

LIVING FOOD GUIDE

Water:

Water is of major importance to all living things; in some organisms, up to 90% of their body weight comes from water. Up to 60% of the human body is water, the brain is composed of 70% water, and the lungs are nearly 90% water. Lean muscle tissue contains about 75% water by weight, as is the brain; body fat contains 10% water and bone has 22% water. About 83% of our blood is water, which helps digest our food, transport waste, and control body temperature. Each day humans must replace 2.4 liters of water, some through drinking and the rest taken by the body from the foods eaten.

According to Dr. Jeffrey Utz, Neuroscience, pediatrics, Allegheny University, different people have different percentages of their bodies made up of water. Babies have the most, being born at about 78%. By one year of age, that amount drops to about 65%. In adult men, about 60% of their bodies are water. However, fat tissue does not have as much water as lean tissue. In adult women, fat makes up more of the body than men, so they have about 55% of their bodies made of water. Thus:

- Babies and kids have more water (as a percentage) than adults.
- Women have less water than men (as a percentage).
- People with more fatty tissue have less water than people with less fatty tissue (as a percentage).

TIPS:

- Drink 3 Cups of Water (WARM NOT COLD) first thing in the Morning with Lime or Lemon
 - Only eat Food between the hours of 11am-7pm (If you can't try this on the days of the week you can: Sat/Sun)
 - Start having Meatless Monday's-(Be creative and make it fun-Let your children Help you prepare dinner)
 - Stay away from High Fructose Corn Syrup-(Read the Labels when you grocery shop!)
 - STOP DRINKING MILK-BUY ALMOND MILK
 - Eliminate Deep Fried Foods-Bake in Oven
 - Stay away from Soy it contains Estrogen-(Boys Especially)
 - Substitute Wild Rice or Black Rice for white or brown rice
 - Try to incorporate Kale and avocado into your diet at least once a week-(Kale & Avocado are Superfood's)
 - Stretch Daily-rotate toes, ankles, knees, hips, shoulders, elbows, wrist, fingers and neck.
 - 15 Minutes of Walking Daily or at least 10 Jumping Jacks in the Morning!
 - I would recommend everyone go to Dr Sebi's Website and order at least one product.-His compounds Work!
- IF YOU DO NOT KNOW WHAT TO ORDER GET THE SEA MOSS!! (CHILDREN CAN TAKE IT)
FOR RECIPES THAT INCORPORATE THE FOODS ON THIS LIST CHECK OUT NU-COVENANT DIET!

Tips for losing weight:

- Drink a cup of water before you eat each meal
- Eat Fresh Fruit as snacks between meals
- Don't eat after 7PM
- Cut out Fried Foods, Soda/Cheap Juice, and Bread

3 MAJOR CAUSES OF DISEASE:

- DAIRY
- BLOOD
- STARCH

For More Information go to:

www.drsebiproducts.com

www.divinemedicinals.com

RECOMMENDED FOODS

VEGETABLES - Dr. Sebi says, "Avoid using a microwave, it will kill your food".

Amaranth greens – same as Callaloo, a variety of Spinach	Okra
Avocado	Olives
Asparagus	Onions
Bell Peppers	Poke salad -greens
Burro Bananna	Sea Vegetables (wakame/dulse/aramé/hijiki/nori)
Chayote (Mexican Squash)	Squash
Cucumber	Spinach (use sparingly)
Dandelion greens	String beans
Garbanzo beans (chick peas)-optional	Tomato – cherry and plum only
Izote – cactus flower/ cactus leaf- grows naturally in California	Tomatillo
Jicama	Turnip greens
Kale	Zucchini
Lettuce (all, except Iceberg)	
Mushrooms (all, except Shitake)	
Mustard greens	
Nopales – Mexican Cactus	

NUTRITIONAL GUIDE

RECOMMENDED FOODS

FRUITS - Dr. Sebi says," no canned or seedless fruits".

Apples	Raisins -seeded
Bananas – the smallest one or the Burro/mid-size (original banana)	Soft Jelly Coconuts
Berries – all varieties- Elderberries in any form – <i>no cranberries</i>	Soursops –Latin or West Indian markets)
Cantaloupe	Sugar apples (chermoya)
Cherries	
Currants	
Dates	
Figs	
Grapes -seeded	
Limes (key limes preferred with seeds)	
Mango	
Melons -seeded	
Orange (Seville or sour preferred, difficult to find)	
Papayas	
Peaches	
Pears	
Plums	
Prunes	

ALL NATURAL HERBAL TEAS

Alvaca
Anise
Chamomile
Cloves
Fennel
Ginger
Lemon grass
Red Raspberry

Sea Moss Tea

SPICES & SEASONINGS

Mild Flavors

Basil
Bay leaf
Cilantro
Dill
Marjoram
Oregano
Sweet Basil
Tarragon
Thyme

Pungent & Spicy Flavors

Achiote
Cayenne
Cumin
Coriander
Onion Powder
Sage

Salty Flavors

Pure Sea Salt
Powdered Granulated Seaweed
(Kelp/Dulse/Nori – has “sea taste”)

Sweet Flavors

100% Pure Maple Syrup – Grade B recommended
Maple “Sugar” (from dried maple syrup)
Date “Sugar” (from dried dates)
100% Pure Agave Syrup – (from cactus)

NUTS & SEEDS -(includes Nut & Seed Butters)

Raw Almonds and Almond butter
Raw Sesame Seeds
Raw Sesame “Tahini” Butter
Walnuts/Hazelnut

ALMOND MILK/WALNUT MILK AND HAZELNUT MILK

Whatever nut-milk you choose to make use the following ingredients.

Ingredients:

Whatever Recommended Nut you should choose. e.g Almond, Hazelnut or Walnut

Spring Water
Real Vanilla Extract

PUTTING IT ALL TOGETHER:

Blend ¼ lb of the recommended nut of your choice. (unsalted)
Add 2 ½ cups spring water
Blend for 5 minutes
Strain – this your milk replacement
*Tip: Add maple syrup if you need to “dress up” the taste.

