



Kick out the JUNK

‘Junk food’ is what we call food like products that are highly processed and altered to an extent that it is far from the original natural state. Furthermore it contains an array of chemicals which were not intended for human consumption. Therefore that kind of ‘food’ doesn’t entail any more health benefits but is rather a severe health hazard.

Consumption of junk food has a detrimental impact on our whole body: It suppresses the immune system, feeds opportunistic organisms, leads to inflammation, spikes blood sugar levels, impairs digestion, robs nutrients and energy, taxes adrenals, disturbs hormone balance, impairs brain and eye health, could lead to cancer, etc.

HIGHLY PROCESSED OILS, OIL PRODUCTS, AND TRANSFATS:

So called ‘vegetable oils’ are often chemically extracted, exposed to high temperatures, bleached and stripped from nutrients, highly inflammatory in the body, full of free radicals. With the addition of hydrogen to fats, they are being made shelf stable. Those fats are called ‘transfats’, which are even more detrimental to our health.

Avoid:

- Canola oil, soybean oil, sunflower oil, safflower oil, etc.
- Commercial salad dressings, mayonnaise, dips, sauces, margarine, etc.
- Fast food, commercial potato chips, crackers, cereals, etc.
- Rancid nuts and seeds, such as roasted and salted from the bulk section

SUGARS AND ARTIFICIAL SWEETENERS:

Stripped away from nutrients they are just chemicals for the body and extremely harmful, especially for the brain.



Avoid:

- White table sugar, high-fructose corn syrup, sucrose, glucose, fructose, etc.
- Aspartame, Splenda, NutraSweet, Equal, Acesulfame-K, etc.

UNHEALTHY DRINKS:

Sugary, caffeinated and alcoholic beverages don't count for daily intake of liquids. They are highly addictive and can lead to anxiety and impair healthy sleep.

- Pops, sodas, lemonades leach calcium out of bones
- Commercial juices are pasteurized and contain additives. They also spike the blood sugar like crazy.
- Coffee and energy drinks tax the adrenals, rob our tissues of nutrients, and cause havoc in our digestive system.
- Alcoholic beverages are like sugar in the body. They feed yeast and are hard for the liver and adrenals.

GLUTEN CONTAINING GRAINS AND PRODUCTS:

Very difficult to digest, inflammatory and 'sticky' in the body. Commercial wheat is genetically modified to increase yield and is furthermore full of chemicals.

Avoid:

- Commercial gluten, barley, rye, kamut, and gluten-contaminated oats
- Watch processed foods, dressings, soy sauce, meats, for added gluten

Unadaltured *grains such as the wild ancestors of our modern wheat, such as Einkorn and spelt usually don't cause such a detrimental immune system reaction. They are more nutritious and have a milder effect on the blood sugar. They are consumed best in fermented form (sourdough).

**Consume these only if your digestive system isn't compromised and you don't experience any adverse symptoms.*



ARTIFICIAL ADDITIVES:

By simply not consuming any processed foods (and by selecting your restaurant food carefully) you can avoid these chemicals.

Avoid:

- MSG, preservatives, colouring, nitrites, butylated hydroxyanisole (BHA), potassium bromate, etc.
- Basically anything that has a number (Like E 221) or anything that you can't pronounce, such as:
 - *Sodium nitrate preservative in processed meats*
 - *Sodium sulfite (E221) for preservative, colouring and flavouring in some dried food and wine*
 - *Man made fats (addition of hydrogen to vegetable oils → called partially hydrogenated vegetable oils = trans fats)*
 - *Butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT) are preservatives found in cereals, chewing gum, potato chips, and vegetable oils.*
 - *Food colouring (like Red 30, Yellow 6, caramel colouring)*
 - *MSG = excitotoxin, over-excited the brain cells, damages eyes*
 - *Potassium bromate (to increase volume in flours) - even small amounts in bread can be very toxic*

COMMERCIAL ANIMAL PRODUCTS:

They are from animals who have been raised in inhumane conditions, without the proper environment and the healthy feed they deserve. These products usually contain hormones and antibiotics, and they lack nutrients we would get from healthy happy animals. Furthermore they're also more acidic and inflammatory than from naturally raised animals.

Avoid:

- All commercial meat, eggs, and farmed fish
- Especially commercially cured and smoked meats and fish which contain nitrates. Processed luncheon meats contain additives and table salt.



Commercial dairy is highly processed, pasteurized, and contains hormones and antibiotics. Leads to inflammation, yeast growth, and mucus in the body. Many people cannot digest dairy well, especially pasteurized dairy.

Avoid:

- Commercial milk, yoghurt, cheese, cream, butter, etc.
- Especially half-fat, low calorie dairy products (high in artificial sweeteners and fillers)
- Milk powder (oxidized!)

TABLE SALT:

Salt is NOT unhealthy, IF you eat REAL SALT.

Avoid:

- White table salt is not a wholesome salt anymore but just sodium hydrochloride (leads to water retention and other problems in the body)
- Iodized salt (sodium chloride with added iodine)
- This kind of salt is used in processed foods (so one more reason to avoid processed foods)

PROCESSED SOY PRODUCTS:

Soy milk and tofu are advertised as health products. However, there is no health benefit in eating highly processed and GMO soy products. Non-GMO and properly fermented soy products consumed in moderation are fine (if there's no allergy to soy), such as gluten free soy sauce, miso, natto, and tempeh.

Avoid:

- Highly processed soy based dairy and meat substitutes such as tofu, soy milk, soy burgers, TVP (textured vegetable protein), soy mayonnaise, soy yoghurt, soy ice cream, etc.



- Soy flour, soy in energy bars, soy bean oil, etc.