

Salt, Fats, and Sugars. To Eat or Not To Eat, That is the Question.

By Tom Woloshyn, author of "The Complete Master Cleanse"

There has been much information or mostly 'misinformation' about the consumption of these three items in the news media and various publications including medical journals over the many years.

The problem has been that in one article it is okay to eat any one of these three items, while some other articles state their intake should be moderated to safe levels, and other articles will suggest not to consume any of them unless they occur naturally in the foods you eat. So, who do you trust and then follow in your day to day dietary guidelines and how do you make sense from these widely different opinions?

I hope to shed some information that may better explain the myths and truths about Salt, Fat and Sugar. I will start with salt, which we have been told will cause high blood pressure, edema and kidney problems etc. when we get too much in our diet.

The problem with salt is that the salt most people consume is table salt or sodium chloride, which is a highly refined substance with various additives, and this is quite different from unrefined sea salt. Sea salt contains over 70 other trace elements besides sodium and chloride without the added free flow agents and iodine. In fact, it is considered by many in the natural health and wellness field to be a vital part of our daily diet.



Another bit of information you may not know is that your bloodstream has an almost identical salinity to ocean water, which lends to the idea that we would do better to use sea salt instead of the highly processed alternative. I am not suggesting that there is no upper limit to the amount of sea salt that you can consume but that it will be much easier for your body to assimilate or eliminate the salt as to satisfy your body's needs any time.

There is no need to be afraid of salt, as long as you are not consuming table salt, but instead consuming sea salt. Feel free to use sea salt frequently and enjoy it with your meals to taste.

Fats



There is just as much misinformation about eating fats as sugar or salt. "Eating fats makes you fat," "don't eat any fats," and "eat only unsaturated fats" are just a few of the statements that we have been told over the many years.

It started with, "don't eat coconut oil or palm oil as they are high in cholesterol" by the corn and soybean industry so that people would not consume these tropical oils but use corn and soybean oil instead. The problem was that to make corn and soybean oils similar to palm and coconut oils in texture, they had to hydrogenate them so their melting point would be much higher than normal and here is where the problem gets sticky.

When you hydrogenate oils that are normally liquid at body temperature, they melt at a higher temperature than the body can create. Generally when you are eating these oils, they are hot in cooked food so they are in a liquid state, however, when they get into your bloodstream and cool, they start to solidify and stick in the arteries, thus blocking them causing heart disease.

If you have ever seen a surgeon squeeze out a clogged artery between his fingers that he has removed from one of his patients, you will understand clearly what I am saying. A white goo comes out that looks like lard because that is exactly what it is except it is not just from animal sources, but now vegetable source fats as well that have been chemically altered.



The Medical study that was conducted to research the Mediterranean Diet and its effects on health included consuming two liters of olive oil a month. The findings were that it reduced high blood pressure more quickly and effectively than the best medications for high blood pressure.

We learn from this that we must consume healthy oils that are not processed or heated to high temperatures when they are being pressed to release the oils from their source. I consume mostly olive oil and coconut oil. The problem with olive oil is that much of it is fake these days so be very aware of what you buy.

Sugars



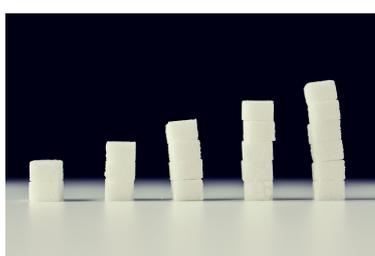
Sugar is one of the most highly maligned food groups because it is so pervasively used in the food industry to make processed foods more palatable and therefore consumed in greater and greater quantities.

In fact, the average American consumes over 130 pounds of sugar a year, an astounding amount when in the early 1800's the average was about 4 pounds a year.

This over consumption has led to a wide range of diseases such as diabetes, heart disease, obesity and cancer becoming commonplace with seemingly no end in sight.

In my experience, I have seen many of these conditions and more being reversed while consuming sugar, or I should say, maple syrup, while doing the Master Cleanse. How can this be, sugar is bad, right? Well, sort of, but the obvious answer is the kind or quality of sugar makes all the difference.

White sugar has been likened to white death as its effects on the body are well documented, so why do all sugars get lumped together into the same pot? The reason is rather simple, when you have abused your body for years eating white sugar and other highly processed foods, you cause damage to the pancreas which is the organ that controls the metabolism of sugar by secreting insulin.



The constant intake of white sugar causes damage to the pancreas, and after a time, it cannot differentiate a good sugar from a bad sugar. A good sugar is a sugar that has not been processed in a way that extracts or takes away nutrients from it, it is a whole food.

Only water has been removed to either make a syrup or a powdered sugar which does not affect its intrinsic properties. Raw cane sugar and maple syrup are two of these safe or healthy sugars.

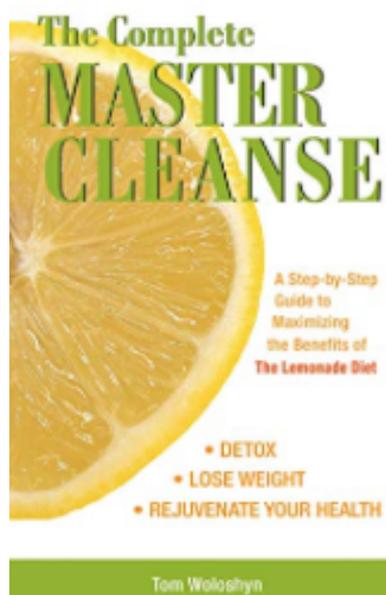
The reason these two sugars can cause problems for some people is that their pancreas is dysfunctional in the first place. It is like having a very poorly tuned engine and putting in the best gasoline and wondering why it still backfires. It is only after doing something like the Master Cleanse, using maple syrup, that the pancreas will start to function properly again and I have seen this work over and over again with many clients.



A study on maple syrup some years ago in Canada, found it to have anti-diabetic and anti-cancer properties, however, it usually takes 15 years or more for this information to become mainstream in the medical system. What we can take from this is that we need to take care of our bodies so that we do not become another statistic of our society's poor health.

Inform yourself and take positive steps to create good health and then maintain it throughout your life.

Something I do to maintain my health, and have been doing since 1979, is The Master Cleanse an average of four times per year. The first year I began cleansing, I completed 100 days in the year. Since then I do The Master



Cleanse four times per year, and this year I have done many more, as I have been cleansing with each of my Online Master Cleanse Groups.

We started The Master Cleanse Movement in April, and since then, several participants have been inspired to complete 100 days just as I did when I first started cleansing.

It has been a great pleasure educating and sharing the special space we have created for those ready to take control of their health journey.

With knowledge comes power, and there is nothing greater than the power of knowing how to look after your own health.

When you are ready to harness this power, I am ready to welcome you to our group!

**Join the next Online Group Master Cleanse
by visiting
www.thecompletemastercleanse.com**