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Three Popular Foods That Lurk in Your Refrigerator

AND COULD SERIOUSLY DAMAGE YOUR HEALTH

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Despite advances in technology and medicine, and our high quality of life, Americans' life expectancy has fallen to over 20 years behind other developed countries.

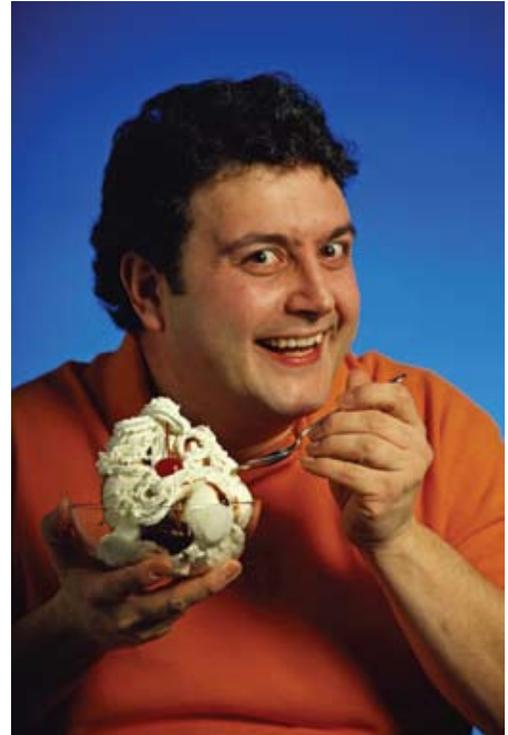
And with U.S. obesity rates on a steady incline, it's only going to get worse.

In fact, it's reaching epidemic proportions. If this catastrophic trend is not reversed quickly, you will, for the first time in history, see **children with normal life spans lower than their parents.**

How can this be true?

The current obesity statistics are frightening:

- Two-thirds of America's adults are overweight or obese
- As many as 30 percent of U.S. children are overweight
- Childhood obesity has more than doubled within the past 25 years
- Childhood diabetes has increased 10-fold within the last 20 years



If you've made poor diet choices and maintain a sedentary lifestyle, you face an increased risk of diabetes, heart disease, many forms of cancer, and a whole host of other health risks.

Most drugs out there only mask symptoms—they don't provide real cures. Fad diets and diet pills just don't work.

Obviously, getting more exercise is an important step to help you reverse this trend. But the foods that you eat play an even more important role in your overall health, and one over which you have a great amount of control.

Cutting out certain foods and adding healthy ones will help.

But which ones should you add—and which ones should you avoid? There are facts about some foods that you probably don't know (because the food companies and the FDA aren't going to tell you).

That's why I wrote this Special Report. In it, I'll discuss 3 common foods: how they pose a risk to your health, and some alternatives you may want to consider.

HERE'S SCARY "FOOD" #1:

SOFT DRINKS—PERHAPS THE #1 CAUSE OF CHILDHOOD OBESITY

I don't consider them foods at all. **Yet, soft drinks and sweet drinks have taken over as the number one source of calories in the American diet.** They account for more than a quarter of all drinks consumed in the United States.



Frighteningly, more than 15 billion were sold in 2000. That works out to at least one 12-ounce can per day for every man, woman and child.

Children are heavy consumers of soft drinks, according to the U.S. Department of Agriculture. It's no wonder—kids today are bombarded with TV ads that associate the consumption of sugary soft drinks with an active, healthy lifestyle. They are available everywhere, from fast food restaurants to video stores.

And most school hallways are lined with vending machines that sell soft drinks—60%, according to the National Soft Drink Association.

One recent, independent, peer-reviewed study demonstrates **a strong link between soda consumption and childhood obesity.** Though many people assumed this to be true, there wasn't any solid scientific evidence behind it.

But a team of Harvard researchers were the first to present evidence linking soft drink consumption to childhood obesity. After following the children for 19 months, they found that 12 year olds who drank soft drinks regularly were more likely to be overweight than those who didn't.

In the past 10 years, soft drink consumption by children has almost doubled in the United States. Soda pop provides more added sugar in a typical 2-year old toddler's diet than cookies, candy and ice cream combined. A full 56% of 8-year olds down soft drinks daily, and 33% of teenage boys drink at least 3 cans of soda a day.

HIGH FRUCTOSE CORN SYRUP—AVOID IT LIKE THE PLAGUE!

Soda consumption is likely the largest dietary source of high fructose corn syrup (HFCS) in the U.S.

