

Important Foods to Eat and Foods to Avoid

This is more stuff from the Jerry Brunetti lecture :)

Important Foods to Eat

1. Raw (grass-fed) dairy products which are rich in CLA, alkalizing minerals (Ca, Mg, K) critical Vitamin D, beneficial probiotics, numerous enzymes, vitamins A, E, K and B Vitamins.
2. Free-range eggs, which are rich in fat-soluble vitamins A, D, E, K, cysteine and other amino acids, lecithin (phospholipids).
3. Cod liver oil, which is a rich source of vitamins A and D and some EPA/DHA.
4. Coconut oil, which is rich in medium-chain, saturated fatty acids as found in human breast Milk, Very anti-fungal, anti-viral, anti-bacterial. Readily absorbed, easily processed by the liver.
5. Fermented soy products such as miso and tempeh (avoid processed soy products, soy-based supplements).
6. Fermented vegetables (raw) such as sauerkraut, kim-chi which contain powerful anticarcinogenic compounds, lactic acid, lactic bacteria, enzymes, nicin, acidolin and lactoperoxidase.
7. Fermented milk products: kefir, yogurt, clabbered milk, buttermilk.
8. Raw butter/cream from grass-fed ruminants: rich in CLA, fat-soluble vitamins A, D, E and K, Wulzen factor (anti-inflammatory).
9. Sprouted grain products: rendered free of phytates, enzyme inhibitors; rich in enzymes and additional vitamins.
10. Pigment-rich fruits containing resveratrol, astaxanthins, lutein, lycopene, proanthocyanidins, bioflavonoids, flavenols, ascorbic acid, etc.: blueberries, strawberries, elderberries, raspberries, prune-type plums, cherries, etc.
11. Ocean fish rich in EPA/DHA, such as sardines (watch mercury in large fish), wild (not farmed!) salmon, sea vegetables rich in alginates (which are metal decontaminants), iodine, numerous trace minerals and mucopolysaccharides.
12. Vegetables: brassica (especially kale, brussels sprouts), also broccoli, asparagus, garlic and onions, winter squashes, carrots, beets, sweet potatoes, and miscellaneous greens such as radicchio, arugula, mustard greens, endive, dandelion, radish, celery, etc.
13. Meats (pork, poultry, beef and lamb) should be range fed and drug free. If your pH levels are low, eat small amounts until they rise.
14. Tropical fruits (for enzymes!--pineapple, mango, papaya, jack fruit, leechie, guava, coconut, etc.
15. Pure water: up to half your body weight in ounces. Consider alkaline and energized waters.

Foods to Avoid

1. sugar: Feeds cancer cells and causes insulin production, which stimulates cancer growth. Demineralizes and acidifies the body fluids. This also includes refined carbohydrates.
2. Vegetable oils: easily oxidized, causing peroxidized lipids (carcinogenic); especially avoid hydrogenated oils (trans-fatty acids). Exception: Raw, first-expressor-pressed olive oil, which is rich in chlorophyll and squalene.
3. Processed dairy foods and conventionally raised meats--they lack CLA, and are likely to contain hormones, antibiotics, E.coli, salmonella, campylobacter, etc.
4. Too many carbohydrates, even from whole grains (high in phytates, which inhibit mineral absorption and enzyme activity:). Soak and/or sprout grains before eating
5. Refined soy foods.
6. Fluorine, chlorine: enzyme inhibitors, carcinogens that suppress iodine uptake by thyroid.
7. Pesticide-laden produce: especially potatoes, apples, coffee, bananas,

celery, onions, etc.

