

From the author of The Five Soft Drink Monsters

SEVEN LAWS of NUTRITION

*How to transform your health, reverse
chronic disease and free yourself from
pharmaceuticals by mastering the
fundamental laws of nutrition*



BY MIKE ADAMS

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BY MIKE ADAMS
The Health Ranger



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Introduction

In this book you're going to learn how nutrition is the primary cause of health or disease in every biological system we know. We'll get started with Nutritional Law Number 1:

There is a direct correlation between lack of nutrition and chronic disease in every biological system.

To understand this law, let's step back for a minute and not even discuss human beings and human health. Instead, let's start with your yard. If you're like most people, you have some sort of yard at your house or apartment. And you know that fertilizer makes your lawn turn green. If you spread fertilizer on your lawn, it makes your lawn healthier and more resistant to pests and disease. It makes the grass grow more quickly and appear more vibrant and healthy.

You Could Learn a lot From Your Lawn

Fertilizer is basic nutrition for your lawn. Fertilizer is made up of three primary nutritional ingredients. When it is spread on lawns, those ingredients are absorbed through the root system of the individual grass plants that make up the lawn where they are put to good use by the grass to enhance its health, vibrancy, and appearance.

Everybody knows this. No one would question this and say, "No, there's no such thing as a link between fertilizer and healthy lawns." Yet when it comes to human health, there are a lot of people that continue to deny the link between nutrition and human wellness. But we'll get to that a little later. Let's get back to the lawn for now and take a look at various symptoms your lawn might express and what underlying nutritional causes might be responsible for those symptoms.

If your grass isn't growing very well, you might, as we have already discussed, put fertilizer on it. But what happens if your grass turns brown? Well, once again, everybody knows that this is typically caused by a lack of water. Chronic dehydration of your lawn will, of course, cause your grass to die. It's basic cause and effect. When it comes to taking care of your lawn, it's also common sense. Everybody knows this.

But once again, when human beings suffer chronic dehydration, and express the obvious symptoms of that, such as asthma, constipation, back pain, weakened immune systems and so on, there is a great sense of denial that lack of water or chronic dehydration has anything to do with it. So this is another case in which we see a disparity between the nutritional understanding of lawns and plants versus human beings.

How Conventional Medicine Might Treat Your Lawn

Interestingly, if conventional medicine were to treat lawns in the same way they treat human beings, they would develop pharmaceuticals for all of the symptoms that lawns might demonstrate. If a lawn turned yellow from lack of water, the pharmaceutical companies would have a very expensive chemical compound you could put on your lawn that would reach into the DNA of the pigment cells in the blades of grass and reprogram them to turn green even without water.

They would market this as a “cure for brown grass.” It would be sold through a network of lawn doctors, who would generate enormous profits from the sale and consultations surrounding such drugs. However, nobody is actually willing to pay hundreds of dollars a month just to keep their lawn from turning brown by using pharmaceuticals. And as a result, there is no such market available today.

It would also be a hard sell to try to convince people that brown grass isn't really caused by lack of water and is instead caused by some genetic malfunction of the grass. Yet at the same time, the pharmaceutical industry has been able to make the same argument in terms of human health and get most people to believe it.

The industry maintains that disease is primarily caused by bad luck or bad genetics and that your nutritional choices have absolutely nothing to do with disease. Therefore, you must need drugs in order to treat them. But as we'll see later in this book, that's ridiculous. Both lawns and human beings follow the fundamental laws of nutrition.

And the No. 1 law is that there is a direct correlation between a lack of nutrition and chronic disease in every biological system. Of course, human beings are not lawns, but the lack of nutrition will result in chronic disease in both systems.

Nutrition in Garden Plants

Let's move beyond lawns, however, and look at your garden. Here it's also common sense that good nutrition grows better plants. If you add fertilizer to your garden plants, they will be healthier, happier, produce more fruits and vegetables, and will better resist diseases and pests. This is common sense among experienced gardeners. No one would deny that there is a link between nutrition and the health of your garden plants. You can quite easily see this yourself by growing plants in various soils and noting the difference in the plant height, viability, production of fruits or vegetables, and other characteristics.

I conducted one such experiment myself and planted sunflower seeds in various soils. The seed on the left was planted in desert soil that has very low nutrition (it's mostly sand). The seed on the right, which was planted at the exact same time and day, was planted in topsoil made from forest compost products, such as leaves, pine needles and so on. As you can see in the picture, there is a great difference between the two plants. The plant on the right is far healthier and is taller, more vibrant, and is obviously benefiting from the superior nutrition it has been provided.

Identical genes, but different health outcomes

There are a couple of other things to note here as well. Both plants have the exact same genetic code. There is no difference whatsoever in their genes. So it would be nonsensical to say that the plant on the left is less than healthy because of its genetic code.

Yet this is precisely what we see in human beings when diseases are discussed by doctors and other individuals in conventional medicine. They often say that diseases or physical health problems are caused by genetic problems, when in fact it is a lack of nutrition that is the fundamental cause.

Good health is pre-programmed

The other thing to note about these sunflower plants is that both plants know how to be healthy. Health is programmed into their genetic code. They are designed to be healthy. They grow root systems that reach out and absorb optimum nutrition. And they are designed to absorb solar energy and convert it into an internal power source. They are able to respire and exchange carbon dioxide and oxygen with their surrounding environment. They do all this naturally, without having to understand how it works. In other words, a sunflower plant does not have to have a degree in plant biology or photosynthesis in order to actually conduct photosynthesis. It does it automatically.

The same thing is true in human beings. You can be healthy without having to understand the miracles of how your body actually works. While the plant has roots, you have a digestive system that extracts nutrients from the foods that you put in your mouth. While the plants have leaves that turn solar energy into usable plant energy, you have digestive enzymes and specially designed red blood cells that can transport nutrients to every single cell in your body. While a plant respirates and exchanges air and chemicals with its surrounding environment, you also respire. Your lungs do the work for you without you even being aware that you're breathing.

These and literally billions of other biological events happen automatically without your knowledge and even without conscious attention on your part. Your body automatically knows how to be healthy. And the same is true for all human beings. When the human body is given optimum nutrition, it knows how to utilize that and build a healthy system that is vibrant, healthy, happy and alive.

Reductionistic medical science does not lead to a healthy population

Now taking this one step further, far too much of modern science seeks to try to observe and then override these natural, biological functions in order to mask symptoms and develop new pharmaceuticals. And it's not necessary. As a society, we do not need to understand the miracles that take place on a cellular level in order to experience optimum health. We could all be healthy even if none of us knew what was happening in the human body at a molecular level.

You are a walking nanotech miracle of nature

You often hear talk about nanotechnology in modern science. There are frequent discussions about building tiny robots that would circulate through the human body and eliminate cancer cells, repair arteries, and accomplish all sorts of other miraculous sounding things. I always laugh at this because the human body already has nanotechnology that does all of this and much more. We have an immune system that puts any man-made technology to shame. Our body already knows how to repair itself. It has literally billions of cells that know how to be healthy -- that know how to use optimum nutrition and put it to good use to support a healthy organ or body system. If you're looking for a nanotech miracle, just look at the human body. It's already there! You're already a walking miracle of molecular technology that works even when you don't understand how it works.

So getting back to these sunflower plants, no one would say that the plant on the right is more vibrant and healthier because it has a degree in molecular biology. Rather, the plant on the right is healthy because it has better nutrition. It's really that simple. And as human beings, we can do the same thing. You can put a human being on the left and feed that human being processed foods, white flour, and refined white sugars, soft-drinks, fast-food, junk-food, and so on... and that human being will have stunted growth, impaired mental function, chronic disease, obesity, and many other problems.

Identical twins show very different health results based on their nutrition

In contrast, a human being on the right, if he or she were fed superfoods, optimum nutrition, organic vitamins, fresh fruits and vegetables, whole grains, nuts, seeds, sea vegetables, avocados, and other items, he or she would express optimum health. And once again, the only difference between the human being on the left and the human being on the right is their food source. Even if they are identical twins and have the exact same genetic code, there will be a rather noticeable difference in their level of health based on what foods they avoided and consumed.

So let's get back to the garden for a moment, and look at what every gardener really knows about health and nutrition. They know that if their plants are not growing well, or they show symptoms of disease such as curled leaves -- or if those plants are drying up -- then the answer is nutrition and hydration. They need more fertilizer, or they need minerals like copper and zinc. Perhaps they just need fresh water!

Beyond infectious disease: nutrition and metabolic disorders

Of course, there can also be pests and infections in plants. In human populations, that's like contracting an infectious disease. But realize that the vast majority of conventional medicine that is practiced today is focused on metabolic disorders, not infectious diseases. In fact, the leading causes of death in America are all nutritionally related disorders: cancer, heart disease, diabetes, obesity, strokes, and so on.

None of these diseases are infectious agents. There are no bacteria that cause cancer; there is no virus that causes heart disease. Yes, there is a virus that can cause type I diabetes, but that's not the type of diabetes that is rampant among the population. The more common variety is type II diabetes, which is a metabolic disorder caused by a lifetime of consumption of refined grains and processed carbohydrates (coupled with a lack of physical exercise).

Raising healthy plants requires outstanding nutrition

So a gardener knows that if she wants to have a healthy garden all she has to do is make sure, first of all, that her plants have outstanding nutrition that comes from the soils. And those soils need to have organic matter rich in nutrients such as minerals and trace minerals. Secondly, she needs to supplement that soil with nutritional supplements known as fertilizer. By supplementing the soil, she can further enhance the health and vitality of her plants. Thirdly, the plants need adequate water. Note that gardeners don't pour soft drinks on their garden. They don't feed their garden Sunny-Delight or other refined fruit juice drinks. They give their garden fresh water, because that's exactly what the plants need.

And of course, much the same is true with human beings. We need fundamental nutrition as the foundation of our health, nutritional supplements to further accelerate our progress toward optimum health, and plenty of fresh water to adequately hydrate the body. You see, biological systems have a lot in common. But just in case you think we're talking about something that's too different — plants versus human beings — we will be talking about animals here, further in this book.

Prescription drugs for masking dehydration symptoms

Let's take a look at how conventional medicine would treat these garden plants if people were willing to pay thousands of dollars a month for prescription drugs that they could feed to their plants. If a plant had curled leaves caused by lack of water, pharmaceutical companies would come up with a drug that would force the plants to uncurl their leaves at a molecular level.

If the plant showed spots on the leaves, due to a nutritional deficiency typically caused by a lack of minerals, the drug companies might come up with an anti-spotting chemical, that when sprayed on garden plants, would turn them bright green and cover up the spots. If plants had yellow leaves from a lack of water or poor nutrition, pharmaceutical companies might offer expensive retro-viruses that would enter the plants' cells and reprogram their DNA to always produce green pigmentation, no matter what level of water the plant was actually receiving.

These are the kinds of approaches that characterize the way in which the pharmaceutical industry treats human beings. The typical pharmaceutical solution is to cover up the symptoms and ignore the root cause of the problem. Because, after all, drug companies aren't in the business of nutrition.

Nutrition in Mammals

In the previous section, we looked at the common sense wisdom about plants and nutrition. Everybody knows that fertilizer makes your lawn healthier. And everybody knows that garden plants are helped by fresh water, outstanding nutrition and soils that are rich in nutrients. The links between good nutrition and health are quite obvious to most people when it comes to lawns and gardens.

But what about when it comes to mammals? Could the same possibly be true in animals as well as plants? Let's take a look. And to do that, let's start by examining the approach to prevention practiced by veterinarians. The fact is that *veterinarians know far more about nutrition than most doctors!* That's because pets generally don't have health insurance, and it's much cheaper to prevent disease in your pet through good nutrition than it is to treat it with drugs and surgery down the road.

So veterinarians both understand good nutrition and preach it to their customers. Veterinarians also understand the direct correlation between the foods a pet eats and the chronic diseases they will exhibit. For example, vets know very well that if you feed your dog leftovers of human food, you will probably end up giving your dog chronic diseases that would typically include obesity, diabetes and heart disease.

Pet food offers better nutrition than popular human foods

Now there is an interesting indication. If leftover human food will kill your dog, what's it doing to you and your family? We'll look at that a little bit later, but here's a hint: pet food is actually more nutritionally balanced than human food. And there is a very good reason why, which will be discussed in detail later on.

If you feed your pets lots of white rice for example, you will end up giving them diabetes. In fact, if you're asking a veterinarian who has been practicing for twenty or thirty years, they will tell you that they have recently seen a skyrocketing increase in the number of cases of diabetes in dogs. That's due to changes in the nutritional makeup of cheaper dog food products today that are using a lot of white rice as a filler (because white rice is cheap and makes the dog foods more profitable). But just as in human beings, white rice causes diabetes and obesity because it's a refined carbohydrate offering little more than "empty calories."

You can learn a lot about nutrition from your pets

When you look at pets, there is a direct relationship between foods and disease that is quite apparent. Part of the reason this is so apparent is because pets age much more quickly than human beings. Of course, we're all familiar with the phrase "dog years" and the idea that dogs age approximately seven times faster than human beings. This allows you to notice the relationship between nutrition and health *seven times more quickly in your dogs than you might notice it in yourself* or in your family.

In other words, if you start feeding your dog foods and food ingredients that promote disease and cause nutritional deficiencies (i.e. most human food), your dog will start to show symptoms of those deficiencies seven times more quickly than a human being would.

So one of the reasons that human beings don't catch on to the links between nutrition and disease is because it happens so slowly. It can sometimes take years or even decades for a disease to show up that has been caused by a dietary habit. Yet, in animals, you can quickly see this appearing far more quickly.

Feeding processed foods to a dog would be cruel

Now it would be highly unethical to do this, so I'm not suggesting that you do. This is for a mental experiment only. If you were to take two dogs that were genetically very similar (from the same litter, for example), and you brought them into your house from the time they were very young then fed one dog all the processed foods that human beings eat, while feeding the other dog outstanding nutrition from the more expensive dog food formulas, you would see a tremendous difference in the health and lifespan of these two dogs.

The dog fed human food, which would include refined grains, white flour, added sugars, chemical food additives and other toxic ingredients would have a much lower quality of life than the healthy dog. It would also have a shorter life span and sky-high health care costs associated with the treatment of the chronic diseases it would undoubtedly experience.

The healthy dog, on the other hand, would live longer and would be more vibrant, more emotionally stable, have greater lean body mass and lower body fat. It would have a healthier cardiovascular system, healthier teeth and would express a much higher degree of health than the other dog. It would also probably die someday from so-called natural causes, without all the medical costs associated with the unhealthy dog. So once again, I don't recommend doing this (because it would be unethical), but if you were to take two dogs and feed them radically different diets as an experiment, it would be apparent to anyone that nutrition is a powerful influencer of health in mammals.

Manufactured foods for humans are a cruel experiment

You could also do this experiment with guinea pigs or rats or mice. But once again, I think even that would be unethical, because mice are mammals too and *it is downright evil to torture a mouse by feeding it human foods*. Now some people might find that statement shocking. But I think the really shocking thing is that as a society, we are feeding each other and our children the exact same foods that would be considered inhumane if you fed them to a pet, or even to a mouse.

