



THE GREENSMOOTHIEGIRL MANIFESTO:

12 NUTRITION MYTHS EXPOSED

... not taught in any medical school or dietetics course!

By Robyn Openshaw

Welcome to my NUTRITION MANIFESTO, exposing diet and nutrition fact and myth. It's completely uninfluenced by the big industries that filter the information you get in the major media. That media wants its advertisers appeased—and its subject matter watered down and noncontroversial.

I've written a short report on each of 12 topics wherein the American public has been duped. You can't get this information from an M.D., or from a dietitian, and you should know why by the time you're done reading. I'll give you a clue: it's because the vast majority of doctors and dietitians don't know this information!

We live in a complex world, this Information Age—but nutrition is really pretty simple. All of the ways these 12 "myths debunked" are widely supported in research—you just can't find it in the mainstream media:

1. People need 20% protein—and animal protein is best.
2. Carbohydrates are bad.
3. Fats are bad, especially saturated fat.
4. My vitamins will fill the gaps in my diet and prevent disease.
5. I should drink bottled, reverse osmosis, or distilled water.
6. Soy products are a health food (especially for women).
7. Food labels are the key to making good choices about food.
8. Milk and dairy build strong bones.
9. I only need the government-dictated (RDA) serving sizes.
10. If it's approved by the FDA, it's safe.
11. Children need fluoride supplements to prevent dental decay.
12. I should be at the ideal weight in the Body Mass Index.



MYTH #1, Part I:

People need 20% protein—and animal protein is best.

The idea that beef, chicken, fish and other animal products are the "best" source of protein is ingrained in the American psyche because of very successful work on the part of the multibillion-dollar cattle and dairy industries. They have immeasurable help from the fact that bodybuilders can show impressive bulk as a result of eating "quality" animal proteins. The fact is, plant protein sources are, in fact, superior.

People are surprised to learn that vegetables have plenty of protein. To believe that, you have to let go of the idea of 20 percent protein being good and necessary. Colin Campbell's animal studies in The China Study, and then his human study—the largest ever conducted—documented that a 20 percent animal protein diet leads to all the modern degenerative diseases. Campbell, a nutrition PhD at Cornell University, noted that rats fed 20 percent casein (cow-milk protein) developed cancerous tumors and died early, while those fed 5 percent casein were lean and vigorous beyond their life expectancy.

When the diets of the two groups were switched, Campbell and other researchers around the world repeatedly got consistent results. Formerly lean animals developed tumors and died on a high-protein diet. And the tumors of overweight, cancer-ridden animals disappeared and life expectancy increased when they were switched to low-protein feed.

I used to lease a Pharmanex Biophotonic Scanner, and in the course of a year scanned 10,000 people nationwide for the carotenoid antioxidant levels in their skin, which is the nutritional endpoint of the body. The average American

scans at 20,000. I scan at 70,000, which is above the 99th percentile and off the top end of the chart (as you would expect, virtually all raw foodists I measured scan at 50,000 or above). I scanned cancer patients who were below 10,000 (and we therefore could not get a reading).

Despite doing a lot of work in gyms, I never once scanned a bodybuilder even as high as the national average! They were, on average, not much higher than the cancer patients. Their animal-protein diets may create a bulked-up appearance, but I'm more concerned about their long-term health.

Vegetables tend to have 9-10 percent protein. (Broccoli and spinach, however, have more than 40 percent protein, and spirulina and chlorella are the best green sources of protein on the planet, with 58-60 percent protein.)

People often say they know sickly vegans to justify daily meat eating as a good lifestyle choice. But of course, not all vegans eat good nutrition: they don't eat meat, but they might eat cotton candy for breakfast! Have you ever seen a sickly gorilla? He looks for nothing but plant protein sources every day.

Stephen Arlin, author of [Raw Power! Building Strength & Muscle Naturally](#), is a 17-yr. vegan raw-foodist, as well as a rocked-up, 6'2", 225-lb. bodybuilder. Bill Pearl is a vegetarian who won four Mr. Universe bodybuilder titles. Arnold Schwarzenegger said, "Bill Pearl never talked me into becoming a vegetarian, but he did convince me that a vegetarian could become a champion body builder."





A "quality" protein (animal flesh that matches human flesh closely) isn't the same thing as "good" protein, as Campbell discusses extensively in The China Study. Your body can assemble all the amino acids from a plant protein source to create more quality muscle mass that does not break down quickly like that in heavy-meat-eating athletes. Putting a whole grain and a legume together, as we will do easily with many recipes in one of my [12 Steps to Whole Foods](#), creates the perfect blend of amino acids for the body to assemble long-lasting proteins. But you needn't be so scientific about it, because your body stores a free-floating pool of amino

acids for 24 hours to draw upon to build proteins, so putting a legume and grain together isn't necessary.

I inadvertently put Stephen Arlin's theory and observation that plant-based muscle mass is more enduring to the test recently. I peeled a tendon off my shoulder kickboxing and was forced to take a nine-month break from all weight training while rehabilitating. When I returned (having eaten my long-time, vegetable-intensive and animal-products-minimal diet), I was able to lift my original weight within two weeks and had lost no visible muscle definition.

MYTH 1, Part II: "Without Meat and Dairy, I Won't Get Enough Calcium"

I'm constantly asked, "How do you get enough protein?" on my family's plant-based diet. This is usually followed closely by, "How do you get enough calcium?" So, are YOU getting enough calcium?