8. All processed (canned/frozen) foods such as possible, including organic processed foods. These foods are "dead".

9. Foods containing artificial colors - very carcinogenic.

10. Microwave and barbecued foods (heterocyclic hydrocarbons).

Posted by Susan at 1:59 PM 1 comments Links to this post

Sunday, January 21, 2007

More Jerry Brunetti

After the lecture we got to eat dinner with Jerry Brunetti and pick his brain. Here are some of his suggestions:

1. soil based organisms
2. fasting
3. coffee enema

For High Blood Pressure:

1. Magnesium Glycinate (800-1000 mg day)
2. taurine
3. Kidney Flush

ADHD:

1. Omega 3's & 6's (fish oil)
2. Cognitex from Life Extension Foundation (<http://www.lef.org/>)
3. B-12 Methyl Cobalamin (sublingual)
4. Ginkgo Biloba
5. Periwinkle
6. check for heavy metals (DMPS Challenge, Hair Analysis, Chelation)

Good sources of calcium

1. calcium citrate
2. calcium lactate
3. calcium glutenate

Posted by Susan at 10:38 PM 3 comments Links to this post

Food as Medicine notes from Jerry Brunetti Lecture

Food as Medicine: Taking control of Your Food and Health

By Jerry Brunetti

January 20, 2007

Sand Creek Farm

Farms are the pharmacies of the future.

Americans eat 170 pounds of refined sugar each year

Cancer cells thrive on glucose (sugar)

Weston A Price Foundation

Calorie intake and variety of food determines health.

Health comes from consuming full-spectrum, nutrient dense sustenance.

If food is not nutrient dense, it is not healthy even if it is organic.

Animal, plants & human cells talk to each other

Foods are medicines.

When oxygen levels of our cells drop by 30%, cancer can grow.

Trace elements build enzymes

We get trace elements from what we eat ♦ from the soil.

The colors of the rainbow in our food is what matters

Local Food system ♦ you should know where your food is coming from and how it ♦s grown.

We are running out of nutrients in our soil.

A nation ♦s health is based on its soil health

Lutein ♦ egg yolk & kale ♦ good for eyes

Resveratrol

Lycopene - Prostate health found in tomatoes

Proanthocyanadins - Found in grape skins

B-Carotene

Ellagic Acid - Prevents cancer, found in raspberries

Pigments are Powerful

Anti-viral/anti-bacterial

Anti-Oxidants

Immune Fuels

Free radical scavengers

Endocrine balancers

Source of enzymes

Detoxifiers

Japanese Knotweed - good for blood clots, Alzheimer's, slows down estrogen driven cancer. Has Resveratrol.

You need the trace elements for plant health and for our health.

70% of resveratrol in grapes is treated with fungicides.

Oxidized LDL ♦s are the bad guys

Cholesterol is an anti oxidant.

You need to stop oxidization to lower cholesterol

Cranberries:

Urinary tract infections
Tooth decay gum disease
Stomach ulcers
Cancers
Phenols
Apples

risk of asthma reduced by 30%
anti-oxidant/bioflavanoids
selenium
Brain Tumor Society

www.tbts.org

Healing power of a wholesome diet for tumor patients

Elderberries ♦ Type A&B flu recovery

Cilantro

Dodecenal ♦ 2 times as effective as gentamicin at killing salmonella
Chelator of heavy metals (lead, mercury & aluminum)
Eat at least a handful daily
Cherry

Melatonin
Perillyl alcohol
Anthocyanins
Blocked 89% of enzymes that cause tooth decay
Lycopene (found in)

Tomatoes (more in cooked tomatoes)
Grapefruit
Watermelon (ones with seeds have most)
Squash is good for diabetics. Low glycemic and carbohydrates

Nutrition and Physical Degeneration by Weston A. Price

Villages of people who ate traditional diet ate 4-5 times more minerals and 10 times more vitamins than people who ate refined diets

Selenium

Potentates chemo for prostate & colon cancer
Good for breast, lung, small intestine, color and liver cancers
Genetic Expression

Pottenger & Price ♦ Cat Study ♦ Epigenetics

Cancer is about genetic expression

Selenium

Found in butter
Selenium deficiencies are found in areas with high rainfall
Brazil nuts are the highest source of selenium (must be soaked)
Also found in brewer's yeast, black strap molasses.

Take with vitamin E
Mu-Se ♦ for sick animals contains selenium

Selenium yeasts ♦ take 200 micrograms per day of selenium.