JOYFUL DRESSING

Ingredients:

Limes
Cayenne pepper
Sea salt
Maple syrup
Dill Weed
Olive oil

PUTTING IT ALL TOGETHER:

Add 2 tablespoons of olive oil to a bowl

Natural Growing Grains are alkaline-based; it is recommended that you consume the following instead of Wheat:

Amaranth
Black Rice
Kamut
Quinoa
Rye
Spelt Pasta
Tef
Wild Rice

Squeeze two limes into bowl
Add ½ tablespoon of maple syrup to bowl
Add a dash of dill weed, cayenne, and sea salt to bowl
Mix and add to your favorite salad greens. Enjoy!

Top 10 Worst GMO Foods for Your GMO Foods List

1. Corn: This is a no-brainer. If you've watched any food documentary, you know corn is highly modified. "As many as half of all U.S. farms growing corn for Monsanto are using genetically modified corn," and much of it is intended for human consumption. Monsanto's [GMO corn](#) has been tied to numerous health issues, including weight gain and organ disruption.

2. Soy: Found in tofu, vegetarian products, soybean oil, soy flour, and numerous other products, soy is also modified to resist herbicides. As of now, biotech giant Monsanto still has a tight grasp on the soybean market, with approximately 90 percent of soy being genetically engineered to resist Monsanto's herbicide Roundup. In one single year, 2006, 96.7 million pounds of glyphosate was sprayed on soybeans alone

3. Sugar: According to NaturalNews, genetically-modified sugar beets were introduced to the U.S. market in 2009. Like others, they've been modified by Monsanto to resist herbicides. Monsanto has even had USDA and court-related issues with the planting of its sugar beets, being ordered to remove seeds from the soil due to illegal approval.

4. Aspartame: Aspartame is a toxic additive used in numerous food products, and should be avoided for numerous reasons, including the fact that it is created with genetically modified bacteria.

5. Papayas: This one may come as a surprise to all of you tropical-fruit lovers. GMO papayas have been grown in Hawaii for consumption since 1999. Though they can't be sold to countries in the European Union, they are welcome with open arms in the U.S. and Canada.

6. Canola: One of the most chemically altered foods in the U.S. diet, canola oil is obtained from rapeseed through a series of chemical actions.

7. Cotton: Found in cotton oil, cotton originating in India and China in particular has serious risks.

8. Dairy: Your dairy products contain growth hormones, with as many as one-fifth of all dairy cows in America are pumped with these hormones. In fact, Monsanto's health-hazardous [rBGH](#) has been banned in 27 countries, but is still in most US cows. If you must drink milk, buy organic.

9. and 10. Zucchini and Yellow Squash: Closely related, these two squash varieties are modified to resist viruses.

The dangers of some of these foods are well-known. The Bt toxin being used in GMO corn, for example, was recently detected in the blood of pregnant women and their babies. But perhaps more frightening are the risks that are still unknown.

With little regulation and safety tests performed by the companies doing the genetic modifications themselves, we have no way of knowing for certain *what* risks these lab-created foods pose to us outside of what we already know.

The best advice: steer clear of them altogether.

Whether you are on a budget and need to prioritize your organic purchases, or you would simply like to know which type of produce has the highest pesticide residues—and which do not—the following guide from the *Environmental Working Group* will help.

12 Most Contaminated



Peaches
Apples
Sweet Bell Peppers
Celery
Nectarines
Strawberries
Cherries
Pears
Grapes (Imported)
Spinach
Lettuce
Potatoes

12 Least Contaminated

Onions
Avocado
Sweet Corn (Frozen)
Pineapples
Mango
Asparagus
Sweet Peas (Frozen)
Kiwi Fruit
Bananas
Cabbage
Broccoli

*Papaya

*-SEE NUMBER 5 OF THE **'Top 10 Worst GMO Foods for Your GMO Foods List'**

Dirty Dozen List of Endocrine Disruptors

12 Hormone-Altering Chemicals and How to Avoid Them

MONDAY, OCTOBER 28, 2013

There is no end to the tricks that endocrine disruptors can play on our bodies: increasing production of certain hormones; decreasing production of others; imitating hormones; turning one hormone into another; interfering with hormone signaling; telling cells to die prematurely; competing with essential nutrients; binding to essential hormones; accumulating in organs that produce hormones.

Here are 12 of the worst hormone disruptors, how they do their dirty deeds, and some tips on how to avoid them.

BPA

Some may say that imitation is the sincerest form of flattery, but do you really want a chemical used in plastics imitating the sex hormone estrogen in your body? No! Unfortunately, this synthetic hormone can trick the body into thinking it's the real thing – and the results aren't pretty. BPA has been linked to everything from breast and others cancers to reproductive problems, obesity, early puberty and heart disease, and according to government tests, 93 percent of Americans have BPA in their bodies!

How to avoid it? Go fresh instead of canned – many food cans are lined with BPA – or research which companies don't use BPA or similar chemicals in their products. Say no to receipts, since thermal paper is often coated with BPA. And avoid plastics marked with a "PC," for polycarbonate, or recycling label #7. Not all of these plastics contain BPA, but many do – and it's better safe than sorry when it comes to keeping synthetic hormones out of your body. For more tips, check out: www.ewg.org/bpa/

Dioxin

Dioxins are multi-taskers... but not in a good way! They form during many industrial processes when chlorine or bromine are burned in the presence of carbon and oxygen. Dioxins can disrupt the delicate ways that both male and female sex hormone signaling occurs in the body. This is a bad thing! Here's why: Recent research has shown that exposure to low levels of dioxin in the womb and early in life can both permanently affect sperm quality and lower the sperm count in men during their prime reproductive years. But that's not all! Dioxins are very long-lived, build up both in the body and in the food chain, are powerful carcinogens and can also affect the immune and reproductive systems.

How to avoid it? That's pretty difficult, since the ongoing industrial release of dioxin has meant that the American food supply is widely contaminated. Products including meat, fish, milk, eggs and butter are most likely to be contaminated, but you can cut down on your exposure by eating fewer animal products.

Atrazine

What happens when you introduce highly toxic chemicals into nature and turn your back? For one thing, feminization of male frogs. That's right, researchers have found that exposure to even low levels of the herbicide atrazine can turn male frogs into females that produce completely viable eggs. Atrazine is widely used on the majority of corn crops in the United States, and consequently it's a pervasive drinking water contaminant. Atrazine has been linked to breast tumors, delayed puberty and prostate inflammation in animals, and some research has linked it to prostate cancer in people.

