

# STOCKING THE NATURAL KITCHEN

By Lady Carla Davis, MPH

*Specializing in Nutrition*

When stocking your kitchen with natural food products, you will discover a wide assortment to choose from. It can even be confusing at times. The more you learn about the food industry and their dirty tricks, the more you will want to buy reputable organic products. The organic health food industry produces many fine products, and they just keep getting better. But, even with organic certification, you still have to be vigilant.

There are several basic guidelines to follow when shopping for groceries. To start off, BEWARE of misleading advertising and deceitful labels, and overlook all the hype on the front of a label. Read the **“ingredients”** section of the label, which more accurately reveals the truth about a product’s ingredients.

**“Natural”** is perhaps the most misused word in the food industry. Many products labelled “natural” may contain high amounts of refined sugar, dextrose, high fructose corn syrup (HFCS), bleached white flour, monosodium glutamate (MSG), hydrolysed vegetable protein and other flavour enhancers, GMOs, margarine, hydrogenated or other damaged fats/oils, fluoride, pesticides, growth hormones, and antibiotics. These ingredients are NOT natural and should never be classified as such. In fact, use of the word ‘natural’ on products containing these ingredients is false advertising to enhance sales. The only reason they get away with this is because our regulatory agencies are heavily influenced by the very industries they are supposed to regulate. Often, there is a revolving door between industry and government.

The addition of refined sugar, flavour enhancers (MSG, etc.), caffeine, additives (meat glue, bromide, phosphorous, carrageenan, etc.), artificial colours, GMOs, preservatives (sodium nitrate and nitrite, etc.), and damaged fats/oils are tricks many food manufacturers use to mask poor quality ingredients and extend shelf life. If food products contain any of these health hazards, use your economic power to AVOID them.

Real **“natural”** foods are foods that are as close to their natural state as possible; made by Nature. The safest option is to buy certified organic from reputable companies. In addition, always check who really owns the company. Assaults on the organic industry are never ending. For example, various producers have been spraying their organic apples and pears with antibiotics. Also, some companies are using fluoridated water in their certified organic products, which is far from potable. For more details go to: <http://www.organicconsumers.org/>

**Phosphates**, also called phosphorous, are additives customarily added to processed meats, processed cheeses, and various types of soda to increase shelf life and intensify flavours. They also appear at high levels in fast food. These additives have been linked to high blood pressure and heart disease and are particularly dangerous for kidney patients. Learn more at: [http://www.naturalhealth365.com/0998\\_phosphate\\_levels\\_heart\\_disease.html/](http://www.naturalhealth365.com/0998_phosphate_levels_heart_disease.html/)

**Meat glue/transglutaminase** is another disgusting trick used to dupe consumers. Watch how this is done: <http://www.youtube.com/embed/hXXrB3rz-xU>. When you buy meat (beef, lamb, and poultry) ALWAYS buy forequarters or rumps of beef/lamb; or whole chickens and turkeys; or whole pieces of chicken/turkey (legs/thighs/breasts) WITH the bone and skin on them. When buying fish, buy the whole fish or fillets of fresh fish that are not processed. AVOID the frequent specials or frozen packages of boneless, skinless chicken/turkey; prime cuts of processed meat; fish cakes; and meals of this type at fast food outlets.

**Transglutaminase** is not only used in meat, poultry, and fish; it is also used in dairy products, pasta, and bread. In the dairy industry, it is used to thicken yogurt and cheese at less cost. According to a [study](#) published by the Entrepreneur blog, “Meat glue can also help cut ingredient costs by reducing the amount of protein required to create a desirable texture, firmness, and stability of yogurt.” In

other words, meat glue allows the manufacturer to economise at the expense of the consumer. Choose brands of yoghurt from reliable smaller, organic dairies. To learn more go to: <http://www.greenprophet.com/2011/03/meat-glue-is-everywhere/>

**Carrageenan** is another food additive that contains poligeenan, a known carcinogen. Food-grade carrageenan has been linked to inflammation, cancer, and diabetes. <https://www.cornucopia.org/2016/04/report-exposes-food-industry-cover/>

“**Light**” is another word so commonly used that it has become meaningless. Don’t be duped into thinking that “light” means healthy, low-calorie, or low-sodium. Products labelled “light” usually contain large amounts of refined sugar.

**Bromine, fluorine, and chlorine**, found in many food products, are toxic endocrine disruptors that should also be AVOIDED. These halogens are particularly damaging to the thyroid gland because they block the absorption and production of iodine, <http://iodineresearch.com/>. They are also central nervous system depressants and can trigger a number of psychological symptoms such as acute paranoia and other psychotic symptoms. To learn more, read: [http://www.huffingtonpost.com/dr-mercola/thyroid-health\\_b\\_472953.html](http://www.huffingtonpost.com/dr-mercola/thyroid-health_b_472953.html)

Bromide/bromine can be found in several forms. Methyl-bromide is a pesticide commonly used on produce such as strawberries in California. Methyl-bromide and dibromide are used extensively in horticulture and for post-harvest treatment. Brominated Vegetable Oil (BVO) is added to citrus drinks to help suspend the flavouring in the liquid. Potassium Bromate is a dough conditioner used in commercial bakery products (bread, pizza dough, etc.) and some flours. It is also used in some toothpastes and mouthwashes, where it is added as an antiseptic and astringent.

