

## **Beat any Disease DIET**

“Stop eating refined vegetable oils. No canola oil. No soybean oil. No corn oil. No cottonseed oil.

Stop eating processed foods that contain these processed oils. Read labels! Stop eating margarine.

Stop eating anything and everything that contains shortening, hydrogenated or partially hydrogenated oils.

These processed, man-made, artificial toxic oils and fats are literally poisons! NO MORE Trans fatty acids!

You do need one-third of your calories from healthy, extra virgin, unrefined oils, but if the oil you use does not say unrefined or extra virgin, then it is a health disaster!

Consume natural, real foods (seeds, nuts, fish, meats, eggs) that do naturally contain oils and fats.

Do use butter, extra virgin coconut oil and unrefined macadamia nut oil for cooking purposes, but never, ever overheat any oil.

Stop eating sugar. Completely. No candy. No table sugar. No soda. No maple syrup. No high fructose corn syrup. No concentrated fruit juice or fruit juice cocktail.

No “energy” bars. Don’t eat anything that contains artificial sweeteners. Saccharin is a known carcinogen. Aspartame (NutraSweet) has generated more adverse reaction complaints to the FDA than any other substance in history. When aspartame is metabolized by the body, it is broken down into wood alcohol (methyl alcohol) and formaldehyde! Mmmmmm. Yummy!

The latest poison to be promoted as a sugar replacement is sucralose (Splenda). Sucralose is literally a molecule of glucose (sugar) that has three atoms of chlorine attached to it. Avoid these artificial compounds like the plague! Learn to appreciate flavors other than sweet. You also have taste buds for sour, salty, bitter and spicy on your tongue. Why don’t you put them to work? Don’t eat anything that contains artificial colors.

Many artificial colors are made from petrochemicals or coal derivatives.” From: Your Doctor is a Liar!

***“Is our 20th century lifestyle so bad that we are literally killing ourselves? Perhaps. There is our (SAD) Standard American Diet. Less than 25% of us get the recommended 5 servings of fruits and vegetables a day that protect against heart disease. Even worse, 25% of the ‘vegetables’ we do eat in America are French fries! Low fiber is a big problem, despite all the media attention.***

***The typical American eats less than 1/3 of the daily fiber recommended for cardiovascular health! There’s our sedentary lifestyle. Lack of exercise makes us a wide open target for heart disease. Regular moderate exercise cuts the risk for heart attack and stroke almost in half.***

***New statistics from the National Institute of Health show an astounding 58% of adult Americans get no exercise at all! Americans are ‘stressed out’. Chronic stress is a part of the American lifestyle. Most Americans feel overwhelmed. Financial or work related stress is common.***

***A recent survey finds over 25% of baby boomers (at the peak of their careers and earning power) still feel out of control in their lives. Chronic stress causes coronary arteries to constrict and blood pressure to soar. It’s is no wonder our hearts are about to explode!”***From: Linda Page, N.D. Author of “Healthy Healing

“Eat ORGANIC. Eat only ORGANIC.

(Unless you like pesticides!) Eat FREE RANGE and WILD HARVESTED meats. Drink only purified water. I’m sure that I have lost most of you already. Stop eating processed wheat. Completely.

No bread, no bagels, no muffins, no toast, no buns, no croissants, no scones, no brownies, no cookies, no cake, no crumpets, no brioche, no crackers, no French toast, no pancakes, no pie, no noodles, no pasta in any form, no spaghetti, no macaroni, no ziti, no lasagna, no ravioli, no linguini, no pizza, no biscotti, no croutons, no dinner476 www.yourdoctorisaliar.comrolls, no breakfast cereal. No breakfast bars.

#### NO PROCESSED WHEAT OF ANY KIND

Stop eating white rice and stop eating white rice that has been dressed up to look like it isn’t white rice. Stop eating processed corn products. **I am positive that I have lost 99.99% of everyone at this point.**

The way in which you cook your food matters a lot!

Stop eating anything that has been fried. No potato chips. No corn chips. No French fries. No fried chicken. No fried green tomatoes. No deep fried mozzarella sticks. No fried zucchini. No fried fish. No fried onion rings. No popcorn popped in oil.

Don’t eat anything that has been subjected to cooking temperatures that exceed the boiling point of water. No grilling. No barbeque. No roasting. No baking. Never, never, never microwave any food.

Never, ever use aluminum cookware. Aluminum has been implicated in numerous ailments, including cancer and Alzheimers. Never ever use Teflon cookware. Toxic chemicals used in the production of Teflon have been shown to cause cancer in humans. Have you ever had a Teflon frying pan that had degraded to the point where much of the Teflon had fallen off? Where do you think that the Teflon went? It went into your belly or your family’s belly!

Ideally, make use of glass or copper cookware. Go to your kitchen. Empty out the fridge. Empty out the pantry. Empty out all of the cupboards. Look at the ingredient list on each package.

