



The 4 Whites + Substitutes

(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 table salt, these substances were, at one time, foods.

1. 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.

2. 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 of the 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.

Also in the overall category of over-processed flour, it is important to be careful of products that claim to be 100% whole grain. Unless a flour has been prepared by stone grinding, it will have been subject to what is known as roller grinding and will be seen by the digestive system as white flour. Therefore, only 100% stone ground whole grain flours should be consumed.

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 Doh® and paper mache! Digest that!!

3. 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 these 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 Elmer's Glue. Bottoms up!!

4. Table Salt

Sodium is an essential mineral. It is found in abundance and in beneficial form (covalent bond) in fruits and vegetables. However, like our sugar, flour and vegetable oils, most salt is highly refined. This includes sodium chloride (table salt), processed sea salt, monosodium glutamate, sodium saccharin, and baking soda as well as many other salt compounds.

Heating and refining salt causes beneficial covalent bonds to become ionic bonds. This ionic form of sodium is harmful and should be avoided, and ideally, not eaten at all. Arteriosclerosis, high blood pressure, pulmonary edema and excess mucous formation, are but a few of the diseases linked to inorganic salt intake.

Unheated and unprocessed sea salt is the only type of salt that should be consumed. It comes from various regions around the world and offers many benefits to the human body.

Here is a link from our website, CherubHealth.com, where you can purchase the kind of quality sea salt that we recommend to our patients at the Cherubino Health Center. <http://cherubhealth.com/links>

Substitutes - (some quick suggestions)

**For more information we recommend www.CherubHealth.com.
This site contains hundreds of informational text and audio files.**

For white flour

- o Bean flours, soy is alkaline
- o Whole grain flours (millet is alkaline) – {whole-grain flours must be both 100% whole and stone-ground} any other flour will be roller ground which pulverizes the flour into essentially white flour. This is true regardless of the fact that the label may say 100% whole grain.
- o Ground sprouts
- o Potato flour
- o Arrowroot and Agar for thickening

For table salt

- o Spices
- o Herbs
- o Mrs. Dash
- o Lemon juice
- o Unprocessed unrefined Sea Salt
- o Vinegar

For sugar

- o Fruit juices, purees and jellies (no sugar added)
- o Raw uncooked, unprocessed honey
- o Stevia -- 100% unadulterated (no dextrose, maltose, fructose or other hidden sugar allowed)
- o Sucanat
- o Black Strap Molasses (used sparingly)
- o Maple syrup (100% pure)
- o Barley malt

For dairy

- o Soy Ice-cream
- o Sorbet
- o Coconut ice cream
- o Soy yogurt
- o Soy milk
- o Nut and seed milk
- o Soy cheese - not all dairy free
- o Raw milk—(this is controversial but is workable for some)
- o Raw milk cheese

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