Perhaps the proof is in the (dairy free, of course ☺) pudding. I am 40 years old and have bone density in the highest percentage category—comparable to a 20-yr. old. My diet has been less than 5 percent animal protein my entire life. I have never drunk a glass of cow milk. (And according to blood and metabolic typing, as well as according to my ethnic origins, I'm a "protein type." While we do vary somewhat, individually, in our nutritional needs, before you become a "nutritional typing" adherent, remember that these are interesting but new, fairly untested fads in nutrition propagated by a charismatic few.)

Americans have been falsely educated into thinking they won't get enough protein if they don't eat meat. In the 1900's, it was thought that people needed 120 grams of protein daily. In this century, nutritionists recommended about 80 grams a day. Newer research shows we need only about 25 grams.

A clinical study in the Journal of the American Dietetic Association compared amino acids (the building blocks of proteins) in the diets of meat eaters, vegetarians, and vegans. They used a high standard that would cover the needs of pregnant women and growing children. All three diets provided more than enough protein, by double or more!

Other studies document that Americans are getting 150% to 400% more protein than they need. You can certainly eat plenty of dairy products (high in calcium) and have a calcium deficiency. How else are we the highest dairy-consuming nation in the world (by double the next-highest country) and also have the highest rate of osteoporosis? Fully half of us over the age of 60 get osteoporosis—and I believe that this already high number will grow dramatically as our soda-drinking youth age. The massive amount of animal protein we eat causes such an acidic state in the body that calcium from the bones is robbed in order to bring the blood and tissues into alkaline balance.



I seem to keep having conversations with powerlifter friends about this topic. I can be pretty persuasive, but getting competitive weight lifters to consider eating less meat and more plant food is like trying to tell a Catholic priest to quit going to Mass. What powerlifters do to build up huge pecs, lats, biceps and triceps muscles might win competitions, but it also accelerates aging, as well as disease risk. My friend Roy (who maxes the bench press with 455 lbs.) recently told me he's on a 60% protein diet. While he's thinking of his upcoming competition and fearing the ungodly carbohydrate, I'm thinking of the massive enzyme-draining load on his body.

Telling most moms that they don't need cow's milk for calcium is like telling them to send their kids out to shovel the snow naked.

Are you getting enough calcium? Logic begs the question: where does the cow get her calcium? She gets it from green foods (and ALL the plant food groups, actually)—rich in highly bioavailable calcium. Being in the sun increases your calcium absorption, and bone is manufactured, with the help of Vitamin D. Plant sources are 50-60% bioavailable to humans, compared to cow milk bioavailability of about 30%. Eat too much animal protein (and milk), and your body loses calcium. Eat too much salt and you've got the second-biggest cause of calcium loss. (Most meat dishes are also high in salt.)

Dr. T. Colin Campbell, director of the Division of Nutritional Sciences at Cornell University (former senior advisor to the American Institute for Cancer Research), says this about his research, the biggest and most longitudinal nutrition study in history:

"There is a strong correlation between dietary protein intake and cancer of the breast, prostate, pancreas, and colon. The culprit in many of the most prevalent and deadly diseases of our time, according to this study, is none other than the very thing most of us have been taught to hold virtually sacred—animal protein. People who derive 70% of their protein from animal products have major health difficulties compared to people who derive just 5% of their protein from animal sources. They have 17 times the death rate from heart disease and the women are 5 times more likely to die of breast cancer. In conclusion, animal protein is at the core of many chronic diseases."

Are you getting enough calcium? You will if you eat plenty of greens, and a diet rich in seeds, nuts, and produce. Consider that along with the protein and calcium in animal sources usually comes synthetic hormones, steroids, antibiotics, pesticide chemicals, bacteria, and sometimes saturated fat.

— FACT —

Animal flesh and animal products may lead to quick muscle mass, but eating lots of animal flesh is a Faustian bargain: short-term gain for a steep long-term price. Protein powders and bars are a fad designed to increase protein intake beyond healthy ratios. A plant protein source is best and leads to long-lasting, slower-to-build but slower-to-degenerate muscle mass.

Dairy products don't lead to higher calcium absorption; greens and plant sources do. A typical American 20 percent animal protein diet is linked to cancer, heart disease, autoimmune diseases, and many more risks.





MYTH #2: “Carbohydrates are bad.”

Finding good carbs is easy! If you think for yourself, you'll dismiss as quackery any fad diet that advocates for avoiding them. The good ones are in the best plant foods on this planet: vegetables, fruits, whole grains, and beans/legumes.

In Babylon, that's what the Bible's Daniel and his friends ate, finding strength and vigor and leanness after 10 days avoiding the king's meat and wine. After three years, the king found them 10 times better in wisdom than the most learned men in the kingdom.

The idea promoted especially by the late Dr. Robert Atkins, that we should avoid carbs, is a dangerous notion that defies nature, outlaws very nutritious foods, and promotes over-consumption of animal products that are closely linked to disease. The idea of manipulating the body into “ketosis” (denying the body carbs to increase fat burning) is an unnatural condition, the effects of which have not been studied. You have available to you much more natural, and equally effective, ways to lose weight without hurting your body.

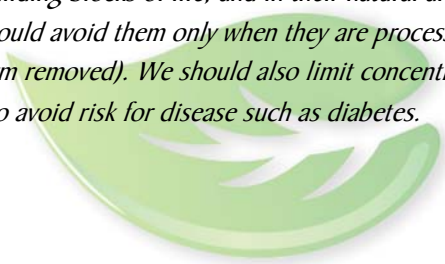
Finding good carbs is important if you want a healthy diet, since they provide the body with fuel for physical activity and proper organ function. The best sources of carbs deliver essential vitamins and minerals, fiber, and a host of important phytonutrients. They are “high octane” fuel, the most desirable energy source. If you don't get enough, your body takes from protein and fat to supply necessarily glucose.

