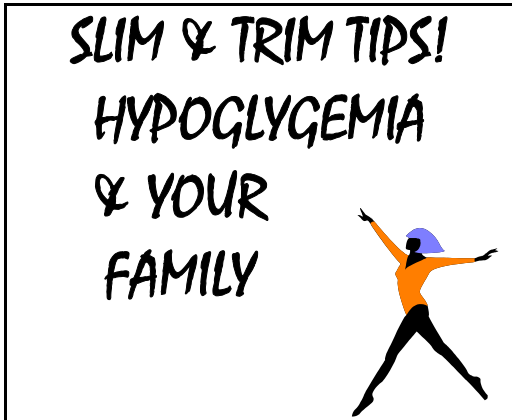


# ◆ THE GENESIS PLAN ◆



Avoid refined, processed foods and if you use animal products at all, use them sparingly as a condiment not a main part of your meal. Animal products with their lack of fiber, high fat, and weight gain hormones and chemicals fed to the animals are the biggest threat to a slim-trim body!

Walk briskly every day in the fresh air. Breathe deeply. Oxygen helps burn fat! If weather too bad to be out - try mall walking or hall walking. Exercise is vital to circulation and mobilizing stored fats and toxins!

Picture yourself in health- Remember: God didn't create you to be overweight and unhappy! He made you for success- so push on!

## POWER-PACKED GREEN SMOOTHIE

A nutritious green drink makes a great FAST breakfast for a healthy start to the morning! Or a light supper. To your favorite juice add- a cup of raw sprouts- (alfalfa, sunflower, clover or such)  
1 tsp. of spirulina, Barley green, or Green Magma (see your health food store)  
1 tsp. herbal bulk. 1 tsp. Flax oil.  
Ripe banana is an option and/or berries.  
Blend up and drink fresh. A power-pack of nutrients!

- a 1-2 TSP. FLORA brand Flax Oil daily.
- b It works as a solvent to mobilize body fats while it promotes health. Use on salads or veges. Do Not Heat. Buy at health food store- check expiry date and keep refrigerated.
- c Get some plain bran or oat bran and sprinkle a tbs. or so on each meal. The extra fiber will help flush fats and the bulk will satisfy the appetite.
- d If you eat for health- the pounds will take care of themselves! Believe it! It works!
- e Avoid the trimmings! You will be surprised how much you save by leaving off the high-fat dressings and gravies, the butter and margarine, and the sour cremes and high fat cheese!
- f Brighten your food with lemon juice and herbal seasonings.
- g Don't buy PROBLEM FOODS! If they are not around, you can't eat them! And your family is better off without them also!
- h If you slip up- Don't give up-Get back up- and return to the program! You will see results. This isn't a die-it- it is a healthy LIVE-IT!

## VITAMINS, MINERALS AND TRACE ELEMENTS ARE KEY TO SLIMMING!

Be sure to get them from natural sources!

If you are bored, frustrated or lonely, Don't snack!

Go for a walk- call a friend- drink some water- Talk to Jesus- read, write or create!

If worse comes to worse- snack on healthful foods- carrot sticks- raw fruit- melon- or celery sticks.



### NO!!

⇒Eliminate or drastically reduce-

⇒Excess Salt and foods high in salt.

⇒Sugar - and foods containing sugar

⇒Fats & Oils- and foods containing them

⇒Canned or processed foods.

### YES!!!

Use Lots Of-

⇒Fresh, raw, and lightly steamed veggies.

⇒Fresh raw Fruits

⇒Whole Grains simply prepared

⇒Potatoes, sweet potatoes, yams

⇒Peas, beans and squash.

⇒Distilled water between meals

## SLIM & TRIM TIPS!



**You don't need to starve  
or count calories to have  
NORMAL WEIGHT!-  
God's original FOODPLAN for  
mankind holds the KEY!**

There are two kinds of calories- an acid calorie and an alkaline calorie. Only acid calories get stored as fat! On 1,000 acid calories you will gain weight but on 5,000 alkaline calories you will lose excess weight!-

-The principles for weight loss are essentially the same as for a healthy diet. The truly natural, healthy diet promotes weight normalization and is a good plan for either over or under weight folks as well. Once on a natural, whole food diet, calorie counting becomes a thing of the past. If you are careful about what you eat, you don't have to worry how much as that will control itself!!

## FLUIDS ARE VITAL TO SLIMMING SUCCESS !



Lots of water *between meals* (distilled or demineralized best- avoid mineral water and tap water ) Plain herb teas without caffeine and diluted, fresh, raw fruit and vegetable juices help flush fat-holding toxins from the body!

10 or more glasses daily recommended. Take your fluids between meals not at meal times.

2 glasses warm water or herb tea 1/2 hour before each meal aids digestion and eliminates need to drink with meals. Weight-loss herbs and bulking agents taken at this time are a great reducing aid and are health promoting!

We often misread the signals from a chronically dehydrated body and think we are hungry when we really need water.

**OFTEN A GLASS OF WATER OR CUP OF HERBAL TEA  
EFFECTIVELY SATISFIES WHAT ONE THINKS IS A HUNGER URGE!**

**Avoid sweetened drinks, Diet drinks, commercial juices,  
coffee or tea!**

## WATER CAN BE HELPFUL OUTSIDE ALSO!



Weight loss is a *DETOXIFYING PROCESS* so you need to support the cleansing with lots of water inside and out! Take a brisk shower in the morning, finishing with a brief cold rinse or cold mitten rub-down and then use a relaxing warm bath in the evening before bed.