How to avoid it? Buy organic produce and get a drinking water filter certified to remove atrazine. For help finding a suitable filter, check out EWG's buying guide: www.ewg.org/report/ewgs-water-filter-buying-guide/

Phthalates

Did you know that a specific signal programs cells in our bodies to die? It's totally normal and healthy for 50 billion cells in your body to die every day! But studies have shown that chemicals called phthalates can trigger what's known as "death-inducing signaling" in testicular cells, making them die earlier than they should. Yep, that's cell death – in your man parts. If that's not enough, studies have linked phthalates to hormone changes, lower sperm count, less mobile sperm, birth defects in the male reproductive system, obesity, diabetes and thyroid irregularities.

How to avoid it? A good place to start is to avoid plastic food containers, children's toys (some phthalates are already banned in kid's products), and plastic wrap made from PVC, which has the recycling label #3. Some personal care products also contain phthalates, so read the labels and avoid products that simply list added "fragrance," since this catch-all term sometimes means hidden phthalates. Find phthalate-free personal care products with EWG's Skin Deep Database: www.ewg.org/skindeep/

Perchlorate

Who needs food tainted with rocket fuel?! That's right, perchlorate, a component in rocket fuel, contaminates much of our produce and milk, according to EWG and government test data. When perchlorate gets into your body it competes with the nutrient iodine, which the thyroid gland needs to make thyroid hormones. Basically, this means that if you ingest too much of it you can end up altering your thyroid hormone balance. This is important because it's these hormones that regulate metabolism in adults and are critical for proper brain and organ development in infants and young children.

How to avoid it? You can reduce perchlorate in your drinking water by installing a reverse osmosis filter. (You can get help finding one at: www.ewg.org/report/ewgs-water-filter-buying-guide/) As for food, it's pretty much impossible to avoid perchlorate, but you can reduce its potential effects on you by making sure you are getting enough iodine in your diet. Eating iodized salt is one good way.

Fire retardants

What do breast milk and polar bears have in common? In 1999, some Swedish scientists studying women's breast milk discovered something totally unexpected: The milk contained an endocrine-disrupting chemical found in fire retardants, and the levels had been doubling every five years since 1972! These incredibly persistent chemicals, known as polybrominated diphenyl ethers or PBDEs, have since been found to contaminate the bodies of people and wildlife around the globe – even polar bears. These chemicals can imitate thyroid hormones in our bodies and

disrupt their activity. That can lead to lower IQ, among other significant health effects. While several kinds of PBDEs have now been phased out, this doesn't mean that toxic fire retardants have gone away. PBDEs are incredibly persistent, so they're going to be contaminating people and wildlife for decades to come.

How to avoid it? It's virtually impossible, but passing better toxic chemical laws that require chemicals to be tested before they go on the market would help reduce our exposure. A few things that you can do in the meantime include: use a vacuum cleaner with a HEPA filter, which can cut down on toxic-laden house dust; avoid reupholstering foam furniture; take care when replacing old carpet (the padding underneath may contain PBDEs). Find more tips at: www.ewg.org/pbdefree/

Lead

You may or may not like heavy metal music, but lead is one heavy metal you want to avoid. It's well known that lead is toxic, especially to children. Lead harms almost every organ system in the body and has been linked to a staggering array of health effects, including permanent brain damage, lowered IQ, hearing loss, miscarriage, premature birth, increased blood pressure, kidney damage and nervous system problems. But few people realize that one other way that lead may affect your body is by disrupting your hormones. In animals, lead has been found to lower sex hormone levels. Research has also shown that lead can disrupt the hormone signaling that regulates the body's major stress system (called the HPA axis). You probably have more stress in your life than you want, so the last thing you need is something making it harder for your body to deal with it – especially when this stress system is implicated in high blood pressure, diabetes, anxiety and depression.

How to avoid it? Keep your home clean and well maintained. Crumbling old paint is a major source of lead exposure, so get rid of it carefully. A good water filter can also reduce your exposure to lead in drinking water. (Check out www.ewg.org/report/ewgs-water-filter-buying-guide/ for help finding a filter.) And if you need another reason to eat better, studies have also shown that children with healthy diets absorb less lead.

Arsenic

Arsenic isn't just for murder mysteries anymore. In fact, this toxin is lurking in your food and drinking water. If you eat enough of it, arsenic will kill you outright. In smaller amounts, arsenic can cause skin, bladder and lung cancer. Basically, bad news. Less well known: Arsenic messes with your hormones! Specifically, it can interfere with normal hormone functioning in the glucocorticoid system that regulates how our bodies process sugars and carbohydrates. What does that mean for you? Well, disrupting the glucocorticoid system has been linked to weight gain/loss, protein wasting, immunosuppression, insulin resistance (which can lead to diabetes), osteoporosis, growth retardation and high blood pressure.

How to avoid it? Reduce your exposure by using a water filter that lowers arsenic levels. For help finding a good water filter, check out EWG's buying guide: www.ewg.org/report/ewgs-water-filter-buying-guide/

Mercury

Caution: That sushi you are eating could be hazardous to your health. Mercury, a naturally occurring but toxic metal, gets into the air and the oceans primarily through burning coal. Eventually, it can end up on your plate in the form of mercury-contaminated seafood. Pregnant women are the most at risk from the toxic effects of mercury, since the metal is known to concentrate in the fetal brain and can interfere with brain development. Mercury is also known to bind directly to one particular hormone that regulates women's menstrual cycle and ovulation, interfering with normal signaling pathways. In other words, hormones don't work so well when they've got mercury stuck to them! The metal may also play a role in diabetes, since mercury has been shown to damage cells in the pancreas that produce insulin, which is critical for the body's ability to metabolize sugar.

How to avoid it? For people who still want to eat (sustainable) seafood with lots of healthy fats but without a side of toxic mercury, wild salmon and farmed trout are good choices.