When you've depleted your stored glucose in muscle and lean tissue, your body will burn muscles and organs to supply energy. Then, your basal metabolic rate drops because you have less lean muscle burning calories, and your body reacts to perceived starvation by slowing down metabolism and other functions.

Much has been studied recently about glycemic load, which is how fast and how far foods spike blood sugar. The carbs to avoid are french fries, refined breads, cereals, white rice and pasta, juices, and cookies, candy, cake, etc. Baked potatoes should be eaten only sparingly, with plenty of non-starchy vegetables in the meal. But oatmeal, whole-grain bread, brown rice, high-fiber vegetables and fruits, bran cereals, and legumes are low- and medium-glycemic index foods that are part of an excellent diet.

— FACT —

Finding good complex carbs is vital—they have been consumed plentifully by the longest-living cultures of the world for millennia. They are critically important building blocks of life, and in their natural and whole state, they should be consumed plentifully for energy and vitality. We should avoid them only when they are processed and refined, such as in the case of white flour (wheat with the bran and germ removed). We should also limit concentrated sweeteners (honey, maple syrup, etc.)—even when they are unrefined—to avoid risk for disease such as diabetes.





MYTH #3: "Fats are bad, especially saturated fat."

Fifteen years of obsession with "low fat" has damaged the American psyche. Even some proponents of a plant-food diet continue to operate under the fallacy that fats should be avoided and that a low-fat diet is a natural diet. Confusion reigns in the good and bad fat debate.

A very successful political campaign by the soy industry effectively blacklisted tropical oils (coconut and palm) and made "saturated fat" a swear word in nutrition. We were told to use canola, soy, and safflower oils if fat is necessary.

Unfortunately, those refined vegetable oils that replaced coconut oil caused an increase in health problems, not a decrease. Heated to over 400 degrees, deodorized and "purified," these refined vegetable oils are already rancid and therefore carcinogenic (loaded with free radicals, cancer-causing) when they arrive on the grocery store shelf. Hydrogenated fats are bombarded with hydrogen atoms at high temps to make them solid at room temp; they are deadly "trans fats" that are documented to damage or destroy every cell they encounter.

On the other hand, Essential Fatty Acids (EFAs) are the unsaturated omega-3, 6, and 9 fatty acids called "essential" because the body cannot manufacture them. The best way to get excellent-quality EFAs is in the form of flax seeds (grind them right before using, as they oxidize quickly), and high-quality flax oil you may buy refrigerated in dark bottles at health food stores. Fish oils are rich in EFAs, but contaminants in water sources and indigestibility in the gut make this source more problematic than flax seed.

Medium-chain fatty acids (MFCAs) are necessary in our diet and lead to silky hair and smooth, unlined skin, as well as healthy cellular function everywhere in the body.

They help utilize EFAs, supplying quick energy (metabolized in the liver like carbs rather than being stored in the adipose tissue or as belly fat) and enhancing our immune system with critical nutrients.

Organic, virgin coconut oil has the highest levels of MFCAs (58%) and has provided some of the healthiest and most beautiful people on the planet with excellent nutrition for thousands of years. Dr. Bruce Fife has documented in *The Coconut Oil Miracle* how Pacific Islanders who are relatively unaffected by Westernization have virtually no heart disease and cancer, and their diet is up to 60 percent fat, most of it saturated fat from coconut! Coconut oil is antimicrobial, antibacterial, and antifungal—shown to kill strep, staph, the virus that causes leukemia, and much more.

The good and bad fat debate centered on saturation for many years, obscuring other factors. Lauric acid (the immune-boosting compound in mother's milk) is found abundantly in coconut oil, as well as butter. Use coconut oil in baking and sauteeing (it does not produce trans fatty acids at high temps like other oils).

I use pure coconut oil every day on my face and every week on my hair, with excellent anti-aging results. Further, although coconut oil is low in EFAs, it increases the utilization of EFAs by up to 100 percent. It also nourishes the thyroid and increases metabolic rate for up to 24 hours.

Extra-virgin olive oil is rich in oleic acid and antioxidants and is an excellent salad oil; it is comprised of long-chain fatty acids that contribute to body fat, so use it in moderation.

I have personally eaten a handful of nuts and one or two entire avocados, daily, for extended periods of time with absolutely no weight gain over my ideal weight.



— FACT —

Know the difference between good and bad fat, because fats are critical and necessary for a healthy life. Obsessively counting fat grams will not lead to health and leanness. Actively seek out adequate amounts of good dietary fat, including unprocessed, organic coconut oil (see my site for a link to the best price on the internet), extra virgin olive oil, and refrigerated, fresh flax oil.

Eat high-fat whole plant foods like avocados and seeds and nuts of all varieties every day. Avoid "like the plague" fake fats like margarine and shortening (and other hydrogenated fats such as rapeseed oil found in low-quality peanut butters), vegetable oils, and any processed oil.

MYTH #4:

"My vitamins will fill the gaps in my diet and prevent disease."

A vitamin benefit chart doesn't tell the whole story. Vitamins are important, but the kind usable by the human body comes in food, in the synergistic and complex ratios found in nature.

I used to take a very expensive, highly touted comprehensive supplement. At the same time, I used Diet Power software to log my food intake for several months. The software analyzed the amounts I needed of each nutrient (for my age and gender) compared to my actual consumption of food. I got an "A" virtually every day based on my diet. If I took the supplements, twice as recommended, my score went to an "F" as soon as I logged them! I was getting much more than I needed of many nutrients. Even taking the supplement once a day was far too much in at least some areas, much of the time. I haven't popped a vitamin in four years, and my health has never been better.

