



# JUNK FOOD ELIMINATOR

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# PHASE 1: IDENTIFY YOUR ENEMY – Junk Food

## *Junk Food - The Most Illegal Food Today*

We are not only talking about hamburgers and pizza but the whole industry of processed foods and how they are becoming more and more popular. This is partly due to the fact that in our hectic society, everyone is so busy that we don't even have the time to eat a healthy lunch, let alone cook a dinner that can literally save our lives. Avoid junk at all costs, because otherwise you might end up paying for it with your life.

Why do we eat all this junk if it's not healthy? Well, first of all, people THINK this junk is healthy because many food labels state “Low fat” or “No sugar” (and these statements are connected to healthy products). However, little do they know that there are other chemicals contained which have replaced natural ingredients. Secondly, it's so convenient to take a dinner and be done with it in 10 minutes, including heating it and eating. Fast food society, where everyone is too busy to sit down, plan their meal and cook it while having a great time with your family, is killing many Americans on a daily basis.

As parents make those fast food dinners for their children, habits are formed. Young children quickly develop habits for eating and these habits are stuck in their heads. It's not that easy to change your mind and ways of thinking if you've been convinced since early on that it's alright to eat all these junk food daily.

Although there are a few exceptions here and there, you really need to pay attention what you buy. Locally produced and organically produced goods are most likely to be the healthiest but they also have higher price tags.

## ***What ingredients you should avoid and why***

**Food that is acidic.** Acidic environments attract parasites. Acidic bodies are also a great place for a cancer to grow. Many processed foods are acidic and should therefore be avoided.

**Milk** (no-fat and non-fat) - forms mucus in your body and makes the lymph liquid in your body acidic.

**Canned Foods / Frozen Meals** with lots of sodium. Sodium is acidic.

**White Bread and Pastas** made out of refined white flour or all bleached flours quickly turn carbohydrate to sugar. This again feeds a message to your brain: "More of this, more of this". This raises your blood's sugar level and when this occurs too often it damages certain proteins in your arteries, ultimately leading to thickening them and causing heart attacks.

**Artificial Sweeteners** – Aspartame and other artificial sweeteners are highly acidic and a proven cause for cancer.

**Sugar** in high quantities – Sodas, candy, white bread, it's all over the place. MANY food manufacturers insert extra sugar in their food because it makes you crave more and more food (that is money in their pockets). Sugar is poisonous to our bodies, because it makes your blood's sugar levels high. Excessive sugar intake over a long period of time damages the blood vessels and risks of a heart attack is increased.

**Processed Meats** – Sodium and chemical preservatives are the main deadly ingredients. Sodium nitrate is the chemical used to give the Meat a healthy color. All chemical preservatives should be avoided.

**Boxed dinners / meals** - Monosodium Glutamate is an ingredient that hardens your arteries. It also increases the chances of getting a heart attack.

**Salt** in big amounts is not healthy. It has been researched that most of us have too much salt in our daily intake. It throws off your stress balance and may cause stomach cancer. Excessive salt intake can cause blood volume to increase and this can lead to serious problems in your cardiovascular system because your heart has to work harder to get the work done.

## ***FAT FREE IS NOT ALWAYS HEALTHY! DON'T BELIEVE WHAT THEY TELL YOU IN THE FOOD PACKAGE***

You must have seen these food labels that scream health, freshness and other misleading slogans. These "Light-foods" are becoming the cancer of the whole food industry. Big money is involved in the dieting industry and that's why you are bombarded with these often false statements.

These light foods are far from healthy and these eye-catching names might trick you into buying and getting into the vicious cycle. You are not going to lose weight from a label that says “only xx calories” but instead, gain weight due to the unhealthy chemicals contained within (processed grains, sugar, etc). Although most food labels follow the guide lines, it doesn't mean that they are healthy. You must be able to differentiate the right ones from the bad ones. Refined sugar is also contained within many of the processed foods.

