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# Five "Healthy Foods" You Should **Avoid** As Much As Possible



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We encourage you to make your own decisions based upon your own research and in partnership with a qualified physician.

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# Is Healthy Really Healthy?

For example, a lot of people consider the following breakfast healthy:

1. orange juice
2. wheat bread
3. eggs fried in olive oil

What can be more healthy than that? Right?

**Wrong!**

All three of them are actually on our top Five List of So-Called Healthy Foods and should be avoided as much as possible.

We live surrounded by a huge amount of information. New health claims are coming out every day. And some old and obsolete health claims are deeply rooted in our consciousness.

So, it is no wonder that we cannot decide what's right and what's wrong.

Here is the **top 5 list of foods you should limit in your diet** even completely eliminate from your diet. You will be better off without them.

# 1. The Myth about Whole Grain Foods: Bread



The U.S. Dietary Guidelines for 2010 recommended consuming *"at least half of all grains as whole grains. Increase whole-grain intake by replacing refined grains with whole grains."*

As a result, many consumers have replaced white bread with whole-wheat bread, believing it is healthier. While the whole-wheat bread is probably more nutritious than the white bread, it is equally likely to cause your health to decline.

We were skeptical of this as you might be right now. We believed in the conventional wisdom that's been *heavily* advertised for so many years by numerous health professionals.






But the reality is different.

**Grains**, no matter if they are whole and organic or not, are one of the main reasons why people struggle with so many health problems.

The *main problem* with wheat and almost all the other grains is that, once ingested, they rapidly convert to sugar and accelerate chronic illnesses and ageing in most of us.





The mechanism this is happening has to do with your *insulin* levels. The sugar from the grains typically increases the insulin levels in your body.

You can ask your doctor to measure your insulin levels, but, in general, your insulin levels are likely to be increased if

-  you have type 2 diabetes
-  you struggle with high blood pressure
-  you are overweight
-  you have high levels of cholesterol in your blood
-  you have cancer





If you have one of the above conditions, consider strongly **limiting** or **avoiding** wheat and other grains, even whole grains, until your insulin levels have been normalized.

Another issue with wheat is *mycotoxins* contamination. Mycotoxins are toxic chemicals produced by molds that colonize crops. They are present in all forms of wheat: whole wheat, cracked wheat, and even sprouted wheat. The range of health problems that may originate from mycotoxins include:


-  Rheumatoid arthritis
-  Headaches
-  Infertility
-  Celiac disease

Every one of us should consider limiting wheat in our diet.

When are the whole grains a possible option for you?

-  If you are seriously underweight.
-  If you don't have high cholesterol.
-  If you don't have high blood pressure.
-  If you don't have diabetes.

and

 If your metabolism is oriented toward carbohydrates (carbohydrate metabolic type), which is roughly one third of the population.

But even then, you *shouldn't indulge in grains* too much... or your health will be compromised.



Read More:

<http://articles.mercola.com/sites/articles/archive/2012/01/23/wheat-or-rice-as-safe-starch.aspx>

## 2. The Myth about Vegetable Oil



Vegetable oils like **corn oil**, **soy oil**, **canola oil**, and **safflower oil** are the main sources of poly-unsaturated fatty acids. These oils can compromise your health, and let's see why.

First of all, these oils are very **unsafe to cook with**. The main reason is their volatility to thermal treatment. When exposed to heat, they become oxidized and rancid, which ultimately leads to formation of damaged toxic molecules. These toxic particles can stick inside of your body for years, which makes the vegetable oils of this kind much worse alternative than the notorious trans fats.

The second reason is that the vegetable oils **worsen your omega 3 to omega 6 ratio**, which is already too much in favor of the omega 6 fatty acids (prevalent in vegetable oils). Presently, most Americans have at least 20 to 1 ratio of omega 3 to omega 6, whereas it should be close to one.

Better alternatives:

Much healthier omega 3 fats can be found in **fish oil** or **krill oil**, so we should gradually turn our attention toward them and away from vegetable oils.

