

A TRUTH PUBLISHING SPECIAL REPORT

# Toxic Foods, Dead Foods, Living Foods

Understanding the three categories of foods  
and how they impact your health



M I K E A D A M S



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## Toxic Foods, Dead Foods, Living Foods

There is a lot of misinformation out there about the health status of foods. Did you know that most health foods aren't healthy? In fact, I divide all foods into three basic categories: toxic foods, dead foods and live foods. Personally, I only consider live foods to be healthy. Most of the products in health food stores are actually dead foods. They're just processed versions of food that don't contain toxic chemicals. In other words, they're not toxic foods, but they certainly aren't live foods either.

About 80 to 90 percent of what you see in health food stores is dead food. It's all processed food. In fact, there are some huge dangers in health food stores.

The health food industry hates it when I talk about this. It loves the fact that I talk about vitamins, nutrition and eating healthy, but it hates when I point out which products contain toxic ingredients, like chemical excitotoxins; taste enhancers that disrupt endocrine system function. This is why you'll only get this information from a guy like me, who has no financial interest in any of the products or companies that I talk about. I give it to you straight. I don't care who I offend, as long as I can get you the truth.

### Toxic Foods

Let's start with toxic foods. What are toxic foods? Well, they shouldn't even be called foods. They are toxic substances, but, for convenience sake, we will call them foods. I'm talking about foods that have toxic ingredients added to them or contain toxic chemicals as a result of their high temperature cooking, processing or preservation. These are the foods in the grocery store that contain metabolic disrupting ingredients like monosodium glutamate, yeast extract, hydrogenated and partially hydrogenated oils, artificial colors, sodium nitrate, refined sugars, white flour and lots of sodium. These are toxic ingredients.

Something like white flour might sound kind of natural, like it's made from wheat, but what you're not told is that white flour contains a toxic chemical called alloxan, which promotes type 2 diabetes. It's a contaminant that results from the bleaching process of white flour, but, of course, it's not listed on the label.

Anything that's been cooked at very high temperatures—especially carbohydrates in potato chips, nacho chips or any other fried snack chips—contain acrylamides and other chemicals that aren't listed on the label. These chemicals cause cancer. Now, these aren't added as ingredients. They're just byproducts of the cooking process.



Dairy products (including milk) is one of the top food allergies out there. People can't digest the milk proteins, and as a result, they get lots of stagnation. They get constipation, asthma and acne from dairy products.

We also have all those processed meats out there, which are actually made and formulated with cancer-causing ingredients like sodium nitrite or nitrate. These companies actually add cancer-causing ingredients to these foods on purpose, and they know these ingredients cause cancer, yet they add them anyway because they make the meat look red. They are color-fixing chemicals; that's their whole purpose. Yes, they kill botulism and are antibacterial, but only because they kill living tissue. So why would you want to eat it?

It's a chemical poison in these processed meats. Every meat product that has a shelf life contains these chemicals. Practically all beef jerky contains them. Check it out yourself. Look at all the beef jerky, sausage, hot dogs, pepperoni, salami, bologna and packaged ham and turkey on the market. It's even in the ham in soup cans. When you're eating that soup, you're eating cancer. Plus, there's so much salt in those soups, you're risking heart disease and high blood pressure. There's also MSG in most of those soups, so you're risking endocrine disorders and damage to your nervous system. All that in a can of soup!

This is not to mention dairy products like homogenized milk. Homogenization refers to blending the fat molecules in milk in a way that makes them microscopic. Why do this, you ask? No consumer wants to walk into a grocery store and buy a gallon of milk when the top third has separated from the bottom two thirds, but that's the way real, raw, whole milk looks. It's kind of like peanut butter. When you buy peanut butter, you want the peanut butter where the oil has separated from the rest of the peanuts. That means it's healthy, natural peanut butter. That means it doesn't have any hydrogenated oils. The brand name peanut butters are all creamed together, and there's no separation of oil because they use hydrogenated oils. They use these plastic fats to blend it together and make a stable shelf life. The same thing is true with milk.

