

# They Are Trying to Kill Us!

~ and they are doing a very good job...

By Bonnie Wills

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# They Are Trying to Kill Us!

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Just who are they? Who are we? And why do I believe they are trying to kill us?

You can call me a conspiracy theorist if you want, but I say, "The proof is in the pudding... literally. Have you ever looked at the label on a package of pudding? Can you pronounce all of the words easily? Do you have any idea what these ingredients are? From looking at the label, could you figure out a basic recipe for pudding?"

Have you ever wondered how man survived before all of these "modern conveniences", like refrigeration? How did we make it past the black plague without vaccinations? Just how bad was infant mortality in the face of the numbers of aborted babies in this past century? Why is it that we didn't need hospitals and such before the world became "civilized"?

The entire "civilized world" is slowly dying and nobody knows why. Well, some do, but most of the answers that we are being given are simply untrue. In fact, many are downright lies. We have been told for decades, neigh, generations, that we should stop doing things the "old fashioned way" and make our dinners the "new and improved" way. Yet after a few generations of this "new" way we have more degenerative diseases and chronic illnesses than ever before. Why is that?

Just what affects are all of these additives having on our bodies? Do we really need all of these additives to begin with? Why? Could it be that these additives are actually what are causing the illnesses that are becoming epidemic in this country, illnesses like cancer, diabetes, chronic fatigue syndrome and Alzheimer's?

More and more people are asking themselves these very questions and coming up with the same answers: it's time to stop listening to "them" and it's time to get back to doing things the old fashioned way! How many of us know how to make soap? Many of us don't have any idea how to can our own vegetables, let alone what a canner looks like. The problem is we don't remember how to do things the old way; we've forgotten the art.

How does one prepare healthy foods for their family using whole foods and just what foods should we eat and what shouldn't we eat? Just what is defined as "food" anyway? Where do we draw the line between what

is good and acceptable and what we won't eat regardless of the arguments for doing so?

If they are trying to kill us, then we can't believe a word they say in regards to nutrition. We need to start over. We need to forget what they told us is good for us and ask what God tells us is good for our bodies; after all, He is the one who made us. No man or group of men could ever know more about what is good for us than our Creator.

Adonai has given us instructions regarding what is fit and proper, yet we have continually ignored His teachings. We don't feel that they apply to us, here in the 21<sup>st</sup> century. Yet nothing could be further from the truth; we need His guidance now more than ever because the enemy wants us dead and has attacked, and is continuing to attack our food supply to make it happen.

The only way we are going to survive this threat to our very lives is by fighting back. How do we do that? How do we fight against a force we can't see that only wants us dead? Since knowledge is power, we must seek wisdom from Adonai and look into just what we are up against. Once we have a better understanding of what we are up against, we can then fight back. In this study we will look at what is wrong with our Standard American Diet so that we will be prepared to fight... for our very lives!

# The UN Population Control Agenda

Ever heard the term, "eugenics"? It was a very popular term in the early part of the 20<sup>th</sup> century, yet many today have never once heard the term. Some might even think that it is simply because eugenics was disregarded long ago, after World War II. Just what is eugenics and how does it affect our lives, today, in the 21<sup>st</sup> century?

Eugenics is defined as, "The self-direction of human evolution," or "The study of methods of improving genetic qualities by selective breeding (especially as applied to human mating)." Is this beginning to sound like a bunch of men playing God? But wait, there's more. According to the website [www.eugenics.net](http://www.eugenics.net): "Humanitarian eugenics strives to leave a genuine legacy of love to future generation: good health, high intelligence and noble character." Excuse me? Since when does noble character come from good breeding? I though noble character came from following the teachings of Adonai. And, regardless of their claims, good health is dependant on the foods we eat, not genetics.