Despite what you might see in a vitamin benefit chart, don't be reckless. This year a government study of 300,000 men found that taking more than one multivitamin a day doubled a man's risk of dying from prostate cancer. One of the researchers, Dr. Christian Gluud, said, "The findings lend further credence to the possibility of harm associated with increased use of supplements." People eating refined foods from boxes, bags, and cans may have an even bigger

overdose of chemical vitamins and minerals because of "fortified" and "enriched" synthetic additives.

One hundred years ago, diseases like scurvy (related to a Vita C deficiency) introduced high Vita C recommendations from the government and an eventual market for synthetic, pill-form nutrients. Now that we no longer have sailors stuck on a ship for nine months straight with a nutritionally deficient food supply, we have the strange aftereffects of those circumstances. Even with our terrible diet, we have virtually no Vita C- or iron-deficiency diseases in the first world. What we do have is a nation of pill poppers hoping (against evidence) that taking pretty random amounts of isolated, synthetic nutrients will save them from disease.

A 2000 study of 170,000 people published in the medical journal *The Lancet* found that vitamin supplements do no good against six types of cancer or any other disease (including heart disease and stroke). In fact, a statistically small correlation was noted that those taking supplements had 6% higher morbidity than those taking dummy pills. While this study is not conclusive that people are dying from supplement use, it should at least give pill poppers pause.



The Institute of Medicine, after conducting a four-year review into the massive body of research on vitamin supplements, recommended a diet of at least 5 fruits and vegetables instead. (GreenSmoothieGirl reminds you that even a pint of green smoothie daily gives you 150% of that recommendation.) The researchers said that while 40% of Americans fall below minimum nutrition thresholds, others are likely being harmed by supplements.

Specifically, an excess of Vitamin A constitutes “vitamin danger” because it can cause birth defects in pregnant women and liver damage for others. Vita E can cause uncontrolled bleeding. An excess of Vita C can cause diarrhea. Minerals antagonize each other for absorption: zinc competes with iron, which competes with calcium. Unadulterated plant food, rather than pills, has the correct balances of nutrients along with plenty of fiber to help control the rate of absorption.

A 13-year study of over 10,000 Americans found no evidence of increased longevity among vitamin and mineral supplement users. And consider that most people who take supplements are nonsmokers who don’t drink heavily and eat more fruits and veggies than the larger population. (This study also found that supplements did not increase the longevity of smokers, heavy drinkers, and those with diseases.)

Seventy percent of Americans spend \$6.5 billion annually on supplements, and a five-year study at Oxford of more than 20,000 people yielded this verdict in 2002: “Over five years we saw absolutely no effect” of supplements on heart disease, cancer, cataracts, bone fractures, asthma and mental decline.

I wonder if that \$6.5 billion would be better spent on raw, organic vegetables and fruits than consulting a vitamin benefit chart and swallowing Flintstones or One-a-Day vitamins. I also wonder if taking supplements for compounds we SHOULD be getting from food is only slightly better than taking even worse pills—the pharmaceutical kind.

Vitamin pill popping is still magical thinking, while generally considered less risky than taking drugs. We should quit hoping that a cure exists in a pill, because they are insurance against nothing and may give us a false sense of security. You cannot take a nutrient found in food, operating synergistically with many other nutrients, and isolate it, make it a chemical compound with some animal products (gelatin capsules) and rocks (inorganic binders) holding it all together, and expect it to create health.

— FACT —

Eat nutritious food, not pills. If you want Vitamin C, eat a handful of strawberries. If you want Vitamin E, eat a handful of almonds. If you want the best package of synergistic minerals with Vitamin A, I recommend green smoothies and whole grains and legumes. People seeking a magic bullet in a pill, any kind of pill, delude themselves, because it does not exist.





MYTH #5: “The best water is bottled, reverse osmosis, or distilled.”

Most people know that tap water isn't good for us. But this is what most people don't know: why drink alkaline water? And why should we rethink bottled, reverse osmosis, and distilled water?

In order to kill parasites and bacteria in water, governments add other possibly even more disturbing chemical agents and pathogens such as chlorine, carbon, phosphates, aluminum sulfate, and lime. Most municipal water supplies also contain some or all of these toxic chemicals: radon, arsenic, fluoride, and heavy metals such as copper, lead, and iron.

Pesticides and fertilizers may leach into groundwater supplies as well; they include cyanides, asbestos, and industrial chemicals.

People are wise to want to eliminate these contaminants before drinking tap water. But how to deal with the problem can be confusing.

Some people are drinking casefuls of bottled or "spring" water. Most of these sources are NOT from actual springs with naturally mineralized water. Many companies are now simply bottling tap water, for convenience. Those who purchase bottled water are contributing to over 1 million plastic bottles going to landfills every day. But they also risk health effects from chemical toxins called phthalates that are sometimes added to plastics to give them flexibility.

Phthalates function like hormones, disrupting endocrine systems in humans (especially children), according to Dr. Rolf Halden of Johns Hopkins Bloomberg School of Public Health. If you heat plastics, phthalates leach from containers into water and food. Of course, water bottles are stored and transported in hot warehouses and trucks, which increases that likelihood. Bottled water should be avoided, and water should be contained in inert materials like glass, ceramic, or stainless steel.

Many people believe that a reverse osmosis (R.O.) water filter is the best way to address these issues, as it removes about 99 percent of these contaminants. Others use distilled water, which removes 100 percent (while affecting the taste of the water significantly).

Unfortunately, your R.O. system or distiller cannot differentiate between good compounds and bad. They categorically remove dozens of trace minerals from the water that are critical to your health. Because your body requires minerals for a variety of processes, if it does not receive them in water, it must rob your bones and tissues of these elements, possibly leaving you deficient and prone to a variety of health problems.

