. Learn the safe types of bottles to use on p. 29 of *Smart Cooks Age Better*

- **While the safe limits for lead have been set at 60 mcg/dL of blood by the U.S. government, research shows that any level over 2 mcg/dL significantly increases the risk for heart attack, stroke and death. More worrisome still is that 40% of Americans have those levels of lead! Learn more about getting the lead out on p. 16 of 20 Lifesaving Tests Your Doctor Hasn't Performed (And Should!)**
- The one energy-efficient, time-saving, must-have kitchen tool that reduces your risk of ingesting four major cancer-causers. And it costs about \$100. (see p. 38 of *Smart Cooks Age Better*)
- **If you've been eating farmed fish, you may have high levels of cancer-causing compounds called PCBs. What's more, the PCBs you ate in your farmed fish today will stay in your body until 2025! But there's a simple detoxification procedure found to reduce PCBs in the body by 46%! Learn more about testing your levels, detox methods and how to steer clear of PCBs on p. 17 of 20 Tests Your Doctor Hasn't Performed, And Should!**
- The old-fashioned cooking method your grandmother used that can help reduce the risk of four dangerous culinary byproducts. While many types of cookware can be used to cook this way, this handy-dandy is cheap and timesaving too (p. 39 of *Smart Cooks Age Better*).
- **This exotic spice kicks up your antioxidant production by turning on specific genes. What's more, researchers are calling this spice a "cancer miracle" – with just one teaspoon daily providing powerful cancer protection and killing cancer cells in 24 hours! (p. 6 *Your Guide to Antioxidant Superfoods*).**

## IS THAT FORMALDEHYDE IN YOUR CUPCAKE?

A quick glance at the ingredients label on "sugar-free" and "diabetic safe" foods and you'll likely find **aspartame**.

This common – but HIGHLY TOXIC - artificial sweetener is converted to **formaldehyde** in the body.

Formaldehyde is best known for its use as embalming fluid. But in living people, it causes neurological, immune and genetic damage.

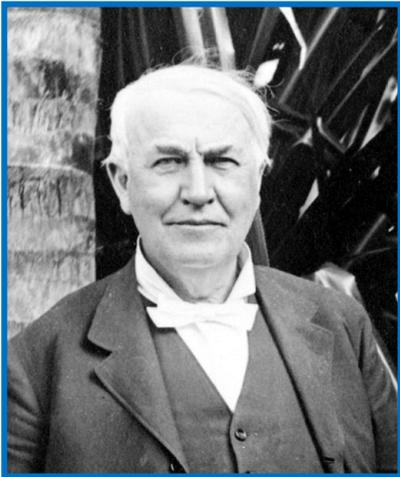
Avoid aspartame and learn about the healthy, all-natural, sugar-free sweeteners you can use in ***Your Guide to Living a Low Glycemic Lifestyle***.



- The mineral that's needed to make glutathione -your body's "master antioxidant and detoxifier". But the problem is it that this mineral has dropped by 50% in our food supply in the last 20 years. Learn the five foods that will keep your body cranking out this important substance (p. 6 *Your Guide to Antioxidant Superfoods*).
- **The one supplement that is so powerful at boosting your glutathione levels, it is used in hospitals for acetaminophen (Tylenol) overdose to detoxify the liver... and save lives (p. 6 *Your Guide to Antioxidant Superfoods*).**
- The dangerous toxins that are being produced inside your body if you have *this* problem that not only taxes your liver, but damages your brain too. See p. 8 *Your Digestive Ecosystem* for what they are and learn how to stop them on p. 28.
- ***Are you sick all the time? Don't blame the bugs outside...blame the bugs inside and the toxins they create. Learn how you can get the detoxifying, immune-enhancing bacteria in your gut to take over and work for your health (see p. 18 *Your Digestive Ecosystem*).***
- If you're eating too many foods that fall on the high side of *this* chart, your body's detoxification mechanisms become compromised. See p 24 *Your Digestive Ecosystem* for more.
- **If you add *this* acid to your water it will improve oxygen delivery to your cells, boost detoxification and even help protect against kidney stones (see p. 28 *Your Digestive Ecosystem*).**
- How to know if you have dangerous levels of mercury, lead, PCBs and other environmental toxins in your body (see *20 Tests Your Doctor Hasn't Performed, And Should!* p. 15-18)
- **Eating 1.5 cups of any of *these* three foods can turn on your body's powerful detox machinery for 4 hours after you eat them (see p. 22 *Your Digestive Ecosystem*)**
- If *this* nasty pathogen has rooted itself in your gut, food particles, toxins and bacteria can move out of your intestine... and into your bloodstream. While it might not sound harmful, this is actually the "root" cause of allergies, chronic fatigue and 20 more common conditions. Learn how to stop this health-harmer from taking over your gut on p. 27 *Your Digestive Ecosystem*.
- **Nearly 40% of Americans have levels of *this* contaminant high enough to increase the risk for heart attack by 151% and the risk**

