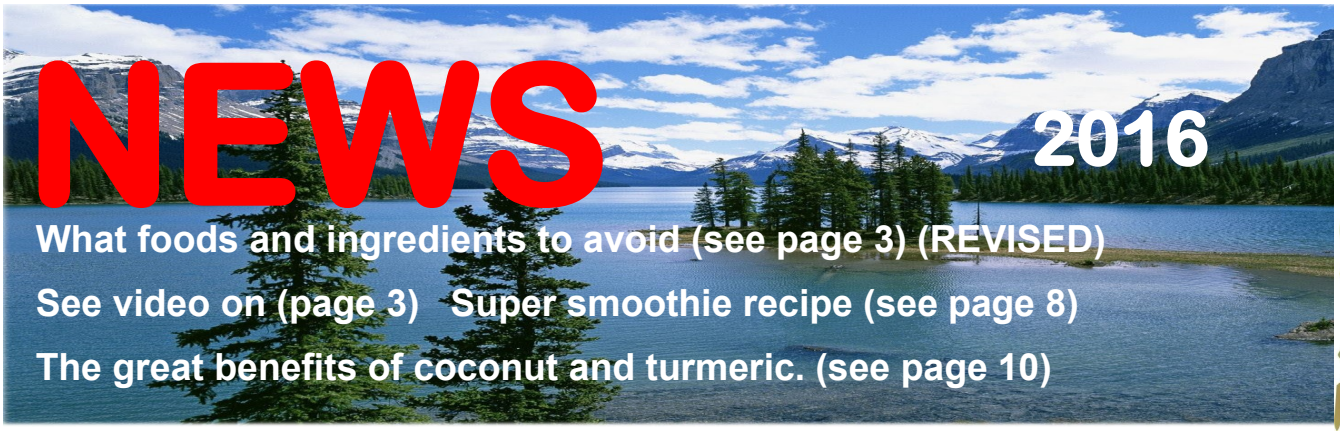
21ème siècle Nutrition dans la nature - 21st Century Nutrition in Nature News

Volume 1, Issue 10.9 (Nutrición siglo 21 en la naturaleza) January, 2016



Should we stop eating all wheat? (Unsprouted)

GreenMedInfo.com has an interest to identify "Problem Substances," they created an index by name with 698 subjects listed from A-Z. If you navigate to WHEAT under the "W's" you will find a list under "Advanced Topics" with 205 health conditions and/or adverse health effects associated with wheat consumption, all of which were determined solely through research in peer-reviewed and published medical journals indexed on MEDLINE.

You will also find in the article the listed diseases, a "pharmacological actions" field set which lists 20 distinct ways in which wheat harms the body, e.g. nerve-damaging (neurotoxic), immune-damaging (immunoreactive), inflammatory, etc. (Sprouted wheat is safe to eat though.)

Article: **http://www.greenmedinfo.com/blog/200-clinically-confirmed-reasons-not-eat-wheat**

Important Lectures on food and the microbiome at **www.mycoldiscoveryseminar.com**

Nutrition in Nature (This is a reprint from the November 2014 newsletter.)

Every five years the federal government issues dietary guidelines to provide practical advice for healthy eating.

In July 2014 the Dietary Guidelines Committee, a 14 member panel appointed by the Department of Health and Human Services and the Department of Agriculture, circulated a draft document that suggests Americans reduce their consumption of meat and dairy and eat more plant-based foods. The draft was based on studies showing that lowering meat consumption cuts greenhouse gas emissions, lessening the contribution our eating habits make to climate change. Final guidelines are due to be issued in late 2015."

There has been numerous studies made as far back as the seventies that shows the harm to the environment and to health from the consumption of meat and dairy. They left out of this report the harm it is causing mammalian chemistry, our personal health which has overwhelmed the health care system and the costs to consumers. This is from a recent article in Bloomberg news, October 6th 2014 issue on nutrition.

Go to page eight for recipes and formula for smoothies using the Immune Health Blend of mushrooms.