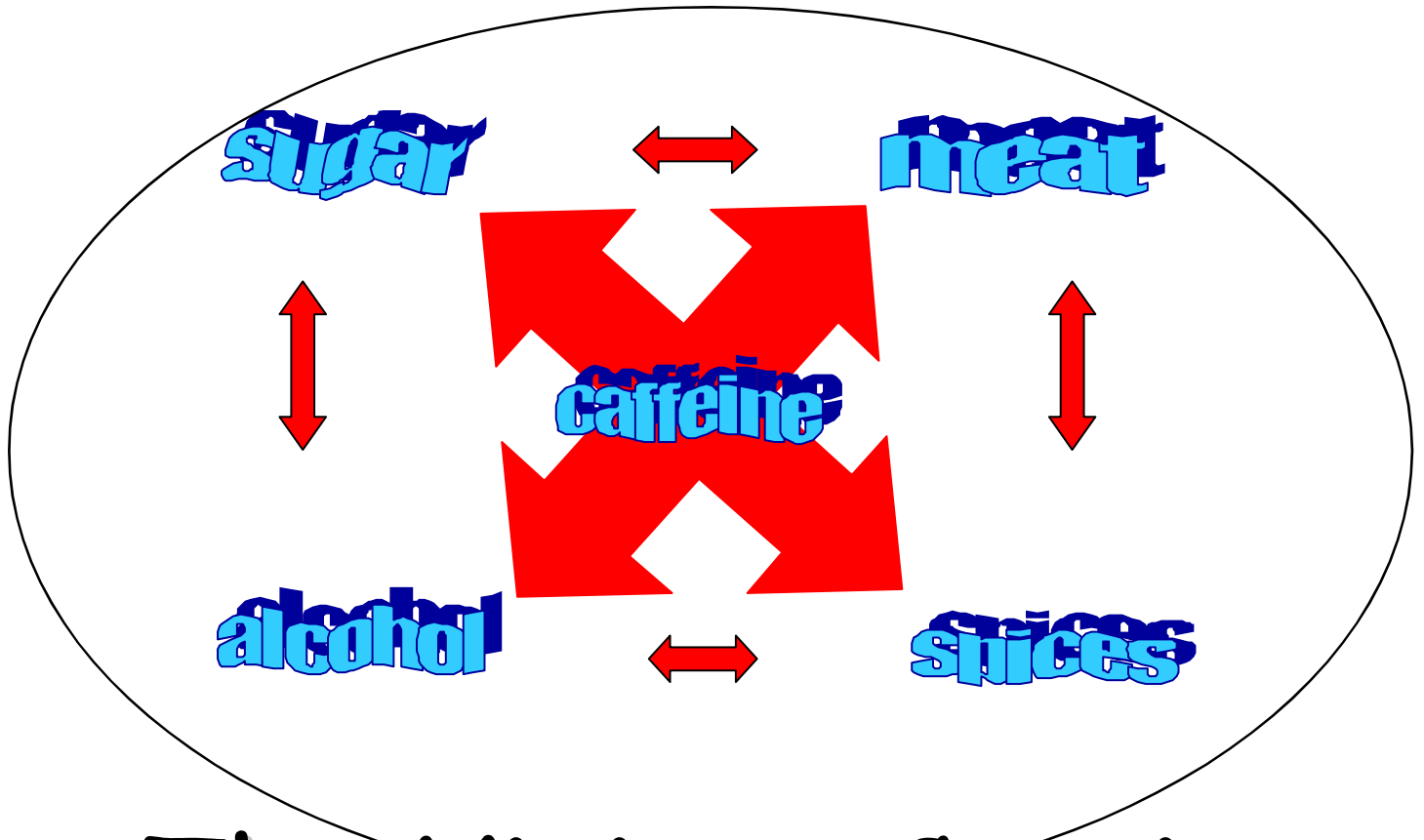
Fragrant herbs can be steeped as a tea and added to bath to nourish skin and aid in relaxation. 2-3 pints of Hydrogen Peroxide 3% in a bath aids the detoxifying and weight loss process.

Epsom Salts- 1 cup in a very warm bath is a big help to relaxing and promotes cleansing and good health. A real pleasure, you owe it to yourself to indulge!

Saunas and massages are great helps also- Weight loss requires discipline but learning to indulge oneself in healthful ways is a great help!

Exercise programs, pleasant walks, fresh air and sunshine are all healthful pleasures and great good habits!

There is a Chinese formula called "Weight-Reducing Tea" available in Chinese herbal stores and some health food stores, that is very helpful.



# The Vicious Craving Circle!

## Vicious Craving Circle

Yes it is true! All these harmful food additives create cravings that gradually widen and get stronger!

The person who starts using "just a little" of any one of them will gradually find him self using more and more and then branching out to the other parts of the circle until the poor, craving victim can no longer enjoy simple, natural, healthy food but must be striving to satisfy the unnatural cravings these harmful things have set in action in his body.

When he can no longer gain relief through these indulgences, he often resorts to tobacco, street drugs, prescription drugs "for his nerves". His health breaks down, he feels hungry and craving most of the time but only seeks more of the harmful substances he now calls 'food'. He can no longer enjoy foods that would nourish his abused body; What a pitiful slavery!

Behind the scenes his nervous system becomes depleted and exhausted from lack of nutrients and the constant presence of irritating stimulants. (All stimulants are irritating poisons to the body) His nerves clamor, he is tired unless hyped up by increasing doses of stimulants. His weight begins to skyrocket. His self esteem to plummet and he is loosing IQ, skills and abilities he once had.

To get him to see what is happening to him is often impossible as these things happen so gradually and they do not seem to be connected – if warned, he will usually reply– "Oh I don't use that much \_\_\_\_!" Or "It doesn't bother me". Or "My diet is pretty good!"

Parents make a dreadful mistake when they allow any of these things to come onto the table. The drunk wasn't always a drunk, the road usually began right at the family table!

People, do you want to be irritable, angry, out of control, enslaved and live in an atmosphere of fights, quarrels, and such with your family? Who would want that?

Then take these vicious slave-masters out of your diet, off of your table, and out of your home!!

