The Rogue Pharmacist

THE DIRTY DOZEN

12 COMMON FOODS THAT ARE SLOWLY KILLING YOU

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Inflammation can be both good and bad. And you may have heard that it's the #1 cause of poor health.

While this may be true inflammation is a necessary part of your body's immune system. It helps keep us alive and well. For example, when you develop an infection, such as a cold, your immune system is called upon to neutralize it. One of the primary means of killing the bad organisms causing the infection is through the process of inflammation. Inflammation that is temporary is a good thing and is needed to heal short-term infectionsand injuries.But when inflammation lingers too long it can become a problem.

Long-term, or chronic, inflammation is the cause behind many chronic diseases such as Alzheimer's, diabetes, arthritis, chronic pain, autoimmune disease and many others. Over time chronic inflammation can damage cells and tissue resulting in pain, damage to joints and tissues, blood vessel inflammation, damage to airways and even to brain tissue. A major problem with chronic inflammation is that it is silent. Blood vessels throughout the body can become inflamed and we don't even know it's happening. Then one day we are given the diagnosis of a chronic illness like high blood pressure, gout, arthritis, etc. Maybe even cancer. It's a sign that the inflammationthat's been brewing slowly and silently has caught up with us.

So it's best to avoid chronic inflammation. The inflammatory response is only helpful when a quick response is needed to take care of immediate injuries such as insect stings or infections.

The most important way to easily reduce the possibility of chronic inflammation is to **change what you eat.**

The food you eat can either increase inflammation or reduce inflammation so it's important to know which foods fit into which category. Certainly, some people have allergies or sensitivities to some foods which can cause an allergic reaction. This reaction also produces inflammation. But there are other ways food can cause inflammation that are less obvious.

For example, foods such as sugar and simple carbohydrates like bread or pasta will elevate blood sugar. Your body responds to elevated blood sugar by releasing insulin to lower blood sugar. However, when insulin levels remain chronically high the body develops insulin resistance, a condition where the body has trouble utilizing existing insulin. When insulin resistance develops chronic inflammation in the blood vessels can occur leading to diseases like cardiovascular disease and diabetes as well as many other diseases.

Other foods, like vegetable oils, also cause inflammation because they become rancid or oxidized. Rancid oils can damage blood vessel linings triggering an inflammatory response. Many common vegetable oils also contain high amounts of omega-6 fatty acids. Most omega6 fatty acids produce inflammation and should be avoided. Omega-3 oils, however, are antiinflammatory and foods containing these oils are beneficial. Vegetable oils to avoid are listed below.

Food additives are yet another concern. For example, products containing gluten can produce an inflammatory response due to gluten's reaction with proteins lining the intestinal wall. This inflammatory response can cause a condition known as leaky gut syndrome. This reaction can occurin anyone, not just those who are gluten sensitive.

Below are 12 common foods or food additives that can contribute to poor health. Certainly this list is not all-inclusive but it will provide you with a starting point. The number one cause of sickness in society today is what we eat and it is estimated that 80% of today's chronic illnesses can be cured just by making changes in what we eat. Hopefully, this will motivate you to learn more and help you begin making healthy changes in your diet. Food really does matter and what we eat is truly at the center ofa healthy body.

Make a difference now in your health and the health of your family with good food choices. In the meantime here's what you need to avoid.

AVOID THESE FOODS FOR BETTER HEALTH

SUGAR

Sugar shouldn't be called a food. In most cases it's a food additive. And it seems to be present in everything. And why not? The food industry wants its food to taste good! In fact, sugar is added to 74% of all packaged foods sold in a traditional grocery store!

Consequently, government surveys indicate the averageAmerican consumes 152 pounds of sugar per year! That's astonishing! The downside? Sugar is as addictive as cocaine and can cause obesity, diabetes, heart disease, cancer, dementia, etc. because sugaris highly inflammatory. Also be aware that sugar has between 60 and

100 different names making it easy to disguise and difficult to identify on food labels.

Always check food labels for the amount of added sugar in any product. Avoid it whenever possible as there are many good natural alternative sweeteners to use in its place. *(See below)*

Gluten

Gluten is a food additive. It contains a protein that often produces inflammation in the intestinal tract. Like sugar, gluten is found in numerous food products. Grains like wheat, rye and barley all contain gluten meaning that favorite foods like bread, pizza, pasta and cereals often contain gluten. Luckily, a multitude of gluten-free alternative foods are common today.

Don’t forget to check condiments for both gluten and sugar as well. You’ll find them in surprising places like soy sauce, tomato sauce/ketchup, barbequesauce and many others.

