



# The 12 Bad Foods

As researched by Dr. Joel Wallach, BS, DVM, ND  
and explained by Dr. Peter Glidden, ND

Here is the list of the **12 bad foods** that I don't want anyone to eat.

**1 - Wheat, 2 - Barley, 3 - Rye and 4 - Oats**

That's right whole grains wheat, barley, rye and oats. Wheat, barley, rye and oats contain a protein called gluten and gluten is bad for most human beings.

Why? Because the gluten molecule is a protein. A protein made of amino acids which are daisy chained together and amino acids are essential nutrients the body needs them can't make them. Amino acids are essential for health. It's the job of your stomach to break apart the amino acids inside the gluten protein liberating the amino acids giving your body access to the amino acids that make up gluten but the chemical bonds that hold the amino acids together inside of the gluten protein are very difficult if not impossible for your stomach acid to digest. Now, most people have weak stomach acid anyway and this just compounds, exaggerates the factor so most people when they swallow wheat, barley, rye or oats the gluten protein becomes undigested and instead of individual amino acids entering into the small intestine to be absorbed into the bloodstream you get long chains of intact connected amino acids and when your small intestine attempts to absorb the undigested long chains of amino acids, that causes a lot of problems to the tissue in the intestinal tract which is responsible for absorbing nutrients. It becomes damaged. It's kind of like if a vacuum cleaner with a bristle brush is trying to vacuum up a string of pearls. The string of pearls is going to jam up the gears but, if the bristle vacuum

attempts to suck up individual pearls on the carpet, it can do that, no problem. Similar circumstance here in the small intestine, which leads to one of life's greatest ironies. Consistent consumption of whole grains will hurt you. Not only does it hurt you directly by damaging tissue in the body but, it hurts you indirectly because the tissue that it damages is responsible for absorbing nutrients. The more whole grains you eat, the less able your body is to absorb nutrients into the bloodstream and because **all chronic diseases are directly related to nutrient deficiencies** the more whole grains you eat the more likely you are to suffer with a chronic disease. Wheat, barley, rye and oats.

**Stop eating them!**

## **5 - Oil in a bottle    6 - Fried food**

Oil and fried food. Oil oxidizes. If you look at an olive oil bottle. A canola oil bottle. A flax seed bottle. Any type of oil in a bottle. Between the top of the oil and the top of the bottle, there's an air gap. Air contains oxygen and as the oil sits in the bottle, it is becoming oxidized. The longer it's in the bottle, the more oxidized it becomes and when you pour that oil onto a cooking surface, a fry pan or a wok for instance, you heat the oil, it oxidizes. When you introduce an oxidized substance into the human body, within minutes, you create inflammation. Low levels of low grade constant inflammation. Which again, like the straws that broke the camel's back, add up. Add insult to injury and it's only a matter of time until your system can't handle that anymore and something

breaks. When you fry food, this process becomes accelerated. Remarkably, oil heated in a fryolator creates a molecule in the food which is fried called acrylamide. So when you deep fry a piece of chicken. Deep fry a potato. Deep fry anything that has a protein in it, acrylamide is formed. What's wrong with the chromide? Well, I thought you might never ask. It's carcinogenic. Now when you look at a map of the of the united states, county by county of life expediencies the people in the united states that have the shortest life expediencies, live in the south. The old south. They have the same doctors. The same education. The same water. The same hospitals. The same everything that everybody else in the united states has, so why do they have the shortest life expediencies? I'll tell you why. Because in the united states. In the South. Below the Mason Dixon line. Fried food is a religion. Fried food for breakfast. Fried food for lunch. Fried food for dinner. It's just part of the culture and the more fried food you eat, the shorter your life will be, because you're introducing cancer-causing substances. Inflammatory causing substances into your body all of the time and that's not a good idea. I know that Dr. Oz told you to drink olive oil. Dr. Oz is a medical doctor trained in cardiovascular surgery. Not Nutrition. If you are attempting to understand the meat and potatoes of Medical Nutrition, no oil in a bottle! That means, no salad dressing. No cooking oil. Certainly no fried food. I don't even want you to be downwind of fried food. Eliminate them completely. On salads you can use vinegar. You can use lemon juice. You can use salt and

pepper and now at health food stores you can find salad dressing which is oil free and if you'd like to cook something in a fry pan no harm no foul. Use butter or lard not Crisco. Lard is rendered animal fat. Rendered goose fat. Rendered duck fat. Rendered pork fat. Rendered beef fat. The French cook with lard. Cook with butter. Use salt. Live long and prosper.

## **7 - Red meat cooked well done**

You will read research every once in a while that relates directly the consumption of red meat to higher incidences of cancer. Especially colon cancer. Well, our argument is that it's not the meat it's what's in the meat or how the meat is cooked. When you cook red meat well done, you cook it through and through, the chemical is created called a hetero-cyclic amine and hetero-cyclic amines cause inflammation and cancer. If you cook red meat rare or medium rare there are less hetero-cyclic amines. So, cancer-causing substances, it only makes sense, are smart things to stay away from. If you are a meat lover. A meat eater. Then cook your meat rare or medium rare and if you use a grill, wrap it in aluminum foil because the grill marks on the steak are not only carbon but they're hetero-cyclic amines so avoid that noise and optimize the structure and function of your body moving forward. It's not the meat it's how it's cooked or what's in it. Which leads us to the next thing on the list.