Food and beverage manufacturers began switching their sweeteners from sucrose (table sugar) to corn syrup in the 1970s when they discovered that HFCS was not only cheaper to make, it is also nearly 20 times sweeter than table sugar.

I firmly believe that HFCS is a major contributor to the obesity epidemic in the United States.

In 1966, no one ate HFCS. In 2001, people in the U.S. ate close to 63 pounds each. Some pack on as much as 700 calories per day from HFCS.

This form of fructose is metabolized differently, and converts to fat more than any other sugar. It does not stimulate insulin secretion or enhance leptin, both of which act as key signals in regulating how much food you eat and your bodyweight.

Fructose in HFCS has no enzymes, vitamins or minerals, so it takes these micronutrients from your body while it assimilates itself for use. By comparison, other sources of fructose, such as fruit, do not create a problem for most people when used moderately (unless they already have insulin resistance), because they contain those micronutrients.

JUST HOW SWEET ARE THOSE SODAS?

Each can of soda contains a whopping 10 teaspoons of sugar on average! If you're familiar with my website or newsletters at all, you know that **I advocate avoiding sugar whenever possible.** Sugar intake diminishes your immune system, and will play havoc on your insulin levels and leptin levels.

Cutting it from your diet can reduce pain from joint inflammation. Other conditions related to sugary soft drink intake include:

- Obesity
- Osteoporosis
- Attention Deficit Disorder (ADD)
- Insomnia
- Kidney stones



- Tooth decay

Sugar isn't the only culprit. A major ingredient in soda is phosphoric acid, which can interfere with your body's ability to use calcium. This can lead to osteoporosis and softening of your teeth and bones. Two recent studies on human subjects suggest that girls who drink more soda are more prone to broken bones, even though the industry denies that soda plays a role in bone weakening.

And sugar in the soft drinks isn't the only ingredient causing tooth decay, either.

A federally funded study on nearly 3,200 Americans aged 9 to 29 years old conducted between 1971 and 1974 demonstrated a direct link between tooth decay and soft drinks.

The acid in soda can etch your teeth in a way that can lead to cavities. The Ohio Dental Association released this statement: "Acid begins to dissolve tooth enamel in only 20 minutes." Phosphoric acid also neutralizes the hydrochloric acid in your stomach, which can interfere with digestion, making it more difficult for you to assimilate nutrients.

Your risk for obesity increases significantly in step with each can of soda you drink a day. One of the most important steps you can take to improve your health is switching from soft drinks to pure water.

Don't assume that switching to artificially sweetened sodas will help. I am firmly convinced that artificial sweeteners are even worse than real sugar.

EXPOSED: THE ARTIFICIAL SWEETENER DECEPTION

Aspartame is a chemical used as a sugar substitute and artificial sweetener in many diet sodas. When it is stored for long periods of time or kept in warm areas, aspartame changes to methanol, an alcohol that converts to formaldehyde and formic acid, which are known carcinogens.

There are over 92 different side effects associated with aspartame consumption. Here are just a few of those reported:

- Brain tumors
- Birth defects
- Diabetes
- Emotional disorders
- Epilepsy/seizures

Unfortunately, kicking the habit may not be so easy—sodas (even diet sodas) can be addictive. **The addiction to caffeine in soda has been compared to that of nicotine in cigarettes.**

One can of soda contains 30–55 mg of caffeine. Why is caffeine—a drug known to create physical dependence—even added to soft drinks?

The industry line maintains that small amounts are added for taste, despite the bitter taste of caffeine. However, a recent blind taste test conducted at Johns Hopkins found that only 8% of regular soft drink consumers could identify the difference between regular and caffeine-free soft drinks.

Another recent study showed that just a few ounces of a caffeinated soft drink can cause rowdiness and a lack of concentration in first-graders. The children given the caffeinated soft drinks had behavioral problems rated 432% worse than children given non-caffeinated soft drinks.

Another important aspect of caffeine is this: it can suppress your appetite.

A lessened appetite, through consumption of caffeine or high amounts of sugar, can lead to a lowered intake of essential nutrients.

Few people realize that **diet sodas often contain more caffeine than their non-diet counterparts.** For example, a 12-ounce can of Diet Coke has about 42 milligrams of caffeine, 7 more than the same amount of Coke Classic. A can of Pepsi One has 56 milligrams of caffeine, 18 milligrams more than both regular Pepsi and Diet Pepsi.

In addition to insomnia, caffeinated drinks may cause jitters, high blood pressure, irregular heartbeat, elevated blood cholesterol levels, vitamin and mineral depletion, breast lumps, birth defects and perhaps some forms of cancer.