‘Fresh’ also doesn't always mean such despite its label. You don't see the nutrient contents at a glance or how long it has taken to travel from the farm to the factory and to your kitchen table.

## **PHASE 2: PROCESSED FOOD AND HOW IT AFFECTS YOU – Serious Health Problems**

### ***PROCESSED FOOD AND CANCER***

There is a connection with processed foods and cancer. The more you eat TV-dinners, hot dogs, and other junk food on a daily basis, the more you are exposing yourself to these chemical preservatives which are NOT healthy to your body.

When a natural ingredient (such as soy or corn) is being processed, the texture is changed and the nutritional values are diminished to minimal levels. Processed food does not contain the normal healthy ingredients. As such, the overall intake of foreign chemicals and mixture harm your health, although the overall fat amount might be lower. High fructose corn syrup, processed grains, refined sugars and other similar foodstuffs are highly dangerous to your health because these deadly, processed ingredients might (although the food package might say ”Diet food”, ”Health food Light”) increase your body fat amount and even cause cancer. Thus, the more you eat all these processed “health foods”, the higher the chances are that your intake on preservatives on a daily basis exposes you to a variety of health issues over a period of time.

Processed meat is the worst kind of food and you should be avoiding it at any cost. These foods contain the highest levels and combinations of chemicals. Consequently, processed meats can cause colon, kidney and/or stomach cancer.

If you see a sign that says ‘conventionally grown’, you should sound your alarms. These are the foods that you should be avoiding the most. Try to find organic food without any of the processed chemicals.

## ***SALT IN PROCESSED FOODS AND METABOLISM***

### **SALT:**

Processed foods are always filled with preservatives. One of the preservatives is a chemical that makes the food taste “stronger”. It enhances the taste of the food so it tastes richer and “better”. Many people who eat processed foods and processed meats on a daily basis soon realize that regular meat tastes bland because they get used to the richer taste of the processed meat.

This might lead to increased salt intake, because it makes “normal” food tastier. Your body needs salt but not in excessive amounts. It has been researched that around 2 tea spoons of salt is more than enough. Your body needs a certain mixture of salt and water in order to have a healthy and well balanced metabolism. If there is a malfunction in your metabolism, your body weight can increase because it cannot use all the calories that are consumed during a meal or dinner.

Many processed foods contain excessive amounts of salt in the form of sodium. That's why your salt absorption rate is not the fault of the chef in a restaurant or even yourself (unless you're used to salty foods and your dosage for a day is quite high). If your daily menu consists of processed foods, TV-dinners and boxed meals, then excessive salt usage might occur.

Excess amounts of salt may lead to stomach cancer. That is one good reason to reduce the intake. High blood pressure is also one of the negative effects when salt is used in large quantities.

It's very easy getting used to much salt. Once you've cultivated such habits, it's not that easy to get rid of them. Nonetheless, little known fact is that you can easily get rid of bad habits within 21 days. Hence, if you try to get rid of excess use of salt in 21 days, you should very well achieve it. Food might taste bland when you first start but will you get used to quite quickly. You could try to replace the salt with something else.

However, salt should not be left out entirely because your body uses salt and water to create a

healthy balanced metabolism.

## **METABOLISM:**

Metabolism is a function of the liver. Its purpose is to break down the fat. The liver also purifies the kidneys. Water purifies the kidneys and consequently, with the right water intake, you can take the workload off of the liver by giving enough water to your kidneys. This ensures that your metabolism is being helped by the water consumption and ensures a smooth ride.

If you are overweight, then you might suffer from a fatty liver. It's very dangerous because the liver is the cleaner of your body. Blood runs through it and it cleans the toxins out of your body.

Even small body fat loss can have a huge impact on your health. It has been researched that women who lost only 9% of their body weight were able get rid of fatty liver.