**of stroke by 89%. Learn the simple-lifesaving test you can take to determine your levels and the therapies to rid your body of this killer (see p. 16 of *20 Tests Your Doctor Hasn't Performed, And Should!*).**

- *These two foods contain dangerous **mycotoxins** – or fungal toxins – that can harm your gut and hamper your immunity. And one of them is a powerful cancer-promoter too. Learn how to protect against them and the specific brands to choose that are certified fungus-free p. 35 *Your Digestive Ecosystem*.*



***“The doctor of the future will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.”***

**- Thomas Edison**

## Fight Disease... With a Fork!



When it comes to fighting disease, there's no doubt that **Mother Nature's most delicious foods can be the best medicine** for preventing cancer, losing weight, and reversing heart disease and diabetes.

And while we've long known that whole foods diet is the way to health, thanks to a plethora of new research, we're better understanding the mechanisms of disease - and healing - everyday.

For example, you probably know that salad greens are good for your health. But did you know that a compound called *phenyl-ethyl-isothiocyanate (PEITC)* in watercress is so powerful that it actually blocks the carcinogens in cigarette smoke? Or that *ellagic acid* found in raspberries and blackberries detoxifies carcinogens and helps the body to destroy existing cancer cells?

It's true! And there are literally thousands of ways that foods exert their healing effects on the body, and on specific diseases.

Now that you understand a little bit more about the root causes of disease, let's take a look at the specific conditions and health concerns [\*\*The Food Cure™\*\*](#) addresses.

This section is designed to help you quickly locate the information you need on the health topics that are most important to you.

The main concerns we address include:

- ✓ **Diabetes**
- ✓ **Cancer**
- ✓ **Brain Health and Mood**
- ✓ **Heart Health**
- ✓ **Vision**
- ✓ **Fertility and Pregnancy**
- ✓ **Digestive Disorders**

## Control (and Even Reverse!) Diabetes



Consider these startling facts:

Nearly 24 million Americans have diabetes. Another 70-80 million have pre-diabetes. There are 50% more people with diabetes today than there were just 10 years ago. And one in three children born today will develop diabetes.

These statistics are alarming, **but YOU don't have to be a statistic.**

That's because your lifestyle – your dietary choices, physical activity and habits – play the biggest role in your risk for diabetes. In fact, many people are able to **get off their**

**medications** and even **reverse type-2 diabetes with the right diet** and exercise.

In [\*\*The Food Cure™\*\*](#) you'll discover:

- *Getting your A1C checked?* If you've been eating *this* artificial sweetener don't be surprised if it's higher than at your last checkup. Researchers found diabetics using it had significant increases in this important marker of glycemic control. See p. 18 of *Your Kitchen Makeover*.
- **After 6 months on a diet rich in *this* fat, participants on average reduced fasting glucose by 3%, insulin by 9.4% and insulin resistance by 12.1% (see p. 29 of *Fats That Heal, Fats That Harm*).**
- After 6 weeks, people with diabetes who added *this* fat to their diet had lower body mass and blood sugar levels. They also had lower levels of *leptin* – a hormone that regulates body fat. Learn more on p. 37 of *Fats That Heal, Fats That Harm*.

