

A TRAGIC MYTH: THE TRUTH ABOUT SUGARS

As the engine in your car needs a carbon-based fuel to run, so does your physical body. The main constituents your body needs to function are *amino acids*, *fatty acids*, and *sugars*. However, it is **sugar** mixed with **oxygen** that your body **requires** to run the machine. To understand sugars better, simple definitions of sugars are necessary.

Monosaccharide: A single or simple sugar, e.g. glucose, fructose, or galactose (also known as carbohydrates).

Simple sugar cannot be broken down any further.

Poly or Disaccharide: Starch or complex sugars consisting of several glucose/fructose bonds depending upon the type of starch or carbohydrate.

This requires more cortisol from your adrenal glands.

Your body uses digestion to separate the *simple* from the *complex*. In other words, your body can not use complex *proteins*, it can only use *amino acids*, the building blocks of proteins. So the body **must** break down a *complex amino acid structure* (a *protein*) into *amino acids*, *fats* to *fatty acids*, and *starch* or *complex sugars* to *simple sugars* before your body can use it properly. With this factual information, it should start to become evident that sugars are a big factor in health! Your body mixes *glucose* or *fructose* with *oxygen* to achieve cellular energy known as **ATP** (*adenosine triphosphate*). Without ATP a cell will weaken and become attacked, mainly by parasites or bonded with a virus, or antigen. So sugar (carbon) and oxygen are the number one need of your body.

When you consume *complex sugars*, as in anything *complex*, your body now has to deal with the need for more cortisol and the overload of *simple sugars* and now has to store them as *fat*, *excrete what it can*, and use the *fungus* family to help it rid itself of all the unneeded sugar through fermentation. This causes excessive acidosis. If one's adrenal glands are weak and one runs low cortisol levels one can see blood sugar problems.



The same is true with *proteins* and *fats*. A lot of man's toxemia comes from *excess proteins*, *fats*, and *sugars*, which are broken down into acids, stored and/or parasitically acted upon. With a stagnant lymphatic system, this creates: *systemic acidosis*, *body odors*, *culturing of parasites* (*bacterium*, *protozoa's*, etc.) all of which start the inflammatory (*immune*) response and the atrophy of the body.

When you feel low energy 99% of the time it's your adrenal glands. We mistakenly think that protein is our energy source instead of a sugar (carbohydrate). This is old propaganda. The only energy we feel from meat is the adrenalin (epinephrine) in the meat from its death. Carbon and oxygen (carbohydrate) is our main source of chemical energy.

You must understand your body **does not** use *proteins* for energy. It is only the *adrenaline* or *epinephrine* in meat that is energetic. This is a problem in that your *adrenal glands* are supposed to supply your body with *adrenaline* when needed for nerve function.

Fruit (sugars) and Candida (fungus)

It is said, “*Sugars feed Candida*”. I hope with the above understanding you can see through this myth! If you put out a piece of *cheese*, a *slice of bread*, and some *grapes* or a *ripe banana* on the counter in your kitchen, which one is going to grow mold (*fungus*) on it first? It will be a race between the *bread* and *cheese*. The fruit will only grow mold as it begins to ferment, since the cheese and bread are already fermented.

Remember: Nature uses the *parasitic kingdom* to clean and eliminate that which is not needed, damaged, or in some way loses its ability to support life in a healthy way. *Fermentation* and *putrification* are the processes of decay, or breakdown, which require parasitic action. Healthy cells and lymph do not require parasitic action. Of course this includes the cells in your body. With this understanding, what type of sugar could *feed Candida* (*yeast, fungus, molds, warts, etc.*)? That’s right... **STARCHES and EXCESS SUGARS!** They also equal fermentation—especially with low adrenal function.

Sugars (fruit) and Cancer

“*Sugars feeds cancer*” is another tremendous myth. To claim sugars feed cancer is to deny what decades of science has proven. To starve the body for a sugar is to starve the cell of its energy. This causes cancer. *Starvation, acidosis, and ketosis* damage cells. A damaged cell is on its walk down the road to *A-typical* and becoming a *cancer cell*. Acids, of course, are what damage a cell in the first place. Acidosis is caused by eating *proteins* and *refined fats* or too many *supplement fatty acids*. Remember: The body is simplistic. More is not better. Less is often times better e.g., fasting of all types, under-eating, etc. Acids are corrosive and damage the cell when one’s lymphatic system can no longer filter them through one’s kidneys. Acids create inflammation and the parasite response to the above. As said, glucose and fructose are both simple sugars. To say a fruit feeds cancer is also saying vegetables feed cancer. This is all stupid thinking! Even the American Cancer Society recommends a high fruit and vegetable diet! With this said, the whole concept of diseases is a fabrication of the AMA. Chemistry and physics rule—there is simply cause and effect, no labels.

There are many properties that make fruit superior to vegetables. Fruits are high in *antioxidants* and *astringents* and will move your lymphatic system. This is why one sees a lymphatic response when fruit is consumed. That is what you want! Fruits, also being a simple sugar, are superior for *blood sugar conditions, pancreatitis, hepatitis*, and all other *gastric and intestinal conditions*. Fructose **does not** require insulin or extensive digestive enzymes. Fruits magnetic (*electrical*) energy is the highest of all foods, making them superior brain and nerve foods. They will bring energy to the body where most other foods take it away. **NEVER FEAR THE USE OF FRUITS!** I cleaned up a lymphoma case in France once in 45-days on grapes, a stomach cancer case in 56-days, the list goes on and on...

Detoxification and Fruits

Superior deep-tissue detoxification can only take place with **fruits and water fasting**. Vegetables, because of their lower *energetic, antioxidant* and *astringent* properties, will only detoxify you so far, and then you will reach a plateau. I see this all the time, especially in these “*so-called*” detox and health retreat centers. I have a lot of clients who have tried these “detox centers” and then call me out of desperation. They are always craving fruits! Add fruit and botanicals to the mix and you will have the superior way to win over the conditions **you** created.