

# BELIEVE IT OR NOT

EAT CLEANLY | THINK CLEARLY | LIVE FULLY!

## Stay hydrated!

Drinking 16 ounces of water about 15 minutes before a meal ensures **proper hydration**.

Adding a **pinch of sea salt** to your water will increase HCl production.

## Aloe vera juice

Aloe vera may help decrease irritation in the stomach and intestines.

Drinking 4 ounces can help combat inflammation, which can contribute to acid reflux.

## Apple cider vinegar

You can easily improve the acid content of your stomach by taking one tablespoon of raw unfiltered **apple cider vinegar** in a large glass of water daily.

The pectin in apple cider vinegar may also help to soothe intestinal spasms.



## Acid reflux disease

Acid reflux disease can be a result of having **too little hydrochloride acid (HCl)** in the stomach, rather than a case of having too much stomach acid.

When food enters the stomach, it mixes with enzymes and HCL (a product of special cells in the wall of the stomach). HCl breaks proteins down into amino acids for absorption in the small intestine. It also kills “bad” bacteria from germs, fungi, and parasites. The ability to properly digest food in the stomach is dependent upon having healthy production of HCl and digestive enzymes.

Antacids are a common treatment for indigestion and heartburn, but that is akin to trying to put out a fire by dousing it with gasoline: if you are already low in stomach acid, don't do something that will decrease acid even more!



## Soy: miracle or dietary mistake

Only a few decades ago, the soybean was considered **unfit to eat, even in Asia**. Only after the discovery of fermentation was soy served as a food.

We know that 99% of soy is **genetically modified** and it has one of the highest percentages of **contamination by pesticides** of any of our foods.

Soy contains goitrogens, which are substances that **depress thyroid function** by interfering with iodine uptake in the thyroid gland

Soy has phytoestrogenic properties. Phytoestrogens are **"fake" hormones**. When eaten, our body responds as though we had taken a hormone. There are estimates that infants fed only soy formula receive the estrogenic equivalent (based upon body weight) of at least five birth control pills per day.

Studies (of kids fed soy formula) are showing **smaller testes** in male babies getting synthetic estrogen and 1% of all girls now show signs of **puberty** before the age of three.

## Sugar as a cancer "feeder"?

It's true that **sugar feeds every cell in our body** — even cancer cells. But, research shows that eating sugar doesn't necessarily lead to cancer. It's what sugar does to your waistline that can lead to cancer.

**Extra fat** in the body can have harmful effects, like producing hormones and growth factors that affect the way our cells work. This can **raise the risk of several diseases, including cancer**. It's thought that more than 1 in 20 cancers in the UK are linked to being overweight or obese.

As cancerous cells divide, they can establish characteristics that hide or defend themselves from the immune system's recognition. Cancer cells can also mix up the signals between immune cells and send out its own messages to **confuse the immune system** and prevent it from responding effectively. In other words, cancer cells are very intelligent. **Sugar suppresses the immune system** up to four hours after being ingested.

Healthy sugar substitutes are Stevia, local honeys, yacon products, or coconut sugar. Agave nectar is rumored to be made with high fructose corn syrup so steer clear.