Even drinking water can be a source of bromide. When drinking water containing bromide is exposed to ozone, bromate ions are formed, which are powerful oxidising agents. Such was the case in 2004 when Coca Cola had to recall Dasani bottled water. Bromide and fluoride are significant factor in the high increase of thyroid disorders and mental illness!

To prevent contamination:

- . Wash all produce thoroughly and buy organic whenever possible from companies that do not use fluoridated water or spray their crops (e.g. grapes) with cryolite (sodium aluminum fluoride).
- . Use glass or safe ceramic instead of plastic containers.
- . AVOID baked goods and pasta containing bromide; produce sprayed with bromide and fluoride pesticides; unfermented soy; fluoridated water; tooth paste, mouth washes, and medications containing fluoride and bromide, such as anti depressant drugs, Atrovent Inhaler, Atrovent Nasal spray, Probanthine (for ulcers, and anaesthesia agents)
- . AVOID personal care products containing benzalkonium, such as hair dyes, textile dyes, and various cosmetics
- . Choose personal and home care products that are as chemical-free as possible
- . Air your home and car out well each day
- . AVOID plastic furniture and contact with fabrics, carpets, upholstery, mattresses, treated with fire retardants
- . AVOID exposing your children to plastics
- . AVOID food sprayed with the pesticide like cryolite and glyphosate (Round Up).

READ: “**CHEMICAL FREE KIDS**” by Dr. Sarah Lantz, PhD:

<http://www.chemfree.com/library/chemical-free-kids/>

**Dr Sarah Lantz/Chemical Free Kids part 1** /Organic Expo & Green show International, Aug. 2011

<https://www.youtube.com/watch?v=RdlUvSdXoEI> 9:48

As if this wasn’t challenging enough, various powerful corporations are currently pressuring the USDA to lower organic standards, so that they can further increase their profits. So, be vigilant, speak up and help support wonderful organizations like the **Organic Consumers Association**:

<https://www.organicconsumers.org>

When buying food, choose a variety of fresh, minimally processed, wholesome, colourful, organic (whenever possible) foods according to your blood type. Ensure that **all** foods and products are free of GMOs and the harmful added ingredients mentioned above. Keep in mind that while some foods may be considered healthy, they may not be suitable for you, your blood type, or genetics, because of biochemical individuality. The closer you eat according to your blood type, the better your body will function. Explore your local markets, natural/health food store, and online health sites. Most of the items listed in **SHOPPING GUIDE FOR Os, As, Bs, and ABs** at <http://www.NourishigBasics.com> and in future issues of **MASTERS of HEALTH** e-magazine, <http://mastersofhealthmag.com> can be easily found in most health stores/markets. Some supermarkets now have a natural/health food section. But, BEWARE! Many of their brand named, so called "health" products are actually sugar-laden, fatty junk foods in disguise.

Even in health food stores/markets/sites you must carefully check the **ingredients** section of labels and the companies behind them. Many once reputable small, organic companies have been bought out by larger corporations. Unfortunately, some corporations do not maintain the same high standards as the original company once did. In order to increase their profits, they make changes in the ingredients, rendering the products unhealthy or of a lower standard. Two examples are the high amount of refined sugar and wide use of canola oil, now being used in many so called "health" products. Obviously, this big oil industry has duped many health food companies with false claims.

Fats/oils have a strong impact on the endocrine system. The type of fats/oils you consume determines where your body fat is distributed and thus, your body shape. Be selective. Only consume unrefined quality fats/oils that are not damaged in the heating or cooking process and that your body is able to utilise. See "**KNOW YOUR FATS & OILS**" by this author at: <http://www.NourishingBasics.com>

The amount of refined sugar and/or refined carbohydrates you consume determines how much fat is accumulated on your body. Among the grains, wheat is a prime contributor to body fat. See: <http://www.thealternativedaily.com/wheat-making-fat-sick/>. Underweight people usually have a digestive/gut problem of absorption that needs to be addressed.

Last but not least...**pure, revitalized, structured water** is the most important item in any natural kitchen. Never go without a good supply of it! Also, ensure that your drinking and cooking water is FREE of fluoride, chemicals, heavy metals, bacterial and viral contaminants, and pharmaceuticals. For more information go to: *World Living Water Systems Ltd.* <https://www.alivewater.com/> and <http://fluoridealert.org/>.

If you have a good, source of water that is free of pollutants, or the time to create clean revitalized, restructured water, never store it in plastic. Instead, use a ceramic container or glass bottles and rotate them to ensure freshness. The shape and color of your container also makes a difference with the quality of your water. To learn more go to: <http://www.dancingwithwater.com/>. Read the first and second editions of **DANCING WITH WATER**, by MJ Pangman and Melanie Evans. You will be amazed at what you find.