Please remember that Mother Nature only makes one food at a time. If the package lists more than one ingredient, then throw it away. It is not food. It is a manufactured product that does not exist in nature. It was not designed by Mother Nature to nourish your body. It was designed by man in order to earn a profit by appealing to your taste buds.

What does that leave you may ask?

It leaves only about 100,000 ways to prepare dozens of cuts of meat from dozens of types of free-range animals.

It leaves thousands of types of organically grown whole vegetables, roots, fruits, seeds, nuts, WHOLE, UNPROCESSED grains, herbs and spices.

Eat some foods that contain the building blocks of COLLAGEN and ELASTIN. In other words, eat some protein.

Eat some plain, unsweetened, naturally flavored gelatin. Make a gelatin dessert. Put it in your soup. Put it in your stew. Put it in your coffee or tea.

Eat some foods that contain CHOLESTEROL.

Eat some foods that contain VITAMIN C. Eat a lot of foods that contain Vitamin C. Take a lot of Vitamin C supplements. Do the VITAMIN C Fill ‘er Up Routine as often as possible.

Eat some foods that contain COPPER. Take a copper supplement every day.

Never take a mineral supplement (especially one containing iron or zinc) unless it also contains copper.

EAT BREAKFAST. Make breakfast the largest, most important meal of the day. Teach yourself and your family to gather together every morning at the gas station of your breakfast table in order to fuel up for the day ahead.

NEVER, NEVER, NEVER leave your house in the morning running on empty. Would you ever head out on a long trip in your car without first stopping to fill up your gas tank? Don't leave home in the morning without a good, balanced meal in your belly.

There is an old saying that says people should...**EAT BREAKFAST LIKE A KING**

**EAT LUNCH LIKE A PRINCE**

**EAT DINNER LIKE A PAUPER**

Our civilization's social structure seems to revolve around eating and drinking at night. This is stupid. Do you fill up your car's gas tank before you put it in the garage for the night? No. So why do you fill up your body's fuel tank before you go to sleep?

Oriental medical practice clearly dictates that the stomach system is most active and has the most energy from 7-9 in the morning and it also says that the stomach system is least active and least energized from 7-9 at night. It makes absolutely no sense whatsoever to skip breakfast and run on empty all day long. It makes absolutely no sense whatsoever to eat a huge dinner just before you are planning upon going to sleep.

Learn to put fuel into your body just before you are going to engage in some form of activity that will use that fuel. Only eat when the sun is up. Never eat after the sun has set. Follow a rotation diet. This means that you should NOT eat the same food day after day after day.

Get a variety of foods. Too much of even a good thing is no longer a good thing. If you eat a specific food today, put it on the bottom of your list of things to eat in the future. Look at the lists that I have provided and select from the thousands of foods that are available in this world.

Eat something different. Then put that food on the bottom of your list of foods to eat. Go eat something new. It is impossible to correct a problem by continuing the habit that created the problem in the first place. It is impossible to correct a nutritional deficiency if you insist upon continuing to eat only the same deficient foods that created the deficiency in the first place." From: Your Doctor is a Liar!

***"There are no new truths, but only truths that have not been recognized by those who have perceived them without noticing. A truth is something that everybody can be shown to know and to have known, as people say, all along."**Mary McCarthy*

"If your body only receives the same foods over and over and over, then eventually a nutritional imbalance will set in. It may take months or it may take years, but it will happen. Avoiding this is simple. Start by eating as many different, real, whole, natural, organic and free-range foods as possible.

Make sure that your body gets the widest possible variety of nutrients and make sure that it doesn't get too much of any one thing. Take a multi-vitamin supplement. Take a multi-mineral supplement. Take a multi-oil supplement. Every day.

And finally, dramatically decrease the volume and increase the nutritional quality of everything that you eat. Numerous studies in animals and humans clearly show that longevity and quality of life drastically improve when you restrict calories by at least one-third.

**I know that by now I have lost EVERYONE.** That's okay. I honestly do not care if you don't follow my lead. Just because I haven't had to visit any kind of doctor for 25 years doesn't mean that you have to listen to me.

Just because I don't catch "colds" and I don't suffer from any kind of pain doesn't mean that you have to be free of these ailments.

I have chosen to be healthy for the remainder of my natural life by understanding my body and by cooperating with Mother Nature. You should certainly feel free to ignore my suggestions. We live in a country that guarantees you the right to go to the doctor as often as you wish and gives you the opportunity to take all the drugs, have all the surgeries and suffer from all the diseases that you create by all of your bad habits.

Just remember though, that it is by your own choice that you ignore these suggestions. It is merely a matter of time before the imbalance and the monotony in your diet will manifest itself as some form of disease in your body. With freedom comes responsibility, so please, blame yourself for the diseases that will inevitably result from your bad choices." [www.yourdoctorisaliar.com](http://www.yourdoctorisaliar.com)