### **Metabolism is positively affected IF you (“The Plan”)**

- drink lots of water daily
- eat many meals per day (6-7 small meals a day is the key: low fat + carb, high protein)
- exercise to build up some muscle (can be house work, not necessarily gym)
- eat protein rich food (remove white bread + pasta, kill sugary products)
- daily walk of 30-60 minutes

So there you have a few tips on how to increase your metabolism and if you see that you're doing anything opposite, you might gain weight instead of losing it. One of the biggest reasons for people who are obese find that their metabolism low, is that they tend to eat small snacks (even if they deny that) on a daily basis.

Low metabolism is not innate either. That is a widely spread myth that people believe. Low metabolism is affected by many factors which a healthy person can control easily. There is just a little bit of self discipline required.

If you eat sugary snacks on a daily basis, there is a good chance that the high sugar level in your blood is your main metabolism killer. However, this is not your only problem. You're also in risk of developing diabetes. High blood sugar levels that is being kept high with junk food (which contains very high amounts of sugar so you crave more of that junk – beware of this vicious cycle), snacks and other sugary products, can lead to low metabolism because this makes your body go into conservation mode and consequently it stores fat and burns less calories.

So you should make your number one goal getting your metabolism sky high so that your body does all the work instead of you TRYING to lose weight with weird and expensive gimmicks (pills, some weird massage machines) that don't work.

Keep things simple, and understand how your body works and make decisions that are beneficial to your health and overall body image.

By following a certain dieting plan, where you eat many times a day, drink more water, enables you to make your metabolism run higher and break down the fat in the liver. The better your metabolism is, the more weight you will lose. People with good metabolisms never get fat and they can eat anything they want and their weight stays the same.

Follow the plan and you can lose weight on autopilot.

## **PHASE 3: WEIGHT LOSS – It's Simple If You Want It**

### **GOAL SETTING AND WEIGHT LOSS FOOD JOURNAL**

When you are starting your weight loss journey, it should be something well planned. I can see your goose bumps rise the minute you read “well planned”. Don't worry, I'm giving you the plan but it's your job to go through the whole process.

You should also set a clear goal to get the most out of your dieting. Without a clear goal, most are not going to make it. You should be reminding yourself daily why you are losing weight. Your goals should clearly state “I want to lose XX weight in YY days”. Then clearly state WHY you want to lose weight. Make your clear plan on a piece of paper and put it somewhere you can see it daily. This makes your brain unconsciously think about it. The positive things that see will help you in taking steps towards these goals on autopilot.

Keeping a food journal before starting a diet is a good way to see what you are really eating. However, you must keep a detailed journal – all the small snacks count and nothing must not be left out. You should try to keep your journal for at least 15 – 30 days so you really see what your habits are.

You also should write down when you eat. Most people who are overweight tend to eat at night or the late evening. This is something that should be avoided. An optimum night snack should be

something light like vegetable or fresh fruits. Your body doesn't have to work on full power to digest these.

When your period of a minimum of 15 days for the food journal is over, you should try to analyse it somehow. What are your weak spots? Do you eat at night? Do you have sugary snacks? Do you buy TV-dinners? Do you spend time cooking your own food? Do you eat out? Think of some of your own and try to think if you eat lots of junk that could easily be left out with a little bit of self discipline.

The food journal should not take more than 5 minutes of your daily time but its benefits are huge because you can spot your problem and act accordingly.

## ***WATER AND WEIGHT LOSS***

You're probably aware of the nature of water in weight loss. It's required to be consumed in quantities that are beneficial to your health (2-3 liters per day). Water is mostly collected in your body because it tends to reserve water if it's lacking it.

If you want to benefit from water before lunch, then you should consume water in large quantities about 10 minutes before it. Why? This has two benefits. Researchers have reported that consuming water before eating can reduce the calorie intake of the food. Wouldn't that be great to reduce the calorie intake by simply drinking water?

Do you know the feeling when you are really hungry and standing in the queue waiting for your turn to order? You want to take huge amounts of food because you're so damn hungry. By following the "10 minute before" rule, you can have these both benefits.