You will find it hard at first but in a few weeks the tastes will return to normal, and the nervous systems will heal. Health will improve, and so will tempers!

FOOD

TASTE

Do Condiments effect our life in more ways than just digestion & nutrition?

“Condiments also create a desire for narcotics. Because food is not allowed sufficient time in contact with the nerves of taste located in the mouth to derive satisfaction from its delicate and natural flavor, pronounced artificial flavors have to be added to give an immediate twist to the palate. This has led to the use of pepper,

FEELINGS!

mustard, and the free use of salt and sugar, and other substances which irritate the stomach, all of which create and help to keep up the thirst for narcotics.” Dr Harvey Kellogg

“Of condiments, such as spices, pepper, mustard, hot sauces, and the like, I need only say that in my opinion all artificial appetizers are to be strictly avoided; for they not only conduce to overeating, which is quite as bad as taking unwholesome food, but, acting as irritants, they hinder the digestion and assimilation of food, and form a prolific cause of digestive disturbances. The best sauce is hunger, and the best appetizers are fresh air and hard work. Under ordinary circumstances, a person should not eat until he has a natural appetite. More people among us suffer from repletion than from starvation. Manual labor and physical culture are essentials to good digestion.” A. B. OLSEN, M. D.

"Feeding children upon pork, gravies, eggs, pastry made of lard, salt meats, with mustard and pepper, rich pies and cakes, spices, cloves, and other excitants; candies and sweetmeats, vinegar, pickles, tea and coffee, and every thing of this description, eaten at all hours of day and late at night, tend to fire the blood, derange the functions of the system, excite the nerves and bring on a precocious (early, unnatural) development of the sexual passion..". ELDER JAMES WHITE.

“The stomach’s mucous surface needs to be in a condition to be brought in contact with the alimentary (food) substance placed in it; but this cannot be the case when it is seared over with pepper, spices, and other condiments. Articles of an injurious character, and causing feelings of repugnance in the stomach when first placed in it, irritate it, and destroy its organic sensibility in a great measure, or at least to that extent that substances of the most deleterious character may be thrown into the gastric cavity, working out the destruction of our lives, and we not be conscious of it. *The appetite, and even the stomach, may be so depraved that they will receive these life-destroying substances with great satisfaction, and the person using them declare that they are not injurious, because they sit well upon their stomachs; when the facts are, that the stomach has lost the power to discriminate between good and evil, and to give the proper alarm when the vital interests are in jeopardy*” Dr Graham’s Lectures on the Science of Human Life

## What are the CRAVING SLAVE-MASTERS ??

### SPICES– ANYTHING THAT TASTES “HOT” WHEN IT IS COLD!

Includes all hot peppers, hot sauces, cinnamon, allspice, nutmeg, mustard, horseradish, chilies, large amounts of ginger etc. These burn and scar the mucosa of the digestive system and interfere with nutrient absorption. They also destroy the ability to taste the delicate, natural flavor of food. They also affect the disposition making the user irritable, impatient and quick tempered!! Substitute various herbs, onion and garlic.

### HARMFUL CONDIMENTS- ANYTHING CONTAINING SPICES AND/OR VINEGAR

Includes all pickles, relishes, catsup, most sauces in bottles, most salad dressings. These destroy the liver and also sour the disposition. Even 1/4 teaspoon of vinegar on a meal will seriously impair its digestion and promote fermentation especially of starches. It is not unusual for sclerosis of liver to develop in vinegar users even if they do not use alcohol.

Experiment with healthy condiments– Lemon juice, lime juice, garlic and onion in moderate amounts, nutritional yeast and yeast extracts. Bernard Jensen’s broth, Bragg’s aminos, various herbs-The list is endless-

### SUGAR AND REFINED FLOUR

Read labels, you will be amazed how many commercial foods contain sugar! Combinations of sugar and cinnamon are able to cause hyperactivity in kids. It is a hard battle to kick the sugar addiction, but the benefits make it worth the struggle. Use foods high in Vit. B complex to overcome the hypoglycemia that sugar eating creates.

Substitute fresh fruit, honey, dried fruit, fruit juices.

ASPARTAME (NUTRA-SWEET)- This product breaks down at 86% F to form Methanol– a highly toxic form of alcohol, and aspartic acid , a neuro-excito-toxin. It is highly addictive and also leads to overeating and craving for sweets.

### MEAT

Includes all flesh products– the worse being pork and beef.

Flesh foods nowadays also have the additional hazard of animal diseases that can be transmitted to man, antibiotics in the flesh from the feed of the animals, and sex, and growth stimulating hormones fed to the animals. If the hormones fatten the beast– what will they do to your waistline??? If flesh was a gross and dangerous article of food 100 years ago– it is a lot worse today!!

Cheese also contains the addictive substance tyramine, like caffeine, it is addictive and also interferes with proper function of the brain cells.

Substitute whole grains, legumes, raw nuts and seeds, some tofu can be used as well.

### ALCOHOL, TOBACCO, CAFFEINE AND DRUGS-

There is the obvious side to this subject but also a less obvious one.

Combinations of milk and sugar such as ice-cream, ferment and produce alcohol in the blood!

Sugar and refined flour products such as cake and doughnuts can do the same.

Nutra-sweet (aspartame) breaks down into a very dangerous form of alcohol in the body. Caffeine is high in most soft drinks and has a terrible effect on the nervous-systems of our kids!

Sweet cereals with all their chemicals and refined flours create alcohol in the stomach when eaten with milk!!

Fried foods, because the fat interferes with digestion also tend to ferment and putrefy in the system causing alcohol and other poisons to enter the blood.

# THE MARK OF CANE

“If you look for sweetness,  
Your search will be endless;  
You will never be satisfied:  
But if you seek the *true* taste-  
You will find what you are looking for.”