Homogenized milk fats are blended in to make sure the milk never separates. The problem is that these fats are foreign to

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the human body. They diffuse into places they aren't supposed to go, and they cause all kinds of havoc. This is why dairy products give people so many health problems. It's one of the top food allergies out there.

People can't digest the milk proteins, and as a result, they get lots of stagnation. They get constipation, asthma and acne from dairy products. All kinds of skin problems result from the body trying to rid itself of these milk fats in milk proteins. If you have an acne problem, stop drinking milk. If you have a constipation problem, stop drinking milk. Actually, I recommend everyone stop drinking milk, but that's for a number of other reasons.

Toxic foods are the foods that are most heavily advertised and marketed. These are the foods that have coupons available for them. These are the foods that most people are familiar with. These are the party foods and the picnic foods—the “fun” foods. These are the foods you see famous people eating on television, but at the same time, these are the foods that will give you chronic disease. These foods will give you cancer, diabetes, heart disease and depression. They can literally imbalance your entire brain function. They can destroy your moods and make you become negative and depressed.

Then, of course, you go to the doctor, and he or she will put you on antidepressant drugs as if that would solve the problem. Depression is not caused by a lack of antidepressants. It's caused by bad diet. All these toxic foods stress out your entire system. It's like injecting poison into your blood.

Think about it: Your digestive process is designed to extract nutrients from food and put that nutrition into your blood supply. It does this so your cardiovascular system can circulate blood and deliver nutrients to the cells, tissues and organs in your body. That's what digestion is all about. If you eat poison, the whole system works against you. That distribution center distributes the poison that you put in your mouth to your entire body.

It's amazing that people keep poisoning themselves each and every day. Toxic foods deplete your body of the nutrition it needs to heal itself. These foods actually strip out minerals, vitamins and healthy oils that you need for a healthy, functioning nervous system, immune system and digestive system.

Toxic foods deplete your body's ability to operate normally. For example, if you eat something with hydrogenated oils in it—like margarine, crackers, cookies, or even tortillas—those oils compete chemically with the absorption of essential fatty acids. They cause nutritional deficiencies, and you end up not absorbing healthy oils, even if you have eaten them. For example, if you eat some flax seeds, which have omega-3 oils in them, or you eat some salmon with healthy fish oil in it but then chug down some bread with margarine, the margarine competes for absorption and essentially blocks some of those healthy oils that you've been consuming. They work against you in so many ways.

**Ninety-four percent of all chronic disease is related to food intake. Think how many lives we could save in this country and around the world if we were able to effectively teach people how to make healthy food choices and give them ways to stick to it.**

It's a wonder that more Americans aren't dead right now, considering their consumption of hydrogenated oils. Many are dead, unfortunately. Ninety-four percent of all chronic disease is related to food intake. Think how many lives we could save in this country and around the world if we were able to effectively teach people how to make healthy food choices and give them ways to stick to it. Part of that process is education.

Let's go on to the next category. We've already covered toxic foods, and you should never consume foods made with any of the ingredients I've mentioned. If you want the details, I cover this thoroughly in the book "Grocery Warning," available at [www.TruthPublishing.com](http://www.TruthPublishing.com).

Who eats toxic foods? Often, it's people of lower economic status. People suffering from poverty are eating these toxic foods because they don't know any better and because they buy food on impulse. They buy what they see on TV. They make the worst choices possible in terms of their nutrition, and they spend money very unwisely, because not only are these the most toxic foods, they're also the most overpriced. They have the highest markups and the highest profit margins of all foods available. Yet it's the poorest people in our nation who go to grocery stores and buy this stuff, thinking they are saving money by purchasing cheap food. It's amazing how successful these marketers are at duping people.

## **Dead Foods**

Let's go on to the second category. These are what I call dead foods. A dead food is anything that's been cooked. It could be a tortilla, a natural potato chip, or even a veggie burger. They are all precooked. Now, if a food is cooked *and* it contains MSG, yeast extract, hydrogenated oils, sodium nitrite or any of these other ingredients, then it's a toxic food. A dead food is specifically a cooked food that does not have toxic ingredients. In other words, a dead food is better for you than a toxic food. Now, it may not give you outstanding nutrition, but at least it's not going to kill you. It's not going to poison your blood, and it won't accelerate your chronic disease in the same way that toxic foods do, so dead foods are a step up. Dead foods are things like natural oatmeal or granola. In fact, most of the packaged products



you find in health food stores are dead foods. They may say they are all natural, and they may say they are health foods, but in my book, they're not health foods at all. They're dead foods. What's healthy about eating dead food?

