

# Week 01 (2018)

## Take Back Control

OK, so the holiday season is over. It's time to take back control of our lives from peer pressure, governments, the Pharma/Medical mafia, junk food industry, the fake media, and in fact everyone except yourself. **You need to take control and control yourself.**

This means you have the tough call of responsibility and especially keeping off drugs. Why? Because one of the most addictive drugs to stop is sugar!

Unlike drugs like Fentanyl and the other criminally addictive drugs making billions for Pharma, sugar is everywhere – in fake foods and even in some real foods such as bananas (5 teaspoons of sugar) making millions for the food industry.

## Sugar & Starchy Carbohydrates

Readers of my newsletters will know that the main problem with disease as well as critical nutrient deficiency is sugar consumption and the increase in all disease mirrors the increase in sugar consumption. It is a fact that sugar and starchy carbohydrates are the prime cause of most disease and devastates many lives, including:

- Cancers
- Lung Diseases
- Immune Diseases
- Heart Diseases
- Diabetes
- Dementia/Alzheimer's
- Bone and Joint Problems
- Skin Problems
- Infertility – Both Sexes
- Women's Problems
- Men's Problems
- Epilepsy
- And many more...

## Ketogenic is the Solution

Lots of people show an improvement in just a few weeks of a Ketogenic diet. This is reported in diet studies from nearly 100 years ago which is now becoming the established basis for recovery from diseases. Combined with critical nutrients, along with the 30-day claim in my eBooks you can see here [www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com) will show a remarkable recovery in that period.

Many people have told me of their recovery as well as its return when they went back to their old diet. Some have followed the vegan Ketogenic diet and others have followed the

Ketogenic diet that includes meat. They both work. My reason for recommending not eating meats is they are fed GMO feeds in unsanitary conditions and are untrustworthy as a healthy food.

You can find Ketogenic recipes on the internet and on my website:

[www.ReallyHealthyFoods.com](http://www.ReallyHealthyFoods.com)

In the past, I have written about following a low Glycaemic Index Diet and many have then become confused by others saying that the Glycaemic Load is better. This confusion has led me to turning to the Ketogenic diet, so that you know exactly where your good health will come from.

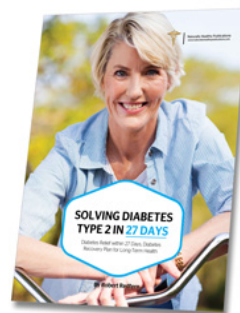
## There Should Be A Law Against It.

There are many laws made to protect children but you cannot have a worse case of abuse than allowing the sale to children of dangerously high levels of sugary foods and drinks. The real abuse is the food company's deceit and the politicians, who are in 'their pockets'. This time it is not doctors to blame – as they are aware that sugar is the cause of these diseases. The food companies deserve zero trust and go to great lengths to deceive the public on these issues.

## Deception

An example of deceit is a brand of chocolate spread called, 'Whole Earth' which says 'Delicious Hazelnut Spread', made with 'Natural Ingredients' on the front in large print. My wife Anne purchased this when she was in a hurry for the grandchildren. When she got home and looked at the small print on the back, the very first item on the list (the main ingredient) is sugar. In effect, it was a jar of sugar containing some chocolate. In a just society that does not abuse children this manufacturer should have had in large print on the front, 'Contains over 50% SUGAR'. When the political donations stop then this may happen.

REMEMBER: Organic, natural, all natural, and whole-foods, are all used as deceitful words on packaging and advertising, so beware!



## How much do you eat?

Read my earlier article on how you or a child eating everyday foods can easily consume 60 teaspoons of sugar in just one day [here](#)

## Should I just stop sugar?

Sugar is considered to be one of the most addictive known chemicals and even animals, once they have tasted it, go crazy for it. I recommend slowly reducing it in the diet over a month.

Taking my [Cinnamon27](#) Formula before a meal that contains any high sugar foods will help block the sugar uptake. Better still it will block the damaging effects of the sugar in your body.

You only need to take this if you can't beat your addiction to high sugar foods, e.g. grains, cereals, potato, even a banana (high fructose), but not in front of meat and vegetables.

In the end you need to read up on the 'glycaemic index', which is the amount of sugar that converts to glucose from the food. Having a GI of 30 or under is your goal. Create your own shopping list of safe products with the GI next to each item. This way you only shop for your list and not from off the shelves.

## **Diabetes**

If you have Diabetes Type 2 you can still stop all sugary foods and whether you have diabetes or not, you can still follow the plan in my book to kick sugar and recover your health. If you have been eating foods containing sugar then the damage that has taken place will need healing. Alzheimer's, cancer, heart disease and most other diseases are the result of sugar.

**You can download the book for free [here](#)**

So...Enjoy your food today but tomorrow start enjoying a healthier future – without sugar! And remember that kindness and love of yourself are great healers and protectors all on their own, especially when combined with naturally healthy foods.

From next week I will start to provide links to Ketogenic recipes and shopping lists to make change easier.

## **Remember:**

**Don't Let Sugary Foods Control You  
Take Back Control Today**