

Food Toxins Now Linked to Heart Disease, Cancer, Obesity and Dementia

How to minimise your risk

Deborah Manners



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FOOD
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INSTITUTE

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How to minimise your risk

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What if disease were a choice?

You've heard of the food toxin, gluten. Well, some people believe a gluten-free diet will fix all their health issues. But many become disillusioned after a few weeks because, although they are better - they still have some illness or nagging symptoms.

Recent scientific studies are revealing why.

The fact is – gluten is not good for humans. But the little-known secret is, gluten is *just one of a number of known food toxins*. And each has different ways of disrupting our bodies. The trouble is - when they act together they inflict gradual injury – which slowly turns into disease.

We now know *more than twenty* food toxins collaborate to wreak microscopic internal damage you don't even feel. And hundreds of studies in the medical literature confirm that **this** is what leads to those progressive 'incurable' diseases:

- Heart disease, cancers, diabetes, arthritis, osteoporosis, schizophrenia, depression, dementia, motor neurone disease and others.

What the science also says is, when patients avoid **food toxins** they improve.

Some medical professionals are slowly embracing the new findings. Nonetheless, the usual medical response is **treatment**: medication, and when that stops working, surgery.

Most people still associate ageing with increasing disease and disability. But with these discoveries - life could pan out differently.

Many of us fear we will spend our last years medicated and mired in infirmity in an aged care facility. But what if you could remain in your own home, able-bodied and free of disease?

From my point of view – yes I'll grow old. But I'd rather grow old *without disease*.

My message to you in this little book is . . . *now you have a choice*.

Doctors do not understand disease

We naturally have a morbid fear of disease. Of course it could kill us. But worse, it could turn us into dependent invalids. Disease is wrapped up in mystery. The truth is, disease is poorly understood.

Regular folk like you and me get confused and upset when we cannot explain things. But *when even the doctor* cannot explain our disease – it seems terrifying.

Here at the **Institute**, it is our position that doctors - and the medical profession generally - *do not actually understand disease*.

We say this because medicine's results on disease *are so poor*. With hundreds of millions globally suffering chronic *incurable* disease – and millions with infectious diseases ... should we not be wondering why? Should we not be looking a little harder at **medical method**?

Are we *quite sure* medicine is using the best approach to disease? *Quite sure*?

Doctors *readily admit* they don't know what causes breast cancer, rheumatoid arthritis, heart disease, stroke, motor neurone disease and others. Medicine says these are of 'unknown aetiology' ... or 'unknown cause'.

Instead of reasons, doctors put forward 'risk factors': poor diet, lack of exercise, 'stress' or genetic predisposition. Doctors freely admit 'nobody knows' the actual root causes.

Strikingly this admission is made without any effort to look for the cause. Think about it. The only investigation a doctor conducts for an illness is **diagnosis**. And this is only an investigation to arrive at *suitable treatment*. Not an investigation to discover the cause.

Here at the *Food Intolerance Institute* we find this curious. Because in the mind of any scientist, **disease is an effect**. Something has caused it.

We live in a universe of *cause-and-effect* ... and engineers, scientists, geologists, biologists and ordinary people like you and me can never *solve a problem* unless we find its *cause*. But medicine sidelines this reasoning - opting for *treatments* – and most bring no healing.

I have a deep respect for doctors: their diligence and motivation to help. Medical practitioners work hard to help patients - with deep knowledge and empathy.

But I believe *their training* lets them down . . . because medicine requires them to use *diagnosis* to tackle disease.

Here's the thing: **disease** is arguably mankind's *worst problem*. Yet medical method (diagnosis) – instilled in millions of doctors globally - *makes no search for its cause*.

Two common misconceptions

There are two common misunderstandings about disease. The first is that disease is something we need to 'fix' with medications.

The medical profession has enormous influence over the rest of us. This understanding of disease has been in place for centuries. Nobody would dare question it.

Here at *the Institute* however - our research has led us to *another view* of sickness. An entirely *different* understanding of it. Our conclusion from reading hundreds of clinical studies is that most of the 'incurable' chronic diseases which plague the world are simply various consequences of **slow poisoning**.

The accumulating knowledge in research institutions around the world suggests that much of this *gradual poisoning* arises from toxins found in common staple foods. Foods we eat every day, every week for years and years ... all our lives.

(Skeptics ... work with me for a moment here!)

So if indeed diseases like diabetes, cancer or headache *are* just the consequences of poisoning from eating the wrong foods – then to get well – we only need to *choose different foods*, right? That should stop the damage, shouldn't it – and maybe lead to healing?

Could the solution to disease really be this simple?

Another common misunderstanding about diseases is that they are **living breathing entities**.

Diagnosed people can see themselves as 'victims of osteoporosis or Hashimoto's thyroiditis or pancreatic cancer – or bipolar disorder ... *'struck down by' ... 'helpless against' 'in the grip of' ... mysterious sickness* – and *for no reason the doctor can give them*.



People talk about 'beating' breast cancer – or 'not being strong enough to fight' motor neurone disease . . . like those diseases are big hairy monsters with teeth and claws.

In café conversations you hear, 'the lymphoma spread throughout her body and took over' . . . 'he finally gave in to lung disease' . . . and 'there was nothing more the doctors could do – so they just made her comfortable'.

*But what if diseases are **not** living breathing things? What if we are **not** helpless victims ... that we have **not 'failed'** in some way?*

Recent studies have shown many cases of chronic 'incurable' disease were caused by simple poisoning. That is, poisons have somehow arrived in the body causing disruption and damage to systems, tissues or organs.

Scientists in institutions around the world have published hundreds of studies implicating food toxins in the appearance of progressive diseases like autism, hypertension, depression, schizophrenia, anxiety disorder, bowel cancer, rheumatoid arthritis and others.