A good answer is to install a remineralizer using the well documented organic material coral calcium, after the R.O. system and before it leaves the tap into your glass. If you choose to use a distiller, you can add mineral drops (Trace Minerals Research is a good company) to the water.

Why drink alkaline water? You'll get more antioxidants than you could eat in a day, from your water. Add a water ionizer to make your water alkaline, installing it after the R.O. system and remineralizer, if you have R.O. already. Not only will you have alkaline water to use in all cooking and drinking, but you'll also have acid water for many other uses (cleaning, killing bugs on plants, anti-bacterial). As of this writing, Life Ionizer is the only company that has a unit mounting under the sink—I have one and love it.

If you want an ionizer for much less than what the multi-level-marketing Enagic people are selling for, with the same warranty, please contact me. I can put together a group buy of 10 units for a price I cannot advertise on the internet, which I do every few months for my readers, so contact me if you are interested (info@greensmoothiegirl.com).



— FACT —

Water needs to be purified, but minerals are removed along with contaminants, causing mineral leaching from your body's tissues and bones. For ideal drinking water, install a reverse osmosis system, followed by a remineralizer and a water ionizer, all easily mounted under the sink. (Or, at least use just a water ionizer, which does quite a bit of filtration.) Further, consider having a plumber put fairly inexpensive carbon filters on the water supply to your whole home, since you absorb more chlorine in a shower through your skin than you can drink all day long.

MYTH #6: "Soy products are a health food (especially for women)."

As more and more data has emerged in recent years about the dangers of eating a diet rich in animal products, soy product offerings have exploded at health food and other grocery stores as a "wonder food." They include soy protein powders and bars and meat replacements (hot dogs, burger patties, and more). America's soybean growers have hit the motherlode and now sell waste products of the soybean as "soy isolate protein powder": this food is refined, processed, and separated from the whole food. Even the whole food is problematic, and the danger of soy product must come to light.

We have been told the Japanese have lower rates of breast, uterus, and prostate cancer, and that is attributed to high soy consumption. Unfortunately, Japanese people (and Asians) have higher rates of esophageal, pancreatic, liver, and stomach cancers. Soy causes these cancers in lab animals. Also, the Japanese tend to eat fermented whole-soy products such as miso, tempeh, and tofu—not refined products made from soy oil and isolated proteins."

The isoflavones in soy cause toxicity in estrogen-sensitive tissues and depress thyroid function, causing decreased metabolism as well as other thyroid diseases. Soy products now in virtually everything at the grocery store (breads, spaghetti sauce, cookies, even canned tuna) contribute to the epidemic of both diagnosed—and an estimated 10 million undiagnosed—thyroid problems. Most thyroid problems are in women over 40, and soy's thyroid-depressing effects are likely contributing to the rise in obesity.

Soy lowers testosterone levels in men and causes malnutrition, especially in babies and children drinking soy milk or soy formula. Dozens of studies show that soy causes reproductive problems, immune problems, and cognitive decline. Doctors and researchers including Andrew Weil, Mary Enig, Kaayla T. Daniel, FDA advisors, and many others caution against soy consumption.

— FACT —

Soy is not a good alternative to meat and should be avoided because it promotes disease. Of particular concern are soy formulas for babies, soy protein powders and bars, soy-based hormone creams for women, and anything that features "soy isolate protein powder" or other non-fermented, refined products. The danger of soy product is coming to light, but many operate under the assumption that it is a nutritious food, especially for protein.



MYTH #7: "Food labels are the definitive key to making good choices about food."

You don't know all about food labels just from reading them. These are things you should know about labelling that the average consumer doesn't:

1. No regulations exist for the term "natural," so you could technically buy something labelled "natural" made entirely from refined sugar, salt, and lard!
2. "Low fat" labels require that the fat must be reduced 25%, but that doesn't stop the manufacturer from adding taste with more sugar, flour, or other calorie-dense ingredients for a calorie count just as high—or even higher.
3. If a food is labeled "healthy," that just means it doesn't exceed USDA limits on sodium, fat, and saturated fat. It could still be full of sugar. Since the "healthy" regulations were passed in 1989, we've learned that saturated fats are not created equal. Coconut and palm oils, for instance, are nutritious medium-chain fatty acids and did not cause the health problems attributed to them.
4. The "whole grain" label requires only that 51% of the grain be the whole grain. That means 49% of it can (and usually is) bleached, refined white flour. Purchase only food labelled "100% whole grain" instead.
5. Manufacturers play a game with serving sizes, showing acceptable nutrition and calories by making a serving size much smaller than anyone actually eats.
6. Additionally, many people know that monosodium glutamate (MSG) is a pervasive food additive from a dangerous class of chemicals called excitotoxins in processed, canned, and restaurant food. MSG-added foods include fast food from Taco Bell, Wendy's, McDonalds, KFC, and more, as well as Campbell's soups, most salad dressings, ramen noodles, and thousands of other foods. MSG is found especially in (but not limited to) low-fat or diet products. It is highly addictive and makes food taste better, thus making the consumer want more MSG-added foods. You can imagine why food manufacturers are motivated to put more of it in their product than the competitor does!
7. But most people don't know that MSG has been linked to brain damage, tumors, and lesions, nervous system and endocrine problems. You can see many studies (144 at last count) at pubmed.com on how rats have been injected with MSG to make them obese for studying diabetes. John Erb's review of the history of MSG in his book *The Slow Poisoning of America* links it to migraines and headaches, autism, and ADHD, among other health problems currently skyrocketing.
8. Some evidence links MSG and other "excitotoxins" like aspartate (the chemical sweetener aspartame) to neurodegenerative brain diseases like Parkinson's, Huntington's, ALS, and Alzheimer's. Excitotoxin food additives are especially risky for people with diabetes or who have had strokes, brain injuries, seizures, or hypertension. Some food labelled as having "no MSG" in fact contains other equally dangerous excitotoxins.