## **8 - Meat with nitrates and nitrites**

Meat that has nitrates added as preservatives. Deli ham, deli turkey, bacon, pepperoni, sausage. There are a lot of meats which the butcher injects nitrates into to keep the meat looking nice and red in the deli case. Only problem with nitrates, when they're heated, they turn into a chemical called a nitro-amine which is carcinogenic. So our recommendation, avoid meat that's been injected with nitrates. This is easier than you think if you shop at Whole Foods. All the meat that's available in a Whole Foods Marketplace is nitrate free. If you have a local butcher, tell your butcher that you have an allergy to nitrates. You don't, but if your butcher thinks you're allergic to it then he will make sure the meat that he or she sells you will be nitrate free. No nitrates. No cancer. No inflammation. Get it? Got it? Good!

## **9 - Potato skins**

Next on the list, the skins of baked potatoes, yams or sweet potatoes. You know, when the skins get nice and crispy because they're twice baked or thrice baked. Well the skin of the potato when it gets crunchy and crispy like that is loaded by virtue of the heating process, with hetero-cyclic amines. Hetero-cyclic amines, now you know, cause cancer and inflammation. So if you want to eat a potato a baked or a yam or a sweet potato that has a crispy crust, crispy skin, don't eat the skin. You can eat the potato part but not the skin. If you'd like to eat the skin then you can boil the potato yam or sweet potato or put them in a crock

pot. When the skin is crunchy and crispy you must not eat it. I mean, if you breathed in asbestos every day, it's only a matter of time until you get mesothelioma. Right? If you work in a coal mine without a mask it's only a matter of time until you get black lung. So stop eating food that's gumming up the works. Stop eating food that's hurting you and you're going to go a long way towards supporting and promoting your body's ability to fix itself.

### **10 - carbonated drink with a meal**

carbonated beverage with a meal. Why is that? Well, the bubbles in your carbonated beverage, by the way, I don't care if it's beer, champagne, a soda, water or Perrier. Sparkling water or ginger ale. Soda pop or anything at all that has bubbles in it. The bubbles are carbon dioxide. Carbon dioxide has an interesting property. It reduces acidity. It neutralizes acids. Carbon dioxide neutralizes acid so, when you drink something with bubbles in it during a meal, you're neutralizing the stomach acid in your stomach. This is not a good idea. In a healthy stomach, your stomach acid should be so strong, that if you chopped off a finger and swallowed it, your stomach would digest it down to the bone. Your stomach is a bag of acid. The stronger the acid, the better, but when you drink a carbonated beverage before, immediately before, or during a meal, you impede the digestive process of the stomach by neutralizing the stomach acid. Most people have weak stomach acid anyway because in order to have strong stomach acid you must be salting your food liberally. Your body needs the

chloride that's in the salt to make strong hydrochloric acid and you also need calcium in order to have the acid squirted into the stomach from the chief cells in the stomach. Chief cells make the hydrochloric acid and they squirt them out into the stomach. If you're calcium deprived, deficient in the trace mineral calcium, the introduction of hydrochloric acid into the stomach will be compromised. Now most people have been told by their medical doctor to be on a salt restricted diet and most people are deficient in calcium so most people's stomach acid is weak to begin with and then when you pour a carbonated beverage into the stomach on top of weak acid it's super weak and you're not going to digest hardly anything out of your food.

## **11 - Soy and 12 - Corn**

Soy and corn. That's right! Soy and corn. These are recent additions to the list. Previous to October 2015, we considered 10 bad foods. We have recently added corn and soy to the list and here is why. Corn and soy are among the most genetically modified, genetically engineered foods available on planet earth and they are abundantly, copiously, profusely, sprayed with an herbicide called Roundup. The scientific name for which is, glyphosate. Recent data released by the World Health Organization, of all places the World Health Organization, classifies Roundup as a carcinogen. A cancer causing agent and research also links directly, the use of genetically engineered food the consumption of genetically engineered corn and genetically engineered soy with

many different types of cancer and deaths. The numbers of liver, kidney, thyroid, bladder and bile duct cancer have increased since the introduction of genetically engineered corn and soy and/or the consumption of corn and soy that has been sprayed with Roundup. It's also not that easy to discover whether or not your corn or soy which is labeled organic is actually organic. So you have to do your homework. It is virtually impossible to tell whether or not it has in fact been genetically engineered. The moral to this story is just avoid corn and soy unless you know for sure it's not genetically engineered. It's heirloom corn and soy and absolutely positively it's not been sprayed with the pesticide Roundup.

Interestingly enough this should also extrapolate into corn syrup which the food industry is putting in just about everything these days. I haven't seen the science but, remember, if it looks like a duck, flies like a duck, quacks like an MD, you should stay away from it for goodness sake. Go organic ladies and gentlemen. Educate yourself about what really is organic and what is suspect and for goodness sake, my recommendation is stay the heck away from corn and soy in addition to the other 10 bad foods. Nutrify your body every day with the 90 Essential Nutrients. Live long and prosper!

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