Dairy

Today’s dairy products are produced by cattle often raised in giant feedlots (aka concentrated animal feeding operations or CAFOs) controlled by large corporations.These animals are fed GMO grains containing pesticides and herbicides like glyphosate (aka RoundUp®). Antibiotics and hormones are routinely given to livestock to promote growth. In fact, over 80% of antibiotics used in the U.S. are used in livestock. This indiscriminate use of antibiotics in animals that aren’t sick is thought to be a leading cause of antibiotic resistance and the formation of superbugs.

Hormones, antibiotics, and GMOs are excreted in milk and end up in dairy-containing food products. To avoid this problem it's best to purchase organic dairy foods produced from pasture-raised animals or find dairy alternatives. In today’s market there are many good options.

Meat

Like dairy, meat products from most farms aren't chemically free either. Cattle for slaughter are also raised in concentrated animal feeding operations where they, too, are fed GMOcontaining grain. Because these animals are not raised and finished on pasture land, the grains they are fed are high in pro-inflammatory omega-6 fatty acids. Furthermore hormones and antibiotics used in these giant feeding operations end up in food products that are ultimately purchased by consumers. Look for beef that is pasture-raised and pasture-finished as some beef is pasture-raised but finished on grains.Also purchase poultry (and eggs) that are pasture-raised.And any meat products, of course, should be antibiotic and hormone-free.

Processed Foods

Processed foods are not healthy because they often contain high amounts of carbohydrates, artificial ingredients, low amounts of fiber and nutrients, high amounts of sugar, vegetable oils and food preservatives. Processed foods also produce advanced glycation end products orAGEs in the body which are very inflammatory. These foods are generally packaged products like chips, crackers, candy, sodas, frozen dinners, frozen pizza, microwave-ready meals, snack foods, deli meats, lunch meats, hot dogs and junk food. And don't forget meats that have been smoked, cured, canned and salted (eg. bacon, jerky, salami). These foods have the strongest association to colon cancer.

They may taste good and be convenient to serve but they provide little nutrition and often spike blood sugar.

Farm-raised Fish and Seafood

The most important thing to know when purchasing fish or seafood is its source. Farm-raised fish are often grown in pens where the numbers of fish are very concentrated. This allows for fish to have little room to swim and due to crowded living conditions they often eat the feces of other fish in the holding tank.Their food is often high in omega-6 fatty acids. Due to pollution in fresh- and saltwater many species of fish and seafood are also contaminated with chemicals and toxins, especially mercury. Species of fish that are often low in toxins and high in omega3s are wild-caught Alaskan salmon, anchovies and sardines. Make SURE you know the source of your fish products before purchasing andavoid farm-raised products.

Vegetable Oils

Most vegetable oils are harmful because they contain high amounts of omega-6 acid fatty acids. Omega-6 fatty acid produces inflammation and its consumption should be avoided. Examples are soybean, canola, corn, safflower, sunflower, cottonseed, and peanut oil.

Soybean, canola and corn oils frequently contain GMOs as well and it's best to avoid cooking with them.Additionally, avoid partially-hydrogenated oil products, like margarine. Oils that are generally safe and healthy to use are extra-virgin olive oil, coconut oil, butter and ghee.Always read food labels and purchase organic whenever possible and avoid anything with the word "hydrogenated"in the name.

Artificial Sweeteners

The most common artificial sweeteners in today's market are aspartame (aka Equal®, Nutrasweet®), sucralose (aka Splenda®), acesulfame, saccharin and Neotame®. These products were designed to replace calories from sugar to promote weight loss. However, these products have been found to be a source of inflammation and some are neurotoxic.

All have been shown to **INCREASE WEIGHT GAI**N by impairing the body's appetite regulation system.All have also been shown to interfere with your normal gut bacteria causing changes in your microbiome. In fact, sucralose can decrease your gut bacteria by 50%! Better alternatives to sugar include stevia, monk fruit, raw honey(a superfood), maple syrup, date sugar and coconut sugar.

GMOs

GMO is an abbreviation for genetically modified organisms. It is a plant, animal or microbe whose genetic makeup has been modified in a lab using genetic engineering. The most common form of GMO in our food supply are food products containing the herbicide glyphosate (aka Round Up®). Glyphosate has been inserted into the genetic makeup of many plant crops with the intent of increasing crop yield and increasing crop size. In fact, about 60-70 percent of our food supply today has been genetically engineered. It is estimated that 93% of soy, 88% of corn and 98% of beets have been genetically modified and contain glyphosate.A problem with glyphosate is that it creates microscopic holes in the lining of the intestinal wall creating a leaky gut.