Our nation's public school systems feed our children foods that would be unethical to feed to lab rats -- that's the real shocker here. And the primary reason the effects of those foods are not apparent to everyone is because there is such a long delay between the cause and the effect. It takes human beings years or decades to show the full effects from these poor dietary choices. The other reason it's not so apparent in human beings is because poor dietary practices are so widespread that both the public and members of the medical community think that unhealthy, obese, chronically diseased human beings are now the norm. There are so few examples of people demonstrating outstanding health that we are walking around in a society where we actually believe that human beings are supposed to be fat and depressed and have plaque in their arteries and so on. If practically everyone is diseased, suddenly that qualifies as "normal."

But if you live in another country for any length of time -- a country that doesn't suffer from any chronic disease and chronic obesity -- and then come back to the United States, you will be shocked to observe the level of disease found in everyday people. If you walk around any airport, for example, and just take a

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look at all of the faces and bodies walking past you, you will see a population that is chronically diseased. You can see liver disorders written right on their faces in terms of skin coloration and huge bags under their eyes. You can see internal organ problems based on skin composition and tone. You can observe energetic disorders by looking at peoples' posture and the way they carry themselves. And of course, it's very easy to observe what an overweight population we are.

But these are not the norms. This is not the way that the human body was designed to be. This is only the result of feeding an entire population disease-promoting foods that now sadly, pass for "three balanced meals a day."

Veterinarians know more about nutrition than M.D.s

Getting back to pets and veterinarians, by the way, I happen to believe that most people would get far better nutritional advice by visiting veterinarians, rather than old-school doctors. Unfortunately, veterinarians cannot give medical advice to humans. But if they could, their advice would be far more useful and effective at preventing and even reversing chronic disease than the advice given out by most physicians.

And the reason, once again, is that veterinarians have to understand the true causes of disease and the relationships between nutrition and health. They have to attempt to educate pet owners about how to keep their pets healthy. And the number one way to do that is to give their pets outstanding nutrition so that they don't experience disease in the first place.

Nutrition and farm animals

Moving on from household pets and dogs, let's look at some other mammals where the relationship between nutrition and health is rather apparent. I'm talking about farm animals. And ranchers tend to have solid knowledge about the correlation between nutrition and disease. If a rancher is losing a herd of cows, the first thing he would do is look at the nutritional influences. He'll ask himself, "Am I feeding these cows the wrong foods? What's missing in their diet that's causing them to die?" Or, perhaps, "What infectious disease has attacked the herd? And how can I make these cows better resist that disease without using expensive drugs?"

In fact, there is a great deal of emphasis on nutrition when it comes to raising animals. I don't mean to imply that cattle ranchers are holistic practitioners in any sense. In fact, I think the ranching of cows and the harvesting of chicken and pigs and cows for human food is highly unethical, and when it isn't done in an organic, natural way, it is hardly a good example of the way food should be created and processed for human consumption.

Healthy cows, not diseased cows, generate profits for ranchers

But I'm not talking about the ethics of this. I'm talking about the simple fact that ranchers are in business for profit. And the way that they make money is by selling healthy cows to be slaughtered. The way they create healthy cows is by feeding them superior nutrition. If a cow dies, a rancher loses money. So there's a financial incentive for ranchers to keep their cows, pigs and chickens healthy.

It's hard for me to overstate the importance of this difference in thinking between ranchers and practitioners of conventional medicine in human health. On a farm, a rancher loses money when an animal is diseased. *But in conventional medicine, doctors and pharmaceutical companies and hospitals actually generate profits from people who are diseased.* So the financial incentives are opposites when it comes to farm animals versus human health.

Ranchers simply can't afford for their cows to be sick. If a cow gets sick, there's no place that a rancher can take the cow and get medical care that's paid for by some health insurance. They can't afford to be giving their cows thousands of dollars in prescription drugs each and every month. So there is no profit whatsoever in raising diseased cows. And that's why being a good rancher starts with giving your cows good nutrition.

And if you ask organic ranchers, you'll get even more answers on this that describe the link between nutrition and health. Cows that are raised organically are fed live grasses from fields. They are fed organic sources of feed. They are given nutritional supplements and are not exposed to pesticides and mass injections of bovine growth hormones and other chemicals that would compromise their health. When you raise a cow this way, you have a cow that is far healthier and happier with far greater longevity than any other kind of cow. That's why when you eat organic meat, you are getting far healthier meat that comes from a healthier cow.

All living systems need good nutrition

So looking back at all of this, we've looked at nutrition and your lawn, nutrition and your garden, nutrition and your pets, and now, nutrition and farm animals. And in each and every case, there is a direct correlation between nutrition and the level of health or chronic disease that is expressed by these various biological systems.

Furthermore, I think I've shown that this is common sense among people who take care of lawns, who engage in gardening, who deal with the health of pets or who raise farm animals. It's common sense that plants or animals showing disease need to have their nutrition improved so that they can better resist that disease. It's common sense that every organism needs plenty of fresh water or it's going to immediately start to suffer the consequences of chronic dehydration. It's common sense that every biological system needs vitamins and minerals and even natural sunlight in order to be healthy. It's also common sense that if you start depriving these organisms of good nutrition, or feeding them calories that are nutritionally depleted, such as those found in white rice and other refined grains, then you will promote nutritional deficiencies that ultimately lead to chronic disease. It's just straight cause and effect at work.

Finally, it's also clear that it's far more expensive to treat diseases caused by poor nutrition than it is to prevent disease by offering outstanding nutrition in the first place. In other words, disease prevention is very affordable when you focus on feeding your plants and animals the nutrients they need to experience optimal health.

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Good health is pre-programmed

One more thing worth mentioning that I brought up in the sunflower example: each of these biological systems automatically knows how to be healthy if given the proper nutrition. There are no cows that have PhDs in nanotechnology, yet every cow has billions of nanotech cells circulating through its system fighting off disease, taking care of free radicals, eliminating cancerous cells that might be circulating through their body and even doing miraculous things like duplicating strands of DNA.

I know it may seem strange to think of a cow as a miracle of nature. But in fact, a cow automatically creates and leverages biomolecular technology that puts our modern science to shame. It has a complex immune system, a complex digestive system, muscular system, nervous system, cardiovascular system, and many other body systems that know how to work on their own if given proper nutrition.

Given all of this, why is it so radical to propose that nutrition is the primary cause of disease or health in human beings? That's what we'll get to in the next section.

Nutrition in Humans

When it comes to discussing the correlation between nutrition and disease in health, pets and animals, everybody agrees that this correlation is very real and very easy to see. But for some reason, when we start discussing nutrition in humans and the idea that the right foods can prevent chronic disease, it becomes a highly politicized issue. All of a sudden doctors and pharmaceutical companies and even the FDA seem to get very uncomfortable. They don't like this idea of anybody being able to say foods can prevent or even treat disease, even though it is obviously the case that foods are the best medicine.

There are some important questions here. Why is it not fundamentally recognized that nutrition matters when it comes to human beings? Why are there people who deny or marginalize the correlation between nutrition and health in human beings? Why are old school doctors still not learning or teaching nutrition to their patients? More importantly, why are medical schools still not teaching nutrition to doctors? In other words, every year we are graduating thousands of nutritionally illiterate doctors from medical schools. They flat out don't understand the fundamentals of nutrition, and they can't possibly teach it to patients. Furthermore, most of them don't practice good nutritional habits themselves!

So in this section, we'll talk about nutrition in humans, and we'll try to explore some of the reasons why nutrition has become so highly politicized and why it earns such disfavor from food companies, pharmaceutical companies, practitioners of conventional medicine, and even the FDA. But first, let's take a closer look at why nutrition really is the number one cause of disease or health in the human body. To do that, let's zoom in and take a look at the cells in your body.

Nutrition starts at the atomic level

Every cell that makes up your body is built from the materials that you consume. Whatever you put in your mouth becomes a part of your body. The old saying, "You are what you eat" is technically quite accurate. Today, everybody knows that, but here is something that most people don't know: your body is frequently reformulated at both the atomic and molecular levels. You don't just build cells one time and then leave them

there. You rebuild cells on a regular basis. Your skin, for example, is constantly being shed from your body and then rebuilt from available materials. Your red blood cells have a very short life span and are flushed out through your kidneys only to be regenerated by your bone marrow. Your skeletal system is in a constant state of transition, losing and gaining minerals and other nutrients as your body's physical demands shift.

Your body is not a fixed, static object. It is a dynamic object and it is constantly exchanging material with your surrounding environment. It is said that 99.99% of all of the atoms in your body are exchanged with the environment each and every year.

In this way, you are not only the food you eat, *you are the food you eat today*. And if you change your diet and give yourself optimum nutrition starting today, you will be a whole new person in a year (or so) based on the new foods you are putting into your body. *Nutrition determines what materials are available as your body constantly rebuilds itself.*

Your genetics are a natural blueprint to optimum health

Another important point to realize is that you are perfectly programmed to survive and thrive. There is absolutely nothing wrong with your genetic code. There is no such thing as heart disease being caused by bad genes, for example. Certainly, there are genetic mutations that can be caused by nutritional deficiencies during pregnancy. And yes, there are some genetic disorders, such as having double-Y chromosomes or being born with spina bifida, which is caused by a nutritional deficiency during pregnancy.

But I am talking about chronic diseases here that afflict adults over time such as cancer, diabetes, heart disease, osteoporosis, mental depression, irritable bowel syndrome, and so on. None of these diseases are caused by you having bad genes. In fact, unless you were born with some kind of radical birth defect, you have the genetic code necessary to be a healthy, vibrant human being. Now, how do I know that? Because you come from a long line of human beings who were quite good at surviving and propagating a genetic map that was very good at surviving and being healthy. The very fact that you are alive is proof that your genes are well suited for survival. (Only a backward-thinking scientist would suggest that somehow human beings have evolved a gene pool that causes fatal diseases. That goes against everything we know about evolution and survival of the fittest.)

Blaming genes for chronic disease is junk science

In fact, the idea that is often propagated by conventional medicine — that people are somehow genetically programmed to have heart disease or other disorders — is so absurd that it borders on scientific insanity. It's almost as if these people deny the laws of natural selection. If you know anything about natural selection and human evolution, you know that any organism programmed to develop disease would have been unable to survive and reproduce over the hundreds and thousands of years during which human beings have evolved. Bad genes are automatically removed from the system based on the actions of natural selection. And what's left are the so-called "good genes" — the genes found in every single human being who is alive today.

So you are not some kind of genetic defect. In fact, you are a genetic champion. You are a survivor of survivors. You come from a long line (tens of thousands of generations) of ancestors who have thrived on genetic code they passed on and improved with each successive generation, until that genetic code finally reached you.

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That genetic code is perfectly designed to help you be healthy in the natural surrounding environment. So the next time you hear a news headline saying researchers found a gene for some disease, you know that's hogwash! There's no gene for cancer, there is no gene for heart disease. There are only nutritional influences that when followed for long enough, can either create health or disease in each of these body systems.

You are programmed for perfect health

So I want you to look in the mirror and realize that your genetic code has programmed you to experience optimum human health. You do not have to even understand how it works. You don't need a degree in biochemistry or human genetics, nor do you need to understand the laws of natural selection or genetic permutation and combination theory in order to experience health for yourself. All you need to do is have faith in your ancestry and understand that your body is a miracle of nature that is designed from the very start to use outstanding nutrition to maintain superior human health.

Moving on, let's talk about Nutritional Law Number Two:

Conventional medicine has no financial motivation to promote nutrition.

You might find yourself wondering that if nutrition is so good at preventing and even reversing chronic disease, why isn't it taught by the practitioners of conventional medicine? Why isn't your doctor giving you the fundamentals of nutrition? Why don't you see television ads promoting nutrition?

Well, the reason is quite simple. There's no profit in it. Let's face it, conventional medicine is a commercial entity. Pharmaceutical companies are in business to make money. They want to maximize their profits. Their mission statement should read "Our goal is to maximize profits, no matter what it takes, as long as we can get away with it." By their behavior, you can see that pharmaceutical companies are far more interested in generating profits than actually improving human health on a global scale.

Drug companies are in business to make money, not make people healthy

You see this in many ways including the price gouging of American consumers, attempts to block the importation of prescription drugs from Canada, the refusal of companies to fund AIDS drugs initiatives in Africa, and so on. You especially see it in the suppression of prevention by conventional medicine at the FDA. There is actually an effort underway to minimize any discussion of disease prevention and instead focus on disease symptom treatments -- especially those involving pharmaceuticals and surgical procedures.

Your good health means drug companies lose a customer

So there is really no money in disease prevention. Or put another way, if you find a way to be extremely healthy, it doesn't create profits for anybody except you. In fact, if you used to be diseased, and you changed your lifestyle and started consuming outstanding foods giving you optimum nutrition, the pharmaceutical industry is now losing a customer. You have just cost conventional medicine a paying customer. And given the sky-high cost of most prescription drugs these days, they might have been counting on you to generate a hundred thousand or two hundred thousand dollars in revenues over the next few years. But now, by taking control of your own health and using disease prevention coupled with nutritional fundamentals, you are a healthy human being who has eliminated a measurable profit from the pharmaceutical companies.

So it's not hard to understand why the pharmaceutical companies are not interested in promoting nutrition. And since most of conventional medicine today is really just an extension of "Big Pharma," the whole system has little or no interest in teaching prevention. Hospitals don't earn money when you're healthy either. Surgeons certainly don't benefit when you take care of your own cardiovascular health and no longer need heart bypass surgery. In one case after another, when you take control of your health and practice outstanding nutrition, you are actually taking money away from a for-profit industry.

Healing foods cannot be patented and, therefore, cannot be exploited for profit

Another important point to note here is that food cannot be patented by the pharmaceutical companies. You can't take a tomato and patent that tomato, then restrict it from the population and make sure it can only be prescribed through pharmacies. Of course, certain hybrid tomatoes can be patented, but those are more along the lines of scientific experiments than ordinary, everyday garden tomatoes that I'm talking about here. The point is that these healing foods -- like broccoli, garlic and onions -- can't be patented. So the pharmaceutical companies cannot own the intellectual property that's at stake here. As a result, they can't make money by selling these foods and promoting their disease prevention abilities.

Broccoli is a powerful anti-cancer pharmaceutical

When it comes down to it, there are many common foods that are powerful disease fighters. In fact, broccoli is loaded with anti-cancer phytonutrients that are far more powerful than any prescription drugs or chemotherapy at fighting and reversing various cancers in the body. Broccoli is one of the best anti-cancer foods you can eat. And yet you hardly ever hear it described in such terms. That's because the FDA forbids broccoli growers from making such health claims and simultaneously, pharmaceutical companies can't earn any money from broccoli, so there's no reason to fund clinical trials that actually prove broccoli's benefits.

As you see, we have a system designed today that automatically suppresses any information about the correlation between foods and disease prevention. The system is designed to make sure that the only information you, as a consumer, receive is information about synthetic pharmaceuticals, surgical procedures or other things that generate profits. And foods don't generate profits. At least, not on the scale that would be expected by pharmaceutical companies.