But the idea of genetic perfection has taken a hold of the world's elite ruling class and has caused them to believe, for one reason or another, that "they" are somehow superior to "us". They dispute the fact that, "All men are created equal," and truly believe that this world would be a much better place without most of "us". How can I say this? Consider the following statements:

**My position is simply stated. Within the next half-century, it will be essential for the human species to have fully operational a flexibly designed, broadly equitable and internationally coordinated set of initiatives focussed on reducing the then-current world population by at least 80%.**

*- J. Kenneth Smail, Professor of Anthropology Department of Anthropology/Sociology at Kenyon College, Gambier, Ohio*

Right now there are just way too many people on the planet. We need to cut the world's population from the current 5 billion to **no more than 250 - 350 million.**" - Ted Turner, 1996

In order to stabilize world population, we must eliminate 350,000 people **per day.** - Jacques Cousteau, UNESCO Courier, 1991 [Emphasis mine]

"Eliminate 350,000 per day..." that's a lot of dead people! What are they going to do, simply go around shooting a whole bunch of people every

day? I don't think so; too many armed Americans. And just who do you think these folks are who are to be eliminated? Do you think they mean their own families? Who could they possibly mean if not us? Why do we trust these people?

Other ways of "eliminating" us had to be found. They actually have a multi-pronged attack in progress to which most of our citizenry are oblivious, although this is changing. More and more people are taking notice of chemtrails and the planes that are spraying us. These planes look eerily like UN planes.

There are many strange occurrences around UN activities. For example, the WHO (World Health Organization, which is the public health arm of the UN) was involved in distributing the hepatitis vaccine in Africa, only these very same people (the ones who received the vaccination) were among the very first known cases of AIDS in Africa. Coincidence? Personally, I don't believe in coincidences.

Ever wonder why UN peacekeeping troupes are brought into a country but then are not allowed to use their weapons even when the evidence of genocide is obvious? I've been wondering this for years. Apparently they are not allowed to because they have a history of contributing to the genocide! The tales out of Africa are very disturbing; tales of UN troupes raping and pillaging abound but are rarely reported, especially in the western media. That is because we (in the western world) do not care about Africa, and it appears to be racially motivated.

Population control not only involves ridding the world of "useless eaters" through disease and poison (chemtrails) but also through birth control. The WHO distributes more contraceptives than penicillin; why is that? Could it be that they are more interested in preventing births than maintaining the health of the world's population?

"The doctor finds that while he cannot save the life of a woman dying of a simple pneumonia because he does not have a vial of penicillin which costs only a few cents, he could if he so desired, fit her with as many IUDs as he liked in her death throes. An IUD costs many times the price of penicillin." Dr. Margaret A. Ogola, Testimony on International Population Control Activities, 1994

"In villages where there is no portable water, no electricity, and no health care services, the major concern of these world population control agencies is not development but family

planning clinics." *African Caucus, Report on negative effects of population control on Africa* Testimony on International Population Control Activities, 12 April 1994, sponsored by Population Research Institute

The WHO is expecting AIDS (with its 39% infection rate) to kill 66 million Africans by the year 2020, yet they refuse to teach abstinence, which studies have indicated is the only foolproof way to reduce the rate of infection. The testimonies above indicate that the UN is much more interested in birth control than healthcare.

In China the "one child per family" rule has been in effect for a number of years now and it touted by the world's elite as a model for the rest of the world. Before we engage in this behavior as well, let's take a look at the Chinese population. In the pre-school age group (infant to 5 years) there are 20% more males than females. This, added to the fact that there are already more men than women in China, is already beginning to cause problems. Chinese men are crossing the border into North Korea and kidnapping women, taking them back to China and making them their wives. Some of these women are already wives and mothers, taken from the husbands and children who need them, and made into sex slaves. Already 38% of women of childbearing age in China have been sterilized, many forcibly. Is this something we want to see here?

We need to open our eyes, because it is already happening. According to Linda Gordon, author of *Woman's Body, Woman's Right: A Societal History of Birth Control in America*, twenty-four percent of the entire population of women of childbearing age were sterilized by 1987. We're not too far behind China already. Not all of these women were sterilized willingly. Some Native Americans have testified to being coerced and even threatened with removal of their children if they did not consent to the surgery, being told that they were bad mothers. Most often these surgeries occurred within days of giving birth.