When you cook the food, you destroy so much of its nutrition. You destroy its mineral content and especially its vitamin content. A lot of the minerals actually stay in there, unless they are boiled away, but the vitamin content is certainly destroyed at high temperatures. The phytonutrients, which are the pigments and other specialty chemicals provided by nature to fight disease, are destroyed at high temperatures. Protein is destroyed as well.

Cooked foods just don't have the nutrition of live foods, and yet most of the so-called health foods in the health food stores are cooked foods. You may think you've found yourself a healthy food bar, but if it doesn't say "raw" on it, it's dead. People think they're doing themselves a favor when they go and drink a bunch of V-8 because it's a vegetable juice. It is better for you than a can of Pepsi or a bottle of Gatorade, but it's still dead. It's nothing compared to the nutritional content and bioenergy of live food.

Another thing you'll see in a lot of the food products that claim to be health foods is yeast extract. There is a blunt truth about yeast extract that food companies hate me to reveal. I get hate mail from these health food companies. Yeast extract is a slick con. It's a way for these companies to slip MSG into foods without having to put it on the label. Basically, food companies have found a clever way to get free glutamate—which is like an amino acid—into their foods, and this is what stimulates the taste buds and makes food taste better than it should. It gives foods a deeper, richer, more exciting taste.

Because these foods are dead, these chemical taste enhancers are necessary just to make them tolerable. So companies slip this free glutamate into foods and call it yeast extract. They grow yeast in a giant vat and then pull out amino acids. The amino acids are highly concentrated, kind of like in cocaine.



Most of the packaged products you find in health food stores are dead foods. They may say they are all-natural, and they may say they are health foods, but, in my book, they're not health foods at all. They're dead foods.

### THE HEALTH RANGER'S Top Three Appetite Suppressants:

- 1 A big glass of water
- 2 Cardiovascular exercise
- 3 Raw Foods\*

More articles on water, cardiovascular exercise and raw foods can be found online at [www.NewsTarget.com](http://www.NewsTarget.com)

\*Raw foods that are not very high glycemic

If you take a bunch of coca leaves and refine and concentrate them, you get cocaine. The coca leaf itself is a natural plant, and there's nothing wrong with it. You go down to Peru, and everybody's chewing coca leaves. Everybody is drinking cocoa leaf tea, because they're at a high altitude in the Andes Mountains. When I was down there, practically everybody on my entire tour drank cocoa leaf tea, as did the natives. No one is addicted to coke. It's just a natural, low potency herb. It can be very healing under the right circumstances. Yet, when you extract it and concentrate it a thousand times or more, you get something that is an addictive drug. That's cocaine, crack cocaine.

Food companies do the same thing with yeast extract. They pull this free glutamate out of the yeast and then concentrate it in a very unnatural way. They inject this into the foods, and on the front of these boxes—I kid you not—some of these foods claim they are “100 percent all natural.” I've seen it right on the boxes, and I've debated with these companies about this. These include companies that are amongst the top names for making veggie burgers. I don't want to name names, because I'm tired of fending off legal threats from their lawyers, but they know who they are, and you can know who they are. Take a look; read the ingredients. You will find an ingredient called yeast extract. It's crack cocaine for your tongue.

All these so-called health foods out there are actually putting yeast extract into their products. In the health food store, almost all the products that are called vegetarian contain yeast extract. Some of these so-called health foods are really a joke. There's nothing healthy about them. They're just non-toxic foods; that's all. Healthy and non-toxic is not the same thing. Of course, the ones that use yeast extract are toxic foods, but even the ones that don't are merely dead foods. Why would you want dead foods?