This news letter can be found on the web site www.foodabout.org at the newsletter link. You can make a direct link to the recommended web sites on the pages and references from the electronic version of this document.

Is there no such thing as a canola plant?

Wait, did you think there was a canola plant, like corn, soy or sunflower? Did you think making canola is just about pressing seeds? How DOES rapeseed oil magically turn into canola oil? It's "deodorized" with a chemical component. Do you want to put a "hex" on your health? Insert "hexane" and wait for problems to rear their ugly head. Hexane, a **vapor component of gasoline**, is used to process oils and has been since World War II. And yes, hexane is flammable. Hexane is a chemical made from crude oil, the mainstream solvent extraction method of the entire Western world. So how is this organic? Good question.

Canola oil comes from the genetically altered rapeseed plant. The rapeseed plant was changed by genetically adding a petunia gene and called the new oil from the plant canola oil not rapeseed oil. Canola, even the non GMO is GMO, the plant that produces all canola oil is a transgenic plant.

The omega-3 fatty acids of processed canola oil are transformed during the deodorizing process into **trans fatty acids**. The reason why canola is particularly unsuitable for consumption is that it contains a very-long-chain fatty acid called **erucic acid**, which under some circumstances is associated with **fibrotic heart lesions**.

Here's an interesting fact: In 1985, the Federal Register (official journal of the federal government of the United States) stated that the FDA outlawed canola oil in infant formulas because it retarded growth. So, 25 years ago it was not good for babies, but now it's suddenly okay for everyone else? (http://www.functionalmedicineuniversity.com/public/891.cfm)

Learn more:
http://www.naturalnews.com/043948_canola_oil_hidden_health_dangers_food_bar.html#ixzz3GmWRh1ig
http://articles.mercola.com/sites/articles/archive/2000/01/16/dangers-canola-oil.aspx

Heavy Metals

Look out for heavy metals in processed and fresh foods grown in china or from questionable locations.

Acute heavy metal intoxications may damage central nervous function, the cardiovascular and gastrointestinal (GI) systems, lungs, kidneys, liver, endocrine glands, and bones (Jang 2011; Adal 2013). Chronic heavy metal exposure has been implicated in several degenerative diseases of these same systems and may increase the risk of some cancers (Galanis 2009; Wu 2012).

Heavy metals are ubiquitous in the environment (Pohl 2011). Humans risk overexposure from environmental concentrations that occur naturally (eg, arsenic-rich mineral deposits) or human activities (eg, lead or mercury release as a result of industrial pollution) (Orloff 2009; Hutton 1986).

It is not possible to completely avoid exposure to toxic metals (Singh 2011). Even people who are not occupationally exposed carry certain metals in their body as a result of exposure from other sources, such as food, beverages, or air (Washam 2011; Satarug 2010).

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Some foods that must be organic

Apples	Strawberries	Raisins	Cherries
Grapes	Cherry Tomatoes	Meats	Tomatoes
Celery	Spinach	Soy	Bell peppers
Kale/Collard Greens	Peaches	Blueberries	Pears
Sweet Bell Peppers	Potatoes	Sweet Potatoes	Hot Peppers

A few of the foods and additives to avoid

SEE THIS VIDEO NOW: "Uprooting the leading causes of death" http://nutritionfacts.org/video/uprooting-the-leading-causes-of-death/ . This is found at the nutritionfacts.org web site.

Artificial food colorings	Canola Oil	Paraben
Artificial Sweeteners	Cotton Seed Oil	Polysorbates
Barley Malt	Distilled Vinegars*	Potassium sorbate
Benzoates	Floride	Propyl Gallate
Benzoic acid	High Fructose Corn Syrup	Propylparaben
Butylated Hydroxy-anisole	Hydrogenated Vegetable Oil	Propyl p-hydroxybenozoate
BHT/BHA	Hydrolyzed Vegetable Proteins	Sodium Metabisulphite
Calcium Sulphite	Meats, Dairy ,Fish ? Fresh not GMO	Sodium Bisulphite & Sodium Sulphite
Calcium benzoate	Modified Food Starch Monosodium Glutamate	GMO foods—http://www.gmo-foods.com/
Cane sugars	Nitrates	Soy — is it really organic?
Chlorine	Non gluten free oats	Stannous chloride
Corn Oil	GMO corn	Sulphur Dioxide
Wheat, Barley and Rye grains	Peanuts	Tartrazine

(Cider, rice and balsamic vinegars are safe. *Distilled vinegars include red and white wine vinegars are not.)