Next, we come down to the second benefit. Your feeling of hunger is reduced temporarily when you drink lots of water before going to the lunch restaurant (or where ever you are eating) because the water fills your stomach, giving it the false message (false in a good way) of being full.

This causes you to eat less food (especially if you are eating your lunch in a buffet-restaurant where you can eat as much as you like). It's simple but it works.

Water also detoxifies our bodies and this leads to better health. Hence, always be consuming lots of water on a daily basis.

## ***BODY FAT AND PROCESSED FOOD***

Excess body fat leads to a risk of heart failure. Your heart needs more power to pump that blood to every place in your body. This is a stressful situation to your heart. Your breathing becomes more difficult because the fat is pressing against the lungs and makes it harder to work smoothly. In other words, the oxygen is being transported in a more stressful manner to the vessels. It has been also clinically proven that cancer is closely linked with obesity.

Processed food is filled with preservative chemicals and refined sugar. This is a combination that leads to more obesity because of long periods of high blood sugar.

## ***MINDSET & BODY NUTRIENTS***

Many people say they want to lead a healthy life but what they eat and do is another story. Many people eat unhealthy and think it's not that dramatic but once 5 years have passed with that same attitude, it might have significant consequences. If you don't watch what you eat, you might end up developing some unattractive disease from which there is no turning back.

Most people also think that eating that junk food gets you all the nutrients you need. Even people who try to eat healthily might think they get all the nutrients and minerals they need from their daily diet. That is not completely true. Eating regular food is just not enough to get all the nutrients and minerals you need. People who take vitamin supplements understand that their body needs more than it can get from regular food.

But there is a difference in people who take regular vitamins and minerals you can get from the grocery store and the high potency vitamins and minerals you get from a shop or retailer who has the true knowledge what is good and what is not. Many cheap and low-quality products go through your body without it absorbing important nutrients.

Many people also think that regular multivitamin pills take care of the daily vitamin needs. In reality, you need much more than the amount that is the daily suggested dosage. These numbers are significantly lower than that of the high potency pills and this has much to do with the pharmaceutical industry. If all people took the high potency vitamins, everyone would probably be healthier and not have as many diseases as they do now. The daily suggested dosages for many

vitamins are too low and people are being scared by the media to falsely believe that overdosing (meaning taking more than the suggested dosage, which is very low) will cause permanent damage to your health.

High potency vitamins are what you should concentrate on. Forget all those cheap vitamins because their effect on your body is little to none. You should also think about in which form you are taking that supplement. Cheap products are hardly going to digest in your body. It's been advised by the experts that liquid form is the fastest and the most efficient way to get the highest potency out of the product.

A vitamin in pill form needs to be broken down to liquid before it has any effect on your body. So your body must take an extra step to get the pill into a liquid form. That is not a fast process and often the pill only gives 10% TO 20% of its nutrients to your body. Why go through all the trouble when you could get it into your system within minutes? That is where the liquid form of a vitamin supplement comes into play. It evaporates in your body so that your body does not have to do the work in order to get the most of the product itself.

## **PHASE 4: THE CURE – Your Highway Ticket To Paradise**

### ***FREE RADICALS AND ANTIOXIDANTS***

When we talk about free radicals, you must see them as the good guys who are produced by our bodies and antioxidants as the salvation to your bodies that come from outside.

Free radicals are something that we all produce in our daily living. Free radicals are formed from the cells when our body produces energy. They are formed when we eat, live, breathe, do the daily chores or go to a job. When we live our lives, our cell in our bodies are introduced to different toxins.

Stress is a big factor in our society. Stress is being amplified through your job, lack of sleep, bad eating habits (lack of nutrients), etc. Consequently, this creates more free radical damage to our bodies because your body needs more energy to compete with the stress factors.

But there is a salvation that is called the antioxidants.