*"One-fourth of humanity must be eliminated from the social body. We are in charge of God's selection process for planet earth. He selects, we destroy. We are the riders of the pale horse, Death."* - Psychologist Barbara Marx Hubbard - member and futurist/strategist of Task Force Delta; a United States Army think tank; President of the Foundation for Conscious Evolution, which she co-founded.

Who gives these people the right to decide who lives and who dies? Ms. Hubbard sounds like she believes that they were given a divine appointment to the task, yet this woman does not believe in the God of Abraham, Isaac and Jacob. She is proud of the fact that they are going out to destroy. Just whom are they planning on destroying?

Just what is the agenda here? They are obviously not trying to commit suicide, so whom are they trying to kill? Michael Schwartz has made a strong accusation in his book entitled *Overpopulation and the War Against the Poor*, but his is not the only one. Here he quotes *Population and Development* by Eamonn Keane:

"The myth of overpopulation is one of the most powerful in the world... in reality it is nothing more than a rationalisation for a worldwide war against the poor - a war which inhibits legitimate development and social justice.... The Netherlands has four times the population density of its former colony Indonesia, but it is Indonesia and not the Netherlands that is said to have a problem of overpopulation."

The global elite has not hidden the fact that they want to reduce the world's population. They have boldly stated, and continue to state the fact that a large part of the population must be eliminated. Since they are not going to eliminate themselves, whom else could they mean but us, the not so rich of the world?

In 1974, the National Security Council released a study entitled, "National Security Study Memorandum 200: Implications of Worldwide Population Growth for U.S. Security and Overseas Interests." The council, headed by Henry Kissinger, stated that the population increase in lesser-developed countries posed grave danger to our national security. Countries like India, Bangladesh, Pakistan, Indonesia, Thailand, the Philippines, Turkey, Nigeria, Egypt, Ethiopia, Mexico, Brazil, and Colombia had "special political and strategic interests" for the United States.

Just how can too many Pakistanis be a threat to the national security of the United States? Now I can understand the concerns regarding Mexico, as we are seeing so many of their people coming here looking for work, but what about Thailand? Are they going to start invading our factories as well? I don't think so, because we have already sent most of our factories overseas. But this study became national policy in 1975, and our government began what amounts to a war on the innocent citizens of these countries.



Certain officials in our government have convinced us that we need the United Nations in order to bring peace to the world, including Henry Kissinger, yet after over 60 years in existence have we seen any lessening in world conflicts? No, but we have seen the UN, and those who support UN activities, invade every aspect of our lives. Many do not realize that their support of the UN goes directly against the Constitution of the United States. The following comes from <http://www.jpands.org>:

Ergo, treaties ("made, or which shall be made") that violate the U.S. Constitution by subjugating the United States to an outside power ARE PROHIBITED, of no effect, and thus, null and void.

Since treaties are compacts between/among "the powers of the earth" of "separate and equal station" as stipulated in the Declaration of Independence, treaties may not be consummated with other than sovereign nations.

Consequently, for at least these two reasons --- 1) because the U.S. Senate in 1945 ratified the United Nations (UN) Charter as a treaty and the UN is not a sovereign nation, and 2) because membership in the UN makes the U.S. inferior to the UN --- U.S. "membership" in the United Nations is unconstitutional, FORBIDDEN, and thus declared null and void. Ditto for the World Court and the nebulous entanglements of the New World Order.

So, technically, the only power these folks have over us is that which we give them willingly. I, for one, am not longer willing to give them power over me.

The global elite believe that they have the right to not only limit the number of people populating this blue-green marble that we call home, but they believe it is also their right to decide who lives and who dies. They essentially want the same thing that Lucifer wanted; they want to be gods.

It may sound like the most unbelievable thing heard all year, but there is no denying the words from their speeches and journals. When we hear warnings of emerging pandemics and food shortages, all they are doing is simply informing us as to what they are doing next. It is not a threat; it is a warning. This is going to happen because they are working hard to make it happen. All it takes are a few high-powered people with enough money to pay off all the rest.