Buddhist axiom

Like opium, morphine, cocaine and heroin, sugar is an addictive, destructive drug, yet North Americans consume it daily in everything from cigarettes to bread. If you are overweight, or suffer from migraine, hypoglycemia, acne, frequent colds and flu, PMS, painful menstruation, mood swings, irritability, poor memory, the plague of the “sugar blues” has hit you! In fact, by accepted diagnostic standards, *our entire society is pre-diabetic!*

What specific health problems does refined sugar cause? Diabetes, tooth decay, obesity, coronary thrombosis, gum disease, varicose veins, stomach trouble, mental disturbances, and indirectly, many forms of mental illness!

How does refined sugar work such havoc in the finely tuned human system that it results in disease of every kind?

When God made our foodstuffs, He saw to it that they were balanced for our needs- that is, they naturally contain the vitamins, minerals, and catalysts for them to be used by the body. When man refines either sugar, flour, or rice, the resulting product is lacking in the necessary elements needed to digest and utilize the food in the body.

Think of it this way- If you earn \$10. a day and you spend \$11. It does not take a genius to figure out that soon you are going to be badly in debt.

So with our food- If I have a whole grain- I am OK- I have what I need in the grain to digest it- But the minute I add sugar to it- even a little- I have more calories and they do not contain any elements to digest them. The grain has the elements but it just has enough for itself- the sugar has to leech elements from your body stores to be utilized - Results- imbalances, clogging, and eventually bankruptcy in the body. Disease is the end result of such imbalance.

Dr. William Coda Martin classified refined sugar as a poison because it has been depleted of its life forces, vitamins, and minerals. “What is left consists of pure, refined carbohydrates. The body cannot use this refined starch and carbohydrate unless the depleted proteins, vitamins and minerals are present. Nature supplies these elements in each plant in quantities sufficient to metabolize the carbohydrates in that particular plant. There is no excess for other added carbohydrates. Incomplete carbohydrate metabolism results in the formation of “toxic metabolites” such as Pyruvic acid and abnormal sugars containing 5 carbon atoms. Pyruvic acid accumulates in the brain and nervous system and the abnormal sugars in the red blood cells. These toxic metabolites interfere with the respiration of the cells. They cannot get enough oxygen to survive and function normally. In time some of the cells die. (Note: it is also significant that cells with insufficient oxygen become cancerous) This interferes with the function of a part



of the body and is the beginning of degenerative disease. With over 50% of our diet today composed of these refined carbohydrates [ refined sugar, white flour, white rice, macaroni and most breakfast cereals], does it require a million dollars for research to find out why this generation is developing more and more degenerative diseases?”

Did you know that you can live a long while on water alone- but if you use water with sugar added to it, you will sicken and die rapidly? This has been proven by experiments on animals and accounts of shipwreck victims.

How does sugar affect your mental and emotional state- well to simplify the process- basically it works like this- You eat sugary foods, as the sugar pours into your blood stream it upsets your blood sugar balance- at first you feel invigorated- full of energy- but the body must bring down that excess sugar in the blood back to normal so the adrenal glands, the pancreas and various control systems spring into action, insulin is released among other things and as with something that goes fast it goes too far and your blood drops below normal you feel weak, sweaty, tired, irritable and run off for more stimulant or sweet food to start the process again.

Now the key thing here is that the brain can use only glucose- blood-sugar for fuel- nothing else can penetrate the blood-brain barrier— so when the sugar drops in reaction to the body trying to combat dangerous imbalance of blood-sugar, the brain begins to starve and shortout as it were. In a starving brain, emotions and thought processes will be deranged and confusion will occur.

Many quarrels and no doubt many divorces are due to hypoglycemia. (Low blood sugar) It is a good chance that many car accidents are also caused this way!

The disease-establishment and the sugar pushers like to group refined sugar, flour and such as a carbohydrate, the same as the whole grains and whole foods- and the worse they are likely to tell you is that it is an empty calorie- That doesn't sound bad in itself- the fact is, that empty calorie is a thief - it will steal from your body minerals such as calcium, and many other elements- it will slow down and clog your whole system, weaken it and open the door to infection and decay -( throw it in your gas tank and see what happens!)

Don't be fooled by some so called health authorities who tell you that refined sugar is no different to the body than naturally sweet fruits- this is not so. Fruits in their natural state contain the elements needed for your body to process them and as such are not harmful. There are cases where people whose bodies are so badly sugar damaged may have to use moderation in the use of extremely sweet fruits such as dates and ba-

nanas but these foods do not affect the body like refined sugar. Fruit juices, even when not sugared, can cause hypoglycemic reactions in sugar damaged folk and should be diluted at least half and half with water. A word about brown sugar- It is no different than white except they have added a bit of molasses back into the refined white stuff. Don't be fooled. What about honey- Make sure you get pure untreated, un-messed with honey and it can be used moderately in place of sugar but some commercial honey contains sucrose ( refined sugar).

In the 1800s sugar use per capita was only a fraction of what it is now- Sugar clogs the system. It hinders the working of the living machine. The free use of sugar in any form tends to clog the system, and is not infrequently a cause of disease.”

Now people consume mountains of the stuff right from birth- with babies sucking sugared formulas from bottles, they are addicts from infancy. Anyone whose body workings are damaged by sugar, must avoid it, if he would attain his optimal health.

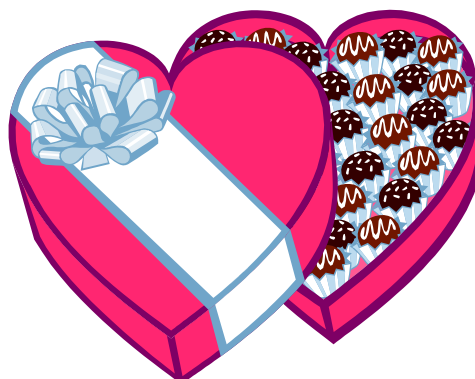
Don't believe you could be addicted to the white stuff ? After all, you don't use excess sugar right? (I have yet to meet anyone who would admit he uses excess anything- even a drunk 'only had a drink')— I challenge you- eliminate all sugar and anything containing sugar from your diet for a few days— If you are like most people- even so called 'health nuts' - you will find it is easier said than done- you find yourself craving all kinds of sugared 'goodies' .