A small cross-section of these studies are listed at www.foodintol.com – Research tab.

But the medical profession still just prescribes treatments.

The trouble with diagnosis

The trouble with medical training – and it is virtually the same around the world – is the students are required to use **diagnosis as the only approach** for ailing patients.

While diagnosis serves well for accident and emergency, for childbirth and other situations ... for chronic disease the **results are poor**. With *hundreds of millions* globally suffering from lifelong disease – we are losing the battle.

Medicine is not working. And here at the *Institute* we believe it is due to the practice of **diagnosis**.

Doctors, in their diligent practice, are steered away from any search for the cause. And as we have said - to actually *solve disease* – to have mastery over it - *we need to know the cause*.

A new understanding of disease

You are about to be introduced to some exciting new principles gleaned from the medical literature about disease – and set to turn medicine on its head. Individually each new discovery is not world-shattering . . . but taken together (there are hundreds of them) they amount to a *whole new way of understanding disease* . . .

Our extensive research of the medical literature since 1996 has brought a number of things into focus.

- **Known food toxins** are implicated in the appearance of dozens of chronic diseases including diabetes, heart disease, cancers, rheumatoid arthritis, respiratory disease, schizophrenia and multiple sclerosis among others.
- **Known food toxins** are also implicated in a raft of ailments: back pain, headaches, constipation, painful joints, migraine, anxiety, depression, eczema, diarrhoea and metabolism issues.

From all our research, we came up with a totally new concept of why disease happens . . . actually a *new theory of disease*. We called it *Xenos Theory* – and it is published in full in another book.

But for the moment all you need to understand is - most of the awful chronic and incurable illnesses we suffer today seem to be due to *some kind of poisoning*.

Startling new discoveries

In the last few decades there have been huge advances in our understanding of the action of indigestible substances in certain foods.

These food toxins include gliadins, alkaloids, lectins, glutenins, caseins, saponins, alkaloids, solanines, phytic acid, glycoalkaloids, phytates, lactose and others. This doesn't even count the effects of excess salt, sugars, food additives and alcohol.

What scientists have confirmed is startling: *it really does matter* which foods we choose! And yes, our lives *do depend* on it. Because – for many of us - choosing foods that contain toxins triggers a chain of adverse *actions and reactions* in the body – to our peril.

Of course, with *just a little poison* once in a while, a healthy human body is tolerant and heals minor damage quickly.

But the thing about food is - we all have our favourites. And with no understanding of the risks – *we choose the same ones over and over.*



Especially our Mum's signature dishes, and the same old, *same old* breakfasts, school lunches, favourite snacks, Friday night take-out and weekend treats.

For all kinds of social, emotional and cultural reasons - we end up eating *the same things* for years and years - for life. But **a little damage every day** adds up. Despite our parents' best intentions – many of those foods are 'inappropriate' because they are now linked to chronic diseases.

Taking advice on nutrition

Naturally doctors and nutritionists warn us about salt, carbohydrates, trans fats, alcohol and other things. And they direct us towards whole grains, dairy food and now, plant proteins. Frequently we hear the '**... because it contains**' rule: '*because it contains fibre, antioxidants, important vitamins and minerals . . .*'

- ***But it may also contain toxins***

What the advice ignores . . . is our *human biology*. Many so-called staples contain things we *Homo sapiens* cannot actually digest: we simply *do not have the biological equipment* to process them.

So what happens instead is *partial digestion*, releasing proteins (in particular) and other 'foreign' molecules which start *wreaking their silent havoc*.

- ❖ One significant type of damage occurs when the small intestine's lining is pierced making it 'leaky'. So stuff starts seeping through into the bloodstream which should

not be there ... 'foreign' things ... which disrupt biochemistry, muddle the immune system, or cause deposits. More about Leaky Gut later.

What the studies have shown is - food toxins do damage in our bodies – even without us being aware. That is, the damage is slow-burn and **stealthy**.

We miss the signs

Let's say you're on the way home and stop in at the pharmacy to buy something to quell indigestion and decongest your blocked nose. Easy. (We never wonder *why* we have the indigestion or the blocked nose. We head straight for treatments.)

It would be the same if a family member were suffering headache, a chesty cough, tinea, constipation, earache or something else. Medications make it easy. We can buy many over the counter. Everyone does it.

If not, the doctor can prescribe medicines to decrease high blood pressure, relieve gout, discourage blood clots or attack a bacterial infection. Fixed.

And – in our ignorance *we carry on eating exactly the same culprit foods*. Because nobody has alerted us to the potential dangers.



But the nasty reality is - over the months and years - things get progressively worse. We have all seen it – in family members, neighbours and friends.

We notice people visibly deteriorate. Soon the damage qualifies as disease.

For others there is a life-threatening 'event': heart attack, collapse, mental breakdown, or a stroke. Then they receive the bad news. Some feel the diagnosis has come 'out of the blue' and are shocked.

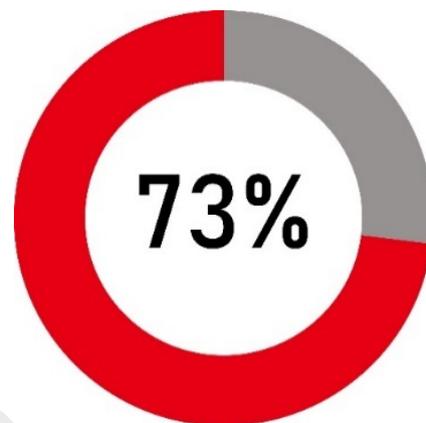


But by the time we reach our forties and fifties, food toxins have inflicted so much internal damage that it begins to approach what doctors must classify as 'disease'.