***“Eating in a way that balances your blood sugar, reduces inflammation and oxidative stress, and improves your liver detoxification is the key to preventing and reversing insulin resistance and diabetes.”***

***- Dr. Mark Hyman, M.D.  
UltraMetabolism***

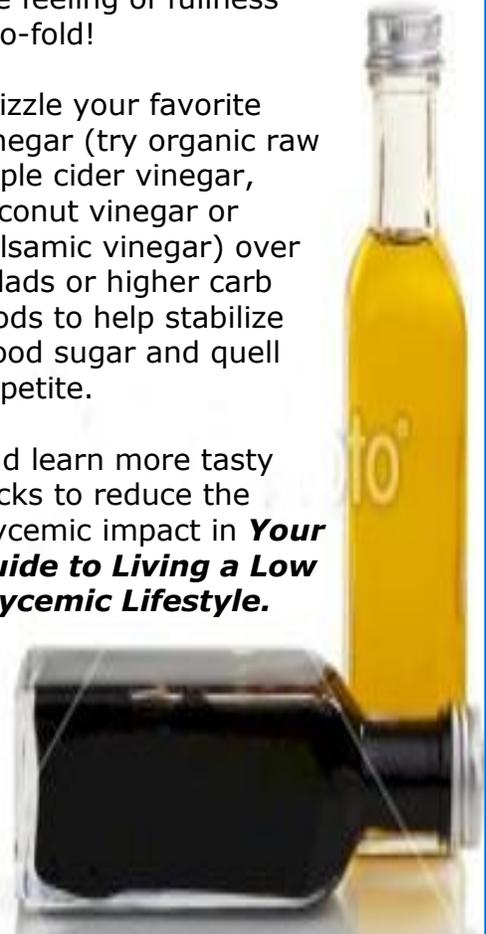
- **A study published in *Diabetes Care* found that people with the highest exposure to *these* chemicals were 38 times more likely to develop diabetes than those with the lowest exposure (see p. 20 *Organics: Beyond Green*).**
- In people with diabetes, eliminating *these* specific foods reduced the risk of vascular complications by up to 37% (see p. 17 *Your Guide to Living a Low-Glycemic Lifestyle*).
- **When *this* delicious protein was added to a drink of pure glucose, it reduced the associated blood sugar spike by 56% and made insulin 60% more effective. Learn about this powerful protein and the only brand you should buy on p. 21 of *Your Guide to Living a Low-Glycemic Lifestyle*.**
- Adding these tasty ingredients to a carb-rich meal can reduce the body's glycemic response by 30-50%! They also reduce the production of free radicals that happened just from digesting the meal. See p. 21 *Your Guide to Living a Low-Glycemic Lifestyle*.
- **This artificial sweetener is in hundreds of products made for weight loss and is touted as "diabetic-safe". But it actually promotes weight gain and worsens diabetes! Clear your cupboard of this harmful substance (see p. 17 of *Your Kitchen Makeover*) and learn the safe and healthy alternatives.**
- Drinking a little of *this* before your meal will reduce your blood sugar and insulin levels after the meal. See p. 21 of *Your Guide to Living a Low-Glycemic Lifestyle*.

## BALANCE YOUR BLOOD SUGAR... WITH VINEGAR!

Adding just a tablespoon or two of vinegar to a high-glycemic meal **reduced post-meal blood sugar levels by 25-35%** and increased the feeling of fullness two-fold!

Drizzle your favorite vinegar (try organic raw apple cider vinegar, coconut vinegar or balsamic vinegar) over salads or higher carb foods to help stabilize blood sugar and quell appetite.

And learn more tasty tricks to reduce the glycemic impact in ***Your Guide to Living a Low Glycemic Lifestyle***.



## Prevent and Heal Cancer with Your Diet

I have some news that might shock you: *You have cancer. And so do I.*



But don't be alarmed. At any given time, we all have rogue cancer cells that arise simply as a result of living.

And while these cellular mutations pop up frequently, cancer cells just don't stand a chance in a healthy body.

That's because our bodies are equipped with some amazing mechanisms that destroy cancer cells before they divide out of control. One of these mechanisms is

called *apoptosis* – or programmed cell death. And apoptosis is largely influenced by what you eat, giving you the power to stop cancer before it can take hold.