Nutritional deficiencies create a multi billion dollar disease treatment industry

Another reason you don't hear much discussion on the correlation between nutrition and chronic disease in the popular press these days, or among practitioners of conventional medicine, is because most of the revenues generated from conventional medicine actually come from the treatment of the symptoms caused by nutritional imbalances and deficiencies. In other words, the big money makers for conventional medicine are diseases that are in fact caused by nutritional deficiencies and nutritional imbalances in the first place. *If poor nutrition wasn't so widespread, the lucrative disease treatment industry would collapse due to lack of customers.*

When you look at cancer for example, it's actually caused by consuming certain cancer-causing foods and ingredients while avoiding foods and ingredients that can prevent and reverse cancer. In this way, if the cancer industries were to actually start promoting nutrition and talking about the foods people could use to avoid cancer, they would experience a great financial loss because fewer people would need expensive cancer treatments and drugs.

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Those treatments include chemotherapy, radiation, surgical procedures, and prescription drugs. Chemotherapy, as you know, is extremely profitable. These drugs can cost six figures a year for the average person, and yet typically offer little or no benefit in terms of lifespan or quality of life. But they are heavily marketed. The drug manufacturers heavily influence doctors to keep pushing these onto patients. And as a result, most chemotherapy patients eventually give in to conventional medicine and end up generating these stratospheric profits for pharmaceutical companies that manufacture chemotherapy agents.

Diabetes is caused (and reversed) by food choice

Diabetes is another disease that is primarily caused by dietary factors. Diabetes is caused by the consumption of soft drinks, high fructose corn syrup, refined white sugars, refined white flour, processed grains, processed carbohydrates, and other processed foods. Subsequently, if you teach people to stop eating these foods, you in essence destroy the diabetes industry. And yes, it is a hugely profitable industry, just like the cancer industry.

By the way, I often question the motivations of so-called disease organizations, such as the American Diabetes Association, because they seem to be out there promoting drugs and dangerous chemicals (like Aspartame) almost as much as the food manufacturers themselves. I haven't seen any information come out of the ADA or the AHA (the American Heart Association) that I would actually follow myself if I were attempting to be healthy. In fact most of these organizations probably realize that if you teach people how to prevent these diseases, these organizations no longer have a purpose in society. People working there would lose their jobs.

So, as radical as this sounds, it is actually in the financial and power interests of these organizations to see the continuation of these diseases throughout the population. If we eradicate diabetes or cancer, which can absolutely be done through nutrition and education, then we don't need an American Cancer Society or the American Diabetes Association. These organizations are not necessary in a society that teaches nutrition and disease prevention. They are only necessary in a society that is chronically diseased and promotes a lifestyle of disease in order to exploit the population for profit.

It's cruel, but it's true. And, as a friend of mine once said, "If you're not absolutely appalled, you haven't been paying attention."

Food companies deny links between processed foods and disease

One more reason there is very little discussion about the correlation between nutrition and disease in human beings is because of the interests and influence of food companies. I'm talking about the larger food companies, the food corporations that manufacture the most popular foods found in American grocery stores. These food companies do not want to discuss any links between foods and disease. So they want to avoid talking about nutrition from the get go.

Why is this? It's because the food companies don't want to be held responsible for promoting disease. And much like how the tobacco companies continue to deny that nicotine is addictive, food companies are sticking to a similar myth: that there's no such thing as an unhealthy food. The food industry is adamant about this. They say that all foods can be part of a balanced diet -- which of course is complete nonsense. Some foods put you out of balance from a good diet. And in fact, most foods that are sold in grocery stores are precisely the foods that will put you out of balance and promote disease.

Many foods directly cause chronic disease and obesity

Let's get real about this. Some foods promote obesity. Some foods contain ingredients that cause cancer. Other foods promote heart disease or diabetes or loss of bone mass. There are foods and food ingredients that directly and quite obviously cause chronic diseases. Yet the food industry continues to deny this out of fear of lawsuits or of having to change their formulas to actually make healthier foods. (That's because healthier ingredients are usually more expensive and can often reduce the shelf life of manufactured foods.)

That's the relevant point here: it costs more money to manufacture foods that offer superior nutrition. So food companies, which compete on price, obviously do not want to make their foods more expensive, because that will cost them market share. So they automatically turn to the cheapest ingredients that are acceptable to consumers. And cheap ingredients are rarely the healthiest ingredients. To make matters even worse, there are government subsidies on ingredients that promote disease. There are huge subsidies in place on corn right now, and that translates into artificially cheap prices on ingredients like high fructose corn syrup, which is now scientifically known to be a major promoter of diabetes and obesity. That's the ingredient found in soft drinks and candy bars and a great number of other products, including breakfast cereals and even pizza sauce and salad dressings.

Disease-promoting ingredients are made artificially cheap thanks to government subsidies

So part of the problem with all of this is that we've made unhealthy ingredients artificially cheap in the United States. Another example of this is sugar. The sugar industry — sometimes called “Big Sugar” — continues to receive millions of dollars each year in corporate welfare from taxpayers as it produces refined white sugar. As a result, this makes sugar cheaper than it should be in the marketplace -- which makes foods made with sugar artificially cheap as well. In a sense, this becomes a pivotal issue for people at lower incomes, because when they are at grocery stores looking for ways to feed themselves and their families, they are of course looking for lower cost food items. Because of these subsidies on corn and sugar those lower cost foods are often foods made with refined corn and sugar. Corn chips and ice cream, anyone?

And it's not wholesome corn I'm talking about here. It's refined corn such as the kind of corn you get in fried corn chip snacks or breakfast cereals made from grains that include corn. And of course, you find sugar in practically every food at the grocery store, even foods where you wouldn't suspect them (like pasta sauce or salad dressing).

So food producers and manufacturers certainly do not want to acknowledge the links between high fructose corn syrup and diabetes. They don't want to talk about the relationship between sugar and obesity. In fact, they will go out of their way to deny these correlations. Naturally, they don't want to be held responsible for the diseases their foods are actually causing in the population at large. But in a common sense society, doesn't it seem logical that companies should be responsible for the products they sell to consumers? If someone is out there selling a product that causes cancer, shouldn't the consumers who have been diagnosed with cancer as a result of eating that food be able to sue that food manufacturer and recoup damages associated with their cancer?

Food companies knowingly promote foods that cause disease

I believe that most of the food marketing going on today is highly negligent. Not only are food companies producing and marketing food that contain disease-promoting ingredients, they are failing to properly warn consumers about those health risks by printing warning labels on those foods. Even cigarette companies now have to label cigarettes with warnings that say smoking promotes cancer and birth defects. But food companies can market all sorts of cancer causing ingredients without having to warn consumers at all. As a result, consumers are right now eating massive quantities of foods and food ingredients that directly promote disease. And as a result, we're a nation with the highest rates of chronic disease ever witnessed in the entire known history of humanity. No population has been more diseased, more obese, and more financially enslaved by a domineering system of synthetic chemicals (drugs) and surgery.

If you look at the big question of why nutrition isn't really talked about in the popular press and by food companies, the answer is because all of the big players have very clear financial incentives to avoid talking about nutrition. There's no reason for organized medicine to talk about nutrition as a way to prevent chronic disease. There's certainly no reason for pharmaceutical companies to study the correlation between healthy foods and disease prevention. And the food companies have absolutely no interest in talking about nutrition and disease, because they are the ones selling the products that are causing disease in the first place.

Are you beginning to see why information about nutrition and disease prevention has been so utterly suppressed? If the for-profit industries in this country had their way, they'd rather the entire population remain diseased, addicted to food additives, doped up on pharmaceuticals, and paying a thousand dollars a month for prescriptions.

With all the profit that's at stake here, it's little wonder that you almost never hear the truth about the correlation between nutrition and health: **90% of chronic disease is caused by poor nutrition.**

Let's introduce Nutritional Law Number Three:

90% of all chronic disease in humans is caused by nutritional imbalances and deficiencies.

At the fundamental level, nutrition in humans is not that different from nutrition in plants and animals. Just like plants and animals, we all need lots of water. And it needs to be fresh, clean water and not other liquids such as soft drinks, cow's milk, or processed fruit juices.

We also need lots of minerals, vitamins, and sunshine. In fact, nearly all living things on the planet need sunshine. And simultaneously, nearly everything alive on the planet needs certain minerals and vitamins in order to stay alive. Just like a plant, if you don't get good nutrition, your body and mind will experience stunted growth and chronic disease. You will still be alive but your quality of life will be greatly impaired if you don't get optimum nutrition. Just like the sunflower on the left, your body will operate at less than its full potential.

The U.S. population suffers from mass malnutrition

If you take a look at the United States and other so-called “civilized” nations, you’ll find that we are a population that suffers from mass malnutrition. We’re a nation of diseased, malnourished people. This idea seems strange, given the epidemic rates of obesity in the United States and elsewhere. Some people ask, “How can we be malnourished if we’re eating so much that we’re all overweight?”

The answer is simple. We’re eating empty calories. We’re eating plenty of food if you just count the calories, but not nearly enough of the right kinds of foods that provide nutrition in the form of phytonutrients, minerals, enzymes, healthy oils, vitamins, and other important nutrients. Malnutrition is alarmingly widespread: perhaps three-fourths of the population is deficient in zinc. Most people are deficient in magnesium. Nearly everyone who doesn’t supplement with nutritional supplements in America is deficient in various B vitamins.

In fact, nutritional deficiencies are so widespread that it’s hard to find a person who isn’t deficient in at least one vitamin or mineral. That means most people are operating at less than optimum health. It also means that they can improve their health by simply providing their body with outstanding nutrition.

Nutritional deficiencies cause scurvy, beriberi, pellagra, and other diseases

It’s important to note that there is a long history of discovering relationships between nutritional deficiencies and chronic disease. One of the most well known is probably scurvy -- a disease where your bones lose their rigidity due to a deficiency of vitamin C. The historical accounts of this mostly involve sailors who, on long sailing voyages, were overcome by this nutritional disease. And it actually took hundreds of years before the right scientist came along and discovered that this was caused by a simple nutritional deficiency that could be cured by eating fruits high in vitamin C such as limes. Hence the name ‘limeys’ for sailors.

That’s just one example of a disease caused by nutritional deficiencies. There are many other diseases such as rickets and beriberi caused by nutritional deficiencies. Asian people who historically ate polished, processed rice (white rice) frequently got beriberi, a disease caused by a deficiency in vitamin B1 (thiamin). Until the nutritional causes of beriberi were established, however, physicians of ancient Asia thought the disease was some sort of plague.

In America, the term ‘redneck’ actually comes from a vitamin B deficiency that caused heightened susceptibility to sunburns. Interestingly, most Americans are, today, deficient in B vitamins as well, making them technically rednecks. It also explains why many people are so easily sunburned. As explained in *Staying Healthy With Nutrition* by Dr. Elson Haas, M.D.:

For a long period of history, the niacin deficiency disease, pellagra, was a very serious and fatal problem. Characterized as the disease of the “three Ds,” pellagra causes its victims to experience dermatitis, diarrhea, and dementia. The fourth D was death. As described previously, the classic B3 deficiency occurs mainly in cultures whose diets rely heavily on corn and where the corn is not prepared in a way that releases its niacin. One of the first signs of pellagra, or niacin deficiency, is the skin’s sensitivity to light, and the skin becomes rough, thick, and dry (pellagra means “skin that is rough” in Italian). The skin then becomes darkly pigmented, especially in areas of the body prone to be hot and sweaty or those exposed to sun. The first stage of this condition is extreme redness and sensitivity of those exposed areas, and it was from this symptom that the term “redneck,” describing the bright red necks of eighteenth-and nineteenth-century niacin-deficient fieldworkers, came into being.

American Indians knew how to eat healthy, but the pioneers suffered nutritional deficiencies

The early colonial settlers in America, by the way, didn't know how to properly process corn as the American Indians did. The American Indians processed corn using potash (which is highly alkaline) that makes the B vitamins in corn available for assimilation during digestion. But the American settlers, not understanding how to prepare corn, would simply grind up their corn and consume it as corn flour (corn meal). By the way, that's how most people eat corn today: as ground up cornmeal ingredients in chips and foods.

Most birth defects are caused by nutritional deficiencies

In more modern times, we know very well about what happens when you're deficient in folic acid and you are a pregnant woman: your baby may be born with serious spinal cord defects or even be stillborn. In fact, birth defects are almost always explained by nutritional deficiencies or the consumption of foods and beverages by the mother that interfere with good nutrition.

We also know that iodine is absolutely essential for human health, which is why salt is enriched with iodine. That's in an effort to prevent goiter, a disease that was quite common in the United States until iodine was finally mandated as a salt supplement (enrichment) by the FDA.

Vitamin enrichment in foods merely prevents the most obvious nutritional diseases

As a nation we have managed to force a handful of minerals and vitamins into the food supply that prevent the most grotesque and physically obvious disorders and diseases caused by nutritional deficiencies. And by the way, those are the only ones that really get addressed through the food supply.

If there is an obvious and immediate link between nutrition and a particular disease such as birth defects caused by a lack of folic acid, then of course this gets recognized and addressed very quickly. But other metabolic disorders such as cancer and diabetes are more complex and so the cause/effect relationship is not so easy to see from the point of view of scientists, the FDA, and even the public. So these don't get addressed.

White flour and other grains have their nutrition stripped away during processing

You might know that certain foods such as white flour are enriched with numerous vitamins and minerals in order to meet minimum federal health standards. We'll talk more about processed grains later but it's important to note that the only reason white flour has to be enriched with vitamins and minerals is because food processing stripped out the natural vitamins and minerals found in the whole wheat grain in the first place. And by law, in order to prevent white flour from actually killing people, causing birth defects, and causing chronic disease (at least the obvious ones), wheat processing companies are required to add back in a certain minimum amount of vitamins and minerals. But these are 'minimum' amounts and they are isolated chemical vitamins and minerals that merely prevent the most obvious defects and diseases and do very little to achieve optimum health in human beings.

It's sort of like stealing a guy's car and then giving him roller skates to get to work: it's just not the same as the original. Stripping away all the nutrition from a grain of wheat and then adding in minute quantities of synthetic vitamins is not the way nature intended for food to be prepared.

So even though we are a population that consumes massive quantities of calories -- in fact, one meal at an American restaurant is enough to feed a family of four in most countries around the world -- we still suffer from widespread malnutrition caused by nutritional deficiencies in the foods we're consuming. The foods and drinks we eat and drink are simply not nutritious. That's why we are so overweight and yet so lacking in fundamental nutrition that would help us achieve optimum health and avoid chronic disease.

What is Good Nutrition?

Throughout this book, I have spent quite a bit of time talking about nutrition and using the word nutrition. But so far I haven't really explained what good nutrition really means. Most people think good nutrition means, "three balanced meals a day." This is the myth that is propagated by conventional medicine and most doctors. They think you can get all the nutrition you need from three balanced meals a day.

That's simply untrue. First of all, there is no good definition of what a balanced meal is in the first place. If you ask ten people what a balanced meal is, you'll get ten different answers. And most likely, none of the ten will actually be a meal of superior nutritional value.