I've been doing a lot of experimenting with cooked foods versus raw foods, and cooked foods have a couple of very interesting and powerful side effects on the human body. For starters, cooked foods will make you feel hungry. That's right; if you eat cooked foods, especially cooked carbohydrates in any form—even whole grains—they will make you feel hungry. If you ate those exact same grains raw, you'd feel so full you couldn't take another bite. The same is true with vegetables. If you cook some cabbage and eat it, you won't fill up. If you eat raw cabbage, you feel full before you've hardly eaten anything.

I've come to the conclusion that cooked foods and dead foods are actually appetite stimulants. They are just like popping pills that make you hungry. So any time you eat cooked foods, you're popping a pill that makes you hungry, and this is especially true with cooked or processed carbohydrates. That means all those crackers, chips, cookies, pastries and breads are appetite stimulants.

I remember when I was younger I could eat a dozen doughnuts in one sitting. I could eat an entire medium sized pizza. When I was a kid, I could eat an entire box of Fruity Pebbles or Lucky Charms.

I'd get out a salad bowl and pour almost the entire box of cereal in that bowl. I would get out a gallon of milk, start pouring that in there, and chug away. I could eat the whole darn thing! You can't do that with raw foods. You start eating raw foods and you get full because raw foods are appetite suppressants. They turn off your appetite better than drugs or nutritional supplements.

In all the research I've done and the thousands of dollars I have spent on nutritional supplements and toying around with appetite suppressants, do you know what are the top three appetite suppressants I've ever found? From the top down, they are a big glass of water, cardiovascular exercise and raw foods—that is, any raw food that's not very high glycemic. Raw vegetables are the best. They just shut off your appetite. It's amazing. They don't even have to be whole vegetables. They can be blended. I can hardly eat half a bowl of raw soup. It just turns off your appetite.

Think about that. Dead foods stimulate your appetite, and raw foods turn it off. If you see someone who's overweight, you can assume that person is eating lots of dead foods and probably a fair amount of carbohydrates.

When I think about when I used to be heavy, it scares me. I'm significantly lighter today. I lost 50 pounds of body fat when I underwent my own health transformation a few years ago. But how did I get fat? I got fat by eating tons of dead food. In fact, I used to eat at McDonald's all the time. I was a Taco Bell fiend. I was eating all these fried Taco shells. I was eating that stuff they called beef. I was packing on a lot of weight, flirting with borderline obesity.

Now I think about how I eat raw foods and don't feel hungry anymore. I cannot get fat on this diet. In fact, I'm slimming on this raw foods lifestyle, and I don't have much left to slim away. That's how powerful these raw foods are.

## **Living Foods**

Now we'll move onto living foods, which make up the third category. These are the true health foods. When people talk about health foods, they had better be talking about fresh produce, because everything else is just a joke. The real health foods out there are the foods provided by nature. Nuts, seeds, whole grains, fresh fruits and vegetables are where the nutrition really is. That's where the vibrancy of life is really found, and where nature has provided all the medicine you'll ever need.

I can walk into a grocery store, and I can go item by item and name the diseases those items prevent, as long as I'm in the produce section. You just go down the row, and all of these foods—fresh produce, vegetables, fruits, nuts, seeds, whole grains, and healthy oils—are the foods of health and rejuvenation. These are the foods that allow your body to heal itself.



The real health foods out there are the foods provided by nature. Your ancestors survived for the last 350,000 years on the foods they found in the natural environment like berries, roots, seeds and vegetables. Not french fries and Diet Coke.

I'm fond of saying, "Your body is its own micro-surgeon." Actually, it has an army of billions of little micro-surgeons running around inside all your cells, and these will repair themselves. All you have to do is give your body the proper fuels and building blocks to repair itself, and those fuels and building blocks are raw living foods. It's really that simple.

Think about your ancestors, all those people who survived for the last 350,000 years on this planet as Homo sapiens. They perfected a genetic code that was in balance and harmony with the natural environment. Do you know what they ate? Do you think they ran around and ordered a Big Mac from McDonald's and some french fries and a large Diet Coke? No; they foraged for their food.

Our ancestors ate live, raw food found in nature. They found berries and roots. They found grasses, seeds and vegetables. They ate leaves. Occasionally, they caught and killed some kind of animal. You know what they ate in the animal, by the way?