Swansonvitamins.com

Kelp is a good source of selenium

Selenium is a hard thing to get in bad soil

Selenium is good for the prevention of cancer along with vitamin E

Iodine & selenium are partners

Traditional sources of iodine

Sea vegetables

Seafood

Kelp meal

Estrogen driven cancer is lowest in Japan, they eat more iodine than we do from seafood

To get rid of heavy metals, take 50 milligrams of iodine for 3-6 months and then start to taper down to 12.5 milligrams.

Iodine

Concentrated in thyroid & ovaries

Involved in energy metabolism

Reproduction

Immune function

Found in goitrogenic soybeans, brassicas

Seaweed

Daily intake 25-50 milligram

Seafood, eggs (grass fed), free range hens are rich in iodine

Chickens need to get extra iodine for eggs to be rich in iodine (kelp)

Do not eat non-fermented soy products ♦ they have goitrogenic compounds

Legumes in pastures for chickens for no soy protein (oats, barley & milo good as well). Let chickens eat insects.

There are iodine deficiencies in animals, soil & humans in US

Vitamin D ♦ Top food is Eel at 4700 IU, sardines 1500 IU, Pink salmon 800 IU, Tuna 200 IU, milk 100 IU

Cream, butter & lard are high good sources of Vitamin D

IU = 3-1/2 ounces

Peptides/Antiviral

Vitamin D is a steroidal hormone

Boron needed for vitamin D absorption. It's found in fruits & nuts. Take boron supplements

Omega 3 fatty acids in fresh seafood

Roe in fin fish

Atlantic mackerel

Pacific herring

Brain needs omega 3s to function

Grasses & clover fed to chickens produce eggs high in omega 3

Raw milk, grass fed eggs & tallow (from grass fed beef) good sources of omega 3s

Coconut oil is a good fat, no omega 3s and is anti-fungal.

The balance of omega 3 & omega 6 normalizes inflammation

Cruciferous Vegetables (fermented IE: Sauerkraut)

Radish

Broccoli

Kale

Cabbage

Cress

Cauliflower

Kohlrabi

Mustard

Rutabaga

Brussels sprouts

Horseradish

Apple cider vinegar with water treats acid reflux (switzel)

Apple cider vinegar will alkalize your stomach

If you don't ferment cruciferous vegetables, steam them

Fermented cruciferous vegetables produce vitamin c

Heat over 118 degrees kills the good stuff in vegetables

Start your day with a warm beverage, never a cold beverage

You should eat about 75% raw food and 25% cooked foods

Cruciferous vegetables

Anti cancer compounds

#1 vegetables to protect against cancer

stimulated production of antibodies

detoxifiers

glutathione

DIM Extract ♦ Take for breast cancer

I3C (Indole 3 Carbinol) ♦ take for estrogen driven cancers. 200 mg/2-4 x day as per body weight

Sacromices bubroli (yeast) take when you're taking antibiotics

Broccoli sprouts ♦ cancer prevention

Wild Fermentation by Sandor Ellix Katz

Optimal digestion

GI tract has more neurons than the spinal cord

first defense of immunity

Probiotic Eco-system (GI Tract)

Salicylic Acid (aspirin)

found in most fruits and vegetables

needed for senescence insect and disease protection in plants

anti-clotting with out the side effects of aspirin (stroke & GI bleeding)

6 x more is found in organic fruits and vegetables

contributes to lower CRP from Mediterranean diet

found in raisins, prunes, raspberries, apricots, broccoli, cruciferous vegetables, canned tomatoes and squash

Primary source of essential fatty acids from grass

omega 3 & 6♦s

rich in EPA/DHA

Arachidonic acid

Cholesterol

Cysteine ♦ precursor to glutathione

Fat soluble vitamins

Vitamin a

Vitamin E

Lecithine

Choline ♦ necessary for liver detoxification

Vitamin A good for breast cancer

Virgin olive oil is a good oil, but do not heat!!