The American breakfast: five chronic diseases in one meal

For example, most Americans think that a balanced breakfast contains bacon, pancakes with syrup and margarine, cow's milk, and some kind of jelly spread on white toast. This isn't a balanced meal at all. Bacon contains sodium nitrite, which causes cancer, and saturated animal fat, which causes heart disease and obesity. The pancakes are made with refined white flour, which causes nutritional deficiencies, obesity and diabetes. The syrup on top of the pancakes also promotes diabetes and stresses the pancreas. The margarine on top of the pancakes contains hydrogenated oils, which destroy healthy nervous system function as well as severely compromising cardiovascular health.

The glass of cow's milk contains homogenized milk fats, which are artificially modified fats that promote heart disease and atherosclerosis. The cow's milk also contains a variety of substances including hormones, pus and pesticide residues that simply aren't designed for human consumption. The white toast is made with refined white flour, which further promotes nutritional deficiencies (especially the B vitamins). And the jelly spread on top of the toast is mostly high-fructose corn syrup with a little bit of coloring and flavoring added.

Sadly, this is a breakfast a lot of Americans would consider a balanced meal. It contains food items from the meat group, the grain group, the fruit group and even the dairy group. But yet, there is absolutely nothing in that meal that is good for you. Not a single thing. In fact, that's the breakfast of chronic disease and obesity. A person who eats that sort of breakfast on a daily basis can look forward to being diagnosed with a variety of chronic diseases in the years ahead.

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Traditional American meals simply aren't healthy

So there's no real agreement on what a balanced meal is and even when there is some agreement, those meals aren't balanced at all. Some people might say, "Well, you should look to the USDA Food Guide Pyramid in order to find out what a balanced meal is." Okay. So let's do that for a second. Let's take a look at that Food Guide Pyramid. This pyramid, which was created primarily as a response to political influence by various food groups (read "Food Politics" by Marion Nestle to learn more), is little more than a promotional brochure for the farmers of America. It promotes the dairy industry, the grain farmers, meat producers and various food producers. But the number one recommendation by the USDA is of course the grains. And most people think that a slice of white bread is a healthy grain because it is recommended by the USDA.

The USDA offers deadly nutritional advice

They think pancakes count as grains. They think corn chips count as grains as well. The fact is that the USDA Food Guide Pyramid is not only heavily influenced by politics of food industries; it is also a provider of terrible nutritional advice. If you were to follow the USDA Food Guide Pyramid and eat the foods it recommends for years or decades, you would no doubt find yourself being diagnosed with various chronic diseases caused by nutritional deficiencies. Nowhere does the USDA Food Guide Pyramid recommend that these should be whole, unprocessed foods. Nowhere does it talk about healthy oils or putting raw vegetables high on the list. Nowhere does it talk about the dangers of refined grains, added sugars or chemical additives such as sodium nitrate, MSG, or artificial colors.

In fact, the USDA Food Guide Pyramid is a travesty of nutrition. Only a fool would follow it. But it certainly has served its original purpose which was of course, to promote the financial interests of various farmers and food producers in the United States. And that's how this Food Guide Pyramid should be looked upon by intelligent consumers: pure marketing propaganda.

Poor soils lead to nutritionally depleted foods

There are many other reasons why three balanced meals a day won't provide you with optimum nutrition. One of those reasons is that foods are grown in nutritionally depleted soils. As a result, many foods don't provide the nutrition they used to provide according to textbook nutritional profiles. For example, if you buy some traditionally grown green beans, tomatoes or carrots in the grocery store today, you will find that they have only a fraction of the vitamin and mineral content that the same plants would have provided twenty or thirty years ago. Our foods are devolving (well, not really from a genetics point of view, but from a nutritional point of view, they are getting less and less healthy with each passing year...)

So even when you choose healthy foods, you still can't get the nutrition your body needs to heal itself, fight off disease, rebuild bone and muscle tissue and achieve a high state of human health.

You'd have to eat 10,000 calories a day to meet minimum nutritional requirements

Let me explain this in another way. By my calculations, if a human being were to eat healthy foods from the grocery store in an attempt to get the quantities of vitamins and minerals necessary for optimum human health, they would have to consume about 10,000 calories a day.

It is virtually impossible for any human being to consume 10,000 calories a day if they're eating whole grains, fresh fruits and vegetables and minimally processed foods. Your stomach simply isn't big enough. Your digestive tract doesn't have the capacity to process 10,000 calories worth of whole, unprocessed foods on a daily basis. And yet, given the poor nutritional quality of today's grocery store products, that is the quantity of food you would have to process to allow your body to extract the nutrition it needs in order to achieve optimum health. (And that's assuming your digestion is good. If you have trouble producing stomach acid, you'd be even worse off...)

From an energy point of view, most adults need only around 2,000 calories a day, and yet they eat anywhere from 2,000 to 3,000 calories a day. So even if they were eating perfect foods, unprocessed foods, fresh vegetables, fruits and whole grains, they would only be getting *one-fifth to one-third of the nutrition they actually need to achieve optimum human health*. This is based on USRDA numbers, by the way, with a multiplier for various vitamins and minerals. In other words, the USRDA numbers tell you how many grams, milligrams or micrograms of various nutrients you need just to prevent obvious deficiencies that cause disease. But to achieve optimum human health, you need far higher quantities of many vitamins and minerals. And it is those far higher numbers that I am considering in this analysis.

Adequate nutrition is impossible to achieve from eating grocery store foods

The bottom line is that you simply can't get adequate nutrition by going to a grocery store, loading up on healthy foods and chewing your way through them on a daily basis. Nobody can. Given the nutritional profile of today's foods, it's physically impossible for a human being to do so. To make matters worse, most people don't eat optimum foods to begin with. They eat foods that are nutritionally depleted. They drink a lot of cow's milk, which actually has very poor nutrition for human beings given that it is designed for baby cows, not humans.

They eat a lot of red meat, which contains heart-damaging saturated animal fats and lacks fiber. They take cheap vitamins that offer synthetic forms of vitamins and minerals rather than natural, organic forms. People also engage in lifestyle habits that deplete the vitamins and minerals they've managed to absorb from their foods. These habits include the consumption of caffeine, soft drinks, tobacco, white flour, added sugars, and other ingredients that actually strip nutrients away from your body.

To top it off, they're subjected to chronic stress conditions like work stress, environmental stress (breathing polluted air, drinking polluted water), relationship stress, lack of sleep, lack of sunlight, and so on. This chronic stress actually accelerates the depletion of nutrients in the body, leaving people in a deeper state of nutritional deficiency.

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Nearly all Americans operate on chronic nutritional deficiencies

So by the time you're done with all of that, the average American has only a fraction of the nutrition they actually need for optimum health. And that means they are operating at far less than the health potential their body was designed for. If they were able to get better nutrition and avoid the nutrient depleting substances in their foods, imagine what state of health they could achieve. Imagine how good their blood chemistry would be, the level of energy they would have on a daily basis, how healthy they would be and how long a life they would live free of chronic pain and free of chronic disease. This is the kind of life that you can achieve with nutrition. And it is exactly the life that I'm leading right now through a proven strategy of nutrition and physical exercise.

So if you put all this together, you realize that the standard American diet is a diet of chronic disease and death. The diet that most people are following today in modern societies is a diet that will kill them much sooner with far higher health care costs and with far lower quality of life than if they were able to eat simpler foods -- unprocessed, non-manufactured, and unrefined. So our diet is the number one cause of disease in this country. The American food supply is what's killing us, not our genes or bad luck (as many doctors would have you mistakenly believe).

White flour is an insecticide

As a side note to all of this, it's interesting to look at the companies that produce white flour and how they ship that white flour to cereal companies, bread companies and other commercial users of the product. You may know that if you're in the food business, it's difficult to ship food without having it infested by various pests. There are mice, rats and insects that want to eat your food as it is being transported.

But when companies ship refined white flour in large 50 lb. bags, they don't have to use any insecticide whatsoever. That's because if an insect gets into the bag of white flour and starts eating it, *that insect will die from consuming it*. White flour is a natural insecticide because it kills any insect that attempts to live off of it.

So by the time the truck arrives at its destination, which might be a cereal company, a bread company or some kind of food producer, if there were ants or crickets or other insects that got into the truck when it left the factory, all those insects will be dead by the time it arrives. Why did they die? They were eating the white flour.

You can try this experiment yourself by buying some white flour, putting it in a bowl and throwing some ants and crickets in with it. Give them a little bit of water, just so they don't die from dehydration, and then find out how long they live. You'll find they won't live very long at all.

White flour is literally killing you

And yet, many Americans are attempting to live off white flour because they consume it at every single meal in alarming quantities. Then they wonder why they suffer from chronic disease. The fact is that white flour will (slowly) kill you. It will cause nutritional deficiencies and it will ultimately put you in a state of chronic disease that could easily be avoided by consuming whole grain flour and getting outstanding nutrition rather than consuming processed grains.

All of this leads us to Nutritional Law Number Four:

Americans suffer from mass malnutrition even while they consume excess calories

So don't make the mistake of thinking that nutrition simply means calories. Often, around the world, when you hear the term 'malnutrition', you're shown images of thin, bony children who haven't had anything to eat. But in fact, Americans look just like that underneath all the fat. They are malnourished, they are diseased and they continue to suffer from malnutrition caused by the consumption of nutritionally depleted foods such as pancakes, white bread, candy bars, soft drinks, breakfast cereals, pastries, processed foods, junk foods, snack foods, and many other items.

Most Doctors Don't Know Nutrition

Part of the problem with agreeing on what is good nutrition comes from the frustrating fact that most doctors don't know nutrition. That leads us to Nutritional Law Number Five:

Most doctors know very little about nutrition.

This is not a commentary on the intelligence of doctors who are trained in our traditional medical schools. They are very intelligent people, no doubt. It's just that they aren't taught nutrition. Or if they are, it's taught at a very basic level. In fact, Dr. Andrew Weil, who remains one of the pioneers of integrative medicine, explains that when he went to traditional medical school, he received one hour of training in nutrition across all four years. That is one clock hour, not one credit hour. Just one hour — sixty minutes of nutrition training in four years of medical school!

By comparison, I've spent about 4,000 hours... actually, well over 4,000 hours at this point, studying nutrition and the causes of disease and health. So it just goes to show you that if you're looking for education in nutrition, medical schools are certainly the wrong place to go. And sadly, our nation's doctors really don't know much about nutrition.

Many doctors unknowingly propagate nutritional myths

Just as sadly, many of them think they do. They propagate nutritional myths as a result. Those myths include things such as, "Vitamins aren't beneficial." Or "All you need for optimum nutrition is three meals a day." These and other nutritional myths are what they hear in medical school and in the popular science journals. Far too often, they simply pass those beliefs on to their patients without having any real knowledge of whether or not they are true.

There's also the disturbing fact that there's no financial interest for doctors to actually teach their patients nutrition. Once again, I'm talking about old school doctors who have a heavy client base. Due to patient load, they can only spend 2-3 minutes in dialogue with each patient. In that time period, it's simply not possible to teach nutrition to a patient.

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Of course, if you go visit a naturopathic physician, you will get a lot more face time. You would typically be able to ask questions and you would get a lot more personal instruction on nutrition and lifestyle changes as a way to prevent chronic disease. But when it comes to old school doctors and traditionally trained physicians, you won't even get enough time to talk about nutrition.

Patients often don't want to learn how to change

At the same time, in the defense of such doctors and physicians, most patients aren't interested in hearing about nutrition in the first place. There are many doctors who attempt to give their patients nutritional advice, only to be routinely ignored. A large number of patients come in to hospitals and medical clinics and actually demand prescription drugs they've seen advertised on television.

They don't want to follow good nutrition. They don't want to give up their ice cream. They don't want to give up their morning bacon and orange juice and pancakes with syrup and margarine. They want to eat whatever they want to eat and then they'll come into the clinic and demand that their doctor fix their health problem. So there's just as much responsibility on the patient as the physician in these cases. And I don't mean to only point the finger at doctors and say, "It's their fault that patients aren't following nutritional advice." It's also the responsibility of patients to adopt that advice and make it part of their lifestyle rather than simply ignoring it.

Good Nutrition is Impossible Without Supplementation

We've talked about the myth of the three balanced meals a day, why humans cannot get sufficient nutrition from the national food supply, the processing of grains that destroys nutrition, the depleted soils, the USDA Food Guide Pyramid, and the USRDA numbers. Now let's get down to the next fundamental truth that concludes this discussion. That's Nutritional Law Number Six:

Nutritional supplementation is essential for meeting fundamental nutritional goals.

Let's discuss this in some detail. As a human being, you simply cannot achieve outstanding nutrition without nutritional supplementation. I've covered this briefly in the previous section, where I discussed the idea that you would have to eat 10,000 calories a day just to get the vitamins and minerals and phytonutrients that you need in order to experience optimum health. I also explained that no human being can eat 10,000 calories a day. You simply can't move that much food through your system.

High nutritional density, low caloric density

So what does a human being actually need in order to get optimum nutrition? The answer is quite simple. They need sources of nutrition that are very high in nutritional density, but very low in caloric density. These also need to be foods that aren't bulked up with lots of fiber that would make it difficult to move such foods through your digestive system with sufficient speed. In other words, we need some nutritional sources that are nutrient-rich, that don't come with a tremendous amount of bulking fiber, and that don't contain a lot of calories or refined carbohydrates. So we need a certain class of nutritional supplements in order to achieve outstanding nutrition. A human being simply cannot experience optimum nutrition in today's environment of mass-farmed foods, processed foods and grocery store foods without turning to nutritional supplements.

Avoid isolated vitamins and mineral pills

So what kind of supplements should you turn to? Well, first let's talk about what you should NOT turn to. You should NOT turn to isolated vitamins and minerals that are sold in low-cost bottles at your favorite discount retailer. What I mean by that is don't go out and buy a bottle of vitamin C, and don't go out and buy a bottle of calcium. Don't buy a bottle of lycopene or some other isolated plant chemical. Instead, you want to get your vitamins, minerals and phytochemicals from natural sources -- plant sources. And there are several categories of foods we can talk about here that provide this kind of nutrition.

Get your nutrition from superfoods

I often talk about superfoods. And "superfoods" is just a label given to foods and food sources that meet these criteria of offering high-density nutrition without excess calories and fiber. Some of my favorite superfoods are, as you know, chlorella, spirulina, various sea vegetables, broccoli sprouts, avocados, berries, soy products, salmon oil, macadamia nuts, aloe vera juice and so on. These foods have very high nutrient density, but yet they don't have excess calories that will make you fat or alter your blood sugar in radical ways.

One thing you'll notice all of these have in common is that they are plants. Plants provide all the nutrition that a human body really needs. There's nothing wrong with having some meat in your diet if it's organic meat and if it is raised and harvested in ethical ways that offer some degree of respect to animals. But technically speaking, you can get virtually all the nutrition you need from plants and plant sources.