A medical diagnosis is a serious and life-changing event. For some it is like falling off a cliff. For others the realisation comes gradually as more and more of life's freedoms are removed.

Though medicine has many treatments – they do not heal chronic disease. In fact *the doctor expects your disease will get worse . . .* and there are no cures.

*By age sixty four, more than half (53%)¹ of Australian adults have **one or more** chronic diseases: heart disease, high blood pressure, respiratory disease, cancer, rheumatoid arthritis, osteoporosis, diabetes, multiple sclerosis, thyroid disease, pancreatic or kidney disease, depression, mental illness - or others.*



For those 65 or older the number is 73%, almost three in four people.

¹ Australian Institute of Health and Welfare AIHW Australia's Health 2008, <http://www.aihw.gov.au/chronic-diseases/>

Our Work: Revelations from the clinical studies

Distilled from hundreds of studies in the medical literature we find two central tenets which ***start to explain disease.***

Hundreds of scientific studies now confirm ... common **food toxins in many 'staple' foods** are responsible for our **worst chronic diseases.**

However this is actually brilliant news, *great news* – for now it gives us an *actual solution* for so many dire 'incurable' diseases.

Revelation #1 from the medical literature

When patients avoid food toxins - progressive disease stops advancing.

Specifically – what the studies have found: if disease is already diagnosed – its progress can be stopped with dietary changes to avoid food toxins. In some cases, depending on the type and extent of damage, *the body may start healing itself.*

Many studies monitor their subjects further. Having already confirmed they improve on a low-toxin diet – some subjects abandon their new dietary regime and go back to 'regular' eating. But symptoms return, disease markers pop up – and they land back in sickness.

Revelation #2 from the medical literature

When recovering patients re-introduce food toxins to their diet **they slide back into illness.**

Even for the skeptics, this would seem to be persuasive evidence.

To view references and abstracts of clinical studies, go to www.foodintol.com – Research tab.

About poisons

There are many types of poisons. You can probably name a few: cyanide, arsenic, nerve gas, carbon monoxide, asbestos and others. Often they have mineral sources.

What is a toxin? A toxin is a poison produced by a living organism – an animal or a plant. Some fast-acting animal toxins include snake bite, spider venom and Japanese puffer fish (fugu).

Regarding food toxins - except for those in mammalian milk - the majority of natural food toxins are **from plants**. But what they all have in common is they are *very slow-acting*.

That is why we *miss the signs*. Symptoms start off as niggling irritations that come back over and over: headaches, migraines, itching skin, sinusitis, ear infections, bronchitis, children's runny noses, stomach bloating, stiff joints, back pain – or an always-there tiredness, chronic fatigue. But over months and years it all gets worse.

Slow poisoning

Most of us understand the effects of cyanide or carbon monoxide: quick and deadly.

But there are *slower acting poisons*: arsenic, pesticides or chemical pollutants like PFOAs. It is well-documented that the effects of breathing in asbestos fibres may not be noticeable for ten years or longer. But the ensuing cancer, mesothelioma, is just as deadly as cyanide.

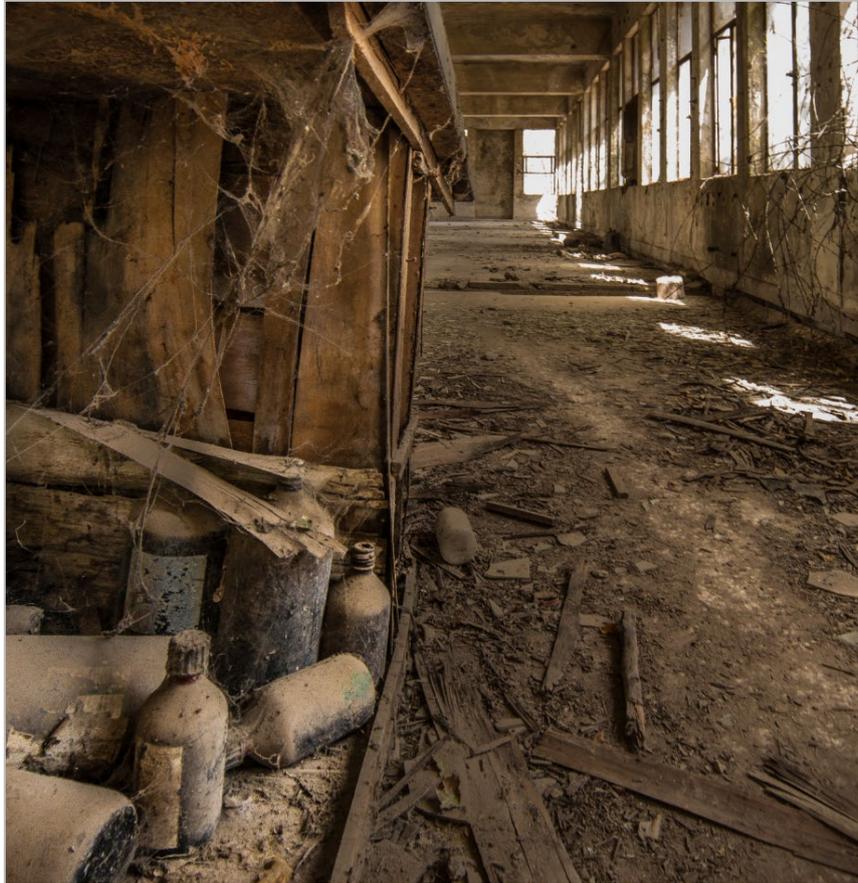
Unfortunately this is how food toxins operate: a slow-burn (largely unfelt) effect.

From the news media we all have secondhand experience of tragic slow poisoning events like chemical spills or radiation leakage. When the effect *is continuous and stealthy* as in water or air pollution – say caused by an industrial accident – the results seem to go on forever.

