

The Poisoning of America

The Truth Behind Obesity In Our Country

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Without a doubt weight-loss seems to be one of the most difficult problems we face as a society. There is no question that the population in the United States and other industrialized countries are becoming more obese every year. Unfortunately, in my opinion, the nutritionists and physicians are focusing their efforts in the wrong area. The food pyramid which has been recommended for so many years has been nothing but a big, fat lie. The reality of why we, as a society, are getting heavier is obvious and yet ignored. Let me give you a personal example.

On July 21, 1988, during a hypnosis session with a client, I suffered a severe heart attack which led to coronary bypass surgery. For the purpose of this article, the lifestyle that caused this attack is unimportant. The lifestyle that caused my second heart surgery in 1995 is critically important. Between 1988 and 1995 my physician placed me on a "Heart Healthy Eating" program. He not only instructed me to eat based on the food pyramid but also to eliminate 95% of my fat intake.

Trust me on this one, a heart attack is a powerful motivation to follow your physician's instructions. And I did! I cut back my fat intake to just about zero. I ate grains, vegetables, fruits and whatever else I was told was good for me. I also concentrated on portion control and exercised according to a plan given to me by my physician. I was absolutely dedicated to this program. I truly wanted to live. The result of all this hard work and dedication was that I continued to get fat. My blood lipids were horrible. My triglycerides were over 800, my cholesterol was over 275. It got so bad, in 1995 I once again, had to undergo coronary bypass surgery. I could not understand what I was doing wrong.

Once more I was watching my diet, running on my treadmill, ingesting very small amounts of fat and using skim milk on my "healthy" cereal. I continued to get heavier and heavier. Finally, in December 2002, the straw that broke my camel's back happened. I was girded after my morning shower and happened to look sideways at myself in the mirror and was shocked! My stomach had grown so big it was beginning to fold over itself. I knew I didn't find the answer to this condition I would be on the fast track to my final heart attack. I decided to take a few days off work in order to see if I could find the answer. I knew that standard recommended practices for weight-loss were either impractical or, frankly, didn't work for me. There had to be another way.

Many of you saw me at the last convention and were startled by the amount of weight I lost. I went from 190 pounds down to 155. This translated to a 35 pound reduction in a period of about seven months. I have continued to lose weight and should be at my goal weight of 150 in about another two to three months. I feel great, healthy and alive. I achieved this without any deprivation, starvation or even any exercise. The major downside is I have to buy an entire new wardrobe!

Let me tell you how I achieved such wonderful results and how hypnotists can incorporate this knowledge into their weight control sessions. It became obvious to me that several things had led, not only to my overweight condition, but to the growing obesity problem in this country. My research showed me that many minorities suffer a disproportionate amount of obesity. I also noticed that the youth of our nation are becoming heavier at younger ages than ever before.

Here's my opinion of what happened to us. Prior to World War II, families would sit and eat together for at least two of the three meals a day. Mom made us eat our vegetables and made many wonderful home cook meals. In between meals, children were running, jumping, riding bicycles, climbing trees and walking great distances just as a matter of routine. Commercially prepared foods were pretty much nonexistent, except for Campbell's Soup and a few canned vegetables. Our lifestyle burned up all the calories and fat that we ingested daily. Everything was in balance and harmony. Obesity was not a significant problem. Heart attack diagnosis was minimal and we were a much healthier society. Diabetes was statistically a non-problem.

After the Second World War, everything changed. Commercial food processors developed new prepackaged products at a frightening rate of speed. TV dinners, frozen food products, frozen pies filled the freezers in our stores. As years went by, it became harder and harder to discover anyone who knew how to cook a real vitamin filled meal.

Then came the advent of the computer. Instead of going out to run, play and jump after school our children sit on the couch playing video games or watching TV. We rapidly became a nation of fat, lazy, sedate, over eating, sugar addicted and motionless robots.

The Real Poison = SUGAR!!!

Poison, The medical definition: "Any substance applied to the body, ingested or developed within the body, which causes or may cause disease. Physically: Any substance which inhibits the activity of a catalyst which is a minor substance, chemical or enzyme that activates a reaction.

Dr. William Coda Martin classified refined sugar as a poison because it has been depleted of its life forces, vitamins and minerals. "What is left consists of pure, refined carbohydrates. The body cannot utilize this refined starch and carbohydrate unless the depleted proteins, vitamins and minerals are present. Nature supplies these elements in plants in quantities sufficient to metabolize the carbohydrate in that particular plant. There is no excess for other added carbohydrates. Incomplete carbohydrate metabolism results in the formation of 'toxic metabolite'; such as, pyruvic acid and abnormal sugars containing five carbon atoms. Pyruvic acid accumulates in the brain and nervous system and the abnormal sugars in the red blood cells. These toxic metabolites interfere with the respiration of the cells. They cannot get sufficient oxygen to survive and function normally. In time, some of the cells die. This interferes with the function of a part of the body and is the beginning of degenerative disease.