Sprouted Barley, Wheat and Rye are safe to consume. When sprouted the harmful proteins are no longer present. You can consume wheat and barley grass including the juice. (NOTE 1 — See video above)

FOOD ADDITIVES

See: http://gmofreeusa.org/

The loopholes for companies to put in additives in their food products are many; depending on what they're adding, sometimes it's up to the company itself, and not a third party, to put together scientific evidence to determine whether or not an additive is safe. With this voluntary certification system, as opposed to a more formal review process, it's no surprise that the number of additives in food is on the rise, so much so that the FDA has no idea whether the stuff in our food is safe or not.

We simply do not have the information to vouch for the safety of many of these chemicals," Michael Taylor, the FDA's deputy commissioner for food, told the Washington Post.

http://www.care2.com/causes/is-it-bad-that-the-fda-has-no-idea-if-some-additives-in-our-food-are-safe.html#ixzz3GnErqXJF

Carrots are great for your vision, especially night vision. The beta-carotene slows the progression of macular degeneration and helps prevent cataracts. There is more vitamin A in carrots than almost any other vegetable. They also contain high levels of fiber, biotin, vitamin K, vitamin B6, vitamin C, thiamin and potassium.

Most common elements lacking in American diets:

1. Calcium

Purpose: bones, structural system; teeth; bone and skin mending joints; stomach acid; buffer

Things that deplete this element: coffee, sugar, salt, high animal protein diet, sesame seeds, soda, excessive phosphorus, oxalic acid

Vegetarian food source: cashews, seeds, carrots, carrot juice, broccoli, chickweed, yogurt, horsetail, oatstraw, parsley, sprouts

Herbal source: alfalfa, buchu, chamomile, dandelion

2. Silicon

Purpose: hair luster and strength; more youthful-looking skin; prevents cracking skin and nails

Things that deplete this element: fats, starches, sugar

Vegetarian food source: asparagus, leaf lettuce, cauliflower, apricots, apples, wild rice, nuts, seeds

Herbal source: horsetail, alfalfa, dandelion, yucca, barley juice, cornsilk, skullcap, gotu kola, chlorophyll

3. Iodine

Purpose: feeds thyroid gland, which controls weight, metabolism, energy levels

Things that deplete this element: radiation from TV, x-rays, power lines, stimulants such as caffeine and ephedra

Vegetarian food source: seaweed, garlic, onions, eggplant, mushrooms, potatoes

Herbal source: kelp, dulse, black walnut, spirulina

4. Sodium

Purpose: can prevent stomach disturbance or joint distress; dissolves hard calcium build-up in the body; adds flexibility

Things that deplete this element: salt, antacids, prescription diuretics

Vegetarian food source: celery, cucumbers, strawberries, goat milk and whey, okra, dandelion, sesame seeds, Swiss and Roquefort cheese, raisins, red cabbage, black mission figs, watercress

Herbal source: hydrangea, alfalfa, safflower, rose-hips, peppermint, parsley, licorice.

5. Magnesium is a key mineral in human metabolism, and found in small to medium amounts in many of the World's Healthiest Foods. Vegetables (especially green leafy ones), nuts and seeds, and legumes are your best foods sources for magnesium. We like to think of magnesium as the best supporting actor of the mineral kingdom. Like supporting actors in movies, magnesium doesn't get the notoriety of other nutrients like calcium or sodium, but it quietly plays every bit as important a role in human health. In fact, magnesium is necessary for more than 300 chemical reactions in the human body.