1. Poisoning can impact the respiratory system – affecting the ability to breathe.
2. Poisoning can cause disfigurement say, when skin, eyes or hip joints are affected.
3. Poisoning can affect the brain and nervous system: the ability to speak, walk or swallow. It can affect cognitive function, reasoning, memory – and self-control.
4. Poisoning can disastrously impact pregnant women – causing spontaneous abortions.
5. And we now know from bitter experience - poisons interfere with ovaries and sperm damaging chromosomes and leading to birth defects e.g. Agent Orange, thalidomide. Sometimes damaged chromosomal material is passed on to surviving children – who then pass it to their children – and grandchildren.

Poisons are powerful

Many dreadful consequences are still being suffered by survivors and descendants of the Bhopal disaster in India thirty seven years ago in December 1984. Whole towns were engulfed in a huge cloud of toxic gas leaking from the Union Carbide pesticide factory.



Poisonous gases can get in anywhere and cause horrifying and irreparable damage to human bodies.

So companies who are found emitting toxic fumes or dumping poisonous waste products are faced with heavy fines - for breaching environmental laws. They may also face expensive civil class actions.

So we have to take extreme care with poisons around the house. Bottles and packets carry warnings - and laws restrict their sale. Bottom line - most of the time, we are *awfully careful* about poisons in our society.

That is – except for those in common ‘staples’ . . . foods we *actually eat* in quantity every week . . . food toxins.

Food toxins are poisons too



Psoriasis is itchy, ugly and lifelong. Self-confidence suffers too – with many suffering children embarrassed and declining to take part in classroom activities and sports. The knock-on effects are lost learning opportunities and unfulfilled potential.

But psoriasis gradually *improves* by avoiding **food toxins**.



Diabetes is suffered by *460 million* people worldwide. It leads to poor circulation (swollen legs and feet), ulcers, obesity, amputations, kidney disease and blindness, among other things.

Scientists have found the damage caused at the pancreas is linked to **food toxins**.



Obesity is one of the world's worst health issues, contributing to cardiovascular disease and a raft of other incurable conditions - along with shortened life expectancy.

Damage at the thyroid gland (responsible for metabolism) is now linked to **food toxins**.

Two major consequences of food toxin poisoning

The very presence of food toxins in the body engages the immune system with two serious consequences:

1. COMPROMISED IMMUNE DEFENCES > Reduced ability to fight infection

Consequences include infectious disease by **pathogens**: bacterial, viral, fungal and others breeding *individual cases* of e.g. pneumonia, tuberculosis, E.coli or *candida*. Other pathogen-borne diseases are *communicable* (contagious). These spread easily to other people - leading to epidemics and sometimes, pandemics: e.g. Ebola, influenza, Covid19, cholera, hepatitis B.

2. AUTOIMMUNE RESPONSES > The body attacks its own cells

Sometimes toxins provoke the immune system into an abnormal response:

- ❖ Within cells of say the pancreas, brain or breast – uncontrolled cell replication begins – forming a tumour
- ❖ In the lymphatic system uncontrolled B cell proliferation leads to lymphomas
- ❖ Or, the body can ‘turn on itself’ attacking and killing its own cells. Almost any part of the body can be affected:
 - ⇒ Organ dysfunction (diabetes type 1, Addison’s, lupus nephritis)
 - ⇒ System dysfunction (sarcoidosis, chronic respiratory disease)
 - ⇒ Neural damage (multiple sclerosis, motor neurone disease)
 - ⇒ Plaques (cardiovascular disease, dementia)

The good news

Some damage inflicted by poisons is permanent. But there can still be good outcomes. While avoiding food toxins cannot heal some damage – the **advance of disease** can be stopped. So a progressive disease that has been diagnosed early might be curtailed with a change in eating habits.

Imagine stopping diabetes before there is blindness – or before leg amputations are needed.

Fortunately other damage is less serious. If toxins are avoided studies show the body can begin the healing process: psoriasis can clear, rheumatoid arthritis can improve and coeliacs can heal.

A new field of study: Food toxin pathology:

Given the vast amount of clinical evidence linking food toxins to diseases throughout the medical literature we have declared a whole new field of study: **Food Toxin Pathology**.

We define **Food Toxin Pathology** as ... the field of scientific study which:

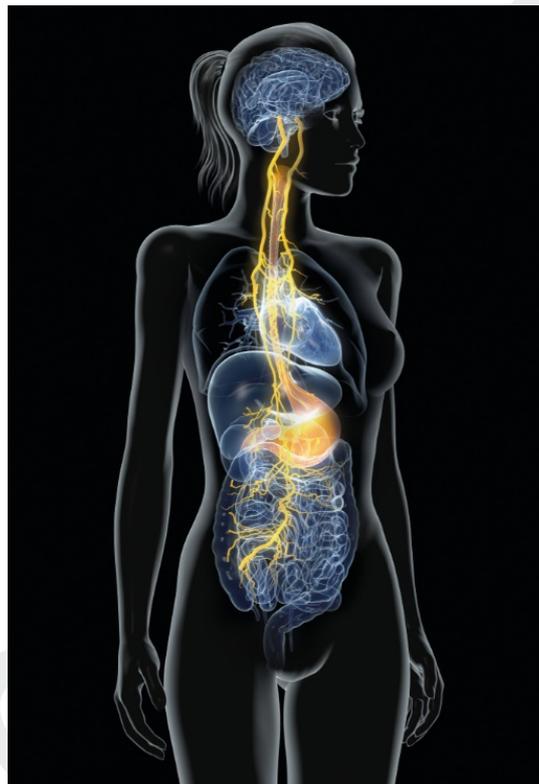
1. Defines and understands the toxins present in foods and their effects
2. Describes the mechanisms by which food toxins cause disease (pathomechanisms)
3. Seeks to educate consumers and promote the benefits of a low-toxin diet

We will now cover five common ways food toxins have been found to trigger diseases. Most people will be surprised to learn of them – so we encourage anyone who has had a diagnosis to ask their doctor about *the actual causes* of their disease.