THE SODA/CANCER CONNECTION

In fact, **soda drinkers are at a higher risk for cancer.** Not surprisingly, cancer has moved ahead of heart disease as the number one killer of Americans, suspiciously increasing right along with the epidemic of obesity and the consumption of soda.

Sweetened foods and drinks dramatically increase the risk of pancreatic cancer, according to a new study. Diabetes, which also goes hand-in-hand with obesity, doubles a patient's pancreatic cancer risk.

Some 80,000 men and women had their dietary habits monitored between 1997 and 2005. By the end of the study, 131 developed pancreatic cancer. The conclusion: the people that drank soft drinks twice or more a day had a 90% higher risk than those who never drank them at all.

People who added sugar to their food or drinks (such as coffee) at least 5 times a day had a 70% higher risk than those who didn't.

Pancreatic cancer may be caused when the pancreas produces increased levels of insulin; high sugar consumption is a known way of increasing insulin. It is one of the deadliest and most difficult cancers to treat. Once diagnosed, most patients die within 3 months, and the 5 year survival rate is around 5%.

A Dr. Warburg from Germany received a Nobel Prize over 75 years ago for discovering that **sugar feeds cancer**. When you consume high-sugar foods, you increase your insulin demand and decrease your insulin sensitivity.

This has been shown to increase local blood flow and cell division within the pancreas, while exposing these cells to extremely high insulin concentrations. Considering these findings, high body mass and physical inactivity have been directly related to an increased risk of pancreatic cancer.

Unfortunately, though the evidence is strong, compelling and clear, most physicians fail to appreciate the enormous influence that sugar has on cancer growth.

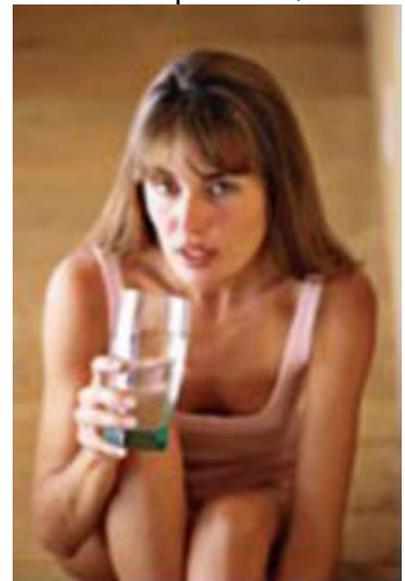
While there are some effective treatments out there, wouldn't you agree that prevention is the easiest, safest and most cost-effective way to deal with cancer?

If you are still drinking soda, stopping the habit is an easy way to improve your health. Soda has no nutritional value whatsoever—and seriously undermines your health. Drinking pure water is obviously a much better choice.

In fact, we all need about one quart of water for every 50 pounds of body weight.

Avoid tap water. Tap water, the main ingredient in bottled soft drinks, has been shown to contain a whole host of contaminants such as chlorine, trihalomethanes, lead, cadmium, and various organic pollutants.

THAT BRINGS ME TO SCARY FOOD #2:



PASTEURIZED MILK—THE TRUTH WILL SHOCK YOU

If you go to the grocery store to buy milk, you probably assume you're buying a safe, healthy product. You likely think that because the milk has been pasteurized, it's free of bacteria and safe to consume.

What you may not realize, however, is that the **pasteurization process damages the quality of the milk.**



Pasteurization is meant to do two things: destroy certain disease-carrying germs such as listeria, E. coli and salmonella, and extend the shelf life of milk (which also happens to be more profitable for the dairy industry).

The problem is that useful bacteria and nutrients are also killed off.

Pasteurizing milk destroys enzymes, denatures fragile milk proteins, destroys vitamins B12 and B6, and promotes pathogens by killing beneficial bacteria. It makes insoluble the major part of the calcium contained in raw milk. Pasteurization also destroys 20% of the iodine present in raw milk, and can cause constipation.

Pasteurized milk is the number one allergic food in this country. It has been associated with a number of symptoms and illnesses including:

- Diarrhea Increased tooth decay
- Cramps Growth problems in children
- Bloating and gas Heart disease and atherosclerosis
- Cancer Gastrointestinal bleeding
- Iron-deficiency anemia Recurrent ear infections in children
- Skin rashes. Type 1 diabetes
- Allergies Osteoarthritis
- Colic in infants Infertility
- Osteoporosis Leukemia
- Autism Rheumatoid arthritis

RAW MILK IS YOUR HEALTHIER SOLUTION

On the other hand, **raw milk is not associated with any of these risks.**

According to a study, middle-aged men who drank one or two glasses of pasteurized milk a day may double their risk of Parkinson's disease later in life. The 30-year study followed over 7,500 men between the ages of 45 and 68 who were part of the Honolulu Heart Program. During this study, 128 men developed Parkinson's.



