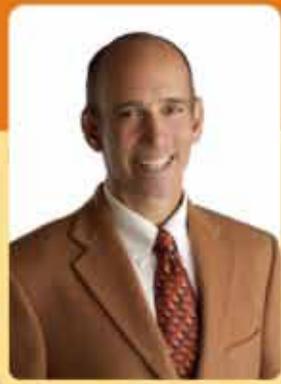


The Five “Health Foods” to Avoid at All Costs

DR. MERCOLA



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The Five “Health Foods” to Avoid at All Costs



A Gift to you from Dr. Joseph Mercola and your Friends at

www.Mercola.com

If you woke up this morning and ate what most people consider a healthy breakfast — wheat toast, orange juice, and eggs cooked in vegetable oil — you’ve just succeeded in eating three of the five “health foods” that you should actually avoid.

It can be frustrating to determine what truly *is* healthy with all of the new health claims coming out, not to mention the old, deep-seated claims that are just plain wrong but are so engrained in our heads that they’re hard to change.

The following five foods are generally considered “healthy foods,” but as you’ll soon be surprised to learn, you’re much better off without them.

Food #1 — Bread: The Whole Grain Truth You Aren’t Being Told

Since 1990, the U.S. Dietary Guidelines have recommended that Americans eat six to eleven servings of bread and other grain foods every day, and many consumers dutifully purchase wheat bread as opposed to white bread because they believe it is more nutritious. The American Academy of Pediatrics even says that “whole-wheat bread offers a nutritional advantage over white bread.”

While this may be true to some extent, wheat bread is likely to cause most people’s health to decline. It is easy to be skeptical of this position as I was certainly fooled by the conventional position that organic whole grains are healthy for all. It took me 15 years of study after medical school to wake up the reality that **grains — yes even organic whole grains, and especially wheat — are a major reason why many people suffer from a wide variety of illnesses.**

Intolerance to wheat is [far more common than doctors typically recognize](#). I was once fooled so much that when I was in medical school nearly 25 years ago my nickname was “Dr. Fiber,” as I was always preaching the benefits of whole grains. Little did I know then that wheat, and nearly all other grains, rapidly convert to sugar and [rapidly accelerate aging](#) and chronic illness in most (though not all) of us.

The primary reason why grains will most likely worsen your health is that they will typically increase your insulin levels. But how do you know if your insulin levels are increased?

Well, you could have your doctor run a blood test as it is not very expensive. Or you could just look at the following list of conditions and if you have one of them you can be virtually assured you are struggling with high insulin levels.

- ✓ Overweight
- ✓ High blood pressure

- ✓ High blood cholesterol
- ✓ Type 2 diabetes
- ✓ Cancer

So if you suffer from any of these conditions, you will want to consider avoiding wheat and other grains until your insulin level becomes normalized.

Another concern is that wheat is **often contaminated with mycotoxins**. No matter what the form the wheat takes — whole wheat, cracked wheat, sprouted wheat, and so on — all are capable of causing the same problems, including:

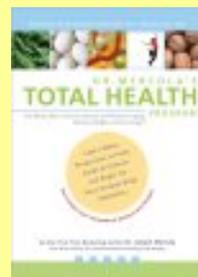
- [Celiac disease](#)
- [Rheumatoid arthritis](#)
- [Miscarriages](#)
- [Headaches](#)
- [Infertility](#)
- [Developmental delay in children](#)
- Irritable Bowel Syndrome

Unless you are seriously underweight, most of us would best be served by limiting or avoiding wheat altogether. I was well over 40 years old before I realized this kernel of truth and I probably chopped a good 20 years off the end of the limit of my lifespan by not applying it earlier.

What is the #1 Most Important Modification You Can Make to Your Diet?

If you have a [metabolic type](#) that is carbohydrate oriented (this is only one-third of people) and you are not overweight and don't have high cholesterol, high blood pressure or diabetes, then grains are a possible option for you. But rest assured that if you indulge in grains to excess you are heading for any number of diseases.

I encourage you to read [my new book, "Dr. Mercola's Total Health Program."](#) to learn your metabolic type (you are either a carb, protein or mixed type), and to learn all about the foods that are right for your type, and those you should avoid. This includes discovering in detail why avoiding grains will likely mean an *increased* level of health for you.