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Here's why you want to use superfoods as the basis of your nutrition: they contain *all the vitamins, minerals, oils, phytonutrients, trace minerals and other nutritional elements needed for human health*. For example:

- Nearly all superfoods are very high in B vitamins, including vitamin B12 from spirulina
- All sea-based superfoods are high in trace minerals from the ocean (spirulina, sea vegetables, etc.)
- Berries are high in phytonutrients that prevent macular degeneration, heart disease, Alzheimer's, high cholesterol, and even help fight cancer. This includes blueberries, blackberries, raspberries, strawberries, etc.
- Broccoli, cauliflower, and other cruciferous vegetables contain powerful anti-cancer phytochemicals and compounds that can help keep you cancer free. (Also, add onions, garlic, and ginger to the anti-cancer list.)
- Soy products contain isoflavones known to support the immune system and fight cancer.
- Macadamia nuts contain heart-healthy oils that actually promote high metabolism and fat burning rather than fat storage.
- Sprouts are loaded with vitamin C, digestive enzymes and the mysterious "live" element that you only get from living foods.
- Spirulina contains GLA, an essential fatty acid lacking in the modern diet.
- Chlorella and spirulina are excellent sources for chlorophyll, a cleansing phytonutrient that cleans the blood, detoxifies the liver, and even helps detoxify the colon.
- Aloe vera plants contain newly-discovered phytochemicals that enhance the viscosity of human blood, reducing clotting and the risk of heart attacks or strokes.
- Superfoods are an excellent source of macrominerals such as calcium, magnesium and zinc (for which most Americans are also deficient). A glass of broccoli juice, for example, contains more calcium than a glass of milk. Spirulina is also high in natural calcium.
- Ounce per ounce, spirulina contains *twelve times the digestible protein of beef!* Soy-based products, nuts and seeds are also outstanding protein sources.

There are many more examples of nutritional elements found in superfoods. But to summarize, superfoods provide *everything you need for outstanding nutrition*:

- Vitamins
- Minerals
- Trace minerals
- Antioxidants
- High quality, digestible protein
- Digestive enzymes
- Essential fatty acids
- Isoflavones
- Natural fiber
- Complex carbohydrates for energy
- Heart-healthy fats
- Disease-fighting phytochemicals that prevent every major chronic disease (diabetes, heart disease, osteoporosis, cancer, Alzheimer's, etc.)

In other words, there's nothing you need to be healthy that isn't offered by these superfoods. Superfoods literally provide everything you need to not just survive, but to achieve the highest health possible. Regular foods simply don't provide this kind of nutrition. Anything that's manufactured, processed or sold in a pretty box at the grocery store is almost certainly a nutrient depleting food rather than a nutrient *building* food.

The bottom line? If you want outstanding nutrition, you have to consume superfoods.

The list of superfoods

And just so you have the complete list of what qualifies as a “superfood,” here it is:

- Chlorella
- Spirulina
- Broccoli sprouts (and other sprouts)
- Onions
- Garlic
- Ginger
- Berries (all types)
- Soy products (soy milk, tofu, etc.)
- Nuts (macadamia, almonds, apricot pits, cashews, brazil nuts, etc.)
- Aloe vera gel (right from the leaf, must be a gel, not a liquid)
- Quinoa (ancient grain / fruit, high in protein)
- Sea vegetables (kelp, seaweed, dulse, nori, etc.)
- Avocado (high in heart-healthy oils)
- Wheat grass, barley grass and other cereal grass juices
- Fish oils, flax oils, macadamia nut oil
- Tomatoes (raw only)
- Carrots (raw, unpeeled only)
- Wheat germ (very high in essential fatty acids)
- Molasses (very high in B vitamins)
- Beets, radishes (liver cleanser, blood cleanser, raw only)

By the way, every fruit or vegetable on this list must be eaten in raw form only. For example, a can of cooked beets or a glass of V8 juice just isn't the same. If it's cooked, it's dead. And it's no longer a superfood.

Some of my personal favorites are avocados (blend into milkshakes with fruit, it's delicious!), blueberries, spirulina, aloe vera, macadamia nuts, cherry tomatoes and almonds.

When you're getting these superfoods into your diet, there are a couple of ways to do it. You can get them in powders, in pills, or as foods. Let's talk about each one of those.

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How to eat superfoods

In powders, my favorite product is Jenny Lee Supergreens (www.JennyLeeNaturals.com), which is a powdered supergreen formula made with many of the supergreens I recommend the most, such as chlorella, spirulina, wheat grass, barley grass and many others. This is a product that I have been using for some time now. I put it in my daily breakfast shake and I recommend it to others. It's sold at a very fair price from a company that I now know and trust. And these people give you good service even though they don't have the most beautiful labeling in the world. But Jenny Lee Supergreens is an outstanding powder that will give you superior nutrition.

You can also buy "The Ultimate Meal" which is another superfoods powder that I have recommended for some time. It's available at most health food stores. It's a little more expensive than the Jenny Lee Supergreens product, but it has some added herbs and a couple of vitamin and mineral supplements that can add to the mix.

Blend the superfoods into delicious shakes and drinks

When you use superfoods powders, you can blend them into various drinks. And that's the way that I recommend you use these. You can start by blending them in at tiny ratios, such as 1 tablespoon of superfoods for the entire shake. That's enough to turn it green, but it won't alter the taste much. Over time, perhaps 30 days or so, you can increase that to 2 tablespoons or 3 tablespoons and so on.

Personally, I use a very large scoop -- it's probably about a quarter of a cup. But I'm used to the taste of the superfoods I recommend. When you first start tasting them in your drinks, you will think that they are quite strange. But over time, you actually come to like them. The taste of spirulina is especially likeable over time. But once again, it's something that seems strange to most people the first time they taste it.

Superfoods capsules and tablets

Powders are a great way to get superfoods into your diet. The next form is pills, capsules and tablets. The supplement I recommend the most is called "Alive!" It's made by Nature's Way. It's actually called, "Alive: Whole food energizer." And it's made with cereal grasses such as barley grass and wheat grass. It also contains a small amount of chlorella and spirulina. It has medicinal mushrooms and concentrates of berries, vegetables and fruits. So it really is a whole food concentrate that covers all of the main disease-fighting food groups. And as I've said before about this product, if the manufacturer could actually claim the truth about this supplement on the label, it would say, "This product prevents cancer, diabetes, heart disease, osteoporosis and many other diseases." But of course, the FDA won't allow Nature's Way to make such a claim, even when it's true.

But as a journalist, I can tell you the truth about this product because I don't sell it, I don't represent it, and I don't make any money if you buy it! So I can tell you that based on the ingredients and the nutritive content of those ingredients, this is a product that can absolutely prevent disease and even reverse chronic disease in many cases. But you have to take it in sufficient quantities. This isn't some prescription drug where you take one pill in the morning and one pill in the afternoon. That can't compete with the disease-promoting diets most people pursue. You have to take these pills like foods. Some days I'll take 6 or 8 or even 10 of these pills. And other days I'll take none and just focus on the superfoods powders. But you can eat these

like food. We can actually live on these superfoods. They are foods, they're not medicines. So don't treat them like medicines.

The only reason I would recommend relying on the Alive pills, by the way, is if you absolutely cannot stand the taste of supergreens powders. The pills allow you to get the foods into your system without tasting them. But I encourage you to use both. Because over time, once again, you will become accustomed to the taste of superfood powders, and there is something beneficial about actually tasting the foods as they enter your system. It prepares your body to more properly digest those foods. I also think that given the digestive problems some people have, that superfood powders have far greater bioavailability than superfood pills. So they also go to work more quickly in your system, because they don't have to be physically broken down by your stomach. Again, there's nothing wrong with pills. It's just that if I had a choice, I would recommend going with powders over pills.

Superfoods in natural forms

We also have food in their natural forms. Now let's start with sprouts there. I'm talking about broccoli sprouts, sunflower sprouts, clover sprouts, radish sprouts and other similar sprouts. It's interesting to take one sprout and look at it under a microscope. Under a microscope, you can see that the sprout is actually the combination of a stem and a root. And the initial seed stays at the top of the sprout, where it grows upwards.

Nature knows what it's doing when it comes to nutrition. Contained in the head of every sprout is a buffet of vitamins and minerals that a plant needs to jump-start its own life. Think about it. In every seed, nature has to provide all of the nutrients and energy the plant needs to establish a root system, unfold its own leaves, and reach out and start getting its own nutrition so that it can survive and reproduce. But until that plant has a root system and leaves that can soak up solar energy, it has to rely entirely on the nutrients in the seed.

Sprouts are perfect foods

When you eat a sprout, you are eating those nutrients in their activated form. These nutrients have been "enlivened." That is, they have been catalyzed into vitamins and minerals that didn't even exist when the seed was waiting to germinate. But once that seed germinates, complex chemical reactions take place in the seed that prepare it for life... and this creates new vitamins, antioxidants and phytonutrients.

When you eat sprouts, you are taking in a perfect food that is intended to create new life. In this way, I look at every single sprout like a little tiny multivitamin. And that's exactly what it is. If you were to look at the vitamin, mineral and phytonutrient content of a sprout, you would find it is quite impressive. Not only does it contain all these nutrients, it also has chlorophyll, which is a fantastic blood cleanser, liver cleanser, cancer fighter and all-around health enhancing nutrient for the human body. So every time you eat sprouts, you are taking in highly concentrated doses of phytonutrients that promote healthy human life and prevent chronic disease. That's why sprouts should be part of every person's diet.

Now, you can experiment with all sorts of different sprouts to find ones that you like. I happen to like sunflower sprouts. But I also enjoy clover sprouts, broccoli sprouts and other sprouts. Eat them sparsely at first, just to get used to the taste and find ways to make them a part of your diet. And remember they have to be eaten raw in order to get the benefits. If you cook the sprouts, you ruin their nutritional value.

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Nuts and berries are powerful disease fighting foods

In the category of whole foods, there are many foods you can eat that are like concentrated vitamins. Nuts are one such food. Almonds are known for their cancer fighting capabilities. And other nuts such as cashews and macadamias also provide health-enhancing oils that are outstanding for cardiovascular health and are known to prevent heart disease.

Berries are a tremendous source of high-density nutrients. Even though they also contain carbohydrates in terms of fruit sugars, they offer such outstanding nutrition that I highly recommend making them part of your diet. Blueberries, raspberries, and blackberries are all rich in phytonutrients that ward off cancer, improve vision, enhance your immune system function, cleanse your blood and kidneys, and perform an astounding array of other health-enhancing activities in the human body. Without a doubt, every person should be eating some berries as a regular part of their diet.

Avocados: the great underdog of superfoods

Avocados are another superfood in my book. Avocados offer outstanding nutrition. They offer a variety of phytonutrients, outstanding mineral content, and of course, are very rich in healthy oils. A lot of people avoid avocados due to the high calorie density of the fruit. And yes, it is technically a fruit. So they should be eaten in moderation, of course. But I think they should be part of every healthy person's diet. If you enjoy avocados or you're willing to experiment by blending avocados with soymilk and stevia in order to make a delicious shake, you will be able to find many ways to use avocados in your diet.

Soy products are also superfoods. These include soymilk, tofu, and even products like soy cheese. Soy products have all sorts of antioxidants and isoflavones that are known for their anti-cancer attributes. Just don't buy soy cheese made with casein -- a milk protein. Believe it or not, some soy cheese products actually use cow's milk protein as one of their ingredients!

Nutrition: putting it all together

So, putting all of this together on nutrition, let's review for a moment. First, you have to engage in nutritional supplementation if you're going to get outstanding nutrition. It simply isn't possible without turning to nutritional supplements. If you're going to take nutritional supplements, you basically have three forms: powders, pills and foods. All three forms should be and can be part of your diet. The key to getting optimal nutrition in these superfood supplements is to find superfoods that are very high in nutrient density but low in bulky fiber or carbohydrates.

My favorite choices are supergreens powders, whole food concentrates and whole food supplements, sprouts, nuts, berries, sea vegetables, soy products, avocados, whole grains and other similar food sources. In fact, that basically describes my entire diet. If you look at what I eat, it is massive quantities of raw vegetables, combined with very high doses of superfood supplements that I take several times a day.

Future history: modern society is blind to the causes of chronic disease

I think that 50 years from now when pharmaceutical medicine has long since been revealed as a sham and when medicine has moved past this “dark ages” of treating people with toxic chemicals, we will look back on this period in the history of civilization and we will wonder, *how could people have been so foolish as to ignore the relationships between nutrition and chronic disease? We will wonder, why in a nation of such wealth, as we have in the United States, we didn't have nutritious foods on the grocery store shelves? We will wonder why we were poisoning ourselves and our families and each other with food ingredients that outright promote chronic disease and obesity.*

The fact is good nutrition is well within your reach. And it's not as expensive as you might think. In fact, it'll save you a ton of money compared to the medical costs you would endure from avoiding good nutrition. They say, “An ounce of prevention is worth a pound of cure.” I say, “A penny's worth of prevention is worth a hundred dollars worth of medical treatment in a hospital, dosed up with prescription drugs.” So nutrition is dirt-cheap. It's a great investment for you personally, for your family, and of course for every nation.

Avoid the food ingredients that cause disease

Good nutrition, by the way, means more than just getting all of the right nutrients into your body through superfoods and nutritional supplementation. It also means avoiding foods and drinks and chemical additives that deplete your body's nutrition. A person really cannot have optimum nutrition unless they are carefully avoiding certain ingredients. Those ingredients include: white flour, which depletes the B vitamins from the human body, and refined white sugar or any refined grains, such as white rice or instant oatmeal. It also includes chemicals such as tobacco and nicotine, caffeine and food additives such as sodium nitrite. You also want to be avoiding hydrogenated oils and excitotoxins such as MSG and aspartame.

As you are devising a strategy to achieve a high state of nutrition in your own body, make sure you pay attention to which foods, food ingredients and chemicals you need to avoid in order to maintain that nutrition in your body.

Natural sunlight is essential nutrition

There's one more thing that people generally don't think of as nutrition, but it is now emerging as a very important source of nutrients for the human body. And even though this might not sound like nutrition, it's actually critical for human health: natural sunlight. Sunlight provides what I and others call “vibrational” nutrition. If you think of the colors of the rainbow as different nutrients or vitamins, then natural sunlight combines all of those colors into one multi-colored white light and projects that healing white light all the way through space to arrive on planet earth, where it can touch your skin and have a powerful healing effect.

Natural sunlight is, I believe, absolutely essential for optimum human health. In fact, many of the diseases we are seeing today, such as prostate cancer, breast cancer, obesity, schizophrenia, and chronic depression are in fact aggravated if not outright caused by a deficiency in natural sunlight. Not surprisingly, this view is not well accepted yet in conventional medicine. In fact, there's one doctor who wrote a book extolling the benefits of ultraviolet radiation (and backed it up with an enormous battery of evidence), who was ostracized by the medical community, fired from his job, and ridiculed by old school doctors and even some medical journalists. This happened just recently, even though it sounds like a scene from the Dark Ages.

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The idea that sunlight is an important source of nutrition is not yet accepted by conventional medicine. But that's not surprising. Conventional medicine is well behind the knowledge and wisdom of even Chinese doctors from thousands of years ago. So we shouldn't expect conventional medicine to be up-to-date on something as advanced as vibrational nutrition. For you, just be sure that you get sunlight on your skin on a regular basis. Doing so will prevent and even help reverse the diseases I mentioned above.

It's more than just vitamin D production, by the way. Sunlight provides other elements that can't be measured biochemically. In essence, sunlight provides energetic nutrition that modern science can't yet measure or identify.