But those are just the foods that put MSG on its ingredient list. Consider that these additives always contain MSG as you consider if you really know all about food labels:

Hydrolyzed Vegetable Protein
Hydrolyzed Protein
Hydrolyzed Plant Protein
Plant Protein Extract
Sodium Caseinate
Calcium Caseinate
Yeast Extract
Textured Protein (Including TVP)
Autolyzed Yeast
Hydrolyzed Oat Flour
Corn Oil
These additives frequently contain MSG:
Malt Extract
Malt Flavoring
Bouillon

Broth
Stock
Flavoring
Natural Flavors/Flavoring
Natural Beef Or Chicken Flavoring
Seasoning
Spices

Finally, these additives may contain MSG or other excitotoxins:
Carrageenan
Enzymes
Soy Protein Concentrate
Soy Protein Isolate
Whey Protein Concentrate

— FACT —

The ever-increasing presence of excitotoxins in the food supply, the government's turning a blind eye to it, and deceptive labelling practices are more reasons to eat natural, organic plant foods. Food labelling has become a cat-and-mouse game between manufacturers and the government, so you don't really know all about food labels. Trust your instinct that a long list of chemical ingredients you cannot pronounce is not something you want to purchase, consume, or allow anywhere near children you care about.





MYTH #8: "Milk and dairy build strong bones."

The most powerful industry in America is the dairy industry, earning over \$50 billion and spending over \$200 million annually to spread the lie that dairy products nutrition is necessary for human children's health. They're smart enough to target mothers (and they started, very successfully, with our grandmothers), because they can create habits for life if a child is drinking cow's milk at an early age.

So, while for many, this will be a revelation, it shouldn't be: our mothers were conned! The idea that the milk of another species is an appropriate and necessary source of calcium is a serious thinking error that has led to cancer, heart disease, diabetes, arthritis, and autoimmune disease in epic numbers. Ask yourself why the U.S. consumes more than double the amount of milk and dairy than the #2 milk-drinking country—and yet has the highest rate of osteoporosis (and massive dental decay, despite the best dental-care system) in the world. Clearly drinking milk is not leading to strong bones and teeth.

Colin T. Campbell, PhD, one of the most preeminent nutrition researchers in the world, conducted the most comprehensive, longitudinal research study in history (still ongoing) known as the Oxford-Cornell China Project. The New York Times dubbed it "the Grand Prix of Epidemiology." Published in 2004, The China Study examined dietary habits and disease rates in 6,500 adults in China over almost 30 years.

Campbell started with animal studies duplicated by other researchers all over the world and progressed to his enormous human population. The researchers documented massive evidence that casein (the protein in milk) is linked to high rates of disease when ingested at a rate of 20 percent of the diet, which is the American average.

He documents very low rates of those same diseases in subjects eating only 5% or less animal protein. The protein in all the studies, animal and human, was casein. Eight

thousand statistically significant correlations resulted from this study. ("Statistically significant" means the likelihood the finding is due to chance is less than 5 percent.) These findings definitively decimate American mothers' nutrition beliefs that feeding their children dairy products will build strong bones and good health.

Human calcium deficiency diseases are extremely rare for anyone on any type of natural diet. Our need for calcium is relatively low, in fact, and mothers needn't worry about pushing on their children massive amounts of cow's milk (often genetically modified and full of hormones and antibiotics).

I raised all four of my children without cow's milk, and only one of them has ever broken a bone (when she was pushed off the top of a slide), despite all of them being competitive athletes and therefore constantly in injury-prone situations. I personally have never drunk a glass of cow's milk in my life, and at 40, I was measured to have the bone mass of a 20-yr. old.

I did feed my children a little raw goat's milk and homemade goat yogurt as they were being weaned from breast milk, and I continue to do so. Goat milk more closely resembles human breast milk; it also has a smaller fat molecule that permeates the human semi-permeable membranes without being mucus forming. Additionally, fermented milk proteins like kefir and yogurt are predigested and often cause no problems even for those who are lactose intolerant. I asked Dr. Campbell personally about his opinion of goat milk, as well as of kefir and yogurt, and he said that his research did not address it.

Cow milk's large fat molecule is acid- and mucus-forming in humans; thus we are all "lactose intolerant" to one degree or another. Our grandparents, with their strong genetics, withstood it well. Unfortunately, our own children with three



generations of weakened genetics, are not faring so well. Every time I see a child with green snot running from his nose, I wish I could in some socially acceptable way beg his mother to get her child off cow's milk.

I have counseled willing mothers about this a number of times, and every time the mothers reported that the mucous problems disappeared as the mother eliminated dairy

products nutrition, and related asthma and allergies dramatically decreased as well. (Eliminating sugar at the same time, as well, is a very wise idea. It, too, is highly acid- and therefore mucous-forming.)

— FACT —

Baby humans need human breast milk until their eyeteeth come in at about 18 months (at which time they begin producing digestive enzymes to break down table food). Only baby cows need cow milk. Nothing replaces human breast milk for infants 0-18 months. The best alternative, if breastfeeding is impossible, is raw goat milk (and definitely not soy milk). Get your calcium from leafy greens, as the dairy products nutrition is bioavailable to cows but not humans.

MYTH #9: "I just need to get the government-dictated (RDA) serving sizes."