Perfluorinated chemicals (PFCs)

The perfluorinated chemicals used to make non-stick cookware can stick to *you*. Perfluorochemicals are so widespread and extraordinarily persistent that 99 percent of Americans have these chemicals in their bodies. One particularly notorious compound called PFOA has been shown to be “completely resistant to biodegradation.” In other words, PFOA doesn’t break down in the environment – ever. That means that even though the chemical was banned after decades of use, it will be showing up in people’s bodies for countless generations to come. This is worrisome, since PFOA exposure has been linked to decreased sperm quality, low birth weight, kidney disease, thyroid disease and high cholesterol, among other health issues. Scientists are still figuring out how PFOA affects the human body, but animal studies have found that it can affect thyroid and sex hormone levels.

How to avoid it? Skip non-stick pans as well as stain and water-resistant coatings on clothing, furniture and carpets.

Organophosphate pesticides

Neurotoxic organophosphate compounds that the Nazis produced in huge quantities for chemical warfare during World War II were luckily never used. After the war ended, American scientists used the same chemistry to develop a long line of pesticides that target the nervous systems of insects. Despite many studies linking organophosphate exposure to effects on brain development, behavior and fertility, they are still among the more common pesticides in use today. A few of the many ways that organophosphates can affect the human body include interfering with the way testosterone communicates with cells, lowering testosterone and altering thyroid hormone levels.

How to avoid it? Buy organic produce and use EWG’s Shopper’s Guide to Pesticides in Produce, which can help you find the fruits and vegetables that have the fewest pesticide residues. Check it out at: www.ewg.org/foodnews/

Glycol Ethers

Shrunken testicles: Do we have your full attention now? This is one thing that can happen to rats exposed to chemicals called glycol ethers, which are common solvents in paints, cleaning products, brake fluid and cosmetics. Worried? You should be. The European Union says that some of these chemicals “may damage fertility or the unborn child.” Studies of painters have linked exposure to certain glycol ethers to blood abnormalities and lower sperm counts. And children who were exposed to glycol ethers from paint in their bedrooms had substantially more asthma and allergies.

How to avoid it? Start by checking out EWG’s Guide to Healthy Cleaning (www.ewg.org/guides/cleaners/) and avoid products with ingredients such as 2-butoxyethanol (EGBE) and methoxydiglycol (DEGME).



TYRANINE

<http://www.drcurtisduncan.com>

It is that time of year again. When millions of men gather around to witness the ultimate staged spectacle of the American Empire, the Super Bowl. If you were not aware by now, the [Super Bowl games are all staged and are not decided by the players but by the NFL and betters](#). We live in an empire of illusion and everything about our culture including our sports is fake. The Super Bowl is a completely scripted, entertaining, and staged mixture of [organized violence](#), [militarism](#), [sexism](#), [consumerism](#), [racism](#), [manipulative advertising](#) and of course [binge eating](#). Besides the other toxic things the Super Bowl promotes, millions of men gorge on some of the most toxic substances ever created and below the top ten reasons why the Super Bowl is bad for men's health.

1. **Alcohol:** Millions of gallons of beer are consumed during the Super Bowl. Beer is a feminizing beverage since it is made with hops and consuming canned foods actually causes man boobs, impotence, and low testosterone.

2. **Feminizing Pizzas:** Most pizza in this country is loaded with genetically modified ingredients, the cheese is produced from cows that have been produced with genetically modified feed, and the wheat is toxic hybrid genetically mutated mutant wheat. Even worse, the pizza boxes contain feminizing chemicals which lower testosterone and cause testicular cancer.

3. **Antibiotic and Arsenic Laden Chicken:** Chicken wings are a huge Super Bowl favorite and most chicken in this country is loaded with deadly antibiotics which actually increase your risk of getting sick because they lower your immune system. Antibiotics are bad for men because they decrease your gut flora levels thus making less virile. A recent study has demonstrated that yogurt made male animals more virile and fertile. Gut flora actually makes you have higher levels of testosterone. Secondly, chicken also contains arsenic which is a major heavy metal which lowers testosterone. Although the FDA recently banned most arsenic from chicken feed is not totally banned and therefore you could be exposing yourself to harmful levels of arsenic when you eat all those chicken wings.

4. **Sugary Drinks:** Fructose is a poison and it is really bad for men. Not ONLY does it cause heart disease, high cholesterol, and high blood pressure which all results in impotence, fructose is stored as belly fat which actually converts testosterone into estrogen. Belly fat dramatically increases your estrogen levels turning men into an estrogen factory!

5. **Hormone Laden Beef:** Most beef in this country is loaded with female sex hormones which are linked to prostate cancer. Beef is also a concentrated source of numerous other feminizing chemicals including pesticides, dioxins, and the toxic herbicide named Round Up made by Monsanto.

6. **Potato Chips:** Potato Chips are usually fried in genetically modified, polyunsaturated oils which lower testosterone. Potatoes are also one of the most heavily pesticide crops out there and contain numerous pesticides which cause impotence and low testosterone. Genetically modified oils i.e. soy, corn, canola, and cottonseed oil, are not only destructive because they are genetically modified foods, which are most dangerous foods ever invented, but they contain high levels of the toxic herbicide Round Up, which has been found to kill testicular cells.

7. **GMO Corn Chips:** 94 percent of corn in this country is genetically modified and are usually fried in GMO oils like corn, cotton, soy, or canola. GMO foods are linked to heart disease and obesity all of which lowers your virility.

8. **GMO Hormone Laden Dairy:** Most dairy in this country is also loaded with toxins, antibiotics, pesticides, and bovine growth hormone which is genetically modified. Milk laced with bovine growth hormone which is linked to prostate cancer. This comes from all the toxic ingredients given to cows which include GMO corn and soy. Milk is loaded with female sex hormones because they milk pregnant cows. These female sex hormones found in milk actually fuel prostate cancer in men.

9. **MSG Laded Snacks:** Virtually all processed, snack, and junk foods contain the harmful food additive MSG which actually makes men testicles smaller, lowers testosterone and sperm count, and destroys your brain! MSG is added to snack foods to make them addictive so you will eat more of them. MSG is linked to obesity especially since it destroys the part of your brain linked to weight and energy regulation.