Do you know what was really healthy when they ate animals? They ate the raw bone marrow. I'm not kidding. If it weren't for bone marrow nutrition, we might not even be here today, because at one point in the history of humanity, the entire population dwindled to well below about 10,000 individuals, and they were able to survive because they could go to the carcass of an animal that had already been eaten, and they could break the bones that were left and actually eat the marrow out of the bones. They ate it raw. They would literally find the carcass of a large animal, crack the ribs open and eat marrow out of the bones. Maybe it sounds gross, but it's no more gross than what people are eating today.

Our ancestors were surviving. They were eating what was in their natural environment, and they ate it raw. They didn't cook those bones, thank goodness. Bone marrow is loaded with outstanding nutrition for nervous system function. There are healthy oils in the marrow of bones. I'm not a carnivore, and I don't promote

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## **You are the product of tens of thousands of generations of survivors, who lived in perfect harmony with their natural environment by eating raw foods.**

eating meat. I don't eat any myself, but if you are going to eat parts of an animal, bone marrow is about the most nutritious part you can get.

Nobody eats that today. They eat all the other parts, but think about it: Our ancestors ate everything raw, and that's what gave them the nutrition to survive, thrive and reproduce. That's what brought you here. You are the product of tens of thousands of generations of survivors, who lived in perfect harmony with their natural environment by eating raw foods.

In the history of Homo sapiens, organized farming is very recent. Agriculture is recent. Most archeologists believe that humans began cultivating crops within the last 10,000 years, and until recently people were eating the whole grains they grew, and most food wasn't cooked for a long time.

Factory foods are a very recent development. It's probably been fewer than 75 years that we've had factory foods, which contain added chemicals to boost their shelf life. So, in the history of all humanity, for 99.999 percent of the time, we ate primarily raw foods. That's how we survived.

Now, we are eating dead, processed foods that came from a factory, not nature. All of a sudden, we have the highest cancer and diabetes rates in history. We're losing our minds. We're depressed at unprecedented numbers. We have kids 9 and 10 years old who are obese and diabetic. They are not even adults and they're getting diseases. There are kids 6 years old who have signs of heart disease and arteriosclerosis. How does that happen?

It happens because we've gotten away from eating raw live foods. Instead, we are eating dead and toxic foods. It's very simple to correlate the health outcome you want with these kinds of foods. If you want to be toxic, eat toxic foods. If you want to be dead, eat dead foods. Of course, if you want to be alive, eat living foods.

When people try to tell you they have healthy foods that have been cooked, fried or augmented with chemical taste enhancers like yeast extract, then you know they're full of bunk. Those aren't healthy foods, and if they contain yeast extract, they are toxic foods.



A simple recipe using raw-hulled buckwheat for a breakfast cereal can help prevent diabetes and give you better nutrition than any other breakfast cereal. It's also 100-percent natural.

A lot of health food companies don't even offer health food. They just have processed food without toxic ingredients. That's it. That's not health food. Real health food comes from nature. Real health food is alive. It's raw, it's living, and it's never been cooked. You can do a lot with real health food.

## **Buckwheat Cereal - Natural, Cheap and Easy**

Let me give you a really simple recipe right now that you can use. Do you want to make your own breakfast cereal that is whole grain, low glycemic, great for diabetics and dirt cheap? It's dirt cheap, and it's the best thing for you. I make this all the time for breakfast, and I save a fortune. People are always telling me it costs more money to eat healthy, but I can eat very healthy, very cheaply.

You want to find raw, hulled buckwheat. It's shaped like a tiny diamond, but it's a whole grain. It cannot be toasted, and it cannot be buckwheat flour or flakes. It has to be whole grain buckwheat, and it has to be raw. You might find it in the sprouting section of a health food store.

Buy a couple pounds of this buckwheat so that you can make this easily, in large batches. Soak the buckwheat in water for four to six hours, then pour the water out. Rinse it off and pour that water out. Then spread this buckwheat out on sheets for a dehydrator, or if you have some good sunshine where you live, you could put these sheets outside. Then just let them dry. That's all you do.

