Most Dangerous Foods

Eliminate these foods to improve the quality of your life.

1. WHITE SUGAR — Robs the body of vitamins, especially vitamin E. Causes drowsiness, temper, violence. Damages soft tissues of the heart, kidneys, and liver. Substituting with artificial sweeteners is dangerous. Kills the immune system (vital to fight disease).

   Sweeteners should be used sparingly.

2. WHITE FLOUR — Causes constipation, increases sugar level. ABSOLUTELY NO NUTRIENTS!

3. SOFT DRINKS — Kidney problems, weakness, and loss of eyesight. Draws phosphorous out of bones. Possible cause of osteoporosis.

4. RED MEAT — Bacteria infested. Cancer causing. Increases the workload of the kidney and liver. Inflammation of the nerves and muscles. Often worm infested.

5. COFFEE & TEA — Caffeine dramatically devastates the nervous system.

6. DAIRY PRODUCTS — (Ice cream, cheese, yogurt) Dangerous chemicals injected, mucous forming, inability to digest (especially in blacks).

   ALTERNATIVES: Safflower butter, soy cheese, rice dream, rice, soy milk, sesame milk, almond cream.

7. TAP WATER — Full of foreign matter. Active viruses, bacteria, and chemicals that cause cancer, kidney stones, constipation, arthritis, inflamed intestinal tract. Excessively high chlorine content.

8. ALCOHOL — Robs the body of nutrients, over works the kidneys. Often leads to cirrhosis wof the liver and mental disability.

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