The Gut-Brain Axis

When food toxins like casein, solanine or gliadin pass into a Leaky Gut they cause gastrointestinal - and we now know - *neurological* disturbances.

Working together they cause damage in the digestive tract. But *then* they cross **the gut-brain axis** – resulting in neural and brain disorders. A double nerve trunk, the **vagus nerve** connects the brain to the lungs, heart, gut and other organs.



Everyone has felt the brain have an immediate effect on the gut: in panic or high-stress situations. But it can work the *other way around* too. Nerve signals can travel upwards from an unhappy gut - to the brain - but with ***slow-onset effects***.

Symptoms like mood swings, anxiety – even depression are now linked to gut issues. Or there are headaches, migraines, dizziness or nightmares. Left unattended these can develop into mental illness say, schizophrenia or autism.

However - *studies confirm illness improves when food toxins are avoided.*

Five ways food toxins make us sick

ONE. Compromised immune defences

The first thing that happens *when we poison ourselves* with something ‘foreign’ is the immune system is activated and jumps to our defence.

However because we eat food toxins **every single day** – our immune systems are *continuously engaged* trying to deal with the toxins. But our **immune resources are finite**. *We cannot fight everything at once*. So of course, this leaves us exposed and vulnerable to infections.

Common viruses, bacteria, fungals and others (pathogens) are **always present** in their millions. Importantly, they are *opportunistic* in nature. So when we come into contact with them whilst we have **depleted immunity** – *it is much harder for our bodies to fight them*. And we are *much more likely to succumb to infection*.

The truth is - we are all somewhat immune-compromised - because we are all exposed to poisons – especially food toxins. But those with diagnosed disease are even more vulnerable.



This is why every winter is known as “cold and ‘flu season”, why Ebola, tuberculosis, anthrax, typhoid and cholera are still world problems – and why Covid19 has been a global pandemic.

TWO. Leaky Gut

Another well-known response of the body to 'foreign' or unknown things is damage at the small intestine. This is the very long tube connecting the stomach to the large intestine, or colon. It takes up most of the space in the abdomen.

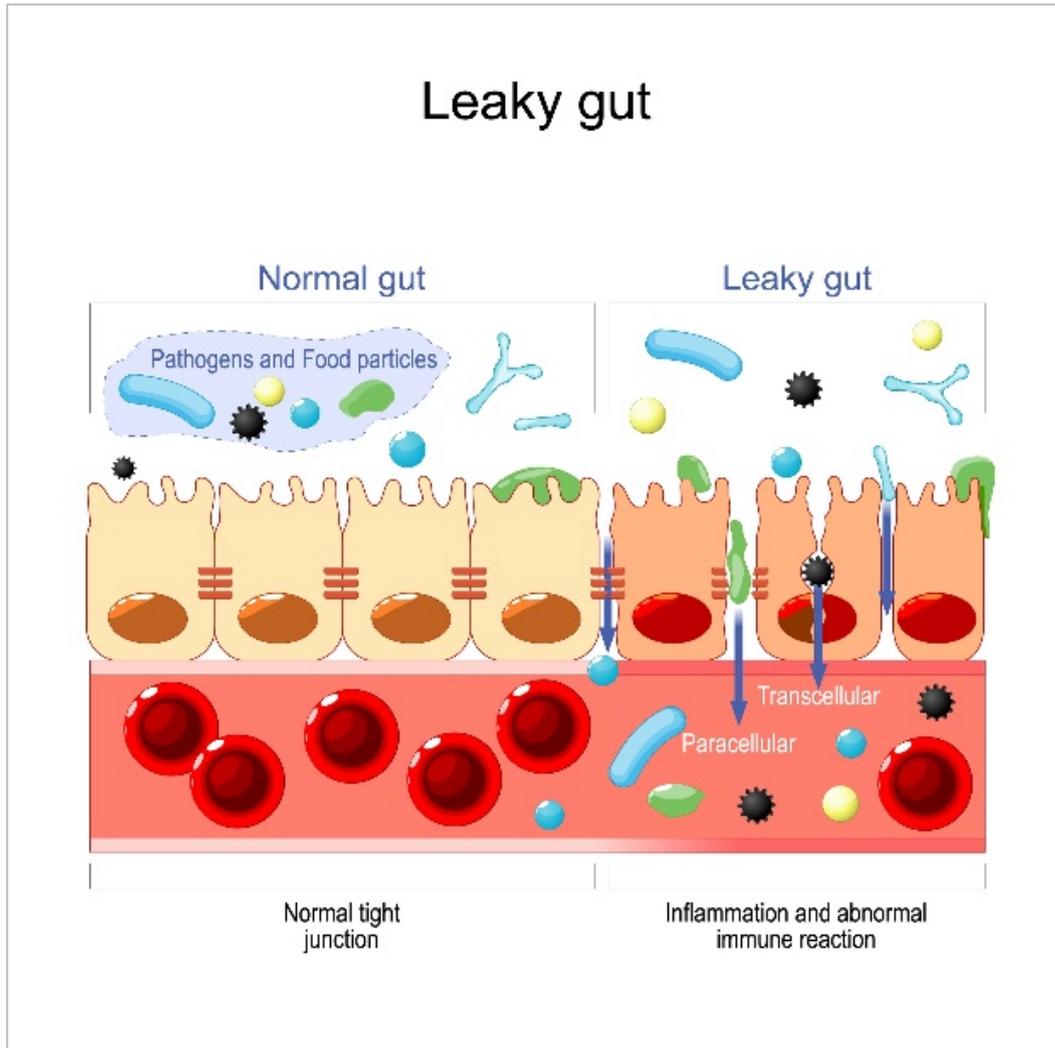
As food passes out of the stomach food toxins attack the lining of the small intestine, tearing holes in it, and rendering it 'leaky'.