10. **The Super Bowl Ads:** All advertising is mind control and manipulation. Many forms of advertising in the country is subliminal and goes to directly and stimulates your unconscious mind. This is the reason why many people engage in completely mindless and unconscious consumerism and behaviors like binge eating and drinking i.e. Super Bowl behavior. Fast food and beer companies are notorious for using subliminal sex ads to get men to drink their products. Even further, the ads use seductive women, appeal to men's sense of feeling emasculated, and use notions of masculinity to get men to eat crap! The ads themselves cause people to overeat and for this reason, the Super Bowl can actually trigger heart attacks. Super Bowl Ads are even more effective at manipulating people because they are entertaining and are a part of the entire Super spectacle.

As you can see, the Super Bowl is not good for your health so if you do decide to engage in the staged festivities, do so consciously, avoid all the processed foods and hormone and anti-biotic laden meats, avoiding drinking beer and definitely don't drink too much alcohol.

CRAINC

Toxic Hygiene: How Female Intimate and Hygiene Products Harm Women's Health



Introduction

Women in the United States are experiencing the worst health crisis in the history of mankind. Women today suffer from fibroids, breast, ovarian, uterine, cervical, and vaginal cancer, infertility, obesity, PCOS, endometriosis, heavy, painful menstrual periods, and early puberty. Furthermore, many women experience multiple miscarriages due to

conditions such as fibroids and endometriosis. More than 22 million women in the US have had undergone a hysterectomy because of fibroids and endometriosis. What in the world is happening with women today? Women are being polluted and research shows that women's bodies contain over 700 different pollutants in them. This is extremely problematic for women because they naturally have more body fat than men and many of the chemicals they are exposed to are stored in fat. Women also use over 515 different chemicals on their bodies daily too. However, some of the most dangerous products that women use are toxic vaginal products which harm women's sex organs and health. These products are known as female intimate or hygiene items but they all share in common that they are toxic and contain chemicals which cause fibroids, obesity, endometriosis, breast cancer, and infertility. Most of the dangers of these products are completely unknown to the millions of women who use them. In this special report, I will expose these products and the dangers of them which you were never told about.

The Dangers of Tampons and Sanitary Napkins

Tampons are probably one of the most dangerous products that women use on a consistent basis. First, all tampons are inherently dangerous because they plug up the vagina and prevent a women's menses from flowing out as it is supposed to. You want your menses to flow out. The process of shedding menses is a way in which women cleanse themselves and you don't want to keep those toxins in your body. The second dangerous thing about tampons is that they contain extremely dangerous toxins including chemicals that are the most toxic substances ever made, dioxins. All tampons are made by bleaching the fibers which causes tampons to contain dioxin. Dioxin is the most toxic substance ever known to man and has been linked to endometriosis, infertility, breast cancer, and fibroids. Third, tampons are linked to a dangerous health condition known as toxic shock syndrome which can be a fatal bacterial infection. For all the reasons above, I don't recommend any tampons even natural or organic ones. Dioxin are also found in other items besides your tampons. In fact, you are eating them too! Find out what foods contain dioxins in my phenomenal recording, **Death By Estrogen: How Hormonal Chemicals Make Women Fat, Sick, and Infertile**. Order that recording here: <http://www.drcurtisduncan.com/2012/03/death-by-estrogen-how-hormonal.html>

Are You Putting Plastic in Your Vagina?

Sanitary napkins or pads are just as toxic as tampons. These pads are made from plastic and it is known that all plastic contains harmful estrogens! Breast cancer, fibroids, and endometriosis are estrogen dependent diseases and exposure to these estrogens from sanitary pads cause these conditions. Plus you are experiencing immediate exposure when you use tampons and pads because your vagina is like a sponge, it is superabsorbent. Whatever you put in your vagina, will immediately go into your bloodstream and directly to your sex organs. Plastic definitely does not belong in your vagina for this reason.

Cotton Pads Can Be Dangerous Too!

Cotton pads are the most natural alternative that women use but I am here to tell you that most cotton pads are not safe either. Cotton is considered to be the world's dirtiest crop due to the fact that it is sprayed with a ton of extremely toxic pesticides. Also most of the cotton grown in America today is genetically modified. This genetically modified or Bt cotton is made to produce a pesticide inside of it and genetically modified crops and organisms have been linked to organ failure, cancer, infertility, obesity, severe allergies, and intestinal damage. GMO crops are the most dangerous foods or crops ever invented! So when you use commercial cotton pads, you are being exposed to all these poisons. Your best bet would be to buy only organic cotton pads.

Toxic Feminine Washes, Creams, and Sprays

Here are the ingredients found in a commercial feminine wash: **Water , Sodium Laureth Sulfate , Lauryl Glucoside , Cocamidopropyl Betaine , Glycerin , Sodium Chloride , PEG-150 Pentaerythrityl Tetrastearate , PEG-400 , PEG-6 Caprylic , Capric Glycerides , DMDM Hydantoin , Fragrance , Polyquaternium-10 , Benzethonium Chloride , Lactic Acid , Iodopropynyl Butylcarbamate , Aloe Barbadensis Leaf Juice , Tocopheryl Acetate (Vitamin E) , Anthemis Nobilis Flower Extract (Chamomile) , Red 33**

Do those ingredients sound like something you should be using in your sacred vagina? I hope not. Sodium Laureth Sulfate is a major toxin and is known to cause cancer and vaginal irritation. The term “fragrance” is highly misleading as the ingredient could contain numerous chemicals particularly a dangerous one by the name of phthalates. Phthalates are estrogens and these chemicals are known to cause breast cancer. It is interesting to note that SLS or sodium laureth sulfate causes vaginal irritation which would thereby create demand for Vagisil. Are corporations adding this in order to create vaginal irritation which then creates the demand for Vagisil? You better believe it! Speaking of Vagisil, it is toxic too and contains estrogenic chemicals known as parabens which causes breast cancer. These chemicals are found in the breast cancer tissue of 99 percent of women who have breast cancer. Feminine sprays also contain more toxic chemicals including fragrance which causes breast cancer. Your best bet is to avoid all these products as they are really worthless. If you want your vagina to smell better, than it is best to avoid eating all processed grains and sugars as these cause smelly vaginas and yeast build up. It is definitely not worth getting breast cancer and fibroids just to get a nice smelling vagina.