Glyphosate has also been shown to kill gut bacteria, interfere with amino acid synthesis, and bind up needed minerals such as iron and manganese preventing their absorption. When good gut bacteria are killed harmful gut bacteria will overgrow creating an imbalance in our natural microbiome, a condition known as dysbiosis. Dysbiosis can then lead to inflammation and the development of leaky gut syndrome. When crops such as GMO corn are fed to animals the meat of the animal will contain glyphosate. Likewise, GMO corn is used to make high fructose corn syrup which is found in most soft drinks. The same is true for soy and the many foods that contain soy, especially as additives. Furthermore, glyphosate has been shown to be a carcinogen. To avoid GMO and glyphosate exposure, purchase organic food whenever possible, purchase organic products that are labeled "non-GMO" and buy from local growers who do not use chemicals on crops.

Lectins

Lectins are plant proteins that were developed by plants to protect them from being eaten by insects and animals. Lectins have been shown to damage the intestinal lining of the gut wall causing inflammation and dysbiosis. This, in turn, interferes with the absorption of nutrients and can create leaky gut syndrome. Many people are sensitive to lectins but don't realize it.

Foods that contain lectins are legumes such as beans and potatoes, grains like wheat and corn, raw nuts and members of the nightshade food group like eggplant, tomatoes, potatoes and peppers. Since lectins are so common and can be a major cause of leaky gut syndrome they should be avoided whenever possible. It is helpful to know that lectins can be removed from foods through processes like soaking in water or pressure-cookingpriorto serving.

Fried Food

Fried foods can present a number of health problems. Here are two. First, the oil used in frying foods (think French fries) is often high in omega-6 fatty acids which, as we have seen, are highly inflammatory. Second, the cooking oil is heated to very high temperatures which cause the oil to break down into a byproduct called acrylamide.This is especially true when potatoes are heated in the presence of sugar. Acrylamide is very inflammatory. On top of that the cooking oil is reused over and over which makes itrancid. What kinds of foods would this affect? Potato chips, crackers, bread, cookies, breakfast cereals, canned black olives, and coffee.By the way, acrylamide is also a component of tobacco smoke.

Monosodium glutamate (MSG)

MSG is used in the food industry as a flavor enhancer. It is made by fermenting starch, beets, sugar cane and molasses. It is used to enhance the flavor of umami, called the 5th taste. It is often found in Asian dishes, fast food and packaged foods. The FDA lists it as “Generally RecognizedAs Safe (GRAS).” However, it can be an excitotoxic neurotransmitter which has been shown to kill brain cells in lab animals. The FDA does not require disclosure of MSG on food labels but products that often contain MSG are hydrolyzed vegetable protein, autolyzed yeast, sodium caseinate, maltodextrin, soy protein, brewers yeast, bouillon and barley malt to name a few. Side effects that have been reported are headache, shortness of breath, nausea, seizures, weight gain, allergic reactions, numbness and tingling or burning in the mouth and around the face. It may also increase inflammation in the liver. It will induce carbohydrate cravings and hunger so weight gain can also be a problem. In fact, MSG is used to fatten up lab rats in experiments!

BONUS

Maltodextrin

Maltodextrin is a food additive consisting of a number of sugar molecules linked together. It is made from corn, rice, tapioca starch, wheat and white potato starch. It is primarily used as an additive to replace sugar and improve texture, taste and shelf life of food. Like MSG, maltodextrin is GRAS by the FDA. It is found in products like sports drinks, energy drinks, weight training supplements, yogurt, nutrition bars, chips, sauces, spice mixes, cereals, artificial sweeteners, beer, baked goods, snack foods, candies and soft drinks.

Maltodextrin can contain traces of gluten therefore those with celiac disease or gluten sensitivity should be cautious. Maltodextrin has no nutritional value and can spike blood sugar as well. GMO corn is commonly used to make maltodextrin and thus products containing maltodextrin can have an adverse effect on the health of gut bacteria causing gut inflammation. Other adverse effects reported are skin irritation, asthma, cramping and difficulty breathing.

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ABOUT ME

I'm Lynn, the rogue pharmacist. I help open-minded people who are frustrated with their chronic health problems and who are tired of wasting time and money on solutions that don't work. I work with clients who have tried everything, from all different kinds of medication to obscure "trendy" protocols and supplements, and who are still suffering with unresolved health problems.

With 40+ years in the pharmacy industry and 20+ years in functional medicine, I offer a holistic, all-natural commonsense approach to finding the root cause of your problem and resolving your health issues once and for all.

IF YOU'RE FRUSTRATED ABOUT YOUR HEALTH AND THINK YOU MIGHT BENEFITFROM A FREE CALL WITH ME ***CLICK HERE*** *TO BOOK A CALL.*