Are you a “carb type,” “protein type” or “mixed type,” and what are the ideal foods for your particular type? Find out the answer to that dietary secret and literally hundreds more — and read why I am guaranteeing (for life!) that these secrets **will** improve your health ...

[Learn all about my #1 bestseller, "Dr. Mercola's Total Health Program," now!](#)

Food #2 — Vegetable Oil: May NOT Be Healthy For You

Polyunsaturated oils, which include vegetable oils like corn, soy, safflower and [canola](#), can really push your health in the wrong direction. Why? Most Americans' intake of omega-6 fat from these vegetable oils is *far* too high relative to their omega-3 fats.

Experts looking at the dietary ratio of omega-6 to omega-3 fatty acids, which are the healthy fats found in [fish oil and cod liver oil](#), suggest that in early human history the ratio was about 1:1. Currently most Americans eat a dietary ratio that falls between 20:1 and 50:1. The optimal ratio is most likely closer to the original ratio of 1:1. For most of us, this means **greatly reducing the omega-6 fatty acids we consume — and increasing the amount of omega-3 fatty acids.**

Further, polyunsaturated oils are the worst [oils to cook with](#) because they tend to become easily oxidized or rancid when exposed to heat from cooking. This results in the formation of molecules **more toxic than trans fat**, such as cyclized, cross-linked, fragmented bond-shifted and polymerized damaged oil molecules that will **stick in your body for years** and wreck havoc on your health.

Unfortunately, the truly healthy cooking oil, coconut oil, was long regarded as the “dangerous” oil and vegetable oils as healthy, when it should have always been the other way around. Fortunately, word of the incredible health benefits of coconut oil is now starting to spread even to the mainstream – you can [read all about the health benefits of coconut oil, and the top-recommended form of it, here.](#)

So the take-home message is to give the regular vegetable oils in your cupboard to a neighbor or relative you really don't care for (just kidding ... just get rid of it) and instead get some coconut oil to cook with while using high quality extra virgin olive oil on your salads.

Food #3 — It's Soy Unhealthy!

In recent years soy has obtained a reputation as a “near-perfect” food, with supporters claiming it can provide an ideal source of protein, lower cholesterol, protect against cancer and heart disease, reduce menopause symptoms, and prevent osteoporosis, among other things.

However, numerous studies have found that soy products may:

- [Increase the risk of breast cancer](#) in women, brain damage in both men and women, and abnormalities in infants
- [Contribute to thyroid disorders](#), especially in women

- ➔ [Promote kidney stones](#)
- ➔ [Weaken the immune system](#)
- ➔ [Cause severe, potentially fatal food allergies](#)

Perhaps the most disturbing of soy's ill effects on health has to do with its phytoestrogens that can mimic the effects of the female hormone estrogen.

These phytoestrogens have been found to have adverse effects on various human tissues, and drinking even two glasses of soy milk daily for one month has enough of the chemical to alter a woman's menstrual cycle.

Soy is particularly problematic for infants, and [soy infant formulas should be avoided](#). It has been estimated that infants who are fed soy formula exclusively receive five birth control pills worth of estrogen every day.

Food #4 — Pasteurized Dairy: Moooo-t Health Value

Despite the widespread notion that milk is healthy, drinking [pasteurized milk](#) is frequently associated with a *worsening* of health.

This is particularly sad because milk is one of the healthiest foods available prior to its being pasteurized. **Raw dairy, as opposed to the pasteurized dairy that is sold in most grocery stores, is something I strongly advise nearly everyone to regularly consume.** If you are a carb [metabolic type](#) then raw milk is typically preferable, while if you are a protein type raw cream is likely a better choice due to its higher fat content.

The pasteurization process creates many problems in milk. As Sally Fallon of the Weston Price Foundation states:

“Pasteurization destroys enzymes, diminishes vitamin content, denatures fragile milk proteins, destroys vitamin B12 and vitamin B6, kills beneficial bacteria, promotes pathogens and is associated with allergies, increased tooth decay, colic in infants, growth problems in children, osteoporosis, arthritis, heart disease and cancer.