While magnesium is present in nutritionally important quantities in many of the foods featured on our site, average American diets frequently fail to contain an adequate supply of magnesium. In fact, adults average only 66% of the Daily Value (DV) for magnesium from their food intake (even though they get another 8% from supplements). This average intake level leaves U.S. adults about 100-125 milligrams short in the magnesium department.

6. Potassium

Purpose: helps regulate water retention; muscle cramps, or spasms; muscular fatigue; hypertension; hardening of the arteries

Things that deplete this element: red meat, coffee, alcohol, laxatives, diuretics, salt, sugar

Vegetarian source: bananas, raisins, potato peel broth, parsley tea, bitter greens, almonds, whole grains

Herbal source: kelp, parsley, Irish moss, ginger, peach bark, licorice, horsetail, capsicum

Herbal source: alfalfa, ginseng, bee pollen, comfrey, spirulina, dandelion

7. Iron

Purpose: necessary for hemoglobin production; a remedy for anemia; improves protein assimilation; mental vitality; circulation; liver and kidney functions; promotes vitality

Things that deplete this element: food additives, coffee, black tea, excessive phosphorous, food preservatives

Vegetarian source: black cherries, blackberries, dried fruits, strawberry juice, dark leafy greens, spinach, black strap molasses

Herbal source: yellow dock, capsicum, butcher's broom, kelp, red beet root, red raspberry leaves, chickweed, nettle, mullein leaves, dong quai

8. B12

Purpose: essential for healthy gastrointestinal tract; formation of blood cells; supports nervous system; healthy skin and mucus membranes. Vitamin B-12 deficiency is a serious health concern that affects an estimated 40 percent of the U.S. population. The numbers are alarmingly high when you consider just how important this vitamin is to your health, especially if you elderly. Is found almost exclusively in animal tissue, including foods like beef, lamb, snapper, shrimp, poultry and eggs. Therefore, if you do not eat meat or animal products, you may be deficient.

Things that deplete this element: junk food

Vegetarian source: sea vegetables (kelp, nori, kombu), nutritional yeast, miso

Source: freshlyvegetarian.com and whfoods.org

9. Vitamin D3

Vitamin D deficiency is a serious public health concern that many experts say is at widespread epidemic proportions. It's estimated that as much as 40% to 50% of Americans are deficient in vitamin D. New research has linked low vitamin D levels to numerous health dangers and provided further evidence that the "sunshine vitamin"

Several studies have reported that the D3 form of the vitamin is more potent than D2, with a study led by Robert Heaney, MD, from Creighton University in Nebraska reporting that D3 was 87% more potent than D2 (*Journal of Clinical Endocrinology & Metabolism*, doi: 10.1210/jc.2010-2230).

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Recommended Web Sites

Foodabout.org

Brucelipton.com

Nutritionfacts.org

Celiac.org

Quantum Health Human Research Institute

Greenmedinfo.com

Recommended books to read.

"The Biology of Belief" by Bruce Lipton Ph.D.

"How not to Die" by Michael Gregor M.D.

"The Honeymoon Effect, the Science of Creating Heaven on Earth" by Bruce Lipton Ph.D."

"This Explains Everything" by John Brockman

"The Field" by Lynn McTaggart

"Mind over Medicine" by Lissa Rankin M.D.

Raw food diet and plant base diets, are they really good for you?

There is an extreme and the Gerson Diet suggest consuming 15 pounds of vegetables and fruits a day with four to five coffee enemas a day. They suggest using a juicer that removes a lot of the fiber because the amount of fiber from this amount of juicing can be to much. This diet suggest using constant enemas through out the day to release a lot of toxins.

In reviewing the literature and studies and interviewing many physicians and patients we have not found one that follow 100% of the Gerson diet. But many had a success in improving their health when converting to a plant base diet with some cooked and some raw. Many of them never did the enemas at all.

We found that many were able to detox just adding some raw vegetables to their diet by consuming one or two 10 oz. glasses of a smoothie made from raw vegetables a day. A Hong Kong researcher found in a test when having patients consume the Immune Health Blend of the medicinal mushrooms with food that is was more than adequate to support the body in detoxing with a plant based diet.