# The Standard American Diet (SAD)

Processed foods, preservatives, additives and genetically modified foods have become the basis of our diet in the western world. We have become a fast food nation, and the disease is spreading worldwide. The fast food industry has grown so large that it now affects everything from farming practices to diabetes rates, yet most of us are unaware of the worldwide consequences of the Whopper and the Big Mac.

Just what goes into that Whopper anyway? Have you ever seen an ingredients list? Me either. I mean, I understand that there are basically eight ingredients: burger, sesame seed bun, tomato, lettuce, mayonnaise, ketchup, pickles and onions. What I want to know is this: Just what do they put in these ingredients? Are the burgers all beef? If not, what is in them? What is in the mayonnaise that makes the little bit they put on worth 150 calories?

Gone are the days of the old "Mom and Pop" stores, where you could buy canned peaches that were canned by your neighbor and the butcher where you could get a good look at your meat before you purchased it. The local restaurant has all of their supplies trucked in and the cooks have no say in the matter (unless your local restaurant is rated a four-star). Most of the chain restaurants have everything so prepackaged that we don't really need cooks anymore, just someone to warm the food up.

There are over 100 different varieties of potatoes, yet most potato farmers only grow red and russet, with russet in the lead by a length. Why is this? Russet is the only potato McDonald's uses... and Burger King... and KFC... and frozen food companies, etc. and red is the favorite of gourmet restaurants. I thought variety was the spice of life. Besides the fact that the fast food industry has reduced the variety of potatoes now grown in this country, they also process these potatoes beyond what you or I would do in our own kitchen. The ingredients of Burger King's French fries are as follows: Potatoes, Partially Hydrogenated Soybean Oil, Modified Potato Starch, Rice Flour, Potato Dextrin, Salt, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Dextrose, Xanthan Gum, Sodium Acid Pyrophosphate added to preserve natural color. Why do potatoes need leavening? Just what is Xanthan Gum (it is a thickening agent used as a substitute for wheat gluten) and what is it doing to our bodies? (Some people are allergic to xanthan gum, with symptoms of intestinal gripes and diarrhea. Workers exposed to xanthan gum dust exhibit nose and throat

irritation as well as work-related illness, with symptoms becoming more prevalent with increasing exposure, according to Wikipedia.)

Ever wonder what goes into a milk shake from one of these fast food joints? Here is a list of ingredients from Burger King, found here: (<http://www.bk.com/Nutrition/PDFs/ingredients.pdf>)

#### **MILK SHAKE**

Milkfat and Nonfat Milk, Sugar, Sweet Whey, High Fructose Corn Syrup, Corn Syrup, Natural† and Artificial Vanilla Flavor, Guar Gum, Mono- and Diglycerides, Cellulose Gum, Sodium Phosphate, Carrageenan. †Natural flavors from plant sources. Contains Milk.

#### **STRAWBERRY SHAKE SYRUP**

Corn Syrup, Water, High Fructose Corn Syrup, Citric Acid, Artificial Flavor, Sodium Benzoate (Preservative), and Colored with Red #40.

#### **CHOCOLATE SHAKE SYRUP**

High Fructose Corn Syrup, Water, Dextrose, Cocoa (Processed with Alkali), Corn Syrup, Sweet Whey Powder, Salt, Xanthan Gum, Potassium Sorbate (Preservative), Citric Acid. Contains Milk.

Did you notice how much sugar is found in the average milk shake? Sugar takes many forms, including both high fructose and regular corn syrup, as well as dextrose. And what about all these preservatives? Just what are they doing to our bodies? It has been said that our bodies are decaying at a much slower rate because of the amount of preservatives we ingest on a daily basis. There have been no long-term studies into the affects; we are the guinea pigs.

