

# TOP 5 **WORST** FOODS FOR HUMANS

**#1**

## Dairy Products

- Ice Cream
- Cheese
- Milk (includes raw milk)
- Yogurt
- Milk Products
- Etc.



**#2**

## Processed and Refined Foods

- Canned foods
- GMO
- Processed foods and sugars
- Rice
- Etc.



**#3**

## Animal Protein & Products

- Beef
- Pork
- Chicken
- Fish
- Lamb
- Turkey
- Etc.



**#4**

## Proteins from Other Sources

- Beans
- Soy products
- Seeds
- Eggs
- Grains
- Etc.



**#5**

## Cooked Foods

- Foods that have been canned
- Foods that have been cooked through high heat methods
- Fried foods
- Etc.



## #1 DAIRY PRODUCTS

Food (approximate 8oz. servings)	Ash	Carbohydrates (sugars)	Fats (Lipids)	Proteins
Human Mother's Milk	0.143%	7.4%	3.2%	0.89%
Primate (baboon) Milk	0.3%	7.8%	4.5%	1.5%
Whole Cow's Milk (3.25% milk fat)	0.017%	4%	12%	16%
Raw Goat's Milk	0.8196%	4.4672%	4.139%	3.585%

A close look at the above Mother's Milk Comparison chart plainly shows that the only mother's milk in nature that is almost identical to a human female is mother's milk from a primate.

An important note here is that human mother's milk nutrition and pH is *diet dependent*. Since most of a human female's diet is acid forming (high protein), the milks become acidic. All milks in nature must be neutral or somewhat alkaline, or the offspring will suffer immensely with mucus build up throughout the body, under the skin, in the lungs, and even tumor development.

Human babies should only be on his/her mother's milk for about six months. And that is if the milk is alkaline (base)! If you keep your babies breastfed too long, then the same lymphatic problems happen to them. This is the system of all allopathic cancers. The system of mucus!

Milk and milk products are the #1 reason for mucus build up and lymphatic congestion.

## #2 PROCESSED & REFINED FOODS

It is obvious that when you process a food it drastically alters that food – in both its chemistry and electrical (energy) components. In most cases, the electrical properties (electrolytes, life force, etc.) are almost destroyed. The original chemistry is always altered, producing harmful chemistry instead of a healthy and balanced chemistry. A lot of this altered chemistry is cell damaging (what allopathic calls cancer causing or a carcinogen) and of course, they are acid forming.

## #3 ANIMAL PROTEIN (MEAT) & BY-PRODUCTS

The Homosapien (human) is not a meat eating species. Humans are like primates whose genetic codes are 98% the same as humans. Like it or not, man (male and female) is a frugivore. The human body is best designed to eat fruits, berries, and melons.

Animal protein is too high in protein (complex structures of amino acids), putrefactive in man's GI Tract, vibrationally negative, and it leeches calcium out of the body. All of this causes high acidosis, which leads to all of the allopathic disease symptomology.

## #4 PROTEINS FROM OTHER SOURCES

Even though the degree of putrefaction is less and more rounded chemistry, high complex amino acid foods (proteins) such as beans, seeds, eggs, nuts, etc., cause high acidosis as well. These foods are very difficult to digest (enzyme inhibitors) and are very constipating just to start. The result of a high protein diet is a long list of diseases the medical world created. The areas of your body that see the most damage from higher protein diets are the GI Tract tissue, urinary system (kidneys and bladder), and gonadal tissue (testes, prostate, uterus, ovaries).

## #5 COOKED FOODS

Cooked food robs the body of energy! Chemistry is greatly altered, and in most cases, causes digestive stress, constipation, gas, acidosis, and loss of energy. Cooking foods leads to death.