

# METABOLIC DISRUPTORS

## Ingredients correlated with disease

This Ingredient	Is Linked to This Disease*
<b>White flour/Refined grains</b>	obesity, heart disease, mental disorders, cancer, hormonal disorders, behavioral disorders *
<b>Refined Sugars</b>	obesity, heart disease, mental disorders, cancer, hormonal disorders, behavioral disorders *
<b>MSG</b>	headaches, damage to the hypothalamus, reproductive disorders, obesity, growth hormone imbalance, hyperactivity, violent behavior, asthma, seizures, Parkinson's disease, Alzheimer's disease, heart disorders *
<b>Hydrogenated oils</b>	cardiovascular heart disease, cancer, diabetes, nervous system disorders *
<b>Homogenized milk fats</b>	cardiovascular heart disease *
<b>Cows' milk</b>	asthma, constipation, sinus stagnation, hormonal disorders, EFA deficiencies *
<b>Sodium nitrite</b>	cancers, especially of the digestive tract *
<b>Chemical sweeteners</b>	blindness, mental confusion, cancer, dizziness, loss of memory, sleep disorders *
<b>High acidity ingredients</b>	osteoporosis, loss of bone mass , urinary tract infections*

\* Based on the evidence from doctors, authors and nutritional researchers as cited in the Grocery Warning Research Compendium.

### Foods to Buy

Fresh vegetables  
 Fresh fruits  
 Berries  
 Shredded lettuce  
 Sprouts and sprouted grains  
 Whole grains  
 Beans and lentils  
 Pearled barley  
 Raw, plain nuts  
 Avocados  
 Eggs  
 Unprocessed meats  
 Salmon and fish

Fresh seafood  
 Hummus  
 Bran-a-Crisp fiber bread  
 Whole grain breads  
 WASA fiber rye bread  
 Whole grain cereals  
 Flax oil / flax meal  
 Unrefined coconut oil  
 Unsweetened soymilk  
 Tofu  
 Rice/soy protein powders  
 Healthy cooking oils  
 ... and many more

### Foods to Avoid

Processed peanut butter  
 Packaged meats  
 White breads and pastries  
 Sugary breakfast cereals  
 Beef jerky with MSG  
 Salad dressings with MSG/sugar  
 Canned soups  
 Fried foods  
 Lunch snack paks  
 Diet soft drinks  
 Sugary yogurts  
 Homogenized milk  
 Margarine

Sugary granola bars  
 Instant breakfast grains  
 Candy bars and sweets  
 Canned fruits  
 "Energy" bars  
 Dinner mixes  
 Sauce mixes  
 Instant potatoes  
 Breakfast sausages  
 Frozen breaded fish  
 ... and many more

**YACHTER** Family Chiropractic

Dedicated to keeping families healthy

This chart is provided for information purposes only and is not a substitute for medical advice, nor is it intended to diagnose, prevent or treat any disease. Always work with a qualified health professional before making changes in diet, lifestyle or medications.