Living foods create life; dead foods create death

The last item here on nutrition concerns living foods versus dead foods. This is another energetic element of foods that is highly contested by traditional doctors and conventional medicine. To old school doctors, a vitamin is a vitamin is a vitamin, no matter what form it comes in. They tend to think that synthetically produced vitamins have the exact same effect on the human body as vitamins found in living plants, as long as they share the same molecular structure.

But, this simply isn't true. As naturopaths and holistic nutritionists and anyone in wellness and natural health knows, there is a huge difference in synthetic vitamins and nutrients versus living vitamins and nutrients. The health effects from living vitamins are vastly different from that of dead foods or synthetic chemicals.

When you take a green bean off of a bean bush in your garden and eat it in its raw living form, you're giving yourself an outstanding form of nutrition that goes beyond merely the vitamins, minerals, fiber, protein, carbohydrates, and other measurable nutrients in that green bean. You're giving yourself nutrition in its living form from a plant that was actually breathing just moments before (yes, plants breathe, too). You are ingesting a form of life that enhances your own life, because once again, all living things have many things in common when it comes to nutrition.

Stored food loses its full nutritional value

When you take that green bean and put it on the shelf or in the refrigerator for a couple of days, it can still be considered raw food, but it has lost some of its original energetic nutritional traits. So eating foods at the grocery store is not as good as eating them "fresh off the vine."

But it is still better than eating foods that have been cooked. Because once you cook foods, they become dead foods and the more they are cooked, processed or pasteurized, the more nutrition they lose. By the time you end up with, for example, a can of green beans, it is little more than dead food that has very little in common with the living, breathing, highly nutritious green bean that was originally harvested from the bean bush.

That's why I always laugh at the claims of health and nutrition made by the manufacturers of the V8 drink. It is claimed to be healthy because it contains multiple servings of vegetables. But in fact, these are heavily processed vegetables. In my book, V8 is a dead food. It simply doesn't contain the same nutrition that would be found in the raw tomatoes, peppers, celery and other plants that are listed as ingredients in V8. Again, there is nothing wrong with V8. It's certainly better for you than drinking soft drinks or cow's milk or fruit juice, but it's not a replacement for living, breathing foods that you get from the grocery store, or better yet, right off of the living plant.

Grow your own plants for optimum nutrition

That's why I'm a big believer in growing your own plants. I grow my own aloe vera plants and harvest them to consume the miraculous gel they contain. I also grow my own tomatoes, okra, carrots, broccoli, cabbage, peppers and many other plants in order to get living, breathing vitamins right off of the vine. All I have to do is go out into my back yard and pull some vegetables off the plants. It's like a nutritional buffet!

Now, I am not a so-called "raw-foodist," which is a person who eats nothing but raw foods. I do eat some cooked foods in my diet and I don't think there is anything wrong with doing so. But raw foods are the fundamentals of my daily diet and I eat far more raw foods than I do cooked foods.

When you are shopping at the grocery store, by the way, keep in mind that anything in a box, a jar, or a plastic package is by definition a dead food. If it's not in the produce section and if it doesn't spoil quickly, it is a dead food and it's not going to support human health in the same way that live foods or raw foods would.

Where Do Human Foods Really Come From?

Nutritional Law Number Seven:

Foods popularly consumed by humans are nutritionally inferior to foods consumed by pets and farm animals.

This is an interesting nutritional law and most people who aren't familiar with the food industry would initially reject that statement. They would think that our animals are fed inferior foods and the healthiest and highest quality foods are fed to people. But in fact, it is exactly the opposite! Allow me to explain...

As foods are processed, the resulting by-products that contain high-density nutrition are actually fed to animals whereas the nutritionally depleted but high-calorie by-products are sent off for use in the human food supply. Let's take a closer look at how this works by imagining that we are visiting a food-processing center that mills grains like wheat, corn, oats and rice. These four ingredients make up the vast majority of calories for most Americans. As a result, when we look at what happens with these foods, it is a fairly good indication of what's actually happening with the foods that Americans put on their plates at home.

Touring a food processing facility

On one end of the food processing facility, we have a giant door where a truck containing several tons of wheat berries (whole wheat grains) pulls up and unloads its cargo on a conveyor belt. These are wheat berries that have been harvested from wheat plants that grew out of the soil of the earth. In this original form, the wheat berries actually offer outstanding nutrition. They are high in fiber, they have essential fatty acids and healthy oils; they have some protein, complex carbohydrates, and a fair assortment of vitamins and minerals. They're not rich in phytonutrients in the same way that green foods are, but they do cover the basics of nutrition and can be foods that support human health.

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Now, this food processing facility is in business to make money. The way it does that is by selling products that its customers want to buy. Its customers are food manufacturing companies like Kraft or General Mills. These are companies that take rudimentary, processed ingredients like white flour and manipulate them in various ways to make products that people buy -- like breakfast cereals, toaster pastries, candy bars, breads and so on.

So this food processing facility needs to produce a product that commercial, brand-name food-manufacturing companies want to buy. In this case, that product is refined white flour. With this in mind, let's take a look at what happens from the time the wheat berries are unloaded at one end of the facility to the time the bags of refined white flour are shipped off at the other end of the facility. Because what happens between these two ends of the food processing factory will absolutely shock you. And it will help explain why we have so much chronic disease and obesity in America today.

The journey of the wheat berry

The first thing that happens is the wheat berries go into a milling machine that removes the outer shell known as the bran. Now, you might ask, why are they removing the bran? Why don't they just take the wheat berries, grind them up and send them off to their corporate customers? The answer is because companies don't want whole-wheat flour. They want refined white flour. And there are several reasons for this.

First of all, customers buy products with refined white flour because refined flour tastes sweeter than whole grain flour. Refined white flour quickly turns into simple sugars right in your mouth, even before you swallow it. So customers tend to buy products made with white flour. As a result, food-manufacturing companies want to buy ingredients that can be turned into products their customers will actually buy.

Long shelf life makes foods affordable and profitable

The second reason is because the whole wheat berry contains healthy oils that will go rancid in a matter of weeks. Refined white flour, on the other hand, stays on the shelves for months and even years without going bad. When you look at the economics of transporting food, putting food on the shelves and waiting for customers to buy it, it's a common sense idea that longer shelf life means greater profits and lower costs for consumers. So the shelf life is a huge factor when it comes to manufacturing foods. And if you take whole grain wheat berries and grind them up, you will reduce the effective shelf life of whatever foods are made from that ingredient.

As a result, in order to make a product that corporate customers will buy, the food processing facility has to disassemble the wheat berry and pull out only the parts that its customers want to buy. Let's take a look at the anatomy of a wheat berry so we can understand what's really going on here.

The anatomy of a wheat berry

A wheat berry is, of course, a seed. If you plant a wheat seed, it will create wheat grass, and eventually, a mature wheat plant. The seed itself contains a number of structures designed to create a new plant and sustain it with nutrition and energy so that it can grow. If you were to take wheat berries and plant them, then allow them to sprout and eat them as sprouts, this would produce outstanding nutrition. It would be just like eating sprouts from clover plants or barley plants. Wheat grass sprouts are remarkably healthy for you because they're like tiny living multivitamins.

But in the food processing industry, they don't sprout the wheat. They just take the dry wheat berries and start dissecting them in order to separate their parts. The first part that gets removed is the "bran" or the outer shell. This bran is extremely high in fiber because it is a protective covering that encapsulates the entire wheat berry in order for it to survive its journey back into the soil where it might someday create another wheat plant. So the bran is removed and it is often sold off as "wheat bran."

We all know that consuming wheat bran reduces your risk of heart disease, cancer and many other disorders. That's because fiber is essential to the human diet. But when it comes to creating refined white flour, the bran is conveniently removed. Then, if you want to get wheat bran into your diet, you have to make a point to purchase it separately or purchase products made from whole grain wheat.

Taking out the germ

The next thing that is removed from the wheat berry is the "germ". The germ is the nucleus of the berry. This is the part that contains the tiny leaves that will unfold and start capturing solar radiation once the seed has sprouted. The germ is rich in healthy oils. It contains a variety of essential fatty acids that have proven to be remarkably good for cardiovascular health, mental function, nervous system function and so on.

It is also rich in vitamin E, which has been proven to be effective as an antioxidant for cardiovascular health, despite what you may have heard in the popular press about vitamin E. This is why, if you want vitamin E in your diet and you want to get it from a natural source, one of the best things to do is buy wheat germ. Wheat germ is, in a sense, a superfood. That's what makes it such an outstanding choice for sprinkling on cereals or oatmeal or wherever you choose to use it in your diet.

The seed's energy pack

So far then, we have removed the bran, which is the high fiber outer protective shell and we've removed the germ. I should mention, also, that the germ is very high in minerals and vitamins. So the only thing that we're left with now is the endosperm. The endosperm is the carbohydrate of the wheat berry. It is the battery. It provides the carbohydrate energy that the sprouting wheat plant will need in order to sprout and grow and build a root system and leaves to jump start its own life.

The interesting thing to note in all of this is that somewhere around *90-98% of all the important nutrition in the wheat berry is contained in the germ and the bran*. In other words, if you look at the magnesium content of the different parts of the wheat berry, you will find anywhere from 90-98% of the magnesium in the wheat berry is found in the wheat germ or the wheat bran. That leaves about 2% of the magnesium in the endosperm. And yet it is precisely this endosperm that is taken out and moved on through the food processing facility. So you're only getting 2% of the magnesium found in the whole wheat berry.

The Seven Laws of Nutrition

Two piles of by-products from one grain

At this point, we have managed to divide the wheat berry into two basic groups. We have the endosperm, or the carbohydrate, which has virtually no minerals or vitamins or phytonutrients and is also lacking fiber. And then we have another pile containing the nutrients, the bran and the germ, the essential fatty acids, the minerals, the vitamins and all the other elements that are essential for human health. So out of these two piles, can you guess which pile goes on and processed to create refined white flour?

Well, it is of course the endosperm pile or the pile of nutrient-depleted food. This pile offers little more than carbohydrate (empty calories). Remember this is the energy that the wheat berry would normally use to grow sprouts and a root system. So this energy is sent on to be milled into the refined white flour product. And that's what gets shipped off for use in the human food supply.

The good nutrition gets sold off for animal feed

Meanwhile, all of the good nutrition remaining in the other pile containing the germ and bran, is typically sold off as a by-product of grain processing. It often goes into animal feed. That's because, as discussed earlier, ranchers and animal food producers know that nutrition is critical for raising healthy animals. If the human beings of this world don't want this nutrition, let's feed it to the cows, pigs and chickens. That's where much of it goes.

So we have a system operating today where we take whole grain foods out of the earth, we dissect them into two piles, and then we take the unhealthiest parts of those grains and feed them to the human population! Then we take the parts of those foods containing good nutrition and feed them to our animals in order to keep them healthy and alive.

The result of all of this shouldn't be surprising: human beings suffer from obesity and chronic diseases that are a result of widespread nutritional deficiencies.

We're feeding ourselves to death

No surprise, huh? We've taken all of the nutrition out of the grains and fed that nutrition to our animals. Meanwhile, we are feeding ourselves the nutritionally depleted foods and thinking it tastes great! But keep in mind that in nature it was never intended for any organism to consume just the raw carbohydrate parts of these plants. Our ancestors did not have an environment where they could just scoop up a handful of this refined white flour and consume it. As a result, they don't have metabolic systems designed to handle it. They were supposed to be eating whole grains and getting the vitamins, minerals, fiber, protein and essential fatty acids found in those whole grains.

Eaten with the whole grain, consuming the carbohydrate part of the grain is NOT harmful. That's why whole grains are so good for you even though you're still eating the endosperm carbohydrates section. The danger only comes when we isolate the parts of these grains and we isolate the nutritionally depleted parts to be ground up as white flour.

White bread makes any sandwich a diabetes sandwich

White bread is perhaps the best example of a popular food made from this sort of ingredient. White bread has a very high glycemic index that makes it almost identical to sugar in terms of the effects on the human body. The white flour is ground into such tiny particles that it has a high surface area, making it react quickly in your body and ultimately spike your blood sugar levels (and stress your pancreas). So white bread is naturally a product that should never be consumed by human beings, especially those with blood sugar disorders such as diabetes or hypoglycemia.

And yet you see people purchasing white bread every day and feeding it to themselves and their families. You also see it at school lunch programs and in every hamburger bun and hot dog bun. This ingredient is actually a metabolic disruptor because it interferes with normal, healthy metabolism of the human body.

Wheat bread isn't much better for you

You might think you're doing yourself a favor by buying wheat bread. But you have to take a look at the ingredients on wheat bread. Just because it says "wheat" on it doesn't mean it's any better for you. In fact, a lot of so-called "wheat bread" is just white flour with just a little bit of wheat flour thrown in to fool consumers!

Remember, white flour is also made from wheat. So the word "wheat" doesn't mean anything. The only bread you should be buying and eating is **whole grain bread** (or sprouted bread such as Ezekiel bread). If you eat whole grain bread that's made with nothing but whole grains, and contains no enriched, bleached, white flour whatsoever, then you have a shot at good nutrition. But you should note that such bread is very heavy and dense and most people find it distasteful, especially if they're used to the sugary taste of bread made with refined, white flour.

And in something that I can only call absurd, most white breads sold in America actually have added sugars on top of the white flour. It's as if the white flour isn't sweet enough by itself, so they have to pour in some sugar, too. The fact is that most bread sold in grocery stores today really isn't bread, it's cake! It's cake made with white flour and refined white sugars and it tastes like cake and it has precisely the metabolic effect of cake in your body. So don't be fooled by thinking bread is actually good for you. Most of the bread on the shelves of the grocery stores will give you diabetes and promote obesity. This is basic metabolic cause and effect in action.

Consumers demand unhealthy foods because they taste good

Hopefully you're seeing more reasons now why Nutritional Law Number 7 is true: Humans consume foods that are nutritionally inferior to the foods that our pets and farm animals consume. One reason that's true is because pets and farm animals have to eat whatever we give them. So they don't really have much of a choice in the matter. But human beings will automatically tend to choose foods that taste good to them, and those are frequently foods that are nutritionally inferior. Let's face it: white flour in a spongy bread with added sugar tastes delicious. So most people will reach for that instead of whole grain bread. But they do so at their own peril.

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Ultimately, the most ignorant or uninformed consumers are the ones that end up eating the foods that are worst for their health. Meanwhile, pets and farm animals are getting far better nutrition because the nutritious ingredients that they need are actually waste products from the manufacture of foods that human beings will choose.

I find this all to be quite bizarre that here we are supposedly an intelligent species, and yet we will rip apart foods from planet earth and dissect them and feed ourselves the parts of those foods that make us sick, while taking the parts that prevent and reverse disease and feeding those to our pets and farm animals. It's absolutely crazy, and yet this is what goes on each and every day in the United States and around the world. And it's probably something you have been doing for most of your life unless you've been aware of this kind of information for some time.