You will also be surprised as to just how much of our daily food contains sugar- either openly or hidden. Read labels and you will find it in almost every supermarket creation- breads, canned vegetables, package and canned soups, canned beans, cereals, spaghetti sauces, ketchup, salad dressing, —You can be sugar bingeing and not even know it!!

Kicking the sugar habit isn't going to be easy- no addiction ever is—but it can be lots of fun. If you live alone, kicking cold turkey is probably the best way to go. Collect everything in your abode that has sugar in it ; throw it in the garbage and start over. This way if you yen to start bingeing, you haven't made it easy for yourself.

You can make one decision at the store instead of fighting temptation full time at home. It may take a month or so to change the way you shop, cook and entertain. The details of your daily struggle are not important but the general direction in which you are headed is vital.

If you have small children, watch their behavior carefully for a few days -record it- are they cranky when awakening, moody, irritable?- Next eliminate everything from their diet containing refined sugar- observe the changes - in ten days you won't believe you have



the same child! You will never want to see them back on sugar! Sugar-free babies seem to be a different breed altogether from the average, sugar-glutted children.

With older children and family members, you will need to try and enlist their co-operation- make it a family project. Be patient but persistent- you will never regret breaking free from the Sugar Blues! (- thanx to William Dufty-)

For a real eye opening look at the history of the sugar business and its legacy of disease, death, and insanity as seen in each country's deterioration as sugar came into use- get William Dufty's book- "Sugar Blues"

Ev'rybody's singing the Sugar Blues...

I'm so unhappy, I feel so bad

I could lay me down and die.

You can say what you choose

But I'm all confused

I've got the sweet, sweet Sugar Blues

More Sugar!!

I've got the sweet, sweet Sugar Blues.

song- written in 1923

# *HYPOGLYCEMIA- IT MAY AFFECT YOUR FAMILY!*

Most North-Americans are suffering from hypoglycemia, low blood sugar, which is the forerunner of hyperglycemia, high blood sugar, or diabetes. What causes it? Empty calories. What is an empty calorie? An empty calorie is a food that has that has no vitamins, minerals, or enzymes. It is a food totally without nutrients except calories. Sugar, white flour, white rice, sugared cereals, and alcohol are all empty calories.

What is the process by which empty calories cause hypoglycemia? The answer is that all carbohydrate foods, properly digested, become sugars.

When you eat white flour, it becomes white sugar, when you eat white rice, it metabolizes into white sugar. In order for these carbohydrates to be used for energy, it is necessary to have B- complex vitamins and certain minerals- Since the empty calories don't have these nutrients to properly metabolize these foods and release the sugar gradually into the blood stream, instead, the refined sugars move rapidly into the blood stream and your

blood sugar level shoots up right after eating refined, sugary foods. The Islands of Langerhans, in your pancreas become over stimulated. These secrete excess insulin to burn up this sudden rise in sugar. This excess insulin not only burns up the extra sugar but some of your own necessary sugar as well.

Your brain lives solely on glucose and when it does not receive enough it is starved- when the brain is starving, any part of your nervous system can be affected.

There is something else that causes hypoglycemia- Caffeine and Theobromine also Aspartame. These are found in cocoa, chocolate, coffee, tea and cola drinks. This false stimulant action gives you a feeling of energy, but all it does is whip up your adrenals, force stored blood sugar into the blood, and then comes the excess insulin, and the drop to hypoglycemia and you are running for another coffee, another candy bar, or another coke to get you up and running again. It is an endless yo-yo, and it is the way most people are living today.

Trying to solve the problem by using diet drinks? It won't work! Aspartame (nutri-sweet) metabolizes to a harmful type of alcohol- bad for the brain

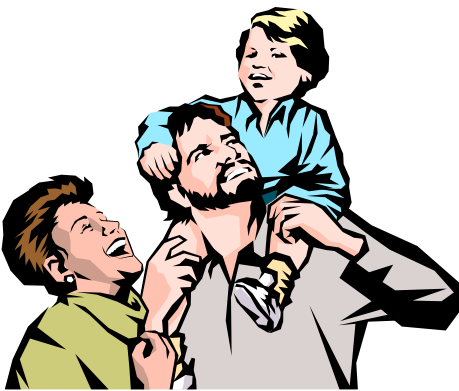
and liver. Also when sweet taste comes onto the tongue, the body prepares to receive sugar by releasing insulin. When there is no sugar to require this insulin -blood glucose levels drop, resulting in hypoglycemia, hunger and excess eating to compensate. So if you are trying to reduce by using diet drinks and aspartame- you are sabotaging your program from the start!

Hypoglycemia causes shakiness, weakness, tired feeling, IRRITABILITY! (Yes, much of this PMS thing is really hypoglycemia)- It can lead to mental illness, neuro-muscular diseases, allergies, low memory, hyperactive children, and marital unhappiness because of the moodiness and grouchiness it causes.

One of the most obvious symptoms that we are a hypoglycemic nation, is the institution of the coffee break! In pioneer days, people would get up, eat a hearty breakfast and go to do heavy work all day, arriving home in the evening for their supper. Sometimes they may have had lunch but certainly not coffee breaks!

What is happening is this, We grab a sweet roll and a cup of coffee for breakfast and race to work- in almost exactly 2 hours, our blood sugar has shot up, and then dropped to bottom as the surge of insulin does its work. We feel hungry, we are shaky, weak, irritable- we have to have another coffee and doughnut- then we are up again, two hours later, another drop, more coffee, more empty calories- so goes out day!

