

## TOO MUCH BREAD... Can Be Bad for the Kidneys

In 1981, epidemiologists estimated that "dietary factors" accounted for 35% of cancer deaths in the United States - roughly the same amount attributed to smoking at the time. In recent years, similar conclusions on diet and cancer have been reached by experts at the National Cancer Institute and the World Health Organization.

Now a new study from Italy adds another piece of data on the rapidly accumulating pile of evidence linking dietary choices with cancer risk. Researchers examined the food records of 2,301 Italians to see if they could uncover associations between certain foods and kidney cancer. What they found was shocking: High bread consumption significantly raises the risk of renal cell carcinoma (kidney cancer).



"The association with bread consumption -- which in Italy is mainly refined - may be due to the high glycemic index of refined cereals," Francesca Bravi, ScD, lead researcher on the study, told me. In terms of this research, refined cereals mean pasta, rice and bread - not breakfast cereals. Glycemic index is a measure of how quickly blood sugar is raised after eating a food. When blood sugar is high, the body compensates by secreting a higher level of the hormone insulin, excess amounts of which may cause many problems. "It's possible that refined cereals may have affected the process of carcinogenesis by influencing the levels of insulin-like growth factors." Pasta and rice are other cereals that are known for having a high glycemic impact -- also showed a relationship to kidney cancer, though not as strong a relationship as bread did. "The highest quintile of bread eaters were consuming about 28 portions a week," Dr. Bravi explained. "At approximately four slices a day, these people had about twice the risk of getting renal cancer."

While renal cell carcinoma accounts for only 2% of all cancers in adults, it's hardly the only cancer associated with diet, in particular colon cancer has been shown in previous studies to have a major connection to diet. The Italian researchers also noted that vegetables had the strongest inverse association with the development of kidney cancer - the more vegetables you eat, the less risk of getting the disease. That correlation should come as no surprise to anyone. Over 200 studies have looked at the relation between diets high in fruits and vegetables, and the overwhelming bulk of them have found that eating plenty of them significantly lowers your chance of getting cancer.

There's a popular quote that is often repeated: "The whiter the bread, the quicker you're dead." It may possibly be true.

## ONIONS

The Onion is one of the most powerful natural Anti-Biotics. It contains sulphur-amino acids, which the Pharma Industry has created in form of Sulfonamides. These Sulphur compounds get released after the onion has been cut. They are very effective in inhibiting pathological bacterial growth and destroying them. Infectious diseases have been treated successfully with onions before Penicillin and Anti-Biotics were invented.

It has been reported that a very ill child, being hospitalised with very high fever, had been cured with onions. The child's Grandmother came to the hospital with a pair of cotton socks and sliced onions. She put onion slices into the socks and pulled them over the child's feet. The next morning they removed the socks, the onion slices were black and the fever was gone. When in 1919 the flu killed 40 million people, some farmers did not get ill and survived the flu. These were onion farmers who ate freshly cut onions with their daily meals. In the Mediterranean, where people eat plenty of onions, flu and bacterial infections are very rare.

Besides the powerful anti-biotic properties of onions, they increase the flow of digestive fluids, mainly stomach enzymes, bile flow and pancreas enzymes. Digestion improves, food gets well disinfected and pathological microbes in the digestive system (incl. fungi like Candida) get eliminated. Fermentation, inflammation and infections are banned. By increasing bile flow, it rinses the liver and has a liver cleansing effect.

In the intestines onions stimulate the secretion of 'Secretin', which via the blood reaches the pancreas and increases insulin production, helping to control blood sugar levels.

The most important ingredients in onions are: Protein, Carbohydrates, Potassium (a diuretic that eliminates excess body fluid), Calcium, Phosphor, Silica, Magnesium, Vit A, Vit E, Vit C, Vit B3, Vit B6, Iron.

Fluid retention in legs, belly, heart, chest, lungs and liver can be helped by eating raw onions daily, which, due to their high content of Rhodanhydrogenacid, Potassium, Silica and Magnesium have a diuretic effect and stimulate kidneys to eliminate excess toxic fluid.

An old folk remedy for infections in the respiratory tract (throat, bronchial tubes and lungs) is to finely chop an onion and mix it with sugar, let it stand for a day or overnight and take a teaspoon of the juice every two hours. The antibiotic and calming effect is astonishing and soon symptoms will disappear. Parasites in the digestive tract, like worms, cannot survive. Raw onions eliminate parasites and fungi.

