

COMMON HEALTH MYTHS

As we age, it's normal to get more aches, pains and illnesses

FALSE!! Many elderly people who eat natural, organic whole foods and exercise, and do not eat the typical Standard American Diet (SAD), do not have arthritis, joint issues, loss of brain functioning or other common 'age related' degenerative issues or illnesses, and don't need medications.

Our joints do not 'wear out'.

Calcium supplements make bones stronger

FALSE!! Calcium supplements actually increase your risk of brittle bones and calcium deposits in soft tissues resulting in arthritis, coronary calcification and blockages, high blood pressure and cancers. Your bones are not solid but are a finely meshed 'spider web' needing healthy fats, vitamin D from the sun (or D3K2 supplements), boron, magnesium, vitamins C and E, iodine, manganese, zinc and others. Milk and other dairy products REDUCE bone calcium and lower stomach PH causing digestive and bowel complaints.

Cell phones, WiFi, SMART watches, wireless earbuds and other tech are safe

FALSE!! The radiation from cell phones are tested on plastic dummies to see if they heat up. If they don't heat up too much, they are deemed safe for the public. Our heads and bodies are not plastic!! Radiation from all wireless electronics cause cancer, brain fog, mood disorders, fatigue, high blood pressure, diabetes, fatty liver, Leukemia, sleep disorders, osteoporosis, infertility, lowered IQ, birth defects, destroys nutrients in foods and supplements when a phone is placed near them. These electronics harm pets just the same as humans, especially when they are micro chipped. Young children are especially at risk because of their smaller and thinner bone structure, weight and growing organs.

The sun causes skin cancer

FALSE!! Your skin is made mostly of Omega 6 fatty acid which protects your skin from sun damage. If your diet doesn't have enough pure, unprocessed Omega 6 and nutrients, then your body will use whatever is available for the manufacture of skin. Excess omega 3 will cause faster skin damage from the sun resulting in cancers (think of a fish left out in the sun to rot...that's what happens to your skin). Stay in the sun until your skin turns pink, NOT red. Take extra magnesium and use natural sun block like coconut oil, zinc oxide, organic non-toxic lotions or clothing. Most popular commercial sun blocks are harmful and toxic. See "We Need MORE Omega 6 than 3".

The sun will give you cataracts if you don't wear sunglasses

FALSE!! Wearing sunglasses can actually cause skin cancer. On sunny days, certain sun rays filter into your eyes letting your brain know it's sunny out. This causes the brain to produce chemicals in your skin to start vitamin D production. Wearing sunglasses tells your brain not to produce vitamin D. Vitamin D is necessary to regulate hormones & maintain positive moods, blood sugar / blood pressure regulation & strong bones. Vitamin D can deplete magnesium, so a magnesium supplement is a good idea with sun exposure. Do not look directly at the sun on sunny days. Sun gazing at dusk or dawn can help with some vision issues and eye sensitivities.

We need more Omega 3 fish oil & DHA/EPA and Omega 6 is bad for us

FALSE!! Your body requires approximately 11 times more PURE Omega 6 than Omega 3. EPA and DHA are needed in very small amounts, and your body makes them as needed. Higher amounts of Omega 3 than Omega 6 causes inflammation and health issues. Most doctors, Naturopaths and advertising tell us that Omega 6 is bad for us. But there are 2 kinds of Omega 6...the bad is processed "food" - Mazola, canola, corn oils etc, Becel, Earth Balance & other margarine's, conventional & GMO "foods", restaurant and packaged foods. The processes of heating and hydrogenation change the Omega 6 to free radical toxins that cause inflammation and health issues.

The other Omega 6 – the kind we need to survive, is in almost ALL natural and unprocessed meats, eggs, fruit, vegetables, dairy and grains. Super food avocados have 13 times more Omega 6 than 3. See "Omega 6:3 Ratios in Foods Charts".

I have cancer and my doctor said that I can eat anything I want for the extra calories

FALSE!!! Cancer cells thrive on sugar, carbohydrates and processed foods! Getting cancer is a wake up call that you're body is overloaded with toxins and has not been getting the nutrients and support it needs. Eat only organic, non-GMO foods with high nutrient values, plenty of fats, proteins and quality supplements to build up your immune system to fight the cancer. Many common meal replacement drinks and shakes are high in sugar or artificial sugars which promote cancer growth.

Taking vitamins just makes "expensive" yellow pee and don't get absorbed

FALSE!! Bright yellow urine when taking vitamins are caused from some water soluble B vitamins. This means your body didn't need some of the B's and your kidneys are working properly to filter them out. Always read the directions in case the supplement is taken with a meal. Not all vitamins are the same.....some are derived from petroleum, some are synthetic, have damaging effects, contain harmful additives, are high in sugar, and some have such small amounts of nutrients that it's a waste of money. Some trustworthy brands can include AOR, CanPrev, Natural Factors, Genestra, Progressive, Prairie Naturals, NOW, Genuine Health and many more.

The RDA (Required Daily Allowance) for vitamins and minerals is all I need, just 1 /day

FALSE!! The RDA for Canada and USA isn't enough to keep an already very healthy person alive. If you have any health challenges, are pregnant /nursing, have fluoridated water, take medications, and eat conventional GMO food, you will need extra supplements and nutrition because our food, water and air are toxic. Electronics and cell towers cause cancer and deplete bodily nutrients. Many supplements need to be taken more than once a day because we cannot absorb ALL of our daily requirements in one meal. Your daily water requirements have to be spaced throughout the day and not drank all in one meal...it's the same with supplements.

Type 2 and 3 Diabetes can't be cured

FALSE!! Through diet, exercise, fasting and lifestyle changes, blood sugar problems CAN be resolved, sometimes within a few weeks.

If you have diabetes, you have to eat every few hours

FALSE!! High blood sugar is caused from having more carbohydrates & sugars than your cells can burn. Eating every couple of hours ensures your cells stay overloaded and stressed causing sugar spikes. If you feel the need to eat in between meals and before bed, eat protein or fat with no carbohydrates or sugars, that way your cells will use up the sugars that they already have.