In fact, research shows that **80% of all cancers can be prevented with diet and lifestyle – and up to 60% of that is diet alone!**

And in [\*The Food Cure\*](#)<sup>™</sup> you'll learn:

- **A study published in the *American Journal of Epidemiology* found that people eating the most of *this* food had a 41% reduced risk of colon cancer (see p. 23 of *Fats That Heal, Fats That Harm*).**
- The "hidden" ingredient in more than 80% of fish sold that is a known cancer promoter. What's more, a recent study found that 7 out of 10 pieces of fish at grocery stores were so contaminated with these carcinogens that they exceeded the "safe" levels set by US health agencies 100 times over (see p. 24 of *Fats That Heal, Fats That Harm* and p. 23 of *Organics: Beyond Green*).
- **The Physicians Health Study evaluated the diets of 20,167 men. Researchers found that the men eating *this* food 5 times per week had a 48% lower risk of fatal prostate cancer than the men who rarely ate it (see p. 23 of *Fats That Heal, Fats That Harm*)**
- A cancer-fighting fat that blocks all three stages of cancer – initiation, promotion and metastasis. In fact, as little as half a gram was found to reduce tumors by 50% in one study. But this fat is only found in animals eating *this* special diet. Learn more on p. 36 of *Fats That Heal, Fats That Harm*.

- **Women getting the most type of *this* fat in their diet had 60% less risk of breast cancer than women with the lowest levels. See p. 36 of *Fats That Heal, Fats That Harm*.**
- Girls exposed to *this* toxic chemical (which the US exported 96 tons of in 1991) are 5 times more likely to develop breast cancer later in life than women with lower exposures. While the US no longer manufactures this poison here, it is found in imported foods (see p. 19 of *Organics: Beyond Green*)
- **A study of more than 12,000 people found that those getting the most of *this* cancer causer found in carb-rich foods had a 59% increase in kidney cancer. Learn how to avoid this harmful compound on p. 18 of *Smart Cooks Age Better*.**
- Women who ate just one serving of *this* food daily had twice the risk of developing ovarian and endometrial cancer as women who ate less (see p. 18 *Smart Cooks Age Better*).
- **The World Health Organization says *this* compound may be responsible for up to one-third of all cancers caused by diet. But the FDA encourages us to eat LOTS of these foods! See p. 19 *Smart Cooks Age Better* to learn how to protect yourself.**
- The hidden carcinogen and hormone disruptor found in 90% of cookware sold that leaches from the pan... and gets into your meal (see p. 25 of *Smart Cooks Age Better*)
- **People who ate foods containing *this* preservative had a 68% higher risk of pancreatic cancer. See p. 16 *Your Kitchen Cleanse* to discover brands made without this preservative to avoid this deadly cancer.**
- *These* fats “up regulate” (or turn on) cancer promoting genes while *these* fats that flip the switch to “off”. Make sure you’re eating the right fats to program your cells against cancer. See *Fats That Heal, Fats That Harm* p. 16.

## THIS FAT INCREASES YOUR RISK OF BREAST CANCER BY 75%!

You probably already know that donuts and French fries - laden with **trans fat** - aren't good for your heart.

But research in the *European Prospective Investigation into Cancer and Nutrition* reported that eating trans fat may also **raise the risk of breast cancer by up to 75%!**

Learn more about trans fats – and the other fats that promote cancer– in *Fats That Heal, Fats That Harm*.



- **According to a study published in the *Journal of the American Medical Association*, people eating the most foods preserved with *this* additive had a 50% increased risk of colon cancer. See p. 16 *Your Kitchen Makeover* for the name of the carcinogenic compound to watch out for on labels... and the safe brands to buy.**
- The ingredients added to oil to extend shelf life that mimic estrogen and turn on cancer genes (see p. 26 of *Fats That Heal, Fats That Harm*)
- **Women who ate foods preserved with this during pregnancy had children with a two-to-threelfold higher risk of brain tumor than women who ate none. See p. 16 *Your Kitchen Makeover* to discover the brands you can enjoy without harming your unborn baby's brain.**
- The immune system is your first defense to prevent and fight cancer. But eating less than half a cup of *this* food decreases the activity of your white blood cells for at least 5 hours! (see p. 27 *Your Body's Ecosystem*)
- **This American staple is a lunchtime favorite (especially for kids). But if you're not buying this brand, you're being exposed to one of the most potent-cancer causers known to man: *aflatoxin*. Learn the safe brand to buy on p. 35 of *Your Body's Ecosystem*.**
- An FDA toxicologist told Congress: "*without a shadow of a doubt, this artificial sweetener can cause brain tumors and brain cancer*". Learn what it is on p. 11 of *Your Kitchen Makeover*.
- **Foods that are high in vitamin C and also contain *this* preservative undergo a chemical reaction that produces *benzene* – a known carcinogen. Although manufacturers know this scary fact, the harmful combination is in hundreds of foods (especially beverages). Learn what it is on p. 11 of *Your Kitchen Makeover*.**
- People who eat their meat medium well or well-done were found to triple their risk of stomach cancer due to the formation of cancer-causing compound formed during cooking called *heterocyclic amines (HCAs)*. But you can reduce these health harming compound by more than 80% just by making a marinade with *these* ingredients (see p. 17 of *Smart Cooks Age Better*)