Antioxidants protect the cells from the damage of the free radicals and therefore you should get as much antioxidants to your body as possible especially when your daily routines are not that healthy. However, we all have choices to make and some of us live healthier lives than others.

It's been under discussion if you get enough antioxidants from your daily menu and the general consensus seems to be leaning towards a direction where the opinion is that regular food does not contain enough vitamins and antioxidants to keep our bodies healthy from the attack of the free radicals.

Did you know that if you're just generally consuming some health products that say they have a lot of antioxidants, you're not going to get healthy with them? Why? It's very simple and the reason is this: these antioxidants have only one shot to go into the cells and “give them a good treatment”. Thus, it's important that you get quality products that really deliver what they promise. Liquid form is the best because your body can consume it much faster.

There are quite many antioxidant rich fruits that deliver a whole pack of vitamins and minerals within. It's been researched that there are three “super foods” that contain a great mixture of ingredients your body needs. These antioxidants should be consumed daily to keep your cells healthy and not let the free radicals run free, damaging our bodies.

The next chapter investigates what these three antioxidants are all about and what are their health benefits are when consuming them.

It's important for you to understand that healthy living is not only about you eating healthily (organically grown products), but also that you get enough antioxidants on a regular basis because it's really the only way to keep your body from getting a severe disease.

## **3 EFFECTIVE SUPER FOODS -**

### **YOUR TICKET TO A HEALTHIER LIFE**

As you may know, antioxidants are important. There are three super foods that are filled with antioxidants that help can help your overall health

#### **ACAI:**

Acai berry comes from the Amazon rainforest area. It has been reported that this particular fruit is one of the healthiest fruits around. It has been consumed by the original inhabitants of the area for hundreds of years and the health benefits are well known though out the world.

Why you should consume acai berry fruits?

- High in antioxidant values
- Anti-bacterial values
- Omega fatty acids
- Fiber that is good for your colon health
- Rich Minerals and vitamins
- Rich in organic protein (and easily transported to your muscles)
- Contains 10 to 30 times more anthocyanins than red wine (French people have less cardiovascular diseases than other countries due to red wine consumption)
- It has been researched to lower cholesterol levels in blood

#### **MANGOSTEEN**

This African fruit is the “mother of all fruits” as it has all good qualities that you could wish from a fruit.

It has a great deal of health benefits

- antioxidant,
- anti-bacterial,
- anti-fungal,
- anti-tumor activity
- can fight breast cancer, liver cancer, and leukemia (recent laboratory tests)
- anti-histamine and anti-inflammatory properties.
- reduce pain or control fever

Many health benefits that have been used for a long period of time by the native people in Africa help people to deal with their health problems.

## **GOJI**

19 amino acids, 21 trace minerals and more vitamin C than orange makes this berry fruit one of the top 3 super foods in the world.

It has also many health benefits such as highest concentration of beta-carotene which can be transformed into vitamin A with the liver enzymes of our bodies.

It's been used in Tiber for several hundred years and has been used for treatment of

kidney and liver problems

to lower cholesterol

to lower blood pressure

to cleanse the blood

Help with eye problems

skin rashes

psoriasis

allergies

insomnia

chronic liver disease

diabetes

tuberculosis

The Goji berry contains also many complex compounds that scientists are only beginning to understand. One of the compounds is Physalin, which is active against of all types of Leukemia.

## ***SUMMARY AND ACTION PLAN***

Now that you've seen what consequences junk food can have and what it can do to your body, it should be obvious that you change your habits once and for all (or at least make a plan when you should not be eating any of the junk).

As you've probably realized by now, junk food should be avoided at all costs and you should instead concentrate on local ingredients or goods that are really fresh and processed without any extra chemicals. The best way to get a healthy dinner or a lunch is to prepare it from ingredients that you know are fresh, local or otherwise proven NOT to contain any vicious chemicals.

If you want to take your health to the next level and ensure your body gets all the vitamins and minerals to build healthy cell combinations, then you might want to look at [\[LINK\]](#)