If you dry them in a food dehydrator or dry them under the sun, make sure when you're drying them, they never get hotter than 115 degrees. Then, when they're dry, just put them in a giant bag and you have cereal. That's it. You have no refined sweeteners, white flour, chemical additives or preservatives, fancy packaging, coupons, marketing hype or TV ads. This is just the simplest, most natural breakfast cereal in the world.

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For more articles on buckwheat, visit [www.WebSeed.com/Buckwheat.html](http://www.WebSeed.com/Buckwheat.html)

You can make this yourself for pennies a bowl, and it's going to help prevent diabetes and give you better nutrition than any other breakfast cereal. If you care to, you can throw in some flax seeds, or you can even put in sweeteners and make your own granola out of it. You could put some agave nectar in there, which is a nice and healthy sweetener. You could put some chia seeds in there as part of that process too, and chia seeds even help it stick together. You could just go to town on all these recipes, making your own cereal. It's dirt cheap, and it's super easy. It's also 100 percent natural.

Do you know what they would charge you for this in a health food store? I don't have anything against health food stores. I'm very happy that they are around, and I visit them frequently. I recommend that people go there and buy the right things, but products are expensive there. Let's face it. There's a lot of markup, distribution and inventory overhead in the entire chain. If you make it yourself, you can make it for pennies. You can buy raw, hulled buckwheat very inexpensively, and you can make your own cereal for just pennies on the dollar.

So there's one easy tip on how to use this third category of raw living foods to enhance your health. You'll save a lot of money at the same time. If you are feeding a family, feed them this, or feed them bulk quinoa. Boil some quinoa. It's not live or raw, but it's the only grain that doesn't get acidic when you boil it. It's the only grain that I recommend cooking. Raw quinoa doesn't work very well because it doesn't blend well for some odd reason.

## **Make a Choice**

It's up to you to decide which kind of human being you want to be. Do you want to be a toxic person? Do you want to be a dead person? Or do you want to be someone who is truly alive? That's what you can be if you choose living foods and raw foods. I'm a huge proponent of the raw foods movement, and I am now a raw foodist myself, but I came to it through a journey of realization. It was inevitable, considering my study of nutrition. Eventually, you're going to come to the conclusion that there's nothing better for you than raw foods. If you really do the math and look at the research, you can't help but reach that conclusion, eventually. This might be completely new information to you.

Just read the ingredients. Look at what you're buying. A lot of that stuff is garbage. A lot of it is toxic. You really have to educate yourself. Don't trust food companies. They will never give it to you straight. They're in business to make money, and they do that by selling boxes. They've just got to move boxes off the shelf. They don't care what's in them, as long as they can sneak it onto the label and comply with food and drug regulations. That's fine with them. It's not the food company's problem. They're going to put anything they can get away with into those boxes. You can't trust them. You've got to trust your knowledge. You've got to educate yourself. You've got to learn about the stuff and experiment with it yourself.

Find out what works for you. Do what I did. Take a 30-day raw foods challenge. Find out what it feels like. Do 30 days of raw foods and see what it's like, or try 30 days without dairy. See how you feel. Don't let me tell you what's good. Don't let your doctor tell you what's good. Don't listen to any website or any other person. Try it yourself. Do 30 days without any dairy, and you tell me whether you feel better or not. I almost guarantee you will feel better after 30 days with no milk, cheese or dairy products. It's only 30 days out of your life. You have nothing to lose. It's just a simple experiment.

Try 30 days without red meat, or try 30 days without any meat at all. How about trying 30 days without artificial chemical sweeteners? See if your migraine headaches completely vanish, as they do in most people. Try 30 days without excitotoxins. That means no MSG, no yeast extract and no aspartame or chemical sweeteners. Maybe you want to try 30 days without artificial colors. Just experiment with this stuff. See how you feel.

No textbook can tell you what your reality is. No doctor can tell you what your level of health is going to be. You have to experience it yourself, firsthand. That's the only way that you can prove to yourself that this is true. Don't stay stuck in a rut of the same foods you've always consumed. Those exact same foods got you to the current state of disease that you might be experiencing. I'm talking to all those out there struggling with a chronic condition. How did you get there? You got there by following a recipe full of certain foods that you consumed over and over and over again. You got into a pattern of toxic foods and dead foods.