***"So many people spend their health gaining wealth, and then have to spend their wealth to regain their health."***

***-AJ Reb Materi***

## Boost Brain Health and Banish Depression

Is forgetfulness really due to old age or genes? And are mood disorders caused by “chemical imbalances”?

Research says “no”!

In fact, our diets – including the kinds of fats we eat, the toxins we’re exposed to and the nutrients we get – all play a role in brain function, behavior and mood.

Here’s what you’ll learn in [\*\*The Food Cure™\*\*](#):

- **A study published in the *Archives of Neurology* found that just ONE weekly serving of *this* food reduced the risk of Alzheimer’s by 60% (see p. 20 of *Fats That Heal, Fats That Harm*)**
- *These everyday foods contain high levels of Alzheimer’s-promoting aluminum. Learn what they are and how to avoid them (see p. 26 of *Smart Cooks Age Better*)*
- ***This popular food considered “safe” by the FDA. But just four servings per month can put you over the safe mercury exposure level by 30% (20 Tests Your Doctor Hasn’t Performed, And Should!, p. 15)***
- *A surprising anti-depressant found only in animal foods. Low levels of this important compound are linked to aggressive behavior, depression and suicide (see p. 34 of *Fats That Heal, Fats That Harm*)*
- ***Eating this way promotes the formation of amyloid plaque – a substance that’s implicated in the development of Alzheimer’s disease. Learn the healthier alternatives to protect your brain on p. 11 of *Your Guide to Living a Low-Glycemic Lifestyle*.***

### EASE DEPRESSION WITH YOGURT!

Can bad bugs in your gut cause depression and anxiety? New research published in *Gut Pathogens* found that they do.

It is widely known that probiotics (or “good bacteria”) help maintain the healthy gut flora.

Now we know they do something else: **Boost the feel-good neurotransmitter L-tryptophan, easing depression and anxiety.**

In fact, 73% of subjects taking probiotics had an increase in healthy bacteria (*Lactobacillus* and *Bifidobacteria*) in the gut, and a *significant* decrease in anxiety symptoms.

Learn more about how to boost your mood and how to get your gut in tip-top shape in *Your Digestive Ecosystem*.



## Guard Against Heart Attack and Stroke



Heart disease is America's number one killer, responsible for one out of every three deaths. It claims nearly a million lives every year.

But here's the good news: Preventing heart disease is within your control. And a healthy diet and lifestyle are your best protection.

In [\*The Food Cure\*](#)<sup>™</sup> you'll learn:

- **Eating *this* food just twice a week reduced the risk of stroke by 52%! (see p. 20 of *Fats That Heal, Fats That Harm*).**
- Eating just 7 ounces of *this* food reduced the risk of fatal heart attack by 59% in a Chinese study of more than 18,000 people (see p. 19 of *Fats That Heal, Fats That Harm*).
- **Nearly 40% of Americans have levels of *this* contaminant high enough to increase the risk for heart attack by 151% and the risk of stroke by 89%. Learn the simple, lifesaving test you can take to determine your levels and the therapies to rid your body if this killer (see p. 16 of *20 Tests Your Doctor Hasn't Performed, And Should!*)**
- Eating *this* favorite Mediterranean food was associated with 19% lower oxidized LDL levels – the dangerous cholesterol that sticks together and forms clots that can lead to heart attack and stroke (see p. 29 of *Fats That Heal, Fats That Harm*).
- **Taking *this* healthy supplement can reduce your triglyceride levels after a meal by up to 40%. This is really important because triglycerides are an often overlooked factor in heart disease. See p. 21 of *Your Guide to Living a Low-Glycemic Lifestyle*.**
- This sweetener has been found to increase triglycerides and promote the creation of blood clots. See p. 13 of *Your Kitchen Makeover*.
- **If your *homocysteine* levels are high, your risk for heart attack is doubled... and your risk for stroke is tripled! Learn the 3 vitamins that can help reduced this heart-harming factor and the test level you want for optimum health. See p. 7 of *20 Tests Your Doctor Hasn't Performed, And Should!***
- The 8 foods highest in *this* nutrient that helps protect your cholesterol from oxidation – the real cause of heart disease. See p. 14 of *Your Guide to Antioxidant Superfoods*