Refined sugar is lethal when ingested by humans because it provides only that which nutritionists describe as "empty" or "naked" calories. It lacks the natural minerals which are present in the sugar beet or cane. In addition, sugar is worse than nothing because it drains and leaches the body of precious vitamins and minerals through the demand its digestive detoxification and elimination make upon one's entire system." Quote from "*Sugar Blues*

Processed Sugar.....The word itself should send tremors of fear throughout all of your mind and body! It is the most absolute, non-nutritious, life draining, fat producing, disease creating, teeth rotting chemical ever developed by man. It has no nutritional value at all and meets all criteria in the definition of poison. Sugar is more addictive than cigarettes, morphine, heroin, oxycodone or any other narcotic. It has not only penetrated all levels of our society but most of the world.

Sugar has been packaged in just about everything we buy at the grocery store, the fast food restaurant, our schools and what we eat in our homes. Sugar growers and food processors knowing how bad it is to our health, have tried to disguise it by giving it different names such as, dextrose, fructose, corn syrup, barley malt, black strap molasses, brown rice syrup, dextrin, dextrose, disaccharide, galactose, glucose, glycerin, hexitol, lactose, maltodextrin, maltose, microcrystalline, natural sweeteners, polydextrose, raisin juice, sorghum, sucrose and too many other names to continue. Call it what you want....it all meets the definition of poison and has addicted our world. The more of it we eat...the sicker, fatter and more stupid we become!

This is really amazing....We now know that 10 to 25% , depending on the brand, of cigarettes consists of sugar. Smokers are *not* addicted to nicotine...They are addicted to sugar! Every hypnosis stop smoking program should strongly address this addiction more than any small nicotine component.

Man Made Carbohydrates

The Secret Disguised Sugar

The word carbohydrate is nothing more than a word to define sugar in all its many additional and miscellaneous forms. The natural carbohydrates in food are not inherently bad in moderation. The man made carbohydrates found in processed food are deadly to us. In addition, we have been told that eating fat causes us to become fat. Nothing could be further from the truth. Fat is the perfect fuel for our bodies. The so called carbohydrate laden food pyramid, which is recommended by physicians, is what causes us to become fat and sick! Once in our bodies, man made carbohydrates pass quickly through the stomach into the small intestine turn to sugar, processed into excess fat and stored in our bodies. When we ingest fat, it is rapidly converted by the stomach into the pure fuel we need to efficiently burn for good health.

Hello....testing 1...2...physicians and nutritionists need to read the data and studies now available. Stop poisoning people with the deadly "Food Pyramid!" Get yourself re-educated and become the true healers you want to be.

Because man made and processed carbohydrate foods are relatively cheap, economical disadvantaged people made them the major part of their diet and these people get heavy and sicker.... pasta, bread, potatoes, white rice and etc. With all the medical and nutrit data now available it is impossible to understand how the old food pyramid can still be to be the way to eat by these purported authorities. If, as a people, we really desire to become healthy all we have to do is three simple things.

1. Eliminate processed sugar from our diet.
2. Practice portion control.
3. Move our bodies (just a little).

That's it.....There is no deep dark secret.....It is that simple.

I went from 190 to 155 pounds. My blood lipids became better than perfect. Cholesterol from 275 to 105...Triglycerides from 800 to 110....bad LDL from 235 to 22. All of the changes took only two weeks merely by stopping eating processed sugar. Nothing more required. I didn't exercise....I didn't move my body very much. As my appetite diminished I discovered eating very little caused me to feel stuffed.

Yes, in order to give up sugar, one must eliminate all processed food, pasta, white rice, potatoes and other starches. One must look for the hidden sugars in everything we eat. One must become a knowledgeable label reader. Many individuals will say things like "I can never give up pasta." Or, "I can't live without potatoes." To those individuals I say you indeed have choices in what you eat and the quality of your health. You can choose to live or choose to eat to live. I chose the latter. Like me, you will live or die based on the choices you make. Ask yourself; Is a mashed potato with gravy or a bowl of pasta worth a lifetime of injecting yourself with insulin, becoming obese, suffering low self-esteem or a heart attack?

How Sugar Hurts Us And Causes Obesity

The ways in which sugar hurts us is horrific. Let me list just a few wonderful benefits we receive by becoming a sugar addict.