Observations made from researching the facts published and presented by leading physicians

We also find that the stated facts on many of the published web sites and in videos from the like of Drs. Mercola, Weil and Oz there are many contradictions to prior facts they stated somewhere else on their web sites or videos. It is obvious that their research teams and writers fail to keep the facts straight for these great physicians. We recommend that you do your own investigations on all matters. There is human error in communication so please do not trust all you read.

Opinion of Scientific Peer Reviewed in Crisis

The publication of a scientific study in a peer-reviewed journal is commonly recognized as a kind of "nobilitation" of the study that confirms its worth. The peer-review process was designed to assure the validity and quality of science that seeks publication. This is not always the case. If and when peer review fails, sloppy science gets published.

According to a recent analysis published in *Proceedings of the National Academy of Sciences*, about 67 percent of 2047 studies retracted from biomedical and life-science journals (as of May 3, 2012) resulted from scientific misconduct. However, the same *PNAS* study indicated that about 21 percent of the retractions were attributed to a scientific error. This indicates that failures in peer-review led to the publication of studies that shouldn't have passed muster. This relatively low number of studies published in error (ca. 436) might be the tip of a larger iceberg, caused by the unwillingness of the editors to take an action.

Peer review is clearly an imperfect process, to say the least. Shoddy reviewing or reviewers have allowed subpar science into the literature. We hear about some of these oversights when studies are retracted due to "scientific error." Really, the error in these cases lies with reviewers, who should have caught such mistakes or deceptions in their initial review of the research. But journal editors are also to blame for not sufficiently using their powers to retract scientifically erroneous studies.

There are drugs that are beneficial to our health but you should do your homework as to what is good and bad. Read the label and research and get opinions. Recommend that you join a disease support group(s) in your town, hospital, church or community to find out more from others who have your same disease. This is one of the best resources. We find the most objective of disease support groups are those with food allergies, celiac disease or diabetes in that most of them have or had other chronic diseases.

OTHER SOURCES FOR INFORMATION ON FOOD ALLERGIES AND SENSITIVITIES INCLUDE:

Food Allergy and Anaphylaxis Network (FAAN) (www.foodallergy.org)
Cure Autism Now (www.canfoundation.org)
American Academy of Allergy, Asthma and Immunology (www.aaaai.org)
Food Allergy Initiative (www.foodallergyinitiative.org)
National Institute of Environmental Health Sciences (www.niehs.nih.gov)
American Diabetes Association (www.diabetes.org)
The Skin Cancer Foundation (www.skincancer.org)
National Attention Deficit Disorder Association (www.add.org)
Mothers of Children with Allergies (Mocha) (www.mochallergies.org)

American Dietetic Association (www.eatright.org)
Autism Research Institute (www.autism.com/ari/)
Raising our Celiac Kids (R.O.C.K.) (www.celiackids.com)
Food Allergy Network (www.foodallergy.org)
Gluten Intolerance Group of North America (www.gluten.net)
International Foundation for Functional Gastrointestinal Disorders (www.iffgd.org)
Celiac Disease Foundation (www.celiac.org)
Asthma and Allergy Foundation of America (www.aafa.org)
My Plant Based Family (http://myplantbasedfamily.com/)
Plant base nutrition education (http://nutritionstudies.org/courses/plant-based-nutrition/)

A mushroom smoothie formula to strengthen the immune system

Go to www.mycoldiscoveryseminar.com and go to the recipe and diet observation pages for more information about how to eat with food.

For vegetarians vegans and all with health challenges it is recommended to add 3 tablespoons or more of ground flaxseeds, Bs and D vitamins and ionized minerals with fulvic acid.

Start off the morning eating a half grapefruit or drinking a full glass of water with the juice of one lemon and you can drink a full glass of this two to three times daily.