This is a bad outcome because the small intestine has a vital filtering role. Its essential duties are twofold: to extract nutrients to nourish us ... and to eliminate waste materials.

But a 'leaky gut' fails us in two ways. It allows precious nutrients to be lost from the body. The resulting malabsorption is the root cause of osteoporosis, spontaneous bone fractures and anaemia among other illnesses.

Leaky gut



Further – a *Leaky Gut* allows unwanted ‘foreign’ substances (e.g. further food toxins) into the bloodstream.

And once in the bloodstream they can travel anywhere in the body – further compromising immunity, triggering additional autoimmune responses.

With *Leaky Gut* food toxins get a free ride to the heart, thyroid, kidney, brain, lungs, eyes, lymphatic system ... in fact anywhere - to inflict their terrible damage.

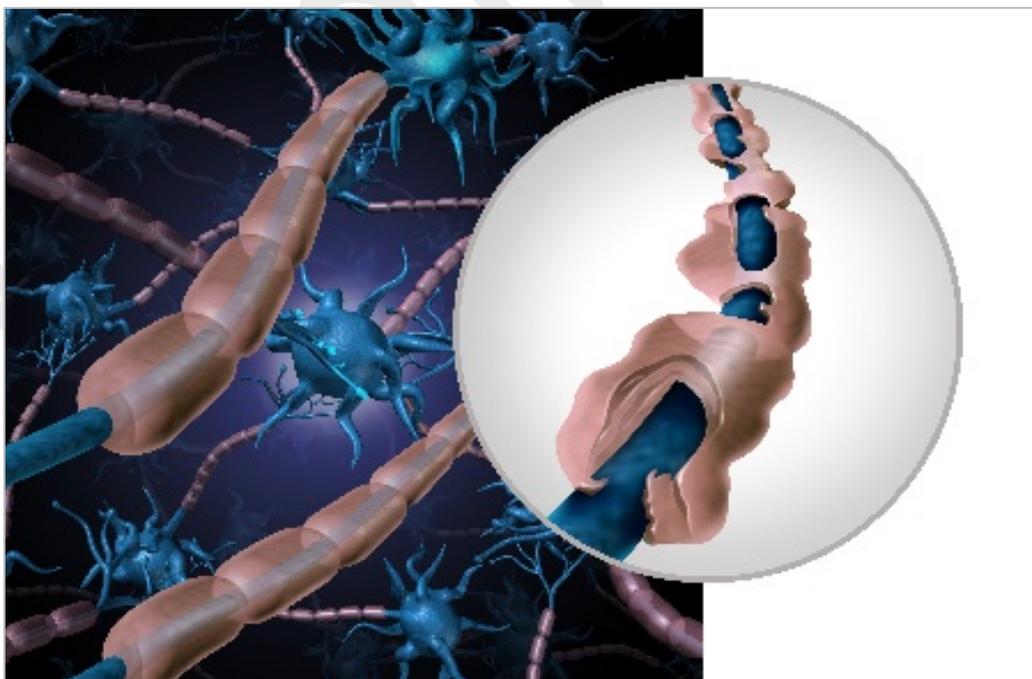
THREE. Autoimmune Responses

Another consequence of the action of food toxins is the **autoimmune response**. Unfortunately - the immune system can be 'tricked' into attacking its own tissue: e.g. sometimes toxins masquerade as the body's own molecules.

For example a breakdown protein fragment of gluten called *gliadin* is known to 'mimic' an important bodily enzyme, transglutaminase. Studies show the immune system misreads the situation and attacks the transglutaminase. This gradually leads to damage, dysfunction then disease.

- If it happens at the **small intestine**, consequences include irritable bowel and coeliac disease of course. But also autoimmune disorders like Crohn disease, intestinal cancers or ulcerative colitis.
- If an autoimmune response happens at the **pancreas** – the result may be pancreatic disease, pancreatic cancer or diabetes type 1.
- An autoimmune response at the **thyroid** might trigger thyroid cancer say – or metabolic disorders like obesity - or even myopathies like muscular dystrophy.
- If an autoimmune attack happens in the **neural system** – nerves are damaged.

Neurons send and receive vital electrical signals from the brain to other parts of the body, like muscles. The signals allow us to speak, walk and think.



Nerve cell bodies look a lot like electrical wires with insulating coating. They have a fatty protective covering called a **myelin sheath**.



But when the myelin sheath is stripped off by toxins - nerve signalling becomes erratic. The dreadful consequences include multiple sclerosis, motor neurone disease, autoimmune encephalitis and others.

The medical position is these diseases are 'incurable' and of 'unknown aetiology'.

But new discoveries implicate food toxins.

FOUR. Inflammation

A. Skeletal inflammation

Inflammation is a very normal response of the body as it seeks to protect itself. But sometimes things go wrong.

Think of a vaccination. Foreign proteins are injected and the site becomes red, swollen and sore for a short time and then subsides.

The immune system has sent antibodies and fluids to the site to flush away foreign things. It is a protective response.

However if the inflammation is continuous for months and years – as with rheumatoid arthritis - the *inflammatory response itself* becomes the problem.



Constant stiffness, pain and swelling in the hands, hips, knees or back impacts mobility, mood and motivation. Lifestyle suffers.

Over time, bones and joints can become deformed along with loss of function.