The U.S. government doesn't want to hurt your feelings with the RDA chart, or make you do anything hard, so it tells you five servings of fruits and vegetables are enough. Food-pyramid silliness and dramatically changing curricula accepted all the way from elementary schools to medical schools is heavily influenced by industries with a profit motive to steer us away from the truth. Those industries are, in order of their influence, the dairy, meat, and refined-foods conglomerates.

If you were in elementary school in the 70's like I was, you may remember that back then (before research overwhelmingly disputed these standards), we were supposed to get 2 servings of meat and 4 servings of dairy every day! Our Congress has been strongarmed by Agribusiness to author a bogus set of dietary recommendations, although fortunately the food pyramid

has at least improved in the last 30 years to include more plant food. Too bad it still mostly ignores the difference between whole and refined plant foods.

As an experiment, I went to my BlendTec Total Blender with a list of fruit and vegetable serving portions according to the RDA chart. I made myself a green smoothie for the next day with 11 servings according to those portions. You might be imagining a giant blenderful of stuff, but you're way off.

It yielded THREE CUPS of smoothie—that's one cup less than I drink every single day. I would still be hungry if that's all I ate. (I usually eat more than just the smoothie for lunch anyway.) Consider that $\frac{3}{4}$ cup of that smoothie is WATER, so we're really talking about 2 $\frac{1}{4}$ cups of blended food. That means your government thinks ONE cup of smoothie (5 servings) is plenty for an adult's fruit and vegetable consumption for a whole day.



These are sample portion sizes:

2 inches of a cucumber, 10 blackberries, 3 heaped tablespoons beans, 3 celery sticks, 7 cherry tomatoes, 2 spears broccoli, 1 cereal bowl raw spinach

So yes, your government's RDA chart says that 5 servings of fruits and veggies a day is enough, and I am telling you that twice that much, liquified, make a snack that liquifies to ONE PINT (without the water). That would not satisfy even my 7-yr. old for more than an hour or so.

Speaking of 7-year olds, here's a quote from the 5-a-day website: "These portion sizes are for adults.

Children under five should also eat at least 5 portions of a variety of fruit and vegetables a day, but the sizes may be smaller." How much smaller can they get?

Apparently, according to the portion sizes, my kids and I eat 20-25 fruits/vegs a day. If you eat only 25 grams of dietary fiber as your government recommends, you may still have significant digestive problems and disease risk (most Americans get 11-14 grams). I recommend you shoot for 40 grams or more. It's easy if you replace refined foods with whole foods.

— FACT —

The RDA chart serving sizes and nutritional recommendations are pathetic. Our government dumbs down nutrition curriculum and standards because (a) they are in the vise grip of the meat/dairy/processed food industries, and (b) only a small percentage of Americans are getting even 5 servings (includes french fries), so your government doesn't want to tell you to do anything too challenging. The healthiest populations on earth don't look at food charts but eat most of every meal as vegetables. We would be wise to do the same and eat whole foods [[link to 12 steps page](#)].





MYTH #10: "If it's approved by the FDA, it's safe."

You have the approval of the FDA to thank for drug fiascos like Fen-phen, OxyContin, and vaccines containing mercury and formaldehyde. Also food dyes linked to many health problems, nitrites used to cure meat that are highly carcinogenic, and a variety of drugs that have killed millions before being pulled off the shelf (or not). You may also wish to write the Food and Drug Administration a thank-you for spending your tax dollars approving and defending the pervasive food additives MSG and NutraSweet (aspartame).

I own a book called *Foods for Better Health: Prevention and Healing of Diseases*, published in 1995 by the editors of Consumer Reports. One of the authors has PhD after her name. I will quote just two passages:

"The FDA now agrees that caffeine in moderation is OK for pregnant women" (up to 300 mg is cited as "moderation": that's three cups of coffee or seven cans of Coke).

and

"The American Medical Association, the FDA, the World Health Organization (WHO), and the American Dietetic Association, agree that aspartame [NutraSweet] is safe for pregnant women."

The FDA has received more complaints about aspartame than all the rest of the 4,000+ food additives approved by the FDA in FDA history—about 70 percent of its total complaints. It breaks down in 20 minutes into several toxins, including formaldehyde and the toxin in ant poison. And yet, in 1994, the FDA and WHO, government agencies charged with protecting the public health, claimed aspartame was safe for pregnant women.

— FACT —

You should trust yourself—your gut instinct about what is and isn't good for you—and genuine research not backed by profit-motivated industries. Cultivate a healthy mistrust of the ever-shifting, soothing recommendations to eat chemicals by the approval of the FDA, whose motto for food additives seems to be "innocent even when proven guilty." The best way to avoid these chemicals is to make your own plant-based foods, and use organic produce and legumes/nuts/grains/seeds when you can, and well washed foods when you can't.





MYTH #11:

"People, especially children, need fluoride supplementation."

American dental trade organizations are committed to the use of the toxic chemical fluoride in drinking water, tablets, and toothpastes, despite a growing body of evidence that fluoride danger constitutes a risk to the public health. The U.S. began fluoridation without studying its effects on humans in water or tablets. Fluoride compounds put into water are often contaminated with lead, arsenic, and radioactive nucleotides, since fluoride is a toxic waste byproduct from petroleum and fertilizer plants.

Whether or not you believe that fluoride prevents dental caries (or cavities) depends on which studies you look at. The large-scale studies show that not only does fluoride NOT prevent caries, but it causes dental fluorosis even in low doses, resulting in permanently brownish, mottled teeth. Countries without fluoridation have shown as much improvement in dental health as those that fluoridate, suggesting that other factors may be at work that were attributed in the past to fluoride.

Research shows that fluoride inhibits enzymes and suppresses thyroid function, and it causes immune system impairment, osteoarthritis, as well as acute poisoning at even low doses.