Another side effect of the fast food industry is the centralization of the meat packing industry. Most of the beef patties are formed right at the meat packing plant and these places do not have a reputation for being clean. Years ago you would go to the butcher shop, pick a nice looking piece of meat and have the butcher grind it fresh; today we can't even find beef bones for our dogs because they never make it out of the processing plant. What do they do with these bones? The sad truth is that they grind them up and mix it back into the feed at the feedlots, claiming the feed is "protein enriched". Funny, I never knew that cows were omnivores... I always believed them to be herbivores. I guess that shows you just how much I know.

We hear a lot of talk these days about genetically modified foods and how wonderfully easy they make the farmer's tasks. The farmer can easily spray his field since he has planted seeds that are "RoundUp Ready!" But many people are asking what affects these genetically modified foods might have on our bodies. We would really like more studies done before they put these products on our plates, but it's too late. It is estimated that between 60 - 80% of the foods already on the shelves contains genetically modified ingredients without our even knowing because the manufacturers do not have to put, "genetically modified", "genetically engineered" or "transgenic" anywhere on the labels. The food industry has fought long and hard to keep these words off the labels because they know that the average person will not purchase genetically modified foods when given the choice, so they simply remove the choice. Once again, we are their guinea pigs.

Did you know that the major seed companies have so genetically modified the seeds that they can now hold patents on them? It's true. Monsanto, for instance, has copy write protection on its canola seed. If their seed should contaminate your crop, you must destroy your crop! Soon there will be very few real seeds left. Not only are these seeds protected, they are also sterile. They cannot produce viable seeds for the next generation. A farmer can no longer harvest the seeds from his crop for the next season; he must purchase new seeds each year.

Who are they to say we can't harvest the seeds from our own crop? God gave man all of the seed bearing plants for food and He gave them to us for a reason. These seeds contain essential vitamins and nutrients and we are supposed to be ingesting them along with the fruit. But the seeds we are seeing now, if indeed we are seeing any, are genetically dead. What seven-year old hasn't asked, "Can we really plant this seed and grow an apple tree?" What might our answer be in the near future?

The contamination of our foods didn't begin with the UN; they only brought it all together under one roof, so to speak. Prior to that we just had big business ignoring the scientific truth regarding the processing of our food because the profit was just too great. Who are the ones who really pay the price? The poor. They are always the first to suffer because financially their choices are limited. All-natural produce is much more expensive than genetically modified, and canned is even cheaper and easier.

The average American is pressed for time. Years ago futurists saw a society ahead with more free time on its hands than ever before. Boy, were they wrong! Today's family sees both parents working outside of the home

and running their children from this activity to that (because that's what a good parent does, right?) yet the foods the children ingest are so highly processed that the nutritional value has been processed right out. And we wonder why we get sick. And we wonder why we stay sick.

Chronic diseases have skyrocketed in recent decades. Study after study indicates that the food additives we ingest daily have a direct correlation to these diseases, yet they continue to add them and we continue to buy their products. Polyunsaturated fats have been linked to heart disease yet "they" tell us that we need to eat more margarine (loaded with polyunsaturated fats) instead of butter. Butter, on the other hand, contains saturated fats which "they" have told us are bad and cause heart disease. Study after study indicates this simply is not the case, but these studies are suppressed in the media. The problem is, we rely on the companies advertising to tell us the truth instead of investigating their claims for ourselves. The more we eat, the sicker we get.

Recently I read the list of ingredients on a box of carrot cake mix. In the midst of a list of hard-to-pronounce additives I found this tasty ingredient: carrot flavored pieces. Yes, you read that right. I had to read it over a few times and then show it to my daughter before I could believe it myself. Carrot flavored pieces. Pieces of what?? Wood? Plastic?

Even our milk is suspect. Besides all of the wonderful vitamins and nutrients that are lost in the pasteurization and homogenization process, now we have excess hormones to deal with. The big, industrialized farms we now find dotting the landscape are much more detrimental than we ever thought possible. The animals in these corporate farms are regularly injected with antibiotics, hormones and vaccinations, which eventually make their way into our bodies. Do we really need all of those extra hormones? What affect might these be having on our children? Could this be why young girls are developing earlier than ever? Could these added hormones be causing more boys to feel like girls trapped in the wrong body?