I know that's how I did it. I was really good at being diseased. I was in chronic pain for 10 years. All throughout my 20s, I had chronic lower back pain. It was like a knife was stuck in my vertebrae for 10 years. I couldn't even sit down without experiencing intense pain. Well, how did I manage that? I followed a recipe. It was a stupid recipe, but at that time, I didn't know any better. I followed a recipe of eating toxic foods and dead foods, and I didn't exercise either. I watched a lot of television. I got chronic back pain, borderline obesity and diabetes and I got very depressed.

You may have something totally different. You may end up with breast cancer or prostate cancer or Alzheimer's disease if you follow that recipe. Different people will express it differently, but it's all the same toxic condition.

Your body just has different strengths and weaknesses that will be exploited by those toxic foods to give you different degenerative conditions. If you want a recipe for disease, it's very easy to follow. Just do what everyone else is doing. Do what the entire country is doing. Eat everything you see on TV. Eat out a lot too. Eat at restaurants, because food there is loaded with toxic ingredients. You can't even get salad dressings in most places without getting MSG. If you get gravy at any of these family restaurants, it's loaded with MSG.



Even though there is a recipe for disease, there's also a recipe for joyous, outstanding health. That's the recipe that I've briefly outlined for you. It's a recipe of eating fresh, raw foods, living foods, and avoiding toxic foods and dead foods. Feed your body foods that are alive, foods that are from nature. Feed yourself lots of berries. I'm a big believer in berries and healthy nuts like almonds, macadamia nuts and cashews. I only drink almond milk now. I make my own almond milk. It's very easy to make. If you want a recipe for health, it's out there.

Keep educating yourself. Read more of my stuff, and read other people's stuff. Learn about raw food nutrition. That is the answer to being free of chronic disease, chronic pain and depression, and that is how you can open up a whole new universe of creativity, clarity and energy in your life. Those living foods are the answer. That's how you get there.

Thank you very much for reading. I feel honored that you would spend this much time and have this level of interest in this information. I feel really blessed to be able to bring this information to you. It's my joy to do this. It's my passion. My name is Mike Adams, the Health Ranger, and you can find more information at **[www.TruthPublishing.com](http://www.TruthPublishing.com)**. That's where I publish a number of books and reports. Most of the reports are free, and most of the books are paid, so you can pay to download them or get a physical hardcopy. I also write articles at **[www.NewsTarget.com](http://www.NewsTarget.com)**, where I post some news headlines. So those are some resources you can use online.

You might also want to visit Dr. Gabriel Cousens' website at **[www.TreeofLife.nu](http://www.TreeofLife.nu)**. Dr. Cousens is an M.D. who founded the Tree of Life rejuvenation center, an incredible oasis in southern Arizona that focuses on spiritual awakenings and physical cleansing through live foods.

Newstarget.com has more than 15,000 articles, opinion pieces and summaries. It has its own search function so if you want to find out about something, just go to the top of the screen and type in a search word. It will bring up all the articles that I've written on those items. You can search conditions like diabetes and find everything I've written about diabetes. The site also teaches you to take responsibility for your health outcome. You will find it empowering and interesting, I guarantee you. Again, thank you for reading; it's been my joy sharing this with you.

**What Will Be Your 30-Day Challenge?**

Make a commitment to try something new here:

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## About Mike Adams, the Health Ranger

Mike Adams is a consumer advocate and holistic nutritionist with more than 5,000 hours of study on nutrition, wellness, food toxicology and the true causes of disease and health. Adams began his exploration into the true causes of health during his own personal journey from borderline obesity and chronic back pain. He is the chief editor of [www.NewsTarget.com](http://www.NewsTarget.com) and author of more than 10 books on health and wellness available at [www.TruthPublishing.com](http://www.TruthPublishing.com).

Adams uses no prescription drugs whatsoever and relies exclusively on natural health, whole foods, superfoods, nutritional supplements and exercise to achieve optimum health. To prove the value of nutrition and physical exercise in enhancing health, Adams publishes detailed statistics on his own blood chemistry (with full lab results) at [www.NewsTarget.com/AdamsHealthStats.html](http://www.NewsTarget.com/AdamsHealthStats.html).



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