

NON-FOODS, THE 4 WHITES (A.K.A. “the four wicked whites”)

The following categories contain items that are commonly ingested. They are not foods although they are thought of as such, and billions of dollars are spent each year to back that notion. With the exception of salt, these substances were, at one time, foods.

1. Salt

Sodium is an essential mineral. It is found in abundance and in beneficial form (covalent bond) in fruits and vegetables. However, sodium chloride (table salt), monosodium glutamate, sodium saccharin, and baking soda as well as other compounds all contain an inorganic form (ionic bond) of sodium that is harmful and should not be eaten. Arteriosclerosis, high blood pressure, pulmonary edema and excess mucous formation, are but a few of the diseases linked to inorganic salt intake.

2. Sugar

White sugar has gone through a process in which it has been stripped of fiber, enzymes, vitamins, minerals and nutrients. These substances are necessary for its proper assimilation in the human digestive system. Since the white sugar has been robbed of these important nutrients, and these nutrients are necessary for the sugar to be utilized, the body is in turn robbed of a host of vitamins, minerals and other nutrients as part of its processing of this lifeless substance.

White sugar has been shown to have a detrimental effect on the adrenal glands, liver, pancreas, thyroid gland, central nervous system and immune system.

The only healthy way to eat cane sugar (from which brown and "raw" sugars are also made), is to eat a fresh, raw stalk from the sugar cane plant.

3. White Flour

In my mind a clever way to sell what's left over after whole wheat flour has been processed, white flour is one of the most readily available nonfoods on the face of the planet.

All valuable nutrients are removed by smashing, stripping, crushing and otherwise abusing whole grains. White flour is born from the death of the whole grain. Nutrients needed for breakdown by the human digestive system, originally present in the food, including oils, vitamins, minerals, bran and wheat germ are removed. The resulting by-product, white flour, is what's left. In the body it is digested so poorly that a heavy, slimy, sticky residue is deposited in the intestine causing a myriad of problems. Not being one to foster outlandish claims or use fear tactics, ponder this. White flour has been known to cause intestinal blockage and subsequent death when fed to farm animals.

Finally, since I believe in always looking for the positive, I leave you with this simple fact; White flour makes great wallpaper paste, school paste, Play doe and paper mache! Digest that!!

4. Pasteurized Milk

Pasteurization was developed as an emergency method to stop the spread of disease. Contaminated milk from infected, diseased animals was heated in order to kill

live disease causing bacteria. Along with the destruction of this harmful bacteria, live enzymes, vital to the proper breakdown of the milk in the human digestive system, were also destroyed.

Pasteurization increases the shelf life of milk and is believed by many to have become a wholesale opportunity for the dairy industry to sell less than acceptable milk.

There are many in the health care field who feel that humans should not drink milk past the time of weaning. I have heard it said, that milk, in its raw and chemically correct form for humans, is naturally available during the time in their lives when it is necessary.

I will simply say that only milk in its raw unheated state, from a healthy disease-free animal, should be considered for human consumption. Pasteurized milk is a nonliving, mucous forming and obstructive substance.

Again, since I believe in always looking for the positive, I leave you with this simple fact; Were it not for pasteurization and its denaturing effect on the proteins found in milk, one of the greatest discoveries of the 20th-century would never have been possible, I speak of course of Elmers Glue. Bottoms up!!

Substitutes

⇒ For white flour

- Bean flours, soy is alkaline
- Whole grain flours (millet is alkaline)
- Ground sprouts
- Potato flour
- Arrowroot and Agar for thickening

⇒ For salt

- Spices
- Herbs
- Mrs. Dash
- Lemon juice
- Vinegar

⇒ For sugar

- Fruit juices, purees and jellies
- Raw honey
- Stevia
- Sucanat
- Molasses
- Maple syrup
- Barley malt
- Artificial sweeteners
 - Aspartame (NutraSweet, Equal)

- Aspartic acid, an amino acid
 - Inherent dangers—headaches, seizures, blindness, loss of memory, cancer

⇒ **For dairy**

- Soy Ice-cream
- Sorbet
- Toffuti
- Soy yogurt
- Soy milk
- Nut and seed milk
- Soy cheese - not all dairy free
- Raw milk—controversy

Raw milk cheese

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