The Recombinant Bovine Growth Hormone (rBGH) that is given regularly to most of the cows on these farms has been banned in most other countries. Why do we use it? When this hormone is injected into cows their milk output increases by 10-15%. Some have equated rBGH with "crack for cows" for it revs up their produce, but when they "crash" they crash hard. Studies have indicated that use of rBGH causes an increase in udder infections, severe reproductive problems, digestive disorders, foot and leg ailments, and persistent sores and lacerations as well as early death. Their

milk producing years are also shortened, so although they are giving more milk, the production doesn't last as long so they soon wear out their usefulness. These old dairy cows, still full of rBGH, are then processed to make hamburger.

Despite warnings from scientists, such as Dr. Michael Hansen from the Consumers Union and Dr. Samuel Epstein from the Cancer Prevention Coalition, that milk from rBGH injected cows contains substantially higher amounts of a potent cancer tumor promoter called IGF-1, and despite evidence that rBGH milk contains higher levels of pus, bacteria, and antibiotics, the FDA gave the hormone its seal of approval, **with no real pre-market safety testing required.**

Moreover, the FDA ruled, in a decision marred by rampant conflict of interest (several key FDA decision makers, including Michael Taylor, previously worked for Monsanto), that rBGH-derived products did not have to be labeled, despite polls showing that 90% of American consumers wanted labeling -- mainly so they could avoid buying rBGH-tainted products.

In a 1998 survey by Family Farm Defenders, it was found that mortality rates for cows on factory dairy farms in Wisconsin, those injecting their herds with rBGH, were running at 40% per year. In other words, after two and a half years of rBGH injections most of these drugged and supercharged cows were dead. Typically, dairy cows live for 15-20 years. [www.shirleys-wellness-cafe.com]

Most people don't realize that milk products make up about 40% of our overall caloric intake. That means that we are taking in much more rBGH than we could possibly know because the dairy industry does not have to inform us of its use. They also allow milk from these cows to be mixed with milk from rBGH-free cows, so even more milk is contaminated, even the milk used to make formula. When given the choice, we will always avoid purchasing these questionable products. That is why they don't want to give us a choice.

The Standard American Diet is also full of high fructose corn syrup, bleached flour and excitotoxins like MSG and aspartame. Each of these ingredients are toxic, especially at the levels they are now found in our foods, and so much can be said about each one that we will discuss them at length later. I would, however, like to briefly touch on another problem with our food preparation that many may not be aware; microwaves.

Over 90% of homes in the US use the microwave in their daily meal preparation. Many don't realize that microwaves are used as weapons and have been known to change the molecular structure of foods by breaking down and destroying cellular walls. In fact, microwaving any food will seriously deplete the nutrient content of your food, so you might as well not eat. Remember, this technology uses radiation.

The fast food industry relies heavily on microwaves, preservatives and high fructose corn syrup. Remember the ingredient of that milk shake? It is well known that high fructose corn syrup causes hypertension, yet it is the main ingredient in sodas, shakes, and a host of other pre-packaged foods. In fact, since 1980, when they began using this ingredient in soda pop, obesity rates in this country have tripled. No wonder the diet industry is a multi-billion dollar industry.

Recently a filmmaker challenged himself to eat nothing but McDonald's food for one month. This man was very healthy to begin with, and had multiple doctors give him the "once over" to prove it. By the end of the month he was so sick that these same doctors warned him to stop eating fast food immediately or, and I'm not making this up, he could DIE. Go watch *Super Size Me* by Morgan Spurlock and see for yourself.

One could easily counter with, "I don't eat out that much, so I don't need to worry." To them I say, "Let me introduce you to Jordan Rubin." He is the author of, *The Maker's Diet* and he also came close to death due to the foods he was eating. Being raised by very health-conscious family, Jordan was not ready for the Standard American Diet when he went off to college. His body became sick and he developed Crohn's disease, for which there is no known cure. Due to dietary changes, he is now a very healthy young man with no signs of his former illness. How did he become so healthy? Read his book, or visit his website ([www.makersdiet.com](http://www.makersdiet.com)) to find out more. I will tell you this, the Maker's diet is found in the first five books of the Bible, known as the Torah.