1. Diabetes...Sugar is the leading cause of diabetes today. Take sugar out of most diabetics diet and all symptoms disappear or medication can be drastically reduced. I was a type 2 diabetic and now I take no medication and all symptoms are gone.
2. Obesity...Sugar addicts rapidly become very heavy in life. When you eat glucose (sugar) in large quantities it can not be processed fast enough by the liver so it is converted into fat and initially stored in the buttocks, waist and stomach area. Then it gets stored in the artery walls and causes hardening of the arteries. Eliminate sugar and lose weight and open arteries.
3. Excessive fatigue...Eliminate sugar and you will feel younger and more energetic than you have in many years.
4. Mental illness... Back in the late 1800's Dr. Tintera discovered that if you remove sugar from

diet many so called mental illnesses just seem to disappear. Also, sugar seems to be the leading cause of schizophrenia. Dr. John Tintera and many others since, have stated that *no one* again, *no one* *ever* undergo any type of psychotherapy without first having a five hour blood glucose test!!] has shown that many mental and physical illnesses are cured by the elimination of sugar from patients diet. Once more, eliminate sugar and feel better physically and mentally.

5. Heart disease....Sugar stores itself in the arteries and eventually causes blockages. Blockages to death. About a year ago, I was told I had several non-operable blockages of two arteries in rear of my heart. I was diagnosed at great risk of sudden cardiac death. I eliminated sugar, took three tablespoons of apple cider vinegar daily. A year later, my arteries are clean and unblocked. The physicians just can't seem to figure that one out.

I could continue with many more diseases and the effects that sugar causes but I think you get the point. Processed sugar is your deadly enemy! Another interesting thought, back in the late 1800's it was discovered that rich sugar processors who ate lots of their product got fat, diabetes, became ill with a variety of diseases and died early. The poor slaves who cut the sugar cane and chewed on the stalk *no* got diabetes or any other sugar related illness. There are many good vitamins and minerals in the unprocessed sugar cane that are eliminated in the processing procedure.

Hypnosis and Weight Control

Now, understanding how most people become fat and unhealthy, I would like to suggest that every hypnotist set out to accomplish several goals for the client while conducting weight control sessions.

1. Educate the client as to how sugar will make them obese and ill.
2. Eliminate any need the client has to punish himself.
3. Re-create powerful feelings of self-worth and self-esteem within the client.
4. Regress to discover who needs to be forgiven by the client.
5. Have the client forgive self for all previous mistakes and misjudgments.
6. Give suggestions concerning the evils of sugar.
7. Give suggestions on how eliminating sugar from their lives will increase greatly their appearance and quality of life.
8. Do chair therapy between client and a bowl of sugar.
9. Do chair therapy with a sugar grower/producer.
10. Do chair therapy with the sugar loving side of the client.
11. Do direct suggestion using a sugar elimination script, combined with massive compounding.
12. Give a powerful final summation. Follow with an instant, disguised, post-emergence, waking hypnosis direct suggestion interview.

As I learned through extensive research and self-practice, losing weight is very simple in theory and slightly more difficult in practice. Sugar is a very strong addiction. It may be the most powerful addiction that the majority of our society faces. In order to succeed, there must be an absolute readiness for change.

Two things create readiness for change..pain and suffering. When there has been enough pain...enou suffering...then and only then will the required motivation to succeed exist. When the doctor told me get my affairs in order, it instantly created my readiness for change.

Finally, without a doubt, sugar is one of the great evils in our world. It is destroying our youth, creat unheard of obesity and disease. With all sincerity, if I were the President of the United States, I would declare, through executive decree, that our country is suffering a national health emergency. I would declare the manufacture, sale, distribution or possession of processed sugar a first degree felony with penalties similar to any other capital case.

Would this ever happen? Of course not. The sugar processors have very deep pockets and people h very strong sweet tooth. It's a business, it's nothing personal, they do not care about the public health. just care about making money. So, the fat will continue to get fatter while saying, "I could never give my pasta." The ill will become more ill, while saying "Life without a potato..No way!" or "I'm a dese addict. I could never give up my sweets." The rate of heart disease, diabetes, mental illness, will cont to grow. All this while the "licensed" gurus continue to say don't eat fat....eat sugar (man made carbohydrates.)

And it's all un-necessary. Today we have at least two artificial sweeteners, splenda and stevia, that ca the place of sugar completely without any negative consequences. We have the facts....We have our choices. We could still eat sweets and stay healthy.

Finally, if I have tweaked your interest about sugar I very strongly recommend you read the book titl "Sugar Blues". You can get it at Amazon for about \$10. After reading this book I know you, like me become very upset about how politicians, physicians and sugar processors have been allowed to conti poisoning you, me and our children. It's time now. It's time now to take back control of our health ins of letting sugar control, fatten and slowly kill us. Or to quote that famous American J. Worthington Foulfellow, (My dad made up that name.) "Somebody Should Do Something!"j

Hummm.....I guess someday I will tell you how I really feel about sugar! **J**