B. Neural inflammation

Studies have found that inflammation in the brain leads to headaches, migraines and also anxiety. These are suffered by hundreds of millions of people worldwide.

But more than this - chronic low-grade inflammation typical of food toxins is also linked to depression. Sadly this kind of inflammation is also associated with so-called 'changes in brain structure' that precipitate **dementia**.

2000

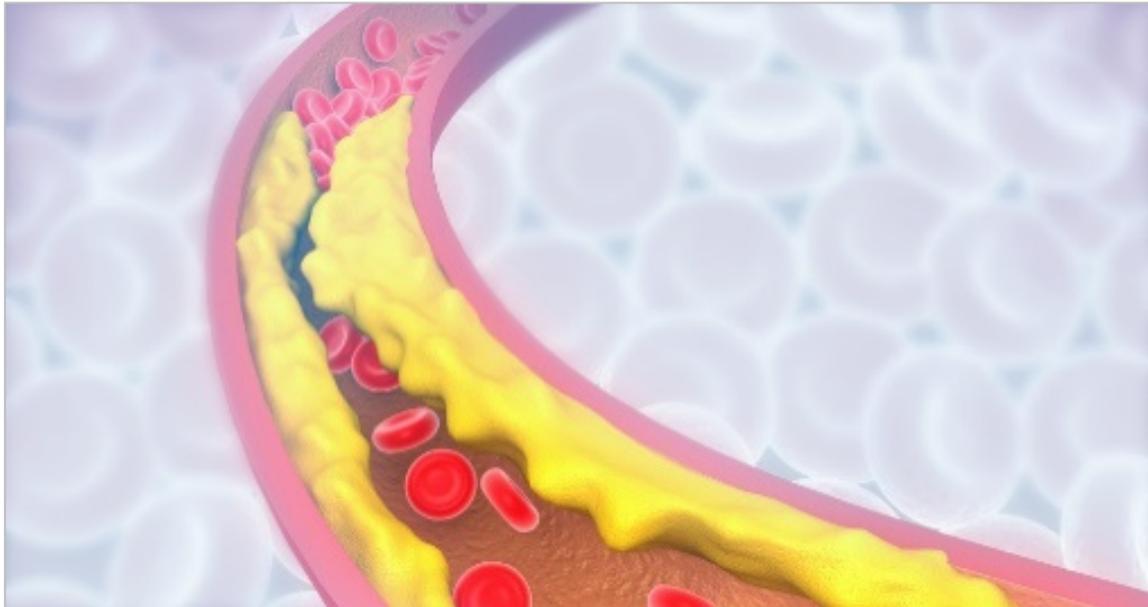
Two thousand Australians per week are diagnosed with dementia. And around half a million already suffer.

Dementia is passing heart disease as our greatest killer.

FIVE. Plaques

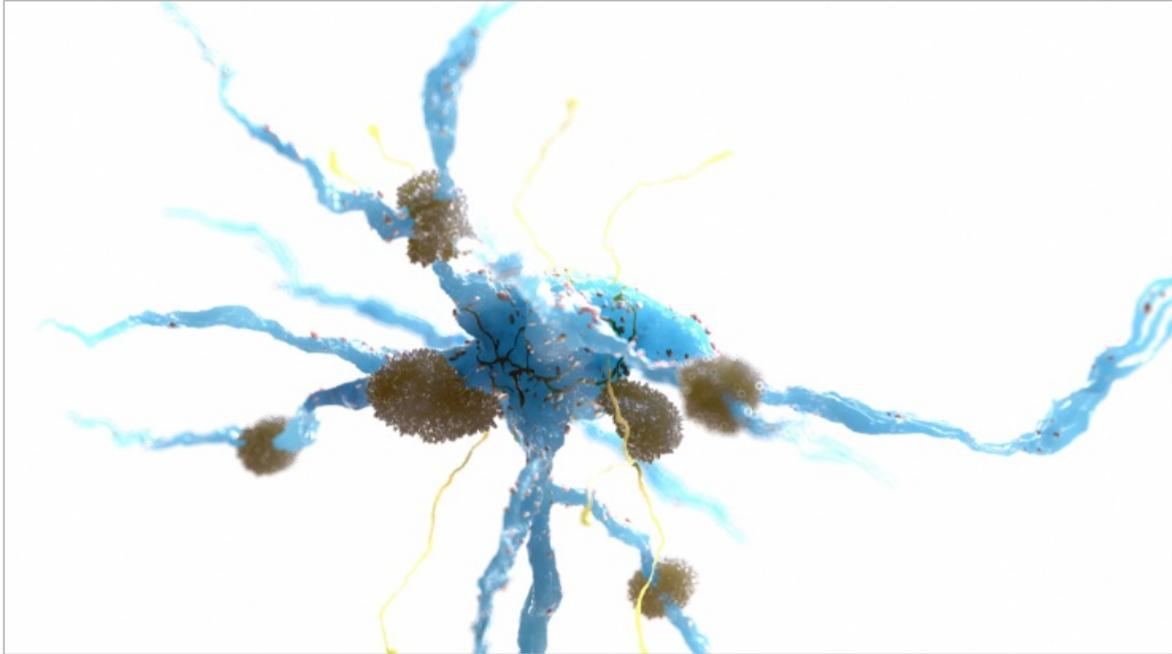
The human immune system has several ways to tackle 'foreign' things in the bloodstream. In some cases toxins pierce the lining of a blood vessel say, an artery. The immune response is to 'patch up' the hole with a sticky fatty substance that contains cholesterol and other things.

Seems like an effective – even elegant response.



But when it happens thousands of times – there are thousands of little plugs of sticky stuff – and they join together, hardening and building up into structures called plaques.