Growing up on the Standard American Diet

I can tell you it was certainly something I was doing for most of my life, until I started learning about nutrition. I grew up on an extremely unhealthy diet. I ate donuts and pizza and breakfast cereals like Frosted Flakes. I lived on cow's milk, red meat and snack foods made with monosodium glutamate, artificial colors, hydrogenated oils and all sorts of other toxic ingredients. So, if you find yourself being shocked by learning the truth about this, join the club! We're all shocked once we learn the truth about our foods!

But now that you know about it, you can do something about it. You can change your future health outcome by choosing foods that actually have their nutritional content intact. And those of course, are superfoods, whole foods, raw foods, broccoli sprouts, and so on.

One of the best grains I recommend is quinoa, which isn't really a grain, but most people think it is, so I'll call it that. Quinoa has a complete protein, high fiber, excellent mineral content, complex carbohydrates and a long shelf life to boot. It's easy to prepare, easy to eat, and can be made into a number of delicious recipes. That's why the Incas considered quinoa to be a gift from the gods. I agree with this view on quinoa, which is why I make it a part of my daily diet.

Health Improvements You Can Expect to Experience

So far we've talked about what good nutrition really means -- how to get it and why the national food supply is not a good source for nutrition. We've also talked about how good nutrition can prevent and even help reverse obesity and chronic disease. But what sort of health effects can a person really expect after transitioning to healthy nutritional habits? Can outstanding nutrition really help you lose weight, prevent chronic disease, improve mental function and feel more energized? Absolutely!

There is no system in the body that is not affected by nutrition. Remember, every system in your body is built from the foods you consume. So by improving your nutritional choices, you create a new opportunity for your body to rebuild itself with healthy materials rather than unhealthy materials. By switching to healthy nutritional choices today, you will start to notice dramatically improved mental function, immune system function, and self-healing ability. You will have a much greater level of energy. You will be able to sleep more easily and your digestion will sharply improve.

The function of every organ in your body will also improve: your liver, pancreas, kidney, heart, spleen, brain, colon, bladder, prostate and even your reproductive organs. Every system will improve, too: your skeletal system, nervous system, cardiovascular, immune system, and the list goes on. You won't necessarily feel these benefits overnight, but there are many improvements that you will start to feel in just a matter of days once you avoid foods and drinks that cause disease and start feeding your body superfoods and nutritional supplements that give your body the nutrients it needs.

You can completely rebuild your body

The longer you maintain these habits, the more powerful and noticeable these changes become. You will notice remarkable improvement over a period of weeks and months. Over a period of years, you will literally transform your body and your life into something far beyond your previous experience.

I definitely speak from experience on this. I used to weigh 220 lbs. I was pre-diabetic. I suffered from hypoglycemia and imbalanced blood sugar. I had low levels of energy, chronic back pain, and mental cloudiness. My moods weren't stable, and I wasn't able to learn and focus anywhere near the high level I practice now. But after avoiding all processed foods, soft drinks, refined white flour and so on, and then taking up a diet of healthy nutrition including superfoods, chlorella, spirulina, raw vegetables and fruits, nuts, whole grains, healthy oils, and so on, my body and my mind have been powerfully transformed.

Today I'm 185 lbs. I have fifteen more pounds of lean body mass than I've ever had. I am more flexible, have better mental clarity, better memory, an enhanced ability to learn and remember new information, greatly increased levels of energy and a level of physical performance so high that I decided to take up gymnastics training at the age of 34 (an idea that most people said was ridiculous). That's just my experience. Your own experience may be even more powerful and more inspiring than my own. It can happen at any time in your life. You can make changes now that will make the rest of your life a whole new experience.

Losing body fat is a natural side effect of healthy nutrition

Weight loss is of course, another important area for most Americans. We are a country that seems to constantly struggle with being overweight or obese. Weight loss can be significantly aided by engaging in sound nutritional strategies. There are several reasons for that but one of the biggest reasons is that weight gain is caused by the consumption of foods that people crave when they suffer from nutritional deficiencies. Cravings are one way your body signals you to change your behavior. And often cravings indicate a lack of certain vitamins or minerals. But most people interpret those cravings as hunger for comfort foods.

For example, when a person craves magnesium, the body might be trying to tell them that they should get more magnesium in order to be healthier. But many people interpret that as a craving for chocolate, which contains magnesium. So they will eat a giant piece of chocolate instead of just getting calcium and magnesium into their body through natural food sources.

There's nothing wrong with chocolate if it were eaten in its raw form from the cocoa plant. But the chocolate most people consume is made with saturated dairy fats in the form of milk fat. That's why it's called "milk chocolate." It's also loaded with refined white sugars, which turn an ordinary piece of healthy chocolate from the rain forest into a candy bar that promotes both heart disease and diabetes.

The Seven Laws of Nutrition

Good nutrition makes exercise easier

Another way in which outstanding nutrition aids in weight loss is by giving you the energy and motivation to engage in physical exercise. It has been clearly shown in the medical literature that weight loss is simply not possible without engaging in frequent physical exercise. But a lot of people say they are too exhausted to exercise or they just don't feel motivated. Here's the solution: outstanding nutrition can raise your energy level to the point where you feel able to get out and exercise on a regular basis. Even if your form of exercise is nothing but brisk walking, that's certainly far better than sitting around on the couch and watching television.

Slimfast, Ensure and other weight loss products are mostly sugar water

Nutrition can help you get there by giving your body the essential nutrients it needs in order to feel energized and have stamina. One of the most interesting observations about nutrition and weight loss is that many of the so-called weight loss foods on the market actually contain refined sugars and carbohydrates that cause nutritional deficiencies. For example, one of the most popular products out there is called "Slimfast" and, believe it or not, its primary ingredient is refined white sugar. You'll find other diet bars and diet pills containing added sugars and high-fructose corn syrup. Of course, none of these products actually work to help people lose weight. They can't — they're made with ingredients that promote intense cravings and disrupt normal blood sugar levels in the body. As a result, they promote diabetes and obesity.

That's why these products don't make any health claims whatsoever about weight loss on their labels. They can't make such claims. They don't help people lose weight in the first place.

So when you're looking at weight loss, what you need to do is get nutrition into your body, not more sugar. This should be common sense, but it amazes me how many people will buy Slimfast, Ensure and other products that are made with refined carbohydrates and then consume them in large quantities, expecting to lose weight. Of course, one day, they'll wake up and look in the mirror and say, "Hmm. How come I haven't lost any weight, even though I've been drinking Slimfast three times a day for the past year?"

Preventing and reversing chronic disease

Moving on, something else that you can expect to experience once you shift to outstanding nutrition is the prevention and even the reversal of chronic disease. I've stated that 90% of all chronic diseases are actually metabolic disorders caused by nutritional imbalances and deficiencies. By pursuing a strategy of optimum nutrition and avoiding all foods and food ingredients that promote disease, you can live a life that is free of the chronic diseases currently plaguing western culture. These include but are not limited to cancer, diabetes, heart disease, Alzheimer's disease, osteoporosis, mental depression, irritable bowel syndrome, attention deficit hyperactive disorder, and many other diseases.

You may wonder "How can diet actually prevent and even help reverse these diseases?" It's very simple. There are foods and nutritional strategies that prevent each one of these diseases, and most of these foods are available in every grocery store. For example, if you want to prevent cancer, all you need to do is eat large quantities of raw broccoli, broccoli sprouts and other sprouts, almonds, spirulina, garlic, onions, ginger, and from the herbal world, you can consume licorice root, graviola herb and many other herbs and medicinal plants that will not only prevent cancer, but can even help reverse early-stage cancers.

Preventing diabetes and heart disease through nutrition

When it comes to diabetes, avoidance is quite simple. Simply be sure to avoid all processed foods including foods containing white flour and high-fructose corn syrup. Then get plenty of raw foods and vegetables in your diet, making sure you consume large quantities of plant fibers such as the bran found in whole grains. If you want to prevent and even reverse heart disease, avoid all hydrogenated oils and consume healthy oils such as flax oil, extra virgin olive oil and even extra virgin coconut oil.

Heart disease is also strongly aided by the vitamins, minerals and phytonutrients found in superfoods, whole foods, and organic food concentrates that you find in nutritional supplements. If you want to prevent Alzheimer's disease, simply avoid all excitotoxins such as MSG and aspartame. Make sure you avoid mercury and aluminum by avoiding toxic chemicals in personal care products such as deodorants and shampoos that are made with toxic fragrance chemicals. This also includes laundry detergents and anti-static dryer sheets that are loaded with fragrance chemicals.

Foods for your brain and bones

You can also give yourself outstanding brain nutrition by eating avocados, eggs, fresh berries and various raw vegetables. For avoiding osteoporosis, you need to get a large amount of calcium into your diet, but drinking milk is not the way to do that. The best way to get calcium into your diet is to get it from broccoli and green vegetables. You also get a tremendous amount of calcium from superfoods such as spirulina, which contains a large amount of calcium and other trace minerals found in ocean waters where spirulina is grown and harvested. For osteoporosis, make sure you get plenty of natural sunlight into your diet, because, once again, sunlight is critical nutrition for human health.

To prevent Attention Deficit Hyperactive Disorders simply change your diet. Or if you're talking about your children, change their diet. Studies have shown that more than 80% of children can be cured of ADHD by simply avoiding all processed foods, including soft drinks, added sugars, candy bars, refined white flour and other similar foods. ADHD is a brain chemistry imbalance caused by nutritional imbalances and it can be easily reversed in a matter of weeks by altering a child's diet.

Conquering depression through food choice

For clinical depression, all you need to do is get outstanding nutrition by avoiding processed foods, get plenty of phytonutrients in your body, consume healthy oils on a regular basis and get lots of sunlight. It's not difficult to avoid depression and you certainly don't need antidepressant drugs in order to have stable moods and healthy brain function. What you need is stable nutrition.

The list goes on and on for this but the bottom line is that virtually every chronic disease you see in the headlines today is merely a medical name attached to a pattern of symptoms caused by nutritional deficiencies. Virtually every one of these diseases can be prevented through nutritional changes and many of them -- if they are caught early enough before permanent damage has taken place -- can even be reversed.

The Seven Laws of Nutrition

Good nutrition makes cancer easy to conquer

Sometimes people ask me, “What should I do if I get diagnosed with cancer?” And I always tell them, “If I were diagnosed with cancer -- which would be impossible, by the way, since I follow a lifestyle that cannot result in cancer -- but if I were diagnosed with cancer, I would think, ‘Wow! No problem! This is very easy to beat. This is one of the easiest diseases of all to overcome!’” Because it is entirely within the control of your body. All you have to do is avoid all the foods and food ingredients that cause cancer, give yourself the building blocks that your body needs to fight cancer, and then boost your immune system so that it takes care of cancer all by itself! Remember, your body knows how to do this already and it has done it thousands of times in your lifetime. Your body knows how to cure cancer. In fact, your body has cured cancer already (all people have cancerous cells that are taken care of by their immune system).

So being diagnosed with cancer simply means your body doesn't have the building blocks it needs or the vitality it needs to cure cancer on its own. You can correct that by changing your diet. It's quite straightforward.

Exercise is crucial to leveraging your good nutrition

People often ask me, “What is the role of movement and exercise in nutrition?” They say, “If I eat a perfect diet, do I need to exercise in order to lose weight? Do I need to exercise to prevent disease?” The answer is “Yes” and “Yes!” That's because nutrition isn't just something that happens at a body level. It's something that happens at the cellular level. The nutrition of your body as a whole is a reflection of the nutrition happening for each cell in your body. Regardless of what foods you eat, what superfoods you take or what nutritional supplements you consume, nutrition doesn't get to your cells unless it is properly circulated. And the way nutrition gets circulated through the human body is through movement and exercise.

You may think the heart has the job of circulating blood, and that's true to some extent. But the heart can't push nutrients to every cell in the body all by itself. There has to be a degree of physical body movement involved as well. That's why people with cold hands and feet, for example, who are obviously suffering from poor circulation, experience great improvements once they take up exercise programs.

Your lymph system needs circulation

There is another factor at work here, and that is the lymph system of your body. Your lymph system is a circulatory system that has no pump. While your cardiovascular system has a heart that can pump blood around your body, your lymph system, which is critical for proper immune function, has no pump. It relies instead on the natural flow of liquids and lymph fluid, based on your body movement. So if you aren't moving your body, you aren't moving lymph. And if you're not moving lymph, your immune system isn't functioning at its peak. A suppressed immune system can't fight cancer, can't fight chronic disease, and can't remove mucus or foreign microbes from your body like it is supposed to. So physical movement is absolutely essential for a healthy lymph system.

Part of that, by the way, means lifting your arms over your head in some way. The lymph system includes *lymph nodes*, and many of those nodes are located under the armpits. Of course, they are located throughout the body, but the ones under the armpits are responsible for the circulation and collection of lymph fluid to breast tissues in both men and women. Clinical studies show that women who avoid physical exercise have much higher rates of breast cancer. And I believe part of the reason is because they aren't moving lymph fluid through their armpits. (No kidding.)

So any form of physical exercise that causes your body to move, and especially getting your arms over your head at one time or another, will dramatically improve your health. Simple Tai chi can have huge health enhancements. Jogging or running is also good. Swimming is outstanding, because it involves a wide range of motion of both your arms and your legs. Gymnastics is, of course, one of my favorites, but it's too intense for many people. You don't have to pursue an intense sport in order to receive the benefits that come with nutrition and physical exercise. Even walking is outstanding for your health and will help circulate the nutrition you've consumed.

To put all this in another way, you can do everything right in terms of nutrition, you can avoid all of the foods that cause disease, you can take all of the supplements that prevent disease, but if you aren't moving that nutrition into every cell in your body, it's almost the same as not getting it in the first place. And the only way to get nutrition into every cell in your body is to move your body and use it: practice exercising and stretching and flexibility training. If you can, take up yoga or pilates. Start walking or biking or jogging or doing something that moves your body. That's the only way to actually circulate the nutrients your body needs at the cellular level in order to achieve optimum health.

How to Feed the Nation Right

Now that we know about nutrition on a personal level, and how we can achieve optimum health and prevent obesity and chronic disease by following nutritional strategies for ourselves and our families, let's take a bigger picture look at all this and examine what we can do as a nation. How can we, as a nation, achieve better nutrition and avoid the healthcare costs and loss of quality of life that results from poor nutritional habits?

To do this, we have to look at a brief history of nutrition in the United States and Western culture. Historically, in the early part of the 20th century, disease was primarily caused by true malnutrition -- or not having enough food. And it was a straightforward message for the USDA and government regulatory agencies to tell everybody to eat more. The food producers loved this message as well. Using this strategy, people were told to eat more meat, eat more eggs, drink more milk, eat more butter, and basically get more food into their bodies.

At that time, this made a lot of sense because people weren't getting enough food. The population suffered from stunted growth. They didn't have fully developed skeletal systems. Their muscle mass was less than it could have been. And even their brain function must have been impaired by a lack of nutrients caused by scarcity of food. This was especially true during the Great Depression when some families simply couldn't afford basic nutrition. So they were limited to whatever foods they could scrounge up.

The Seven Laws of Nutrition

“Eat more” remains the official position of the USDA

That message, unfortunately, has continued to this day. The message has remained, “Eat more food!” “More is better.” “All you can eat is good for you.” And hence we have the great American buffet where Americans sit down and gorge themselves with meals that would feed an entire family in most countries in the world. (Super-size me, anyone?)