Brix Refractometer

Brix is a measurement of sugar

High brix the better

www.NISupply.com

Raw Milk = Health Benefits & Safety

Milk Diet as a Remedy for Chronic Disease by Charles Sanford Porter

The Miracle of Milk by Macfadden

Raw Milk

Fat soluble vitamin a retinol

Vitamin D: fat soluble premier of calcium ionization

Lactic acid producing organisms

Proteins (22 amino acids including 8 essential amino acids)

Fats (500 saturated and unsaturated fatty acids)

Minerals 100% metabolically available

Enzymes
CLA (anti-carcinogen)
Lactoferrin
Mark McAfee

www.organicpastures.com

Healthy raw milk inhibits the growth of salmonella, listeria and E-coli

Lactoferrin

Antibiotic against salmonella
Increases natural killer cells & cytotoxicity of white blood cells
Inhibits angiogenesis
Scavenges "Free Iron" necessary for growth of neoplastic cells and microbes
Reduced incident of colon cancer to 27% vs. controls in lab rats
Toxin binding
Platelet binding
Wound healing
Anti-inflammatory
Anti ♦ HHV-8
Lactoperoxidase (also in fermented milk)

Works synergistically with lactoferrin
Dental wound treatment
The enzyme connection

5000 known enzymes in 3 groups

Metabolic enzymes
Digestive enzymes
Food enzymes
Enzyme Nutrition by Howard Howell

Enzymes: Enzyme Therapy by Anthony J. Cichoke, D.C.

Enzyme Deficiencies cause:

Over enlargement of pituitary gland
Brain size decreases
Thyroid enlargement
Premature aging
Dr. Francis M. Pottenger, MD

<http://www.price-pottenger.org/>

10 year cat study

History of Randleigh Farm by Wm. R. Kenan, Jr.

RO Water System

Purifier ♦ reverse osmosis or a good distiller

Do not take baths with chlorinated water

Water Test Corporation of America

Carbon filter for shower/bath

RO membrane water system for drinking water

Raw milk from healthy cows = healthy soil

Encyclopedia of Fermented Fresh Milk Products by Joseph A. Kurmann

Fermentation Biology

Lactic acid bacteria enzymes

Lactic acid

B-Galactosidase

Fermented milk and milk products have more vitamin and minerals

L. Acidophilus

Fermentation solves lactose intolerance

Human breast milk has almost twice the lactose as cow's milk

Read these:

The Omnivore's Dilemma

Fast Food Nation

Fat composition of Milk

66% saturated

30% monosaturated

4% polyunsaturated

500 fatty acids

The Cholesterol Myths by Ulfe Ravnskov MD

Vilhjalmur Stefannson ♦ all meat diet high fat

Niacin raises HDL

Cholesterol's vital Importance

Necessary to synthesize vitamin d

Synthesis of bile salts

Production of hormones

Cell membrane elasticity and strength

Anti-oxidant

Necessary for brain and nerve development

Serotonin availability to brain

Coenzyme Q10 take if your own Lipator

Johnathan Wright

Reasons for Cardio Disease

Free radical damage
Deficiency of anti-oxidants
Virus
Homocysteine (deficiency of vitamins, b-6, b-12, folic acid & choline)
Poor thyroid function (iodine, trace minerals, and fat soluble vitamins deficiencies)
American Holistic Medical Association

Pasture Perfect by Jo Robinson

The more whole fat milk in the diet, the lower risk of breast cancer

Grassfed milk and meat has 4-5 times more CLA than non-grassfed

Stolle Milk "The Ohio Survey" ♦ Ralph Stolle

Stolle Milk Biologics (Microtacin)

The Untold Story of Milk by Ron Schmid

If milk is a whole food it becomes an effective medicine

Life Extension Foundation - www.LEF.org

The War on Cancer: An anatomy of Failure by Guy B. Faguet

Samuel Epstein ♦ www.preventcancer.com

Seeds of Deception by Jeffrey M. Smith

It's All In Your Head by Dr. Al Huggins

Iodine

50-100 mg/day
every cell utilized iodine
anti-bacterial
anti-viral
anti-parasitical
mucolytic agent
anti-cancer
Foods beneficial against biological organisms are all fermented foods such as
yogurt, kim-chi, sauerkraut, miso, natto, etc. And should be generously consumed.

Celtic sea salt

Vitamin C therapy

www.brightspot.org

Cancer by Matthias Rath

www.nutri-cology.com

www.drbrownstein.com

www.trafford.com