Those who drank more than 16 ounces of milk each day were 2.3 times more likely to develop Parkinson's than those who didn't drink any milk.

Broken down, the numbers are as follows: during each 12-month period, 6.9 cases of Parkinson's would be expected per 10,000 people who drank no milk; however, among those who drank more than 16 ounces daily, 14.9 cases per 10,000 people would be expected.

These findings are in line with a previous study that found that eating a lot of dairy products increased the risk of Parkinson's disease in men, although the findings did not apply to women.

Although scientists can't identify the exact ingredient in milk that triggers Parkinson's, they were able to conclude that it wasn't calcium, but some other ingredient or contaminant in the milk. It could be that **environmental toxins, which are clearly linked to Parkinson's**, might now be present in our milk supply. I strongly suspect that the "other ingredient" was pasteurization.

PASTEURIZATION PRODUCES PROTEINS FOREIGN TO YOUR BODY?

A study done on pasteurized milk showed that the **process actually distorts the three-dimensional shape of the proteins in the milk and converts them into foreign proteins** that can be harmful to your body.

I firmly believe that the results would have been dramatically different if raw milk were used.

On top of all these hazards related to the pasteurization process, there is still the issue of the **antibiotics, pesticides and growth hormones** that dairy cows are exposed to. Commercial dairy cows are raised on grains, not grass like they were naturally intended

to be. This will change the composition of the fats in milk, especially the CLA (conjugated linoleic acid) content.

Raw milk is the best alternative to pasteurized milk. It contains all the nutrients and enzymes that are killed off by the pasteurization process, and is the finest source of calcium available, in my estimation. It is also an outstanding source of nutrients including beneficial bacteria such as lactobacillus, acidolophus, vitamins and enzymes.

Raw milk tastes better; people who have never liked the taste of milk find that raw milk has a smooth, pleasant taste.

I have seen so many of my patients recover their health from drinking raw milk that I perceive this to be one of the most profoundly healthy foods you can consume. Even people who have been allergic to pasteurized milk for many years can typically tolerate and even thrive on raw milk.

CHILDREN AND RAW MILK

Raw milk could reduce children's risk of suffering from conditions such as eczema and hay fever.

One in three children is currently affected by eczema, hay fever or asthma, as opposed to one in six just 20 years ago. The number of people needing emergency hospital treatment for severe allergic reactions has tripled over the last 10 years.

A new study investigating why children raised on farms have fewer allergies than their urban counterparts has shown that just 2 glasses of raw milk each week reduced a child's chances of developing eczema by almost 40% and hay fever by 10%.

Recently, I was happy to see a published story that documents how some families have become aware of the health benefits of raw milk and are switching to it (despite the warnings of public health officials who are ignorant of the serious damage that pasteurization does to the quality of milk).

Public officials warn that raw milk poses the risk of transmitting certain bacteria.

And while it is certainly possible to become sick from drinking contaminated raw milk, that risk holds true for any food product. Raw milk seems to have been unfairly singled out, even though a very small risk exists.

This excerpt from the Weston A. Price Foundation website further states my point:

Except for a brief hiatus in 1990, raw milk has always been for sale commercially in California, usually in health food stores, although I can remember a period when it was even sold in grocery stores. Millions of people consumed commercial raw milk during that period and although the health department kept an eagle eye open for any possible evidence of harm, not a single incidence was reported. During the same period, there were many instances of contamination in pasteurized milk, some of which resulted in death.

Less than 1% of the milk consumed in America is raw, and it is illegal to sell in most states (even most countries). That is unfortunate because raw milk can be a highly nutritious, health-promoting food.

Raw milk is growing in popularity, and you can find a supplier near you by going to www.realmilk.com.

Now, on to the 3rd frightening food product...

VEGETABLE OIL AND MARGARINE

The use of vegetable oils and margarine in the modern American diet has led to an increase in our intake of unhealthy omega-6 fats.