Dr. Phyllis Mullenix published research on fluoride danger, showing that the chemical builds up in the brains

of test animals; brain damage occurred with resulting adverse effects on behavior. Babies born to those animals, despite receiving fairly low doses of fluoride, exhibited ADD-like symptoms. The body cannot metabolize or eliminate chemicals—only food—so ingesting chemicals is always unwise.

New Jersey's Dept. of Health found 2-7 times the rate of bone cancer in boys where water was fluoridated. EPA researchers confirmed this bone-cancer finding with an animal study. Another study links fluoridated water to uterine cancer deaths. Since fluoride is a chemical and can't be metabolized or eliminated by the body, it gradually builds up in the bones, causing degeneration.

A study published in Brain Research showed rats drinking very low fluoride in water had brain lesions similar to Alzheimer's patients. Evidence also showed possible damage to the blood-brain barrier from fluoride exposure.

In the U.K., perinatal deaths in a fluoridated area were 15 percent higher, and Down's Syndrome rates were 30 percent higher, than in neighboring non-fluoridated areas. Chile banned fluoridation because of the research of Dr. Albert Schatz, which also showed a link to infant deaths.

— FACT —

Fluoridation is forced medication of the water supply and should be opposed by anyone who cares about freedom or health. Dumping into the human water supply is brilliant on the part of manufacturers trying to avoid dumping toxic waste byproducts into landfills, but it has been devastating for the public health. Many studies counter the idea that fluoride prevents cavities, but the evidence is overwhelming that the many side effects of ingesting the toxin cannot possibly be worth any possible "benefit." You can avoid fluoride danger. Filter your water if you live where it is added to the water supply. Protect your teeth by brushing your teeth twice a day, avoiding processed sugar, and getting biannual dental cleanings (without the fluoride treatment).



MYTH #12: “My weight is okay if I’m within the “Normal” Body Mass Index scale.”

We have been conditioned to believe that plump is healthy, and it is not. As an example, at 5' 8 ½", I weigh 130-135 lbs. on any given day. According to the Body Mass Index, I could gain another 35 lbs. without being overweight! It also tells me that the leanest I should be is 15%-19% body fat. I am sometimes below that, while totally healthy, all curves intact, and without an extremely thin appearance. And I don't have “small bones.”

I guarantee you that if I gain even half of that 35 lbs., I am overweight and feel the effects of it: sluggishness, inability to run distances, decreased libido, and negative thoughts/moods, just to name a few of many symptoms.

This is not to discount the fact that heredity does play a part, that bone size plays a part, and that everyone is different. Certainly a person who is 5'8 ½" could have a different weight than I do and be very healthy—but if fat has collected around the belly, hips, neck, or thighs, that isn't an ideal weight regardless of what a healthy height and weight chart says. The current charts are based on averages, and the averages aren't healthy.

That someone can be “too thin” is certainly a possibility, especially if that person has an eating disorder, is eating an extreme diet that has is deficient in important nutrients, or has an unaddressed digestive disorder. Some problems of severe underweight do lead to questions of whether the person may have cancer, parasites, or serious digestive or nutrient-absorption problems.

But it is fairly rare in the U.S., especially compared to overweight disorders. Body fat—especially belly fat—is a danger to heart health, even a little bit of it. Just because one fits in the reassuring zones called “lean” of a government-designed healthy height and weight chart does not mean one is at a healthy weight. Remember that the government wants to make standards do-able for the average person. Don't make the mistake of thinking that the lowest-common-denominator advice of the U.S. Government is definitive advice.





IDEAL BODY WEIGHT CHARTS

John McDougall, M.D. offers alternate ideal body weight charts showing much leaner body ideals than the government's upward-trending Body Mass Index (BMI) based on averages. These charts may be "politically incorrect" but more accurately reflect the weights of indigenous people all over the planet who eat whole-foods diets closer to the earth and suffer from little degenerative disease.

WOMEN		MEN	
HEIGHT	WT. SHOULD BE BELOW* LBS.	HEIGHT	WT. SHOULD BE BELOW* LBS.
4ft 11in	91	5ft 2in	110
5ft	94	5ft 3in	115
5ft 1in	97	5ft 4in	120
5ft 2in	100	5ft 5in	125
5ft 3in	104	5ft 6in	130
5ft 4in	108	5ft 7in	135
5ft 5in	112	5ft 8in	140
5ft 6in	117	5ft 9in	145
5ft 7in	122	5ft 10in	150
5ft 8in	127	5ft 11in	155
5ft 9in	132	6ft	160
5ft 10in	137	6ft 1in	165
5ft 11in	142	6ft 2in	170
6ft	147	6ft 3in	175
	*Fully Dressed	6ft 4in	180
		6ft 5in	185
			*Fully Dressed

— FACT —

Listen to your body and know what weight it wants to be at. Not what your metabolism wants, because your metabolism may be damaged and in need of rehabilitation and nourishment. But rather, know what lean is for you, and be willing to go there, off the government's ideal body weight charts based on averages, and stay there with a whole-foods diet. Definitely don't beat yourself up if you are trying to lose weight, and set realistic goals. But don't make target numbers relative to the BMI chart, how many babies you've had, the fact that you played a certain sport in high school, or other things that skew a truly healthy weight.



Conclusion

Now you are armed with nutrition information critical for your understanding that the vast majority of people do not have. You are better prepared to make good choices—in restaurants, grocery stores, even health food stores.

Share your knowledge with others, because huge industries in America have a vested interest in keeping these false doctrines alive and well.

If you're ready to try eating whole foods in your quest towards the best health of your life, check out 12 Steps to Whole Foods, with 250 recipes, available only on GreenSmoothieGirl.com!

