



“The Silent Killer”

Grains

By: Ron Kosloff n/c
NSP Research Nutrition

Let me read you what I read in a newspaper a couple weeks ago. It is really what prodded me to write this article. The epidemic of diabetes in poor countries around the world is sky-rocketing. The incidents of diabetes in Mexico, India, Pakistan, Africa and China are increasing exponentially. There are thirty nine million diabetics in China. Why? Because of what is being consumed at an astronomical rate. This consumption is a common problem in poor countries, and even rich countries like America, and its getting worse all the time. It's called GRAINS! Yes that's right grains which are starches and complex carbohydrates. What are complex carbohydrates you might ask? Beans, rice, corn, wheat, barley, oats, and millet are all complex carbohydrates and starches. They are very, very harmful when taken in excess into the human body. I told many of you years ago about a friend of mine who worked for Ford Motor Co. He was sent to Africa for his job. As he traveled he noticed that all of the affluent countries of Africa, where eating eggs, meat, fish, chicken, turkey, vegetables, some fruit, and very little starch were slim, muscular and healthy. Diabetes was almost none existent. Unfortunately the same was not true in the poor countries of Africa. In the poorer countries they ate rice, beans, wheat, corn, soy, barley, millet and oats. Diabetes was running rampant in these poorer areas. Like I, Dr. Harry Eidenier Jr., and Vince Girona have always said “We should be living on all animal protein, fats, vegetables, and some fruits”. There is just no way to disprove that. If you go to any country in the world where they eat starch carbohydrates and grains and you're going to have diabetes. In America people consume carbohydrate and starches at an alarming rate. Pancakes, cookies, pie, cakes, candies, pretzels, doughnuts, pizzas, slurpees, poptarts, sugar

frosted flakes, bagels, and pasta's seem to be the corner stone of our diet. Starch, starch, starch!! We are destroying our Pancreas. I blame the medical profession and drug companies for this as they want you to be sick. Instead of telling us how to prevent diseases they love for us to get a disease, so they can make a drug for it and then make you addicted to that drug. Lilly Pharmaceutical Co. is now building a 325 million dollar facility to make synthetic insulin. They love the fact, and are counting on the fact that there will be more and more insulin dependent diabetic in this country, as well as the world over. That is how Pharmaceutical companies are going to control the world's people. Drugs, drugs, drugs! Think about this, at this rate, in the next few years we will have a president who is a legal drug addict. At the rate we are going our future presidents will probably be hooked on Ritalin, Glucaphloge and Prozac. We have to stop this insanity and this evil. Nobody is saying you can't have starches just keep them to a minimum. Hypocrites said: "Carbohydrates are secondary." I have a baked potato once every other week. I have some whole grain bread and butter a couple times a week, but that's it! Fats, proteins and vegetables are the cornerstones to a healthy and successful life and lifestyle, that's it. For example five civilizations of the world live on fats and proteins. They are Primitive Eskimo, not today's Eskimos who eat white flour and white sugar, The Rocky Mountain Men, the American Plains Indian, the Masi in Africa and the Belari in South America. These people live primarily on fats and proteins. Intaking vary few carbohydrates, and almost no starches. They have almost no record of Alzheimer's, diabetes, heart attacks, arteriosclerosis, arthritis, and they had cholesterol levels from three to one thousand. That is the HDL's the good stuff! They were slim, muscular people. Fats and proteins make you slim, and fats burn fats. Fats don't make you fat sugars and starches do. Maybe the medical profession can stick that in their pipe and smoke it. Just to reiterate, Medical doctors spend only TWO WEEKS studying nutrition! Two weeks of all the time spent in school and hospitals. We have to assume that they just don't get it

because they didn't read it in a book. Maybe they just don't want to get it because they make no money off of good nutrition, or making you healthy.

The carbohydrate and grain industry, medical doctors, and pharmaceutical companies do their best to hide the nasty, nasty little secret of two pathogens that are ravaging the people of this country. These pathogens are referred to as Yeast (CANINDA and PARASITES). They thrive in an alkaline environment. When we become carbohydrate dependant they can destroy the human body if unchecked. I need to remind you that these two pathogens are kept in remission in your body by consuming a protein, fat and vegetable diet (very low in starch). Parasites and yeast live on SUGAR, SUGAR, and yes, SUGAR! Once the sugar is consumed they now become a huge living organism within your body and must be fed thus the body craves more sugar. Important Note: All forms of cancer cells feed on sugar! Before we became a nation of carbohydrate consumers yeast infections in women were seldom heard of. Now I personally don't know many women who have not had one or several of these infections. These little buggers can ravage any part of our body from the colon, liver, kidney, eyes, heart, spleen, pancreas, lung and your brain. My advice to you is to break you sugar addiction as soon as possible or your life may lead to diabetes and yeast infections.

Hundreds of years ago people had to "acclimate." All animal protein had become scarce, and they did something they came to regret hundreds of years later. They started to eat weeds. What are weeds? We use the term weeds to describe corns, rice, beans, oats, barley, soy, and potatoes. When they started to eat these starches they require a reduction process to digest them. Starches do not digest easily and they are hard on the Pancreas. Fats and proteins don't tax the Pancreas at all. Vegetables and some fruits hardly tax the Pancreas much either. It's when we started substituting starches that we really started to do something abnormal. My God! We don't even understand that animals that are vegetarians don't eat weeds, they graze on grass and

vegetables. Farm animals now are feed grains instead of grazing. Feeding the animals grains is cheaper and less time consuming this means that the animals can be fatter quicker and that equals more money.

You can take a raw egg and swallow it, it's 99.9% digestible, taking into consideration that your stomach acids are at the level they should be (Ph of 2), and your bile is steadily flowing from the gallbladder. The liver transports to the gallbladder when you eat fats. The gallbladder injects bile into your stomach and you can digest any meat. You can eat raw meat; you can eat chicken, fish, turkey, milk, cottage cheese (because it is a fermented food). You can eat veggies and fruits, but you must make sure you chew them well before swallowing. You can't do that with grains. All grains are extremely hard for the human body to digest because they are starches. Let's take wheat for instance. It is obvious to us that you have to soak, grind, crush, fry, and do everything possible to make those grains digestible. It's almost impossible to chew starches until you can implement the above.

When we eat an over abundant amount of grains it affects our pancreas. We become diabetic. Diabetics have become very profitable to medical doctors and pharmaceutical companies. These despicable people want you to have diabetes so they can sell you synthetic insulin. Wake up people! Eat fat, proteins, vegetables and very few fruits. We have multinational corporations in the heartland of America and the World cranking out corn, beans, barley, oats, rice, soy and wheat. We are paying the price for it! We are paying the price with our health! We are being lead to believe that these weeds are healthy!

Thanks,

Ron Kosloff

Copyright 2006