

# 3 Deadly Foods That Are Murdering You Slowly

The Alkaline Diet Newsletter #5

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WHAT WAS THE LAST THING YOU ATE?

If I ask you what's wrong with meat, white flour and sugar, you'll probably be out of answers.

In fact, if you try to recall your previous meal, it might even have had one, two or all three in your hearty plate. As you were savoring every bite, you were probably thinking of how guiltless the entire meal was.

You've probably been told that there's nothing wrong with eating as much meat, white bread and sugar-filled drinks in every meal. That's where you get your energy for your activities, right?

Moreover, each provides you with certain nutrients that you need for your body to function--or so you were told!

What if I tell you that these three foods aren't everything they're supposed to be? Or that they have hidden effects that compromise your health.

Let's go through each kind of food step by step, and I'll leave you to decide on whether all three are as healthy as you think.



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# What's with Meat?

Allow me to walk you through with your probable favorite: Meat. Eating meat has become an age-long human habit that few people even have the guts to question if it's even healthy in the first place. Here are some meat-eating myths you should know:

**Myth:** We are born meat-eaters.

**Fact:** Your digestive system and set of teeth are considered by many as proof that we are natural carnivores. Several plant-eaters, however, have similar features in their anatomy.

In fact, aside from humans, only herbivores have molar teeth. Also, notice how carnivores like wolves and tigers have very sharp fangs that can rend flesh and are fast enough to catch prey without any devices--now, these are natural carnivores.

Further, primates, our nearest relatives in the animal kingdom, rarely even eat animals! This is the conclusion of a study made by Jane Goodall.

Eating meat has become a convention that people confuse it as a natural human tendency. **The truth is, we are even more herbivorous than carnivorous.**



**Myth:** There's nothing like protein from meat.

**Fact:** Another thing our society has been led to believe is that our dietary need for protein can only be addressed by red meat.

First, experts from US National Research Council, World Health Organization, American Journal of Clinical Nutrition and US Food & Nutrition Board all agree that **our body only needs 2.5% to 8% of protein in our recommended daily allowance (RDA).**

The question is: are you required your protein allowance from red meat? Certainly not! For one, consuming protein from red meat will also mean consuming saturated fats, acidic wastes, and other unhealthy substances.

Also, you can get your protein requirement from the following:

- o Beans (27.5%)
- o Vegetables like spinach (6-23%)
- o Grains like quinoa (13%)
- o Nuts and Seeds (11%)
- o Fruits like coconut, pineapple, avocado and pear (4-5.5%)

Remember, you only need a small percentage of protein in your total diet. By eating any of the above, you are practically ensuring a completely healthy diet!



# What's with Meat?

**Myth:** It's the best source of iron, zinc and vitamin B12!

Another assumption is that meat is the best source for iron, zinc, and vitamin b12.

**Fact:** Several studies have proven that vegetarians do not suffer from iron- and zinc-deficiency any more than non-vegetarians.

There is no significant link between the deficiencies and the lack of meat in one's diet. There are a number of rich sources of both, such as eggs, cereals, nuts, soy products, and whole-grain products.

Though the body has a lower percentage of absorbing iron and zinc from these foods, they have greater concentration of both, making them even better sources than meat products!

Meat products are not an excellent source of B12 either, as your body will have a hard time absorbing them. That's why everyone is advised to get B12 from dairy products and supplements.

**Myth:** There's absolutely no proof that meat can cause several types of cancer and heart disease!

**Fact:** On the contrary, numerous researches have been done on the subject.

Breast, stomach, prostate and colon cancer tend to be



common among people who eat meat on a regular basis.

A study conducted in Harvard University showed that women who eat about 1.5 servings of meat daily have twice as much chances of developing breast cancer caused by the hormones as women who eat 1 serving thrice a week.

The preservatives used in processed meat are also cancer-causing agents, just as the growth hormones injected to cattle are. And the worst? A study by the Archives of Internal Medicine concluded that eating meat can significantly shorten a person's life.



# So, How about White Flour?

Ready-to-cook pasta, white bread, white rice and cornmeal. If you think you are safely and healthily getting your needed carbohydrates from these foods, think again.



The bad news is that these white flour products were produced from chemical bleaching in flour mills.

The chemical bleaching agents used include chlorine, chloride, nitrosyl, benzoyl peroxide and other chemical salts. What's even worse is that some of the residues mix in with the final product, white flour.

Not only do these chemicals destroy what little nutrients are left of the white flour, it also produces alloxan, which can cause diabetes! These chemicals that you willingly eat are also the reason why flour has a very short shelf life and invite bacteria in rather easily.

But that's not the worst of it. In the process of producing white flour, the enriching nutrients in its grain are removed.

This includes the healthy oil in the wheat germ, the fiber in the wheat bran, the much needed unsaturated fatty acids, Vitamin E, calcium, magnesium, copper, potassium, riboflavin and many other vitamins and minerals are virtually lost.

What's left are refined carbohydrates and protein that are so refined you're practically eating refined sugar by the buckets! The result? An imbalance in your blood sugar and blood pressure levels.



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## What about Sugar?

Don't count refined sugar out of the game just yet. Together with meat and white flour, it completes the trio of the foods that are slowly killing your body.

Sugar's poisonous effects can slightly be disconcerting. Isn't it a rich source of fructose and glucose, which your body needs for energy consumption?

What's wrong with sugar is that it contains obscene amounts of glucose that, when taken in by the body, tips the balance of your insulin level.

As you take in sugar, the blood-sugar balance of your body is tipped, which necessitates the release of insulin to make

sure that your blood-sugar level remains at a safe level.

With continual insulin disturbance comes diabetes, insulinoma and other disorders as well. As it is, refined sugar contains too much glucose that the rest is stored in different parts of your body--a sure way to gain weight rapidly.



Refined sugar is stripped of essential nutrients found in sugar-containing substances like fruits. That's precisely why it is called empty calories!

The unhealthy effects of sugar do not stop there, its many hidden dangers will poison your body in more ways than you can imagine.

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## What's Wrong with Meat, Flour and Sugar?

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“That’s a question you don’t even have to think twice about ever again. It’s not too late to stop yourself though; you can immediately start eating less of these in your next meal!”

[Click HERE to find out more about the Acid Alkaline Diet!](#)

Warmest Regards,

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