Our children are now in the same boat with breaks for milk and cookies. Children come home with bad grades and reports of unruly behavior. Mother says, "If you don't straighten up, I am going to tell Dad to punish you!" Here the child is punished when it isn't his fault but the fault of the parents who feed him the junk! When you feed empty calories to your child, you cannot expect him to have a brain that can operate properly.





The big question is- How do you get rid of Hypoglycemia? The answer is that you must reverse the process. In other words it was the lack of Vitamins and minerals in the diet that caused it; so we reverse the process, by giving high doses of the vitamins and minerals until the body can recover itself, and avoiding the empty calories and chemicals that caused the problem.

The old medical books show the normal fasting blood sugar after a 14 hour fast should be 80-120 milligrams of glucose per 100 C.c.s of blood- Now many medical texts have lowered this to 65! Why? Because the vast majority are suffering from hypoglycemia, the medical labs have adjusted the "normal" blood sugar levels to reflect the common- it is now normal to be abnormal!

Glucose tolerance tests are not necessary to ascertain hypoglycemia- do 1 blood test after 14 hours fasting and another 1 hour after lunch- If the first one is less than 80 and the second less than 120, you have a problem even though doctors will tell you you're normal! If you know a diabetic friend who has a glucometer machine for measuring blood sugar, ask if they would test yours for you.

Even with-out a test, if you get shaky or irritable 2 hours or less after you eat- you are hypoglycemic.

Some of the symptoms brought on by hypoglycemia are- Nervousness, Nervous breakdown, schizophrenia, melancholy, crying without cause, insomnia, fearfulness and paranoia, hay fever, Parkinson's, migraines, allergies, asthma, some forms of seizures, moodiness and confusion. You cannot starve your brain and expect it to work well!

Lets look at hyperactive children. One mother had 3 sons, the first two were hyperactive but the 3rd was OK. On looking into this case the doctor found she had nursed the last boy but not the first two. For the first two she did not seem to have enough milk- then she changed doctors and was told to drink at least 8-10 glasses of water a day so as to make milk and she had no problem. The first boys were raised on formula with sugar in it and they developed hypoglycemia as infants and were

still suffering from it! Once onto the natural, whole food diet and supplementation, they soon were problem free.

If you have children, please don't feed them on the sugared cereals, Kool-pop, chips, cheezies and trash! These are bad for all of us, but worse for kids-

When you see totally sugar-free babies or toddlers you wouldn't believe the difference!

Feed Whole foods for Whole kids!



**BASIC RECOVERY PROGRAM - NO! NO! NO!**

Sugar, White flour, White rice, Sugared cereals, Alcohol, Cocoa, Chocolate, Caffeine, Tea (except herbal), Coffee, cola, Aspartame, Pop.

Read labels and eat nothing that contains the above.

- 1- exercise 1/2 hour daily.
- 2- Sleep 9 hours every night.
3. Eat less meat until you can do without.
4. Increase fiber in your diet.
5. Drink 2 glasses of water 1/2 hour before your meal and 1 glass 2 hours after.
6. No fried foods, fat, margarine or grease.
7. No junk-foods.
8. Get some sun each day.
9. Follow the supplement program on this page. For children modify it in proportion to their size.

Use the following Natural source Vitamin and minerals for hypoglycemia program. Take with Breakfast only-

1- Multi-vitamin and mineral

4- carrot calcium 250 mg.

Take with each meal-

2- super-B complex 50

2 C complex 500

1 niacinamide 500 mg.

1 B6 100 mg.

1 pantothenic acid 500 mg.

1 chelated magnesium 250 mg.

1 zinc chelated 15 mg

1 GTF chromium, 200 mcg.

1 L-lysine 500 mg.

This will need to be followed for around a year until all hypoglycemia symptoms are gone then

you can gradually lower the doses until you are taking 1 multi-vitamin-mineral and 1 super B complex with C a day.

After a few months on this, if you stick faithfully to the basic program, you can faze these out. If symptoms return- check your basic program for where you are slipping and start the 2 last supplements again.

This is one of the conditions that is very hard to recover from without supplementation because the bodies supplies are so over-drawn.

without supplementation because the bodies supplies are so over-drawn.

without supplementation because the bodies supplies are so over-drawn.

without supplementation because the bodies supplies are so over-drawn.

# If it says "SUGAR FREE" on the label DO NOT EVEN THINK ABOUT IT!!!! Aspartame, Disguised and Deadly! *Warning! NutraSweet is a Neurotoxin*

In May 1992, the official U.S. Air Force Magazine, *Flying Safety* explained: "In pregnancy the effects of aspartame can be passed directly to the fetus, even in very small doses. People have suffered aspartame-related disorders with doses as small as that carried in a single stick of chewing gum. This could mean a pilot who drinks diet sodas is more susceptible to flicker vertigo or to flicker-induced epileptic activity. It also means that all pilots are potential victims of sudden memory loss, dizziness during instrument flight and gradual loss of vision." Aspartame is sold by Monsanto Chemical Co. as NutraSweet and EQUAL, and now under other names by other producers.