The Hidden Dangers of Lubricants, Condoms, Vaginal Contraceptives, and Spermicides

Women are also destroying their health and polluting their bodies through sex products and contraceptives. Most of these products also contains cancer-causing chemicals in them and do not belong in your vagina

Do Vaginal Contraceptives Cause Heart Attacks and Death?

There is a vaginal contraceptive out on the market that could kill you and this product is known as NuvaRing. It is female birth control product which you place in your vagina and its dangers are two fold: it can kill you or leave you permanently disabled and it contains breast cancer causing estrogen. Nuva Ring is an extremely dangerous contraceptive and is definitely not safer than previous ones. Since NuvaRing hit the market, more than 700 women have experienced life threatening blood clots. Nuva Ring also causes heart attacks, strokes, deadly lung clots, and instant death. Nuva Ring is made by pharmaceutical company Murder Merck who is quite experienced at killing women since they are makers of an extremely toxic vaccine for girls, Gardasil, which has killed numerous young girls.

Nuva Ring also contains the hormone estrogen which causes breast and cervical cancer and fibroids and numerous other estrogen dependent diseases. It is also interesting to note that Merck manufacturers the vaginal contraceptive Nuva Ring and then makes a vaccine to prevent cervical cancer, Gardasil! The estrogen found in Nuva Ring causes cancer and then Merck sells a vaccine to young girls to prevent it. Merck is again manufacturing demand for their vaccine and for their toxic chemical warfare drugs so-called “chemotherapy”. You definitely want to avoid this toxic product!

Not So Lovely Lubricants

Most personal lubricants for women are also toxic. Many of them contain the breast cancer causing chemical parabens in them. Personal lubricants also contain glycerin which feeds yeast and bladder infections and causes vaginal irritation. These criminal corporations are again manufacturing demand for more of their toxic products by selling you this crap. Once they get you on a personal lubricant, then you will have to take Vagisil. It is all about creating problems and then selling solutions here in this country. You have to beware! A great natural oil-based lubricant would organic coconut oil and a great water based lubricant would be organic aloe vera gel. Beware of using lubricated condoms because they will also contain the same cancer causing chemicals which harm your vagina and reproductive organs.

Suicidal Spermicides

Spermicides and vaginal contraceptive films and foams are extremely dangerous. The spermicide that they use in the products is known as nonoxynol-9 which is extremely toxic. Nonoxynol-9 actually strips away the lining of your vagina. It also causes vaginal irritation, yeast infections, bacterial vaginosis, and urinary tract infections. This spermicide actually causes STDs like HPV too by damaging the vaginal lining. Even worse, the spermicide is broken down in your body and becomes an estrogenic chemical known as nonylphenol which causes breast cancer, endometriosis, fibroids, and other estrogen dependent diseases. Your best bet is to avoid all contraceptive films, foams, and spermicidal condoms.

Conclusion

Women should not have to suffer from breast, ovarian, cervical, and uterine cancer, obesity, infertility, fibroids, endometriosis, PCOS, and painful, heavy menstrual periods but millions are and a large part is due to the toxic hygiene that I just mentioned. However, women don't just have these diseases because of these toxic vaginal products. They also have them because of the hundreds of estrogenic chemicals that are found in bottled and drinking water, food, cosmetics, personal care and cleaning products, food packaging, frying pans, malls and grocery stores, and much more. These chemicals are abundant and that is why if you are a woman, then you need my excellent, informative recording, **Death By Estrogen: How Hormonal Chemicals Make Women Fat, Sick, and Infertile**. This information will empower you to prevent breast cancer, fibroids, infertility, and endometriosis and also lose 30 or more pounds! Order your copy [by clicking here](#).

I have also created the world's most informative video recording for women to prevent and cure fibroids. It contains the best information out on the condition based on my three years of scientific research. "Live Fibroid Free: The Secrets to Preventing and Curing Fibroids" is an highly informative, educational video which tells you the real reason why 80 percent of women today develop fibroids and how to shrink them in less than 3 months. The root cause of the disease is hormones specifically estrogen and insulin. In this video, you will learn the nutritional, emotional, and hormonal causes of the ailment, how to avoid harmful estrogen mimicking chemicals which cause fibroids, how to lower your insulin levels to shrink fibroids, supplements and herbs to shrink fibroids, what foods to avoid and proper diet to shrink fibroids. This is the world's best information out to prevent and cure fibroids! Order your copy now [by clicking here](#)

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CRAINE

Strong Alkaline

Most Vegetables
 Wheatgrass
 Stevia

Mild Alkaline

Root Veggies
 Some Fruits
 Almonds
 Almond and Soy Milk
 Nut Oils
 Seeds
 Bee Pollen, Royal Jelly
 Ionized Water - Herbal Teas

Mild Acid

Most Fruits
 Most Nuts
 Agave, Honey
 Sprouted Grains - Yeast
 Beans
 Cold Oils
 Cow Milk, Whey
 Organ Meats

Strong Acid

Red Meat - Poultry - Fish
 Eggs, Cheese, Yogurt
 Breads - Grains, Cereals
 SUGAR
 Peanuts, Pistachios
 Soda, Alcohol, Coffee
 ALL Canned Foods
 Frozen Veggies
 Heated Oils
 Cooked Food
 Microwaved Food
 Pickled Food
 Dried Fruit
 Condiments
 Artificial Sweeteners

There are two types of Acid and Alkaline foods:

- 1) Acid or alkaline foods, meaning how much acid or alkaline **the food actually contains**.
- 2) Acid or alkaline 'forming' foods, meaning the pH condition foods create in the body **after being digested**.

Acidic conditions inhibit nerve action whereas alkalinity stimulates nerve action. Cold showers make the blood alkaline, while hot showers make the blood acid. A balanced diet helps to maintain the pH balance of the blood. Results however take more than a couple of days to show up. If blood develops a more acidic condition, then the body will inevitably deposit the excess acid to another area of the body so that the blood will be able to maintain an alkaline condition. As this cycle continues, these areas will increase in acidity and some cells will die. The dead cells will then turn into acids.