Remember, not all waters are created equal and most filters do not remove fluoride. The few that do often leave an alumina residue which is problematic. Reverse osmosis and distilled filter systems create water that is acidic, unstructured, and lifeless.

To add to the confusion, some companies use fluoridated water in their organically certified products claiming portable water is allowed. However, fluoridated water is far from potable. This is especially concerning with baby food and drinks. If in doubt, call the company to find out about their source of water. If they use fluoridated water AVOID their products.

For more information, read: **THE CASE AGAINST FLUORIDE**: How hazardous waste ended up in our drinking water and the bad science and powerful politics that keep it there, by Paul Connett,

PhD, James Beck, MD, PhD, and H. Spedding Micklem, DPhil. Reviewed by C. Vyvyan Howard, PhD, University of Ulster, Coleraine, UK.

For additional information see:

[http://www.fluoridresearch.org/433/files/FJ2010\\_v43\\_n3\\_p170-173.pdf](http://www.fluoridresearch.org/433/files/FJ2010_v43_n3_p170-173.pdf)

<http://fluoridealert.org/issues/>

[http://fluoridealert.org/researchers/health\\_database/](http://fluoridealert.org/researchers/health_database/)

<http://www.fluoridealert.org/wp-content/uploads/50-reasons.pdf>

[http://www.enviro.ie/Fluoride%20and%20Cardiovascular%20Disease\\_Implications%20for%20Ireland\\_Waugh%202013\\_Third%20Edition.pdf](http://www.enviro.ie/Fluoride%20and%20Cardiovascular%20Disease_Implications%20for%20Ireland_Waugh%202013_Third%20Edition.pdf)

[http://www.naturalnews.com/034399\\_fluoride\\_brain\\_damage\\_water\\_supply.html](http://www.naturalnews.com/034399_fluoride_brain_damage_water_supply.html)

<http://fluoridealert.org/issues/sources/f-pesticides/>

<http://www.fluoridealert.org/articles/phosphate01>

<http://www.fluoride-class-action.com/what-is-in-it>

<http://www.westonaprice.org/thumbs-up-reviews/the-case-against-fluoride-by-paul-connett-and-james-beck>

<https://www.sott.net/article/342275-Fluorides-neurotoxicity-Drinking-fluoridation-chemicals-now-linked-to-brain-harm-cognitive-deficits>

<http://fluoridealert.org/fan-tv/iq-studies/>

**Dr. Richard Sauerheber, PhD Chemistry PDF, 95 Letters to the FDA**, July 2011 - November 2015.

<http://www.fluoride-class-action.com/wp-content/uploads/Sauerheber-95-letters-to-FDA-11-10-15.pdf>

**BEWARE: Fumigants and Fast Food Packaging Are a Source of Toxic Fluoride**

[http://articles.mercola.com/sites/articles/archive/2017/02/15/toxic-fluoride-sources.aspx?](http://articles.mercola.com/sites/articles/archive/2017/02/15/toxic-fluoride-sources.aspx?utm_source=dnl&utm_medium=email&utm_content=art1&utm_campaign=20170215Z1&et_cid=DM133724&et_rid=1887467748)

[utm\\_source=dnl&utm\\_medium=email&utm\\_content=art1&utm\\_campaign=20170215Z1&et\\_cid=DM133724&et\\_rid=1887467748](http://articles.mercola.com/sites/articles/archive/2017/02/15/toxic-fluoride-sources.aspx?utm_source=dnl&utm_medium=email&utm_content=art1&utm_campaign=20170215Z1&et_cid=DM133724&et_rid=1887467748)

If you must buy bottled water, choose naturally energised/revitalized spring water, with low TDS (total dissolved solids), from a reputable source. The type of plastic a company uses also makes a difference. Also, never expose plastic bottles to heat. AVOID “purified” bottled water (recycled tap water) from large corporations who put profit over quality. To learn more about a brand, don’t hesitate to request a free copy of their independent water analysis. There are numerous brands of quality, pure spring water in the USA, Australia, and New Zealand to choose from. For example *Crystal Geyser*, <http://www.crystalgeyserasw.com> is a good American brand. Two good brands in Australia are *Montville Mist Spring Water*, <http://www.montvillemist.com.au/> and *Mountain Dew Natural Springs Water*, <http://www.wetfix.com>. Choices in Australia are limited because the bottled spring water industry is monopolised by a few large corporations. New Zealand has several quality brands of natural spring water that have not yet been bought out by large corporations. Another good brand of bottled water that is available in many countries and at airports is *Fiji Water*, <http://fijiwater.com>.

While plastic bottles are a big concern, quality bottled spring water is often a more practical and convenient option for busy people and travellers. Plus, not everyone has resources to buy a good filtration system that can effectively improve chemically treated or polluted tap water. Removal of fluoride continues to be the biggest challenge because of its small molecular structure.

If you are unsure about something, don’t hesitate to call the company. Most products provide a contact number or website on their label. Don’t settle for substitutes. If you can’t find certain quality products, request that the store or customer service manager order them for you. Public demand and what you buy sends a powerful message!