Refrain from consuming foods with wheat, gluten, cane sugars and the other items listed in the newsletter October 2014. . Safe grains and substitutes: Quinoa, buckwheat, rice, gluten free oats, amaranth, tapioca, sorghum, teff and millet

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If there is no reduction in disease within 45 days then add aloe arborescens product to your diet, three bottles in a month. Go to the web site to order: http://www.aloeproductscenter.com/

Take three bottles in a month if there is not reduction in tumors with just the mushroom formula.

Suggest adding more raw vegetables to the diet – using a juicer will get more nutrition from the vegetables to the body. You do not have to use the complete Gerson diet. Taking the diet protocol and or at least the mushroom blend and eliminating certain foods from the diet can see an improvement. (See the October 2014 newsletter)

The product codes are the SKU numbers for the product when purchased from **vitacost.com** – where we find most of these products are discounted from traditional retail prices for the customer. This document is for information purposes only.

A plant-based diet can be good for your heart.

If you're eating mostly or only fruits, vegetables, nuts, beans, whole grains, and meat substitutes like soy, you may cut your odds of getting heart disease, high cholesterol, high blood pressure, and type 2 diabetes, compared to a diet that includes a lot more meat.

There are many different types of plant-based diets. The three most common ones are:

Vegan: No animal products such as meat, eggs, or dairy products.

Lacto-vegetarian: No meat or eggs, but dairy products are OK.

Lacto-ovo-vegetarian: No meat, but dairy products and eggs are OK.

Reference: WebMD.com

Articles and links

We rhave read good and bad about coconut oil. Interesting read.

The benefits of coconut oil article: http://www.greenmedinfo.com/blog/mct-fats-found-coconut-oil-boost-brain-function-only-one-dose Research: http://coconutresearchcenter.org/

Six Bodily Tissues That Can Be Regenerated Through Nutrition article: http://www.greenmedinfo.com/blog/6-bodily-tissues-can-be-regenerated-through-nutrition

Turmeric vs. Modern Medicine

The benefits of tumeric: http://www.whfoods.com/genpage.php?tname=foodspice&dbid=78

Turmeric curcumin is so effective at managing these health concerns that after examining the research, I found that turmeric benefits go well beyond that of these 10 drugs:

Anti-inflammatories	Pain killers
Anti-depressants (Prozac)	Diabetes drugs (Metformin)
Chemotherapy	Arthritis medications
Anti-coagulants (aspirin)	Cholesterol drugs (Lipitor)
Inflammatory bowel disease drugs	Steroids

Turmeric Dosage

Turmeric dosage mainly depends on age. For instance, adults are generally recommended to follow these guidelines:

Supplement: 450 milligrams of curcumin capsules each day or up to 3 grams (1 1/2 teaspoons of turmeric powder) of turmeric root daily (divided into several doses).

Tea: 1 to 1.5 grams of dried root steeped in 5 ounces of water for 15 minutes twice daily.
Oil: ½ tablespoon of turmeric oil three times daily.

For children, it's reported that there is "no proven or safe medicinal dose of turmeric in children." With that said, I recommend "culinary doses" by regularly including it into your natural health meal plan as you would any other spice or herb. This way you can rest assured that your kids get their fair share of turmeric benefits every day. To give you a feel for the dosage amount, it's been reported that the, "Average dietary intake of turmeric in the Indian population may range between 2 to 2.5 grams, corresponding to 60 to 200 milligrams of curcumin daily.

Salh B, Assi K, Templeman V, Parhar K, Owen D, Gomez-Munoz A, Jacobson K. Curcumin attenuates DNB-induced murine colitis. Am J Physiol Gastrointest Liver Physiol. Jul;285(1):G235-43. Epub 2003 Mar 13. 2003. PMID:12637253.

Parfk SY, Kim DS. Discovery of natural products from Curcuma longa that protects cells from beta-amyloid insult: a drug discovery effort against Alzherimer's disease. J Nat Prod 2002 Sep;65(9):1227-31. 2002.

A good app to look to review news on food and that reports on what food must be organic is called dirty dozen.

www.mycoldiscoveryseminar.com

The new web site that talks about health and how medicinal mushrooms, diet and the microbiome helps with lectures and documents.