Even sadder than SAD, are the fad diets with which so many of us seem to be addicted. We don't seem to realize that yo-yo dieting, where a person loses the weight only to gain it back, is actually more detrimental to our health than carrying around the extra weight. We are perpetually in search of the "miracle pill" or diet secret that will allow us to lose weight without really having to do anything... like exercise. Low-fat, low-salt diets will actually cause us to become sicker, not smaller. In fact, these diets will actually cause weight gain and, eventually, diabetes.

The pattern of sickness associated with the Standard American Diet is the same worldwide. Regardless of genetics, regardless of the availability of quality healthcare, those who chose to eat "the American way" will suffer from chronic illnesses... the American way. Fad diets will not help; they will only make matters worse, so what can we do?

We can begin by educating ourselves. We can educate our family and friends and show them what "they" are putting into our foods and why it's so very bad for us. We can take the time to read the labels on our foods before we purchase them. Each and every one of us has purchasing power and we should use that power to support the local farmers (by buying directly from them) and raw food producers (milk, honey, etc.) Write letters to your favorite restaurant and tell them that you want only quality ingredients, made fresh daily or you will take your business elsewhere. Do the same for your local markets. Remember the law of supply and demand; if we demand quality food, more folks will make the effort to supply it.

The Standard American diet does not have to continue to be SAD. We can make a difference in our lives and the lives of those we love by simply refusing to consume stuff that is not food. Junk food, vegetable oils, sodas, diet products and fast foods will only make us sicker and kill us quicker. If we continue to eat this junk, we have only ourselves to blame. Don't shake your fist at God and say, "How could you let this happen to me?" You have been warned. We all have been warned. Highly processed foods cause cancer and diabetes and a host of other illnesses. To continue eating these things would be like slipping yourself a little bit of arsenic each day. That's just plain stupid.



# Excitotoxins

Monosodium glutamate, or MSG, is one of the most controversial ingredients ever used, yet so few understand what it is or what it does. It and its partner, Aspartame, also known as Nutra-sweet, are classified as excitotoxins. We've all heard of MSG and Nutra-sweet, but how many of us actually know what they are or how they affect the human body?

One look at the word should make us nervous about consuming these additives; toxins are just that: toxic. Excitotoxins are a class of substances that damage neurons through paroxysmal, or sudden, uncontrollable activity. These substances are being put into our foods at alarming rates and they **know** that they damage neurons! We even willingly add this to our own foods through products like meat tenderizer, which is almost totally MSG.

According to the book "Excitotoxins: The Taste That Kills" by Dr. Russell L. Blaylock, an excitotoxin is defined as:

*"A substance added to foods and beverages that **literally stimulates neurons to death**, causing brain damage of varying degrees. Can be found in such ingredients as monosodium glutamate, aspartame (NutraSweet), cysteine, hydrolyzed protein, and aspartic acid."* [Emphasis mine]

Discovered in Japan in 1909, Monosodium Glutamate, most commonly referred to as MSG, occurs naturally in soy sauce and other soy products. Because it is a neurotoxin, it actually fools our brains into believing that what we are eating tastes better than it actually does. In large doses it is absolutely toxic, causing death. In the Philippines a man committed suicide by drinking water laced with a large amount of MSG. Almost immediately he began foaming at the mouth and was dead in minutes. There was nothing that could be done for him.

In 1969 scientists discovered that MSG given to mice and rats while still within their mother's womb became quite obese. For the scientific world this was wonderful news; there were no mice or rats that were naturally obese and we needed to use them to study obesity. Now they could "make" obese animals to study. They just had to feed them a strict diet of MSG. Great news for them, bad news for us.

Since 1969 they have known that MSG causes obesity, yet they not only continued to add it to some of our foods, but they have increased the variety of foods containing it. What was once labeled the "Chinese Restaurant Syndrome" is now referred to as "MSG Sensitivity." In fact,

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