# Which Oils To Cook With?

If Vegetable oils are unhealthy to cook with, the question remains what kind of fat we should use for frying and baking? The healthy cooking oil is *Coconut oil*, which has long been considered dangerous, whereas the truth is the other way around.

Today the word is starting to get out about the health benefits of *coconut oil* even in the mainstream media. If you are going to cook with any type of oil, it should be coconut oil (or you can use *ghee butter* if you don't like the taste of coconut oil).

Extra virgin olive oil is great, but not for cooking. It should be served cold, in your salads or other cold dishes.

Tip:

Extra virgin olive oil is great, but not for cooking. It should be served cold, in your salads or other cold dishes.

Read more:

<http://wellnessmama.com/2193/never-eat-vegetable-oil/>



## 3. The Myth about Soy Products



Soy is one of the foods that have been considered nearly perfect. The list of "*supposed*" health benefits include lowering cholesterol, protecting against cancer, reducing menopause symptoms, and preventing osteoporosis.

Abundant research shows, however, that soy products may

- weaken the immunity,
- induce brain damage,
- increase the probability of breast cancer in women,
- promote thyroid disorders,
- contribute to kidney stones, and
- cause food allergies.

The adverse effects of soy have to do with its estrogen-like phytochemicals called *phytoestrogens*. Soy's phytoestrogens are much weaker than the natural estrogen hormones and bring adverse effects in bodily tissues. Soy can be especially problematic for infants and soy formulas for infants should be avoided altogether.

More info: <http://authoritynutrition.com/is-soy-bad-for-you-or-good/>

## 4. The Myth about Pasteurized Milk



Milk is healthy, but **raw** milk, not **pasteurized** milk.

**Raw milk** is absolutely healthy and has a lot of enzymes, antioxidants, vitamins from the B group, essential amino acids, beneficial bacteria and natural probiotics, and healthy fatty acids.

Raw cream is likewise filled with active enzymes, beneficial bacteria, omega-3 fats, and antioxidants.

On the other hand, pasteurized milk is often associated with aggravation of health. Pasteurization destroys the natural enzymes, lowers the vitamin content, kills the beneficial bacteria, brings protein denaturation, and promotes pathogens.

**Pasteurized dairy** has been associated with increased tooth decay, allergies, growth problems in children, arthritis, osteoporosis, heart diseases, and cancer.

Calves fed pasteurized milk have growth problems, a lot of difficulties to survive without medication and supplements, and die before maturity.

Unfortunately, raw dairy products that are not pasteurized or homogenized are still not widely commercially available.

You would likely have to find a local farmer with grass fed healthy cows, who never gives their cows GMOs, antibiotics, or hormones.

In some countries there might be legal issues involved by the local health authorities.



More info:

<http://www.realmilk.com/>

## 5. The Myth about Fruit Juices



Even though considered safe and even healthy, fruit juices pose a **serious problem** due to their high **fructose** content.

For example, oranges are rich in folate, vitamin C, calcium, and potassium.

But, an average orange can contain from 3 to 6 grams of fructose. And orange juice typically contains much higher levels of fructose.

Fructose is as problematic as table sugar when it comes to increasing the insulin levels in your body.

If you are fructose intolerant, if you have **high blood sugar**, if you are **overweight**, or if you have **high blood pressure**, it would be wise to avoid fruit juices, and even too much whole fruits until you bring these problems under control.

The problem with the commercial juices can be even more severe. The juices may be contaminated with *mold toxins* from damaged fruits during processing.

Some extra *processed fructose* or sugar can be added to the commercial juices, which makes them even more dangerous.

Of course, if you are healthy, you may take fruits in moderation, because whole fruits contain *fiber and other useful micro-nutrients*.

These nutrients can moderate the release of fructose in your bloodstream, which, in turn, moderates the insulin release.

## Thank You!

We hope you have found some value in this report.

Cheers, *best of luck and perfect health* always!

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