Some cells may adapt and instead of dying as normal cells do in a acid environment, they will survive by becoming abnormal. These abnormal cells are known as malignant cells. Malignant cells do not correspond with brain function nor with our DNA memory code. Malignant cells grow indefinitely and without order. **This is cancer**, and cancer develops in the following stages:

1. The ingestion of numerous acid forming foods, fatty foods, refined foods, carcinogenic substances such as nitrates (cold cuts, hot dogs, sausages), [aspartame](#), and chemically treated foods. X-ray and airport body scanners also contribute.
2. Constipation is increased.
3. An increase of acidity in the blood. This stage causes an increase of white cells and a decrease of red cells, which is the beginning of leukemia.
4. An increase of acidity in the extra cellular fluids.
5. An increase of acidity into the intracellular fluids.
6. The birth of malignant cells. This stage of cancer is known as 'initiation'.
7. Further ingestion of multiple acid foods. Traditional treatment includes high levels of radiation, chemicals and drugs. This stage is called 'cancer promotion'. - *Adapted by CMI from 'Acid Alkaline' by Herman Aihara.*



pH Test Strips - available on Amazon.com.

NOTE USA 2013: It is NOT unusual for the average American to go WEEKS with NO alkaline foods! Americans prefer red meat, chicken, cheese, milk, eggs, pasta, soda, coffee, fried foods, margarine, sugar, white flour products and processed foods. Severely lacking in veggies (as well as fruit, fish and whole foods) the USA has become a [medicated and obese nation](#), with varied diseases and rapidly rising [cancer](#) numbers.

YOUR DIET: The best diet is a raw food diet, 2nd is a [vegetarian diet](#), 3rd diet choice is the best for most people which is to simply minimize acid foods (choose healthy acids like berries, beans and wild fish) and focus on alkaline foods, known as **the 80/20 diet**.



Become healthy and normalize your weight.

To maintain the alkaline balance of your blood, your meals should be made up of **80% alkaline-forming foods**, like vegetables, fruits, nuts and seeds, herbs, and grains like quinoa, with **20% acid-forming foods**, like meat (free range meat or wild caught fish), beans, nuts (walnuts) and fruits (berries), minimal dairy (avoid milk and cheese), minimal carbs (pasta, bread, potatoes, rice).

Food and Beverage Chart: ALKALINE and ACID

*Excellent for preventing and combating Cancer - ***SUPER FOODS**: Excellent for nutrition and health.

*High carb/sugar content - **GMO**: eat organic only.

ALKALINE FOOD COLUMN:



VEGETABLES:

Can combine veggies with all foods.

Artichoke.

Asparagus.

Barley Grass.

Beets* - **GMO**.

Beans: Mung, Chia, Broad, Green, Lima, Navy and Soy - Tofu.

Hummus (garbanzo beans).

NOTE: Soy and Soy Milk: May cause allergies. Soy is one of the most heavily sprayed crops - most soy is **GMO**.

Broccoli**

Brussel Sprouts*

ACID FOOD COLUMN:

VEGGIES - BEANS: Healthy protein choice.

Beans - Black, Kidney, Lima, Pinto, Red.

Peas - Chick and Green*

Miso soup/paste.

FRUITS: Healthy acids - Never mix fruits with other foods.

All fruits below are high in sugar and should be minimal if fighting cancer, with exception of berries. Fruit is banned for Pancreatic cancer patients.

Berries: Blackberries, Blueberries*, Cranberries, Gooseberry, Raspberries**, Strawberries*, Acai*, Goji*.

Apples: Seeds contain **B17*** which prevents/combats cancer.

Apricot*

Banana, green, unripe (high glycemic - no water content).

Cherries, sweet.

Dates, Currants, Prunes, Raisins.

Grapes: Red is best choice.

Mango.

Orange and Tangerine.

Papaya* - **GMO** (usually from Hawaii).

Peach and Nectarine.

Cabbage.
Carrot**
Cauliflower*
Celery.
Corn* - **GMO**.
Cucumber.
Dandelions - Edible Flowers.
Eggplant/Aubergine.
Garlic**
Greens* - Beet, Chard, Collard.
Mustard, Wild Horseradish*
Kale.
Kohlrabi.
Lentils.
Lettuce.
Mushrooms.
Onions, Chives.
Parsnips*
Peas.
Peppers.
Potatoes* - Sweet Potato/Yam*
Pumpkin.
Radish.
Rhubarb.
Rutabaga.
Spinach*
Sprouts*: Alfalfa, Brocco
Squash - **GMO**.
Turnip.
Watercress.
Wheatgrass - SUPER ALKALINE*
Zucchini - **GMO**.

ORIENTAL:

Daikon Radish.
Maitake, Reishi and Shitake Mushrooms.
Sea Veggies: Kelp*, Kombu, Nori, Wakame
Seaweed.

FRUITS: Do not mix with protein or carbs.

Bananas* - fully ripe (black spots on skin indicate ripe).
Cherries, sour.
Coconut: milk, water or flesh.
Figs.
Grapefruit, Lemon, Lime.
Pomegranate.

Pear.
Pineapple* (high glycemic)
Plum.

Melons - always eat alone, separate from other fruits, and foods. Red watermelon has highest sugar content.

NOTE: Avoid Canned, Frozen, Glazed or Dried Fruit - high sugar and acidity.

GRAINS AND GRAIN PRODUCTS:

Never mix grains with protein - Gluten free is better health choice. Most supermarket grains are sprayed heavily with chemicals.

Barley - Bran - Corn, Popcorn, Cornstarch, Tortillas - Oats - Rye.
Wheat - Wheat Germ* - Couscous, Semolina.

All white bread and products: Sourdough, paneer, crackers, chips, cookies, biscuits, pizza.

FYI: Sprouted and whole grain breads are preferred choice for health. Rice bread is gluten free and delicious (available at Trader Joe's).

All Pasta's and Noodles.

Rice: white, brown, Bulgar - Basmati rice is preferred choice - Rice Cakes.

NUTS: Healthy benefits but eat sparingly.

Brazil Nuts (great for selenium - for hair, nails, skin - but only x2 daily), Cashews (high mold), Chestnuts, Hazelnuts, Macadamia, Pecans, Pistachio, Walnuts*.

Peanuts and Peanut Butter: peanuts are highly toxic, plus high mold content.