Pilots have experienced grand mal seizures in the cockpits of commercial airline flights and have lost their medical certification to fly, and three have died this year from aspartame. FDA has received more than 10,000 consumer complaints on NutraPoison, that's 80% of all complaints about food additives. Still FDA remains comatose and has done nothing to alert the public, who assume that since it's so highly advertised, it must be as safe as mother's milk. The FDA consistently approves killer drugs as OMNI Magazine reported: "51% of FDA approved drugs have serious risks and could cause adverse reactions that lead to severe or permanent disability or death" [MAY '94]

The CDC, Johns Hopkins University and the New Jersey School of Medicine estimates that 80-120,000 Americans die from prescription drugs each year. This atrocity has everything to do with money and nothing to do with public health. Monsanto reaps at least a billion annually from its Aspartame toxic bonanza. This can and does buy a lot of bureaucrats! Does FDA mean **FATAL DRUGS ALLOWED?** FDA works for industry, not citizens. Ronald Reagan's FDA head Arthur Hayes overruled his own board of inquiry to approve NutraSweet, then hired on with their public relations firm. Federal attorney Sam Skinner was assigned to prosecute the G. D. Searle Co. for the fraudulent tests they used get this poison approved, but Sam switched sides and went to work for Searle's lawyers and the case died when the feds let the statute of limitations run out. [Monsanto acquired Searle, original producer of NutraSweet]

*If you are using aspartame and have headaches, depression, slurred speech, loss of memory, fibromyalgia, loss of sensation or shooting pains in lower legs, loss of equilibrium, vertigo, anxiety attacks, chronic fatigue, vision loss, floaters, retinal detachment, seizures or heart palpitations, you may have ASPARTAME DISEASE! Many physicians diagnose multiple sclerosis what is simply methanol poisoning from aspartame, mimicking MS. Get off this killer drug now! MS is not a death sentence but methanol poisoning! CARDIAC ALERT: aspartame triggers abnormal heart action and can lead to complete heart failure, sudden death!*

An honest FDA toxicologist, the late Dr. Adrian Gross wrote to Senator Howard Metzenbaum: "The views of the FDA's Center for Food Safety read like a script written for Abbott & Costello in the sense of their having perceptions inside-out and upside-down. FDA may have gone through the motions...such a "process" or dance represented a farce and a mockery." Aspartame is a molecule composed of three components: aspartic acid, phenylalanine and methanol. Once ingested, the methanol (wood alcohol that has killed or blinded thousands of skid row drunks) converts to formaldehyde, then formic acid [ant sting poison]. Formaldehyde is deadly embalming fluid, a Class A Carcinogen. Phenylalanine and aspartic acid are toxic when unaccompanied by the other amino acids in proteins. Aspartic acid caused brain lesions in experimental animals. The FDA report listed 92 documented symptoms, including:

<b>Numbness</b>	<b>Headaches</b>	<b>Fatigue</b>	<b>Vertigo</b>	<b>Nausea</b>	<b>Palpitations</b>
<b>Weight Gain</b>	<b>Dizziness</b>	<b>Irritability</b>	<b>Anxiety</b>	<b>Memory Loss</b>	<b>Blurry Vision</b>
<b>Rashes</b>	<b>Seizures</b>	<b>Blindness</b>	<b>Tinnitus</b>	<b>Joint Pain</b>	<b>Depression</b>
<b>Hearing Loss</b>	<b>Spasms</b>	<b>Addiction</b>	<b>Loss of Taste</b>	<b>Insomnia</b>	<b>Weakness</b>

NutraSweet is found in thousands of foods and on every restaurant table for the same reasons tobacco is everywhere: **Greed, Addiction and Profit.** If you take other medicine consider possible reactions aspartame may cause. One Pivotal Study submitted for aspartame approval was a 52-week oral toxicity infant monkey study (SC18862). "All animals in the medium and high dosage groups exhibited seizures. The seizures were of the Grand Mal type. One monkey, M38, died after 30 days." The report makes this conclusion: "The convulsions in the monkeys are correlated with and can be attributed to high serum phenylalanine levels." This research proved aspartame triggers seizures in monkeys. The seizures stopped when it was discontinued. They took the "no aspartame test" and got well. *Don't let your family be their next monkeys!*

<b>Brain Tumors</b>	<b>Multiple Sclerosis</b>	<b>Epilepsy</b>	<b>Fibromyalgia</b>	<b>Graves Disease</b>
<b>Chronic Fatigue</b>	<b>Epstein Barr</b>	<b>Parkinson's</b>	<b>Alzheimer's</b>	<b>Diabetes</b>

## **Mental Retardation    Lymphoma    Birth Defects    Systemic Lupus    DEATH!!**

Researchers at the Massachusetts Institute of Technology surveyed 80 people who had brain seizures after consuming aspartame. Said the Community Nutrition Institute: "These 80 cases meet the FDA's definition of an imminent hazard to the public health, which requires the FDA to expeditiously remove a product from the market." America is seeing a tremendous increase in seizures. Phenylalanine in Aspartame lowers the seizure threshold in the brain and blocks serotonin production. Our nation is swept by an epidemic of violence, which researchers attribute, in part, to low brain serotonin levels, including depression, rage and paranoia. NutraSweet isn't food: just sweet chemical poison. The Romans sweetened their wine with lead; recall what it did for Nero!

**MISCARRIAGES and INFERTILITY:** Fetal tissue cannot tolerate methanol or phenylalanine! Dr. James Bowen calls NutraSweet "instant birth control". So sorrowful women sipping diet sodas through fertility clinics. How sad! Emory University Professor of Pediatrics and Genetics, Dr. Louis Elsas, testified before Congress in 1987: "Aspartame is a well known neurotoxin and teratogen (causes birth defects). In some as yet undefined dose, aspartame will irreversibly in the developing child or fetal brain produce adverse effects. ***THE PLACENTA CONCENTRATES PHENYLALANINE AND THIS CAUSES MENTAL RETARDATION***".

In tests on animals, aspartame produced brain and mammary tumors. So breast cancer is exponentiating! According to the National Soft Drink Association [NSDA], at 86 degrees F, aspartame breakdown gets into high gear. Truckloads of diet soda sat in the Arabian sun during Operation Desert Storm, so for months thousands of healthy American men and women drank formaldehyde cocktails. They came home with Gulf War Syndrome!