Calves fed pasteurized milk die before maturity. Raw milk sours naturally, but pasteurized milk turns putrid and processors must remove slime and pus from pasteurized milk by a process of centrifugal clarification. Inspection of dairy herds for disease is not required for pasteurized milk.”

Although raw milk is still not widely commercially available, there are more and more “cow-share programs” popping up throughout the U.S. Never processed, never pasteurized and never homogenized, the raw dairy products that come fresh from these cows that you own a “share” in are high in antioxidants, vitamins

(including B-12), all 22 essential amino acids, natural enzymes, natural probiotics and good fatty acids.

Also, none of the cows are ever given antibiotics, hormones or GMOs — and only pasture, natural grains, and approved organic homeopathic methods are used to feed and care for the cows.

Fortunately, Sally Fallon has compiled a [Web Site](#) that provides further information about this important food source, including where you can [purchase raw milk](#).

Ideally, though, it would be best to locate a local dairy farmer that can sell you the milk. Many health food stores might be able to give you guidance as to who might be able to fill that service for you. Typically these farmers participate in a cow-share program so you actually pay them \$10-20 to purchase part of their cow so they can legally milk her for you and avoid prosecution by health-clueless local public health authorities.

Food #5 — Orange Juice (and All Fruit Juice): Don't Get Juiced...

Fruit juice has about eight full teaspoons of [sugar](#) per eight-ounce glass. This sugar is typically a fruit sugar called fructose, which is every bit as dangerous as regular table sugar since it will also cause a major increase in [insulin levels](#).

Further, many commercial orange juices are contaminated with mold from damaged fruit that is processed. So if you drink commercial orange juice regularly, you will be exposed to these mold toxins.

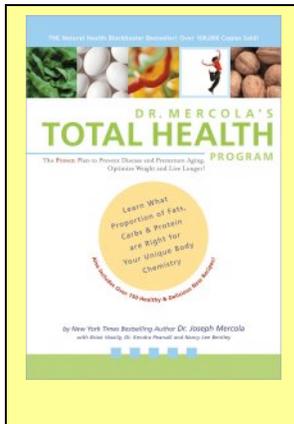
This doesn't mean that you should [avoid fruit](#), just fruit juice. When the fruit is intact and whole, its fiber will somewhat moderate the release of fructose into the bloodstream as well as somewhat moderate insulin release.

However, if you are overweight, have high blood pressure or high blood sugar, it would probably be wise to avoid most fruits until you have these problems under control.

This is especially true if you are a protein metabolic type. Carb types do far better with fruits, especially citrus fruits, in general.

Discover Hundreds of the Most Important Health Secrets Now...

Readers & [critics](#) are raving about it, over 150,000 copies have already been sold ... why is my new book "Dr. Mercola's Total Health Program" an absolute must-read if you are committed to your health and weight?



Because it contains my *entire* dietary program that took two decades to develop and it is guaranteed for life (or your money back!) to genuinely help you:

- ➔ Prevent disease
- ➔ Look younger & avoid premature aging
- ➔ Optimize your weight for good
- ➔ Increase your energy dramatically

You'll take a test to learn your metabolic type – whether you're a carb, protein or mixed type – and you'll learn how to eat all the right types of foods for your particular metabolic type.

You'll discover ALL the healthiest forms of foods in EVERY food category – and those you should be avoiding — from A-Z.

Plus you will get the entire easy-step-by-easy-step program to incorporate the dietary health program into your life *permanently*... the same dietary health program that has literally helped TENS of thousands of patients in my famous natural health clinic, *The Optimal Wellness Center*, overcome serious weight issues and disease!

PLUS in Part Two you will receive over 150 brand new healthy and easy-to-make recipes for breakfast, lunch, dinner and snacks, plus many other useful health resources.

Dear Dr. Mercola,

"Dr. Mercola's Total Health book has changed my life, and I've only incorporated two or three changes in my life (so far). First and foremost I stopped eating wheat. Wow, what a difference! And the recipes he provides for wheat alternatives are awesome! I thought I'd have to spend the rest of my life feeling deprived..."

Vicki Worthington
San Antonio, TX

[Read What Others Are Saving About Dr. Mercola's Total Health Program...](#)

[Learn all about my #1 bestseller, "Dr. Mercola's Total Health Program," now!](#)