

Foods to Avoid

Non-Organic Corn: Non-organic corn has been genetically modified and can cause numerous health issues. This includes things such as popcorn, soda, and high fructose corn syrup.

Soy: Soy is often contaminated with GMO's or MSG and can cause a variety of health issues.

Canola Oil: Most canola oil is GMO. It can cause health issues such as inflammation, damage your digestive system, and it can help feed viruses, bacteria, fungus, and mold.

Processed Beet Sugar: Most of the time, GMO beets are used to make Processed Beet Sugar.

Dairy: This includes milk, cheese, cream, and yogurt. Dairy puts a strain on your digestive system and especially your liver. Dairy is mucus producing and can cause inflammation and allergies.

Pork: Due to the high levels of fat pork contains, it causes the body to have difficulties healing.

Farmed Fish: Farmed fish are often raised in small, enclosed spaces which can breed algae, parasites, and other diseases. Because of this, breeders often feed the fish antibiotics and treat the water with toxic chemicals. It is much safer to eat wild fish but that still has a risk of mercury toxicity. Larger fish such as tuna and swordfish have a higher likelihood to contain more mercury.

Gluten: Gluten is a protein found in many grains such as wheat, barley, rye, and spelt. Oats are likely to be contaminated with gluten if not labeled as gluten-free. Gluten creates disruption and inflammation in the intestinal tract and bowels.

MSG: *Monosodium glutamate* (MSG) is a food additive that is used in tens of thousands of products. MSG typically builds up in the brain and can cause inflammation and swelling, kills thousands of brain cells, and weakens and injures central nervous system.

Natural Flavors: Natural Flavoring is another name for hidden MSG's.

Artificial Flavors: Artificial flavors are made in a lab and can contain all sorts of chemicals.

Artificial Sweeteners: Most artificial sweeteners act as neurotoxins because they contain aspartame. This can disrupt your neurons and central nervous system.

Citric Acid: It can irritate the lining of the stomach and intestinal tract which can lead to a lot of inflammation and discomfort.

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