So malnutrition is certainly no longer the problem here. We’re getting plenty of calories and plenty of food. The problem, as has been discussed in detail in this book, is that we are consuming foods and food ingredients that have no good nutrition. So now disease is malnutrition, but in a different sense. It’s eating *too much food without nutritive qualities*.

So in order to make changes in the United States, we have to look at the fundamental cause of obesity and chronic disease. And, as I’ve stated here, that is nutrition. We need to acknowledge the correlation between foods and disease, and then make changes at the national level to amend our poor nutritional habits and transition to a future where we are pursuing sound nutritional strategies nationwide. So how can we do this?

Teach nutrition to doctors

One of the first things we have to do is teach nutrition to doctors. I find it absolutely appalling if not downright ridiculous that the people in our country who are responsible for health don’t understand the fundamentals of nutrition. That med schools don’t teach nutrition is I think one of the strongest statements yet about the sad state of scientific merit pursued by conventional medicine.

It was Hippocrates himself who said, “Let thy food be thy medicine.” And in fact, the history of medicine is steeped in the use of plants for health and healing. The very word *pharmaceutical* means “medicine from plants.” And yet today, conventional medicine has not only ignored plants and nutrition, it has actively sought to discredit it. This is one reason why, in my mind, physicians have little or no credibility whatsoever when talking about health and disease prevention. They are, technically, ignorant.

Medical schools have no credibility either, because they are basically conduits for teaching the use of drugs, pharmaceuticals, chemotherapy, and surgical procedures to an army of doctors who, in practice, are often little more than glorified drug dealers. So if we are going to adopt nutritional strategies and actually prevent disease in the United States, we’re going to have to start teaching our doctors about foods. It’s knowledge that has been lost thanks to the dominance of this highly corrupt industry we now call “conventional medicine.”

Outlaw foods that promote disease

The next thing we have to do is outlaw foods and food ingredients that promote disease. It makes no sense that food companies should be able to sell products that directly promote obesity and chronic disease. One of the first things we can do in this area is ban the advertising of such foods. There shouldn’t be soft drink ads on television or in magazines. It should be illegal. We should also ban vending machines, especially from public schools and work places when those vending machines offer junk foods that contain ingredients known to promote disease.

We can also tax foods by levying things such as the junk food tax. Although I'm not a big fan of increasing taxes or using taxes for social reform, it is true that taxing junk foods would make them less affordable to most citizens and might cause some people to choose alternative sources of food such as healthy snack foods. In other words, if we made unhealthy snack foods the same price as healthy snack foods by taxing the junk foods, people would have a more balanced choice of what they want to eat.

Require health warnings on food labels

Another proposal that I especially like is requiring warning labels on foods similar to the warning labels now posted on cigarette packaging. If you buy a pack of cigarettes in the United States, the label warns you that this product causes cancer or other chronic diseases. The same sort of warning labels should be required on foods and soft drinks and other products that contain ingredients known to promote disease. This is the only way the average consumer will be made aware of the correlation between these foods and their long-term health impacts.

If someone picks up a six-pack of soft drinks, they should notice a warning label that says, "Warning: This product promotes obesity and diabetes." That's the plain truth about soft drinks. No scientist or doctor in his right mind would argue against such a statement. Of course, the soft drink industry would and so would practically everyone under the influence of the soft drink industry, which includes the USDA and many legislators and regulators in the federal government. So this won't be an easy task.

Allow health injury lawsuits

One more thing we should do is allow citizens who are harmed by unhealthful food and beverage products to sue for damages. In other words, if a person has lung cancer from a lifetime of smoking cigarettes, it only makes sense that they should be able to sue the tobacco companies for such damages. If a person gets diabetes from consuming soft drinks, especially when those soft drinks don't contain the honest labeling that warns consumers about the inevitable health effects of consuming them, that citizen should have the right to sue the soft drink manufacturers for damages related to their disease.

This is called justice, and in a just society, citizens who are harmed by corporate marketing and the quest for corporate profits should be able to sue those corporations in order to recoup their losses. I know this is a highly controversial subject, and it's certainly not my first choice. I think a much better choice would be to put large warning labels on the foods, and at that point, let the food companies be immune to such lawsuits. I think that's a fair way to approach it. If you warn citizens with honest food labeling, then the citizens shouldn't be able to sue the food companies. That way it's the consumer's responsibility to decide what they want to do. If they want to buy the foods that cause diabetes and ignore the large warning label on the front, and then some day they actually get diagnosed with diabetes, they should not have the right to sue, because they have been properly warned.

But if they aren't warned, then it's the fault of the food producers for not telling the truth about their products and for not giving consumers the information they need to make honest food choices.

The Seven Laws of Nutrition

Let nutritional supplement makers tell the truth

Yet another excellent suggestion for transitioning to a healthy nation is to allow nutritional supplement manufacturers to tell the truth about what their supplements do for your health. This is something the FDA has disallowed for decades. They have never allowed manufacturers of nutritional supplements to make true statements about what those supplements can do for your health. In fact, the FDA battled vigorously against the DSHEA Act in 1994 that finally allowed nutritional supplement manufacturers to make qualified statements on their products, as long as such statements were followed with the quote, “This statement has not been endorsed by the FDA.”

We should allow supplement manufacturers to tell the truth about what their products do when it is based on available clinical evidence. It shouldn't be illegal to speak the truth about the relationship between nutrition and chronic disease.

Stop the persecutions

Another thing we should do is halt the persecution of nutritional supplement companies by conventional medicine and the FDA. The FDA continues to attack and even persecute companies that manufacture and promote nutritional supplements.

There are countless examples of this, but one of the most recent is a company called Lane Labs that was selling a product called MGN-3 which contained medicinal mushrooms well known to boost immune system function and overcome cancer in humans. The FDA didn't like this company selling a product that actually worked, so they attacked the company and effectively put it out of business through lawsuits. This is, of course, part of the FDA's strategy for protecting the profits of the pharmaceutical industry to which the Food and Drug Administration answers.

This sort of activity by the FDA should be halted and investigated by the FBI so that nutritional supplement manufacturers can operate in a free environment, without having to watch their back to wonder if the next federally approved “inquisition” is on its way.

Overhaul our atrocious school lunch programs

We should also overhaul our school lunch programs. Currently, school lunches offer terrible nutrition to students. We feed our students refined white flour, added sugars, dead foods, processed foods, hydrogenated oils, and then we send them back to class and wonder why they can't learn or pay attention. Instead of giving them good nutrition, we as a nation just dose them up with Ritalin, a powerful narcotic that masks the symptoms of Attention Deficit Hyperactivity Disorder. What we need to do is feed our children foods and nutritional supplements that support stable blood sugar, optimum brain function and a positive learning environment. These foods are readily available and our school lunch programs should be serving those foods.

We should also remove cow's milk from school lunch programs. Cow's milk is a terrible source of nutrition for anyone who isn't a cow. While it is outstanding nutrition for baby cows, it is nutritionally freakish when it comes to human nutrition. For some reason, everybody in the country continues to look at cow's milk as good nutrition. But in fact, in children it promotes chronic sinus problems, stagnation, constipation, hardening of the arteries and even heart disease. This is something that we should stop serving our children as quickly as possible. (The dairy industry would disagree, of course...)

Ban fast food restaurants at schools and hospitals

We should also ban junk foods and fast foods at schools and hospitals. I think it's crazy that some schools have fast food chains right in the cafeteria where children can buy disease-promoting foods for lunch. It is just as crazy that our hospitals, which are supposed to be institutions of health and healing, also serve the same junk foods. There are actually hospitals with McDonald's restaurants *inside the hospital!*

Were people out of their minds when they allowed these restaurant chains into our schools and hospitals? Were they willing to give up any sense of ethics in exchange for royalties on the sales of such products? Clearly somebody lost their minds when they allowed these junk food chains to enter our public schools and hospitals. They should be immediately outlawed and yanked out of these institutions of learning and health.

Fund public education campaigns

Another thing we should do as a nation is fund public education advertising campaigns that teach parents and the public about good nutrition. We need to have television ads, radio ads, and magazine ads that counter the billions of dollars in advertising promoting soft drinks, snack foods, fast foods, and other junk foods that cause obesity and chronic disease.

One way to battle that is to run public service announcements that counter the hype with the truth about health and nutrition. Of course, doing so will cost taxpayer dollars, but it will also serve as an investment and ultimately will save billions of dollars in long-term healthcare costs. Remember, investing in prevention is a good investment. It's money well spent at both the personal level and national level.

End corn and sugar subsidies

Moving on down the line here, another fantastic idea for improving the nutrition and health of our nation is to end the subsidies on corn and sugar. There's no sane reason why corn and sugar need to be subsidized in this country. By subsidizing them, we are only making these food ingredients cheaper. And since ingredients derived from these products (such as high-fructose corn syrup) are precisely those ingredients that promote obesity and chronic disease, *we are actually making the consumption of foods that promote disease more affordable to the average citizen.*

This is economic insanity. If anything, we should be making unhealthy foods **more expensive** to create a disincentive to their purchase. We should immediately end the subsidies (corporate welfare) to Big Sugar. We should stop subsidizing the growing of corn. By doing so, we will make healthy foods more attractive to consumers while reducing the consumption of foods made from corn syrup and added sugars.

Create incentives for good health

Another idea for enhancing the nutrition of the nation is to create incentives that reward good nutritional strategies among the public. One idea would be to have insurance rebates for people who attain and maintain certain health milestones. If a person can get under 15% body fat, for example, or get their cholesterol below 130, or maintain a healthy body weight, they should have rebates on their insurance compared to people who choose not to follow healthy lifestyles. This would create a financial incentive for people to pursue healthful dietary and exercise strategies.

And the long-term result is that everyone's insurance rates would go down, because healthy people cost a lot less in terms of medical expenses. They don't need as much surgery, they don't need medical care, and they don't need vast quantities of expensive prescription drugs that are largely responsible for driving up health insurance costs today.

There are many other fantastic ideas circulating out there. What I've presented here are just a few of the really good ideas that, if implemented, could save us billions of dollars as a nation. We would have far greater productivity. We would all live longer. We would have a higher quality of life. We would have lower rates of crime due to better balance of mental function -- especially among young males who are highly susceptible to behavioral disorders associated with the consumption of refined carbohydrates.

Prevention is a smart investment in our future

As a nation, we could invest a few pennies in prevention and save hundreds of dollars in medical costs. We could significantly cut the cost of treating our nation's health disorders. We could slash the number of people who are diagnosed with chronic disease. We could end our dependence on pharmaceuticals and end the drug racket now being hyped by the pharmaceutical industry and the FDA. All that is required is to have the courage to do what is right. And that is to outlaw the sale and marketing of foods that promote disease, to invest in teaching the public the fundamentals of nutrition, to overhaul our medical schools so that doctors are taught the basics of nutrition, and to reform the nutritional strategies pursued by public schools and hospitals.

If we are going to be a healthy, vibrant nation, this is what we're going to have to do. Should we follow the current path being pursued — the path of chronic disease, obesity, and skyrocketing medical costs associated with the treatment of disease symptoms — we will end up diseased and bankrupt. We will be a nation of poverty and disease rather than the nation of health and wealth we could create if we had the courage to make the right decisions today.

Putting It All Together

Let's take a look now at what we've covered in this e-book and put it all together in one big picture. First, the link between nutrition and health is an obvious one that is apparent in all biological systems, whether you are looking at plants, animals or humans. But nutrition isn't taught by organized medicine and doctors remain nutritionally illiterate. So there's no channel today through which nutrition is taught to the general public.

There are also no profits in nutrition. The pharmaceutical industry, the FDA, hospitals, surgeons, and food producers all profit from your disease and your sickness. Nobody profits when you get healthy. In fact, the healthier you get, the less money all of those organizations receive.

We also talked about the myths of "three balanced meals a day." You can't get optimum nutrition from three balanced meals. And besides, there is no such thing as a balanced meal in the minds of most people, at least from the way they understand foods today. The only way to get adequate nutrition for the human body is through nutritional supplementation. And that means consuming high density superfoods that contain dense nutrition without extra calories.

With nutritional supplementation, and by avoiding all the foods that cause disease, you can prevent 90% of all chronic disease. This same approach can also reverse a large number of existing diseases, as long as those diseases haven't progressed to the point where they have caused permanent damage.

Conventional medicine is a system of disease-care, not healthcare, but disease-care that primarily treats patterns of symptoms resulting from nutritional imbalances. Conventional medicine dreams up names for those diseases and then develops drugs and surgical procedures to mask those symptoms.

In this report, we also talked about the origin of foods and we looked at how healthy foods that come from the earth are processed and how the healthful parts of those foods are sent off to be used as animal feed. Meanwhile, the parts of those foods that are nutritionally depleted are used in the human food supply.

We talked about what nutrition can do for you, how it can prevent disease, how it can help you with weight loss and improve the function of every organ and system in your body.

Finally, we looked at some of the proposals for transitioning our nation from one of medical debt and chronic disease to a nation of outstanding health and wealth. We can do that by making changes at the federal level that outlaw junk foods, that educate the public, that put honest labels on foods and that don't make junk foods and disease promoting foods available at public schools or hospitals.

Next Steps: Integrating This Information

So those are the Seven Laws of Nutrition. Now, after reading this book, you know far more about nutrition than most medical doctors graduating from four years of medical school. If it took you six hours to read this, you have six times the exposure to information about nutrition than a typical M.D. graduating today.

You now know how to transform your own health, how to reverse chronic disease, and how to free yourself from pharmaceuticals. You know about the profit motive of conventional medicine and why no one will ever make money from you getting well. You know what's wrong with the foods in the national food supply and you know which food ingredients to look for and avoid. You also know how to get outstanding nutrition without having to chew your way through 10,000 calories a day of fruits and vegetables.

I hope that you take this information and put it to good use. I hope that you live a life free of chronic disease, full of energy, blessed with health and happiness and creativity. I hope that you also write me back and let me know how you have used this information to improve your own life. Just email feedback48@newstarget.com.

Thank you for taking the time to invest in yourself. And thank yourself for having the courage to go through this information and make the investment that you need to enhance your health. You should be applauded for doing that. And please think about other people who may benefit from this information and forward them the website to this book (www.TruthPublishing.com).

About the Author



The Health Ranger (Mike Adams) is a holistic nutritionist with over 5,000 hours of study on nutrition, wellness, food toxicology and the true causes of disease and health. He is well versed on nutritional and lifestyle therapies for weight loss and disease prevention / reversal. Adams uses no prescription drugs whatsoever and relies exclusively on natural health, whole foods, superfoods, nutritional supplements and exercise to achieve optimum health. To prove the value of nutrition and physical exercise in enhancing health, Adams publishes detailed statistics on his own blood chemistry (with full lab results) at <http://www.newstarget.com/AdamsHealthStats.html>

For additional books authored by Mike Adams, visit www.TruthPublishing.com. To read timely articles and commentary on today's health topics, visit www.NewsTarget.com. For free access to Adams' book on superfoods, visit www.ChlorellaFactor.com.





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