The NSDA, representing 95% of the soft drink companies in the U.S. drafted protest, printed in the Congressional Record of May 7, 1985, describing aspartame's instability. After a few weeks in a hot climate, most of the aspartame in a soda can, will be broken down. [Into formaldehyde, methanol, formic acid diketopiperazine, aspartylphenylalanine, beta aspartame, tyrosine, L-Dopa, dopamine, norepinephrine, epinephrine, phenylethylalanine, phenylpyruvate, phenylactic acid, etc.] NSDA wanted aspartame outlawed from soda pop! It didn't happen. The cash registers began to jingle, so they forgot their objections. It also slipped their mind to tell us aspartame makes you crave carbohydrates, due to serotonin depletion, so you gain weight! The formaldehyde stores in fat cells, particularly on the hips and thighs. Since NutraSweet hit the market, obesity has become epidemic! *If you want to be fat, Diet Coke is where it's at!* Later you can have diabetes, blindness, chronic fatigue, MS depression and death.

The American Diabetic Association gets megabucks from NutraSweet, so they ignored a 1987 abstract by diabetic specialist Dr. H. J. Roberts which summarized 58 diabetic aspartame reactors. He says "I now advise ALL patients with diabetes and hypoglycemia to avoid aspartame." NutraSweet pays off the American Dietetic Association also. These world class Jell-O makers actually admit that Monsanto writes their material. Neurosurgeon, Russell Blalock states in his book, *Excitotoxins, the taste that kills*, [800-643-2665] "What really concerns me about aspartame is its association with brain tumors as well as pancreatic, uterine and ovarian tumors and that so many develop Alzheimer's-like syndrome."

NutraSweet/Equal/Spoonful are the deadliest toxins in our society because of their ubiquitous presence in thousands of foods like children's vitamins, medicines, Kool Aid, Jell-O and on every restaurant table. We're dosed with millions of pounds per year! The following warning should be on all aspartame products: **CHEMICAL POISON: KEEP OUT OF REACH OF HUMANS! GENOCIDAL!**

**Website:** <http://aspartamekills.com>

**Email:** [webmaster@aspartamekills.com](mailto:webmaster@aspartamekills.com)

**Online Bookstore:** <http://aspartamekills.com/bookstore.htm>

### Authorities

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**Aspartame, Is It Safe? Sweetener Dearest, Defense against Alzheimer's Disease available through MP Bookstore**

**Russell Blalock, MD Excitotoxins, The Taste that Kills available through <http://aspartamekills.com/bookstore.htm>**

## **ASPARTAME MAKES YOU FATTER!**

Position Statement from Sandra Cabot, M.D.,

I have been a medical doctor for 23 years and have clinical and research interests in the liver and metabolism. I have authored several best selling health books including the "Liver Cleansing Diet", "The Body Shaping

Diet", "Don't Let Your Hormones Ruin Your Life", "Women's Health", "Menopause and Natural Hormone Replacement Therapy" and I lecture internationally on these subjects. I have been consulted by thousands of patients with weight problems, hormonal imbalances, fatty liver, sluggish metabolism and chronic ill health. I have been an advocate and practitioner of nutritional methods of healing for 30 years. I regularly appear on national television and broadcast on many radio stations to educate people about the importance of a healthy liver in achieving good health and weight control!

In the interests of public health I am making a position statement concerning the use of the artificial sweetener called aspartame and sold most commonly under the names of NutraSweet and Equal. One must ask, "why do millions of people ingest a toxic chemical like aspartame everyday"? To me it appears ridiculous and I believe that it is because people have been brainwashed into thinking aspartame will keep their weight down and is good for health. It also shows me that we have lost touch with our own natural senses and instincts.

After having been consulted by thousands of overweight people suffering with problems concerning the liver and/or metabolism I can assure you that aspartame will not help you in any way, indeed it will help you to gain unwanted weight. This has been my experience, and there are logical reasons to explain the fattening and bloating effects of aspartame. When you ingest the toxic chemical aspartame it is absorbed from the intestines and passes immediately to the LIVER where it is taken inside the liver via the liver filter. The liver then breaks down or metabolizes aspartame to its toxic components - phenylalanine, aspartic acid and methanol. This process requires a lot of energy from the liver which means there will be less energy remaining in the liver cells. This means the liver cells will have less energy for fat burning and metabolism, which will result in fat storing. Excess fat may build up inside the liver cells causing "fatty liver" and when this starts to occur it is extremely difficult to lose weight. In my vast experience any time that you overload the liver you will increase the tendency to gain weight easily. Aspartame also causes weight gain by other mechanisms ---Causes unstable blood sugar levels, which increases the appetite and causes cravings for sweets/sugar. Thus it is particularly toxic for those with diabetes or epilepsy. Causes fluid retention giving the body a puffy and bloated appearance. This makes people look fatter than they are and increases cellulite.

To discover more about the liver look up my web site - liverdoctor.com, and to learn more about natural sugars that are better for the liver and weight, read my books "The Liver Cleansing Diet" and "Boost Your Energy".

To order, go to MP Bookstore at <http://aspartamekills.com/bookstore.htm>, see your books store, or call 1 888-75-Liver Betty Martini, founder of Mission Possible International (770) 242-2599, is providing this press release. For press receiving this release who wish to interview Dr. Cabot they can contact Donna Medoff at 602 -860-0456. She will only be in the US a few days longer and then she will be back in Australia. Donna's email address is listed under CC.

This grants permission for those who wish to publish this statement or put it on web. We ask that it be also put in news groups to educate the public, and spread on other lists. Dr. Cabot's books are also on the DORway web site below my signature.

**Thank you, Dr. Cabot. As we have often said, "If you want to get fat, Nutra-Sweet is where it's at!"  
"ASPARTAME- NUTRA-SWEET**

If you would like to learn more about the 'GENESIS PLAN' ask for '10 LAWS OF HEALTH', 'DEALING WITH ADDICTION', 'UNDERSTANDING HEALTH & DISEASE', 'GENESIS THERAPIES', or 'HOME HERBAL HINTS'.