

The great news is that **you can unclog your arteries without surgery or drugs**. If you've been binging on fried foods, you need to detoxify your blood and refortify organs. Take plenty of organic B vitamins, and check into dandelion root and milk thistle. Periodic detoxification is like changing the oil in your car; it must be done.

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet.—The Ministry of Healing, 296, 1905

Those who eat flesh are but eating grains and vegetables at second hand; for the animal receives from these things the nutrition that produces growth. The life that was in the grains and vegetables passes into the eater. We receive it by eating the flesh of the animal. How much better to get it direct, by eating the food that God provided for our use! In grains, fruits, vegetables, and nuts are to be found all the food elements that we need. If we will come to the Lord in simplicity of mind, He will teach us how to prepare wholesome food free from the taint of flesh meat.—Manuscript 27, 1906

Be not over much wicked, neither be thou foolish: why shouldst thou die before thy time?! ~Ecclesiastes 7:17



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FRIED, DIED, AND LAID TO THE SIDE: EATING FRIED FOODS AND THE RISK OF DYING



Eating fried chicken and pan pizza bread is like drinking oil straight from the vat!

Basically, fried food breading soaks up nearly every drop of the canola oil, so eating fried chicken and pan pizza is like drinking oil straight from the vat. This increases your low-density or "bad" cholesterol. The inner portion of your arteries is meant to be smooth and unrestricted, but the buildup from these saturated fats, cholesterol and trans fats can cause hard deposits (plaque) to form. Then, like a clog in a drain, **your blood flow can become completely blocked and result in a heart attack or stroke**, especially if a piece of the plaque breaks away.

Also, *the closer your fat is to your heart, the more the heart is strained*. It's worse for men because the belly is closer to the heart than the hips and thighs, where women are more prone to keep the fried foods "stored." That is one reason women have a longer life span than men on average

- **Fried foods clog arteries and lead to strokes and Alzheimer's.**
- Clogged veins and arteries cause heart attacks and aneurysms.
- Canola oil is one of the top 3 GMO products (genetically modified to contain pesticides) in U.S. and is used by almost all restaurants and for nearly all fried products you find in stores.
- Canola oil (rapeseed oil) is synthetic and deprives cells of oxygen, causing emphysema and respiratory distress, eventually leading to cancer.
- Soy and soy by-products are almost all GMO.
- Corn oil and corn by-products (breeding on almost everything) are also GMO and contain pesticide
- Most fried foods contain MSG (toxic salts) to enhance "dead food" flavor
- Taking antacids makes things worse - prevents natural enzyme production by the body. It also adds bad calcium which is armor (protection) for parasites/infection.
- Most meats are from animals, fowl and "farm raised" fish that are loaded with hormones and antibiotics.
- Fried means inflammatory foods which create problems with joints.
- Arterial plaque increases blood pressure.
- Potatoes and most bread (buns/pizza crust/pitas/tortillas, etc.) soak up the canola oil and turn to sugar in the stomach.
- Modified, processed and fried foods don't break down in body properly; remaining in kidneys, liver, intestines, prostate and colon for extended periods of time, if not forever.
- Gluten (mutant **food** glue): Used for pizza crust, fried seafood, pre-prepped Chinese, corn dogs, crackers, pastries, cakes, and the list is a mile long.

The study's investigators found an association with frequently eating fried foods and an increased risk of death from any cause. They also found an association with an increased risk of death from cardiovascular disease. In fact, those who consumed one or more servings of fried foods per day had an 8% higher risk of death compared to those who did not. The researchers also assessed the association frequent consumption of specific fried foods and an increased risk of death. They found that one or more servings of fried chicken every day were associated with a 13% increased risk of death from any cause and a 12% higher risk of dying from heart disease compared to people who didn't eat fried foods.

- The researchers also linked eating fried fish/shellfish every day to a 7% higher risk of dying from any cause and a 13% higher risk of dying from cardiovascular disease compared to not eating fried foods. The researchers also found that regularly eating fried foods was associated with a poor diet overall.
- **Be careful with eating fried foods every day.**
- **Don't forget that tortilla chips, some crackers, and potato chips count as fried foods.**
- Sugar and carbs feed infection; makes you want more of the same; feeding the vicious cycle.
- Empty calories are totally void of nutrients, so the body keeps searching for anything of nutritional value. Feeling "full" wears off sooner.

