

## **Some Tips to Keep You Healthy That You Need to Know!**

Don't use plastic containers in the microwave or cover your food with plastic wrap when you heat it up in the microwave. This causes poisons from the plastic, called phthalates to enter your food. These compounds cause cancer.

Take 2,000- 3,000 mg. of Omega 3 fish oils daily. Be sure it is filtered and tested to be free of mercury.

Avoid using Teflon non stick pans. Use stainless steel. Teflon is also a carcinogen.

Be sure your multivitamin does not contain Iron unless you have been diagnosed with low Ferrin levels. High Iron levels increase cancer risks. Iron also stimulates inflammation and free radical damage. Be sure you take a high quality multivitamin daily!

Avoid MSG (monosodium Glutamate) this is in many soups, Chinese soups and flavor enhancers. It is a powerful stimulant of cancer growth. Soy products should be avoided, contrary to the belief of many. Soybeans and Portobello mushrooms have high glutamate levels.

Grilling meats causes the formation of heterocyclic amines on the seared surface of the meat. Studies show they can be cancer causing. Be sure you eat 3-5 servings of fresh fruits and vegetables when grilling meat to dramatically reduce the risk.

Eat many of the following vegetables and fruits daily: Brussels sprouts, broccoli, celery, cauliflower, Kale, spinach, Turnip greens, mustard and collard greens, cilantro, carrots, squash, Blueberries, artichokes, parsley, tomatoes, purple cabbage

Avoid the sweetener Aspartame. This artificial sweetener can destroy the cells in the Retina of the eye and damage cells in the hypothalamus of the brain, the area responsible for weight control, actually causing an increase in weight. It is also cancer causing and even more dangerous in children. **DON'T GIVE YOUR CHILDREN ASPARTAME!** Claims of safety are pure lies. The makers of diet sodas know this and this is why they began to date their drinks, not because of freshness, but because the aspartame becomes **EVEN MORE** toxic after a few weeks of its expiration. Use Stevia as an artificial sweetener instead or better yet, use a teaspoon or so of local honey which can also help prevent pollen allergies.

Use coconut and olive oil only. Coconut oil is great to cook with and very healthy. Put some turmeric in your olive oil when cooking as it will prevent the oil from losing its nutritional value when exposed to the heat. Turmeric is also a strong antioxidant and anti inflammatory.

Drink 1/2 oz. of water for each pound of body weight. If you weigh 200 lbs. drink 100 oz. of water each day. Build up to this amount.