## Protect Your Vision

Vision problems are growing at an alarming rate. In fact, in the United States, blindness or poor vision affects 3.3 million people over the age of 40. By 2020 this number is expected to increase to 5.5 million Americans or 76 million people worldwide.

But the good news is that you can guard vision by eating the right foods. Take a look:

- **In a study of 88,974 people, those getting the most of *this* fat in their diet reduced their risk of AMD by 38% ( see p. 24 of *Fats That Heal, Fats That Harm*)**
- People getting the highest levels of *these* two nutrients in their diet had a 35% lower risk of age-related macular degeneration than those getting the least. Learn what the nutrients are in p. 18 of *Your Guide to Living a Low Glycemic Lifestyle*.
- **People eating *this* type of diet had a 77% INCREASE in cataract risk. See p 18 of *Your Guide to Living a Low-Glycemic Lifestyle* and learn about the right diet to save your sight.**
- *This* healthy fat produces a compound called *neuroprotectin D1* which protects your retinal cells from damage. See p. 18 of *Your Guide to Living a Low-Glycemic Lifestyle*.
- **In a study of more than 4,000 men and women, those eating *these* types of foods had a 49% increased risk for developing age-related macular degeneration. And the more of those foods they ate – the more severe the vision loss. Learn more on p. 118 of *Your Guide to Living a Low-Glycemic Lifestyle*.**

### REDUCE YOUR RISK OF BLINDNESS BY 43%!

While crunching carrots is good for your vision, doc's favorite just can't hold a candle to kale.

That's because kale – and other dark leafy greens - are rich in two compounds – **lutein and zeaxanthin**. These nutrients are concentrated in the macula and serve as filters for high wavelength light. They also guard against free radicals. And the only way to get these nutrients is from your diet!

The good news is that research shows as little as **6 mg of these nutrients daily can reduce the risk of macular degeneration by 43%!**

That's the equivalent of ½ cup of kale (11 mg) or spinach (6.3 mg) or one egg yolk (16 mg).

Enjoy these foods with a little healthy oil to maximize absorption!



## Boost Fertility & Enjoy a Healthy Pregnancy



Having a child is one of life's greatest gifts. But for an estimated 10% of couples, getting pregnant can be a long and difficult process.

In addition to the stress of modern life that takes its toll on our fertility, our bodies are exposed to more **hormone-disrupting chemicals** now than ever before. These chemicals – found everywhere from plastics to produce – **impair sperm** and **cause ovulatory problems**.

What's more, an estimated 93% of us aren't getting the nutrients we need for healthy conception.

But the good news is that you can boost your fertility and give your little one the best start on a healthy life... just by eating the right foods!

- **A study published in the *American Journal of Clinical Nutrition* found that for each 2% increase in *this* fat in the diet was associated with a 73% greater risk of ovulatory infertility (see p. 39 of *Fats That Heal, Fats That Harm*).**
- Women getting just 3 grams of *this* fat daily reduced the risk of premature delivery by up to 33% (see p. 39 of *Fats That Heal, Fats That Harm*).
- **Women who ate foods preserved with *this* during pregnancy had children with a two-to-threefold higher risk of brain tumor than women who ate none. See p. 16 *Your Kitchen Makeover* to discover the brands you can enjoy without harming your unborn baby's brain.**
- Children born to mothers who ate 2 grams of *this* fat everyday during pregnancy and lactation scored higher on mental processing tests at age 4 than children whose mothers didn't eat this fat. See p. 22 of *Fats That Heal, Fats That Harm*.
- **Polycystic Ovarian Syndrome (PCOS) is the #1 cause of ovulatory infertility. And you can reduce your risk of PCOS by getting this ONE thing in balance (p. 11 of *Your Guide to Living a Low-Glycemic Lifestyle*).**

## Ease Digestive Disorders

It wasn't long ago that doctor's believed the digestive system had but one role: *to derive nutrients from food*.