They clog arteries **raising blood pressure** ... a precursor to a number of deadly cardiovascular conditions: blood clots, heart failure and stroke.



There can also be a similar build-up of plaques in the brain. Neurons are shown in blue in the diagram, amyloid plaques are brown.

When neural signals are disturbed, our ability think properly is disturbed. The ability to move arms and legs is affected – along with the ability speak and swallow food. Neural diseases can be debilitating and disabling.

These plaques are red flags for dementia including Alzheimer's disease.

Brain plaques are also associated with anxiety, depression, schizophrenia and autism.

How to avoid food toxins?

Of course, avoiding food toxins for life seems sensible.

Some people recommend a Paleo diet – the diet of our Stone Age ancestors. Given that there was *no disease in Paleo times* it would have to be considered the ‘perfect’ diet for mankind. And perhaps some people might choose to work towards that.

However while a true Paleo diet is good for preventing and alleviating disease – there are now so many faulty versions of it that we cannot recommend it with confidence. Besides – when trying to put it into practice - and without effective assistance - many people come unstuck. They find it too restrictive and sadly, abandon the whole idea.

With moderation and support

Instead what we recommend is a *low-toxin diet* which offers a wide variety of good things to eat – plus some favourites. We also advocate that everyone trying to change their diet have *appropriate support* for the few weeks of the transition.

At the *Food Intolerance Institute* we have been helping people do this since 2003 . . . to date some eighteen years of helping thousands of people around the world.

Our long experience has found people are much more likely to stay with rules when they are *in moderation*. We also know there are snags along the way where everyone needs a little moral support and helpful suggestions.

Of course nothing good comes without a little effort. But we are less about a Spartan lifestyle . . . and more about *results*. And the results are stunning.

At **foodintol**[®] **LoTox** we are the specialists in food toxins. We are dedicated to helping clients adopt a whole new lifestyle – one they can *stick with for the rest of their life* – one which *minimises* food toxins and brings great results.

Some see results in a month two. Others within days.

But lives are transformed every day.

Member letters

'When I stopped eating those foods, my life changed, seemingly overnight. I lost eight pounds in 6 weeks; I'm short and have a petit frame, so every pound shows on me. Since August, I have lost close to 15 lbs. Not even trying . . . My cholesterol has plummeted as well, to 187, down from a high of 264.'

'In general, I look and feel fantastic! Better energy, no more bouts of daytime sleepiness, better concentration. My clothes fit much better, I may even be going down a size (instead of up a size, which was where I was headed!). Diane, New York



'My neurological issues have reduced significantly. This is great since it was the category giving me the most grief. I have had two to four migraines with aura per month for the last two years . . . I have now gone 31 days straight without one. That's huge.

'My skin issues have diminished significantly. My musculo-skeletal symptoms have decreased to almost nothing. Thanks!' **Bob S.**

I have done the program and found to my surprise that after 56 years of being constipated (going once a week/fortnight from a young child) to going every day.

*It's a miracle AND I have been suffering from insomnia (thought to be hormone related) for 7/8 years and am now sleeping every night like a log. I am extremely happy and want to thank you for your help. My daughter had done the program and suggested I try it. I am very glad I did.... my life has been turned around. Thanks. **Lesley :)***

*'I've just had so many tests in the past that say "normal" or whatever, according to their criteria. . . I'm mainly referring to my diarrhea here - 10 years of suffering, endless tests saying "normal" and then a finally a solution - **and relief coming within days** by simply eliminating some foods from my diet.*

*'You'll have to forgive me - I've become a bit of a major "Food Intolerance Convert" after years and years of no answers from the medical profession. Sorry if I think you have all the answers - it's a big compliment from me - sincerely. Kindest regards..' – **Jane***

'Thank you so very much. The information gained on your web site has changed my life! Now I know what causes the eczema and I have the choice of whether or not to eat the foods that I know will cause me problems (and I usually choose not to).

*Two doctors, a dermatologist and a general practitioner, are amazed. I used to see them on a regular basis about my eczema and they prescribed many creams and ointments--none of which worked. Now that my skin is clear, they look at me skeptically as if they don't really believe that all I'm doing is avoiding certain foods. It's rather amusing really. Thank you! **Virginia***

A final word

It seems there is nowhere in the body that is safe from the action of toxins. Some poisons are hard to avoid - like air pollution, chemicals on cookware – and pesticides in tap water.

- *But a very great amount of clinical evidence now points to food toxins.*

Before making any changes to your health regimen, diet or lifestyle – we recommend that you **consult your doctor**.

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About the Author

Founder of the Food Intolerance Institute Deborah Manners BSc(Hons)DipEd studied science at Monash University, majors in physiology and chemistry.

For most of her childhood, teen and young adult years she was plagued with serial respiratory infections, headaches, chronic tiredness, weight gain, intestinal issues and other nagging symptoms. Later she suffered two miscarriages.



Finally in 1996, after an interesting encounter with a nurse at the Blood Bank who mentioned that celiac disease could explain her near-anaemia - she decided to find out more.

Frustrated by the failure of medical treatments she went back into the university science libraries and began researching her own long-term ailments.

It turned out most of her problems were about food toxins.

She experimented with her diet over a few months. Eventually, after plenty of mistakes – many kilos lighter and greatly improved she realised others must be suffering the same way. Today Deborah continues to carry on research and share her learning.

So in 2003 she launched *the Food Intolerance Institute* – foodintol® with personal funds. Since then she has helped thousands in Australia, the UK, USA, Canada, Europe and Asia.

Now **foodintol® LoTox** is dedicated to education about food toxins – and to helping people make informed choices about food.

Websites www.foodintol.com and www.foodintollotox.com are wholly owned by The Food Intolerance Institute of Australia Pty Ltd.

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