Margarine is made from vegetable oils that have been hydrogenated. It was once promoted as the healthy alternative to butter, but modern-day diets that are high in hydrogenated vegetable oils have been implicated in causing a significant increase in heart disease and cancer. **When vegetable oils are heated, such as in cooking, the antioxidants in the oils are destroyed, creating toxins more dangerous than trans-fats.**

Coconut oil should be your choice of oils to cook with. Because it is nearly a completely saturated fat, it is much less susceptible to damage from high heat. I believe that **coconut oil even beats out olive oil as the healthiest oil to cook with.**



Most commercial coconut oils are refined, bleached and deodorized (RBD) and contain chemicals used in processing. That's why it's important to choose a high-quality virgin coconut oil.

Vegetable oils are present in almost all processed foods. Excessive intake of these oils can lead to:

- Asthma
- Blindness
- Heart disease
- Cancer

THE OMEGA-6 TO OMEGA-3 RATIO

Our early ancestors' typical diet had an omega-6 to omega-3 ratio of 2:1, and it stayed that way right up until around the end of WWII. Now, that ratio is around 25:1, tilted to the omega-6 side.

According to a new study, **omega-6 fats may promote the growth of prostate cancer.** Working with human prostate cancer cells in tissue cultures, researchers found that adding omega-6 fatty acids to the mix created an environment that promotes cell growth. A diet high in omega-6 makes you vulnerable to colorectal and some forms of breast cancer as well.

At the turn of the century, the average American consumed only one pound of vegetable oil per year, and heart attacks were rare. Today, the amount can exceed a **staggering 75 pounds of vegetable oil per person, per year.**

Omega-3 acids are essential fatty acids, and are necessary from conception throughout life. To optimize your overall health and well-being, you need to change your ratio of omega-6 to omega-3 back in favor of omega-3.

OMEGA-3'S AND DISEASE



This is a partial list of diseases that can be prevented or made less severe by increased intake of omega-3 fatty acids:

- Coronary heart disease and stroke
- Essential fatty acid deficiency in infancy (retinal and brain development)
- Autoimmune disorders (e.g. lupus and nephropathy)
- Crohn's disease
- Cancers of the breast, colon and prostate
- Mild hypertension
- Rheumatoid arthritis

There is strong evidence of a relation between omega-3 fatty acids and disease. As the level of omega-3 fatty acids decreases in the blood and tissues due to a dietary deficiency, the number of occurrences of coronary heart disease—with its many complications—increases inversely.

Effects of omega-3 fatty acids on coronary heart disease have been shown in hundreds of experiments in animals, humans, tissue culture studies, and clinical trials.

Dietary omega-3 fatty acids act to prevent heart disease in many ways:

- Prevent arrhythmias
- Prostaglandin and leukotriene precursors
- They have anti-inflammatory properties
- Inhibit synthesis of cytokines and mitogens
- Stimulate endothelial-derived nitric oxide
- They have anti-thrombotic properties
- Have hypolipidemic properties with effects on triglycerides and VLDLs
- Inhibit atherosclerosis

Even total mortality improved during several studies in which the omega-3 fatty acid intake was increased. In one study, men who consumed one salmon per week had a 70% less likelihood of cardiac arrest.

Omega-3 fatty acids from fish have been shown to be protective of heart disease and, for numerous reasons, prevent deaths from coronary disease, particularly cardiac arrest.

SIMPLE OIL CHANGES YOU CAN MAKE

You can get omega-3 fats by taking high-quality krill oil, cod liver oil or fish oil. Take krill or fish oil capsules if you have significant sun exposure or you can run the risk of overdosing on vitamin D. You can also change your omega-6 to omega-3 ratio by changing the meat you are eating. Consume more game meat, or meat that comes from animals raised exclusively on grass.

Avoid using vegetable oils, margarine or any product that contains any of these. If you need to use oil, opt for the following:

- Good choice—Extra virgin olive oil
- Best choice—Coconut oil, which will not break down at high heat
- Good choice—Organic butter
- Best choice—Grass-fed organic butter

Fish may be a great source of omega-3 fatty acids, **but be cautious of mercury**. The FDA advises pregnant women to avoid eating fish during pregnancy due to birth defects related to mercury. The safest fish are summer, flounder, wild Pacific salmon, croaker, sardines, haddock and tilapia.

SIMPLE DIETARY CHANGES IMPROVE YOUR HEALTH AND INCREASE LONGEVITY

The FDA is not giving you the information that you need to make healthy choices for your diet (and that of your family). The food industry has too much invested to tell you the whole truth.

The sad fact is that Americans are getting fatter and healthier, and are living shorter lives. You don't need to let it happen to you!

To get the information you need to reverse this trend for you and your family, visit www.Mercola.com. You'll discover new healthy diet discoveries, practical exercise programs, and key nutritional supplements.



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