But we now know that this complicated "world within" affects nearly every organ system and function of the body – from your brain, memory and mood ... to inflammation, allergies and immunity.



In ***The Food Cure***™ you'll learn:

- **The processes done to *these* staple foods that destroy nutrients and enzymes your body needs for healthy digestion (see p. 27 *Fats That Heal, Fats That Harm*).**
- The important component of animal foods that helps to maintain the integrity of the intestinal wall and reduce the risk of *leaky gut syndrome* (see p. 33 of *Fats That Heal, Fats That Harm*).
- **If you use *this* over the counter drug, you have a 65% chance of developing intestinal inflammation. What's more, because this common (yet dangerous!) drug blocks your body's natural inflammation-fighting and repair substances, your damaged intestine can't heal. Learn more on p. 28 of *Your Body's Ecosystem*.**
- This favorite French ingredient does more than add delicious flavor to food. It is an important energy source for your gastrointestinal tract and helps to reduce inflammation. And you've probably been advised against eating it! See p. 34 of *Your Body's Ecosystem*.
- ***This* spice contains *eugenol* – a potent compound that kills off a gut bug responsible for a whole host of health problems ranging from bloating to sinus infections. See p. 33 of *Your Body's Ecosystem* for the spice and an easy, tasty way to get it.**
- The five salad oils that boost immunity and prevent the yeast in your gut from becoming invasive. See p. 33 of *Your Body's Ecosystem*.
- ***This* artificial sweetener reduces the amount of healthy bacteria in your gut by 50%. These bacteria are so important to your health they're often called the "forgotten organ". Preserve the good guys in your gut by kicking this out of your cupboard. See p. 18 of *Your Kitchen Cleanse*.**

## What Is Your Health Worth to You?

Ask a wealthy man who has lost his health what he would give to regain it, and he will tell you... Everything! There is simply no investment in life is more valuable than your health.

- Imagine looking in the mirror and watching your fat melt away... seeing the brilliant whites of your eyes and a healthy, youthful glow on your face.
- Imagine waking up each day with energy and purpose and ending the day with stamina to spare.
- Imagine easily fending off colds and flu without the slightest sniffle... and living long into your later years, still active, strong and healthy.

**The Food Cure™** is a lot more than information. It is a blueprint to a life of wellness and healthy abundance... and NOTHING could be more valuable than that!

As you can imagine, the TRUE value of this program is impossible to calculate.

- What would it be worth to know that your family is eating the healthiest meals possible and avoiding those things that cause disease?
- What would it be worth to ride a bike at 80... to play golf and tennis... to ski in the winter... instead of sitting in a doctor's waiting room, or worse, looking out the window of a nursing home?
- What would it be worth to know that your cost for health care in your later years would be nothing more than a weekly tally of healthy groceries?

It is certainly worth a fortune in medical expenses you'll never have to pay. And because the entire program is delivered in convenient PDF format, you can download your copy and get started right away!

The entire seven-book series, including three special bonus reports is valued at well over \$200. But that is not what it will cost you if take action today. In fact, you won't even pay the retail price of \$97. In fact, ***The Food Cure™*** is yours for a **one-time payment of ONLY \$47!**