*2009 Heiner Lotze*

## THE KILLER: SOY

Soy milk contains 100 times more **Aluminium** than untreated cow's milk. The **American Academy of Paediatrics** reports in 1997: "Aluminium in breast milk is 4 to 65 ng/ml. Soy formulas contain 600 to 1300 ng/ml".

Aluminium is the most prevalent mineral in soil, but only the soy bean has an affinity to aluminium, which it extracts from the soil and concentrates in the beans. Eating three raw or roasted soy beans is a highly dangerous undertaking and may lead to serious health problems.

Soy formula contains high levels of **Manganese**, the **University of California-Irvine, Prof. of Paediatrics Francis Crinella**, points out that increased manganese levels lead to significant behavioural problems such as ADHD.

The **Swiss Health Service** states: "100gr of soy protein has the estrogenic equivalent of one contraceptive pill." **One litre of soy milk contains the oestrogen equivalent of five contraceptive pills**, many researchers have confirmed this since the 1960s. Feeding an infant on soy milk is the equivalent of giving it five birth control pills a day. The finely tuned endocrine system depends on hormones in concentrations as tiny as one trillionth of a gram to influence the reproductive organs.

Oestrogen is a growth hormone, that's why they feed chicken soy pellets to make them grow fast. It also may proliferate and multiply cancer cells in the body. If we wouldn't kill the chicken and eat them, they all would develop cancer.

The **Gerson Cancer Clinic** in the US states: "Soy beans contain Hemagglutinin, a clot-promoting substance that causes red blood cells to clump together", - heard of thrombosis?

The always praised **Isoflavones** in soy products are mentioned in a report by the **US Department of Energy Health Risk Laboratory**, which confirms that these Isoflavones act in the same way as the outlawed DDT. **Isoflavones cause breast cancer cells to multiply.**

➤ **The UK Government has issued serious warnings and is considering a total ban on all soy-based infant formulas.**

The 'Asian Myth': Firstly, soy does not comprise a major part of the Japanese diet nor any other Asian people. Nobody in Asia eats soy beans or drinks soy milk. The tiny portion of the Asian diet which contains soy comprises of well fermented soy only (Tofu/Miso), where the fermentation process has removed some of the toxicity, but not completely. But, as mentioned, soy is not a major part of the Asian diet.

The **Australia-New Zealand Food Authority (ANZFA)** prepared a document, titled 'An Assessment of the Potential Risks to Infants with Exposure to Soy-Based Infant Formulas' (March 1999). In section 3.1 Hazard Identification, it mentions as potential risks and interference with:

- 3.1.2 Stimulation of oestrogen-sensitive tissue; Infertility; Sexual differentiation; sexual maturation
- 3.1.3 Neonatal brain development
- 3.1.4 Thyroid alterations: Immune response
- 5.1.1 Dietary exposures: An exposure to hormone levels 240 times higher than breast milk
- 6.0 Risk assessment: "It is clear that phytoestrogens pose a potential hazard to the consumer of soy foods".

In S.A. I have come across Bread/Toast which contains soy flour. Even in 'Health' Shops I have found stacks of soy milk. Any shop selling soy milk should not call itself a 'Health' shop. It has been well researched and studies are available confirming that soy milk is a health hazard. Are they ignorant? Or is it only profit that counts, no matter what?

I recently heard of a 'Nutritionist' recommending Soy Shakes. How is it possible that a 'Nutritionist' in South Africa recommends shakes containing soy, when it has been well researched and established that soy is a highly noxious substance?

Who is trying to poison the population?

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## COCA COLA

Since studies indicate "soda and sweetened drinks are the main source of calories in [the] American diet," most nutritionists advise that Coca Cola and other soft drinks can be harmful if consumed excessively, particularly to young children whose soft drink consumption competes with, rather than complements, a balanced diet. Studies have shown that regular soft drink users have a lower intake of calcium, magnesium, ascorbic acid, riboflavin and vitamin A. The drink has also aroused criticism for its use of caffeine, which can cause physical dependence. A link has been shown between long-term regular cola intake, of which Coca Cola is the most consumed brand worldwide, and osteoporosis in older women (but not men). This was thought to be due to the presence of phosphoric acid, and the risk was found to be same for caffeinated and noncaffeinated colas, as well as the same for diet and sugared colas.



The use of Coca-Cola has also been associated with an increase of tumors as found by the Ramazzini Foundation in 2006.

[Wikipedia](#)

**One can (330ml) of Coke contains  
7 heaped teaspoons of sugar**

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