ANIMAL PROTEIN:

Most supermarket farm animals have been severely tortured, abused daily, are diseased, deformed, fed un-natural GMO diets, and shot full of drugs, antibiotics and hormones, ready for human consumption. Farm animals live in pain and misery, and die without mercy. U.S. beef is banned from Europe. Human cancer numbers continue to climb.

1) BEEF is highly acidic:

USA beef is filled with antibiotics and hormones, banned from exportation to Europe.

EAT GRASS FED BEEF ONLY, NOT GMO GRAIN FED.

VEAL IS FORBIDDEN - baby calf's are forbidden to ever lie down from birth, sick and tortured.

Better options are free range, grass fed - Venison, Bison, Lamb, Rabbit.

Avocado*
Tomato* - increasingly **GMO**.

GRAINS:

Amaranth, Buckwheat, Kamut, Millet, Quinoa*, Spelt.

NUTS - SEEDS:

Nuts: Almonds* and Chestnuts.
Almond butter or almond milk.
Seeds: Flax*, Millet, Pumpkin, Sesame, Sprouted, Sunflower.
Fresh Tahini (sesame seeds).

HEMP HEARTS* - Excellent source of protein, plus essential fats and vitamins!

SWEETENERS:

Stevia.

HERBS & SPICES:

Herbs: Basil, Mint, Parsley, Rosemary, Cilantro.
Cayenne Pepper** - Chili Pepper.
Turmeric** (curcumin).
Cinnamon - Ginger*
Sea Salt, Himalayan Salt.

BEVERAGES:

Ionized Alkaline Water or Mineral Water.
Green Juices and Wheat Grass Juice**
Teas Herbal: Dandelion, Essiac*, Green*, Ginseng.

OTHER:

Bee Pollen* - Royal Jelly*
Spirulina* (blue/green algae).
Chlorella* (algae).

2) PORK is highly acidic: Pigs are severely abused to become Bacon and Sausage.

3) POULTRY is highly acidic:

Chicken are severely tortured from birth, most are diseased, plus shot-up with hormones.

Better options are Wild Turkey, Duck, Game Birds.

Eggs: Choose no hormones, no antibiotics, no grain feed, cage free. Choose Omega 3 eggs - yolk should be dark yellow.

4) OCEAN:

Canned fish is highly acidic. Smoked fish is carcinogenic. Farmed fish should never be consumed - poisoned with dye and chemicals.

Fish from Japan or the Gulf of Mexico is **POISONED** with heavy radiation, oil and chemicals.

FISH: Carp, Wild Alaskan Cod, Haddock, Pike, Wild Alaskan Salmon*, Sardines* (high calcium), Tuna.

Shellfish: Clams, Lobster, Mussels, Oysters* (high zinc), Scallops, Shrimp.

Marine Phytoplankton**

DAIRY:

COW MILK IS FOR BABY CALVES NOT HUMANS. Cow milk contains **CASEIN** which triggers **CANCER**, diabetes in kids, plus asthma, allergies and obesity. Dairy cows are severely abused and live only a few years - U.S. dairy cows are pumped full of growth hormones, rBGH, banned in 27 countries.

Milk Products:

Butter: Unsalted is best health choice - Kerry Gold Irish butter from Trader Joe's.

Cheese: High casein content! Raw milk, cheddar, cottage cheese or goat cheese is preferred.

Sour cream.

Whey - **POISON!** Whey is byproduct of cheese added as filler to many foods and supplements.

Yogurt: Preferred health choice is **Greek yogurt** for probiotics*, and **Kefir***

Ice Cream contains casein and sugar.

FATS & OILS: Never mix fats - **Heated oils become carcinogenic.**

Healthy COLD Oils: Avocado, Flax Seed*, Hemp Seed, Virgin Olive Oil.

Unhealthy Oils - usually **GMO:** Canola, Corn, Safflower, Sesame, Sunflower.

Lard, Margarine: TOXIC!

ALKALIZING MINERALS:

Cesium: pH 14
Potassium: pH 14
Sodium: pH 14
Calcium: pH 12
Magnesium: pH 9

TIPS:

1) Find your local Farmers Market usually set up on weekends - choose organic if possible.

2) Food is best eaten raw, juiced, steamed or baked.

FOCUS ON NATURAL WHOLE FOODS for pH BALANCE and HEALTH.

[THIS ACID/ALKALINE CHART IS COPYRIGHT CMI](#)

SWEETENERS:

Carob - **Fructose Corn Syrup** - Maple Syrup, Molasses - Honey, Agave.

Artificial sweeteners are highly acidic: Aspartame, Saccharine - both are deadly.

Processed Sugar is highly acidic, aging, causes cancer, diabetes and obesity.

BEVERAGES:

Beer - Liquor - Spirits.

Wine: Red wine is healthy - skip the white.

Sodas and Energy Drinks: Fizzy water, SUGAR and chemicals!

Diet sodas are even worse - aspartame a carcinogenic drug, is the sweetener.

Mountain Dew is highly addictive, packed with caffeine and sugar.

ALL SODAS ARE DEADLY TO HEALTH!

Fruit juices are high in sugar content and acidity.

Coffee, high acidity - Black Tea - Cocoa.

Tap Water (and toothpaste) contains fluoride which is poison to the brain.

CONDIMENTS:

Ketchup, Mayonnaise, Mustard.

Soy Sauce, Tamari (made from soy beans) - try Organic Nama Shoyu.

Tabasco (made from hot peppers).

Wasabi - Vinegar - **Pickled foods become highly acidic.**

Black Pepper.

DRUGS & CHEMICALS:

Drugs: All Prescribed Medications - Cocaine, Heroin - Aspirin - Hormones and Steroids.

Tobacco: contains several carcinogens including cadmium, a crop fertilizer.

Food Additives: GMO's - MSG - Herbicides & Pesticides.

All canned and processed food is packed with chemicals and highly acidic.

TIPS:

1) **Cooked food** becomes acidic, and destroys enzyme, vitamin and mineral content.

2) **BBQ food** is highly carcinogenic.

3) The only animals that eat salt and sugar are humans. Best to remove both additives from diet.

SUGAR, DAIRY PRODUCTS and MEAT are LINKED TO CANCER.

CRAINC