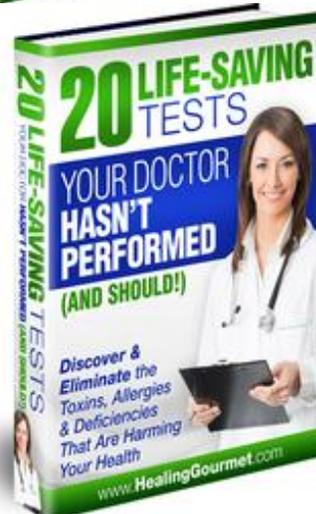
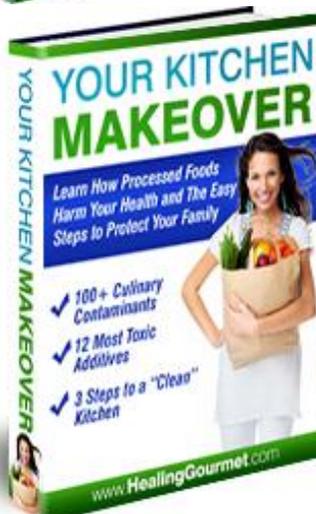
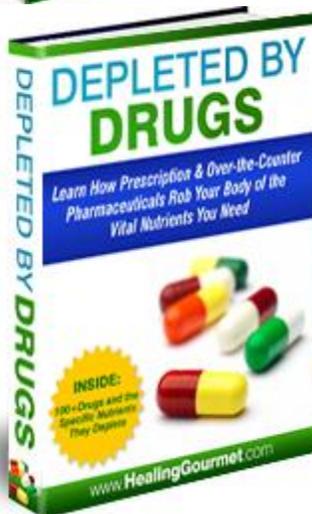
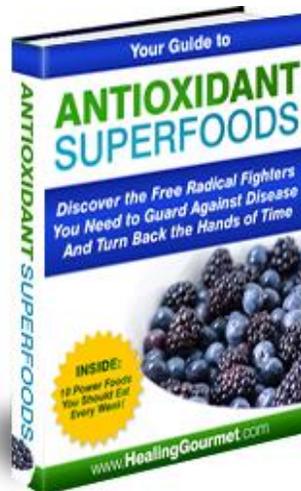
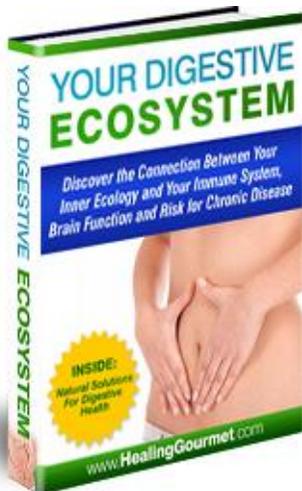
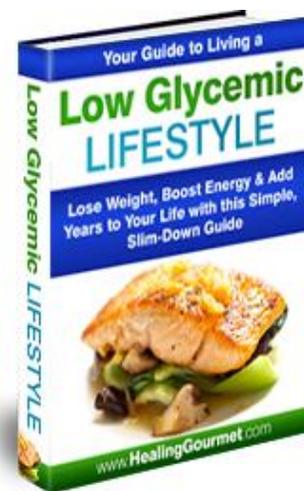
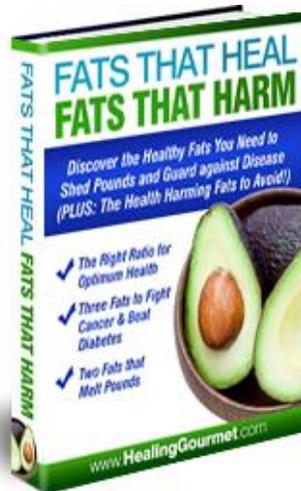
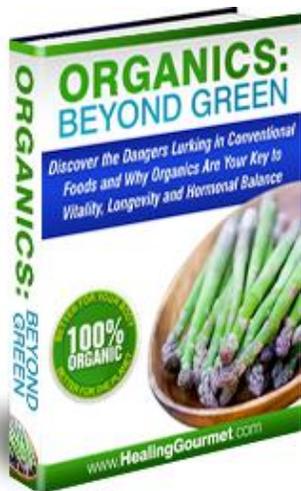
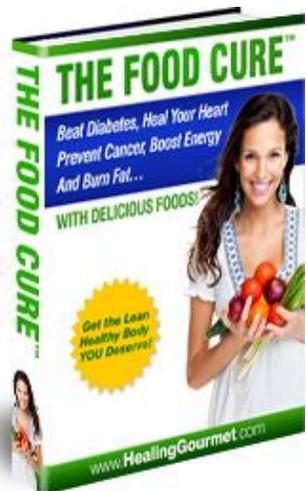
We are so confident that the information and advice in is so valuable to your health that we offer an **unconditional 60-day money back guarantee.**

If you are not 100% satisfied in every way, just let us know and we will cheerfully refund every penny of your order, with no questions asked. And you can even keep everything you have received, with our sincere compliments.

You have absolutely nothing to lose, and everything to gain. Don't hesitate... Your health is too valuable. **Take action today!**

# HEALING *Gourmet*<sup>®</sup>

Your Recipe for Health™



**ORDER NOW!**