

THE TRUMPET SOUND

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Sugar...The Real Truth

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Quote

Patients initially diagnosed as diabetic have cured themselves completely by simply cleaning up there diet.

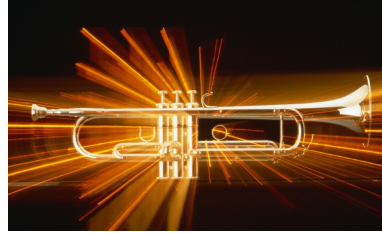
- Dr. Tim O'Shea
The Doctor Within



FLAG CORNER:

In times of mourning, the flag may be flown at half staff (flag pole). To place the flag at half staff properly, hoist it to the peak for an instant and lower it to position half way between the top and bottom of the staff. The flag is to be raised again to the peak for a moment before it is lowered.

On Memorial Day which honors our fallen soldiers, the flag should be displayed at half mast till noon, then raised to the top of the staff and flown till sunset.



THE REAL TRUTH ABOUT SUGAR

Today most sources estimate that refined sugar makes up about 20% of the calories of the average American's diet. One person can consume 150 lbs. of sugar per year which many times is the average weight of a person.

Sugar is in nearly everything, it is found in soft drinks, fruit juices, sports drinks, hidden in almost all processed foods, and even infant formula.

The most widely accepted research on nutrition by Professor E.V. McCollum, failed to include scientific experiments on sugar. We find that Professor McCollum and the publishers of his book, *A History of Nutrition*, are linked to *The Nutrition Foundation, Inc.*, and funded by some of the most well-known food companies with products containing sugar - American Sugar Refining Co., Coca-Cola, General Foods, General Mills, Nestle Co., Pet Milk Co., and Sunshine Bis-

cuits - about 45 companies in all.

The real truth about refined sugar began with Dr. Weston A. Price; a dentist who traveled the world in the 1930's examining the teeth of primitive races. He found when these races ate natural, unrefined food they had excellent teeth, but when they began diets of refined, sugared food, they experienced rates of tooth decay and degenerative diseases such as tuberculosis and arthritis to that of "civilized nations."

There is a difference between real sugar and refined sugar. The original sugar plant is a complex carbohydrate containing vita-

Wisdom Corner

Don't let yourself be pulled into a heated argument, stop it before it gets started... Simply walk away.



A healthy diet can not only change lives, but quite possibly save them!

mins, minerals, and enzymes that actually nourish the body.

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ASPARTAME UNCOVERED

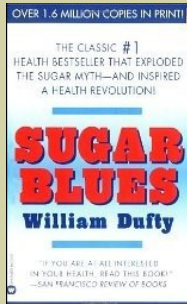
Aspartame is an ingredient in diet soft drinks and also a billion dollar industry. By 1986, Americans were drinking 20 billion cans of diet soda per year. According to USDA figures, Monsanto, an agricultural biotechnology corporation, sold 8,500 tons of aspartame in 1987 and

refused to release production figures after that.

Aspartame, also known as NutraSweet, Equal, Spoonful, AmiNoSweet, and other names, was discovered in 1963 by the pharmaceutical firm G.D. Searle. It took Searle and Monsanto 16 years to get aspartame approved

by the FDA. Why? Consumers have reported over 7000 adverse reactions from headaches to seizures and researchers find it can cause multiple sclerosis, mental retardation, and more. Additionally, children's chewable vitamins are flavored or

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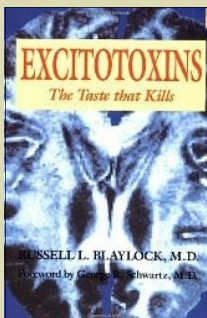
Sugar Blues

William Dufty

Sugar is as addictive as nicotine and as poisonous.

Did you know that aspartame was previously listed by the Pentagon as a biochemical warfare agent?

- Dr. Mercola



Excitotoxins

The Taste that Kills

Russell L. Blaylock, M.D.

Ingredients that literally stimulate neurons to death, causing brain damage....MSG, aspartame (NutraSweet), cysteine, hydrolyzed protein, and aspartic acid.

Safety First

National Vaccine Information Center
Phone: 1-703-938-0342
www.nvic.org

THE REAL TRUTH ABOUT SUGAR

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To refine sugar involves a process that strips away the vitamins, minerals and enzymes. It becomes a simple carbohydrate, a fractionated, artificial, devitalized product of the original plant void of nutrients and does not nourish the body.

Most raw fruits and vegetables such as an apple contain natural fructose – a natural food that contains antioxidants, is easily digestible, does not roller coaster blood sugar, and is not addicting. Fruit also contains enzymes that are necessary to breakdown the fructose into usable glucose and is used as fuel or stored. It also does not cause diabetes.

Manufactures began using

corn as a cheaper source to refine sugar with a process that changes the natural fructose to glucose and then adds synthetic chemicals to change glucose into a synthetic fructose called high fructose - high fructose corn syrup or HFCS - which cannot be digested and is addicting. In 1984, Coke and Pepsi changed from refined sugar made from beets and cane to HFCS. The sugar from a 12oz. soft drink crystallized out would amount to 10 teaspoons of sugar. Normal levels of glucose are 2 teaspoons. This raises blood sugar/glucose 5x normal levels for at least four hours - too much glucose, people become diabetic. Before sugar was introduced diabetes did not even exist yet today diabe-

tes is the 7th leading cause of death.

Sugar also causes an over acid digestive tract which destroys the good bacteria resulting in disease. It is estimated that yeast infections plague 80% of American women which thrive on an acidic environment.

The list of problems and disease resulting in a diet rich in sugar are quite numerous. Simply cleaning up our diet of sugar will result in a healthier people with much less disease. Wouldn't you like to be one of them?

Learn more...[The Addictive Commonly Used Food...](#), Dr. Mercola

- Lesa Hukill

ASPARTAME UNCOVERED...CONTINUED FROM PAGE 1

or better yet poisoned with aspartame and it is found in almost all cold or vitamin supplements, pain relievers, and thousands of prescription and non-prescription drugs. A list is found on pages 33 and 34 of [Sugar: The Sweet Thief Of Life](#), by Dr. Tim O'Shea.

Aspartame is composed of aspartic acid, phenyl nine, and methanol (wood alcohol). Wood alcohol is said to cause

blindness. Aspartic acid is a major neurotoxin and can cause just about any neurological disorder. It does produce free radicals that kill nerve cells. MSG is 99% aspartic acid and found in many foods.

Read the labels, it is critical to our health, because aspartame "is an addictive, excitoneurotoxic, carcinogenic, genetically engineered drug, and adjuvant

that damages the mitochondria...They know it is a killer and do nothing." (Dr. Betty Martini).

For more information see "[The truth about aspartame, MSG, and excitotoxins](#)" one of the most informative interviews you will ever read, with Dr. Russell Blaylock.

- Lesa Hukill

EASY ORGANIC FRESH FRUIT SALAD

A fresh, fruit salad can be healthy but many are not. This delicious and nutritious, easy organic fruit salad is free of added sugar, low in fat and calories, and high in fiber, vitamins, minerals, and super antioxidants.

Ingredients:

- 3 cups mixed organic berries (blueberries, raspberries, strawberries)
- 2 cups organic seedless grapes (red or green)

- 2 organic sweet Gala apples
- 3 organic peaches, nectarines or 6 apricots
- 2 organic kiwi and bananas, sliced thin
- 1 cup freshly squeezed orange juice (3 juicy Valencia oranges)
- Nutmeg (optional)



Oh...so delicious

Directions:

1. Cut fruit to bite-size and mix gently in a large bowl.
2. Pour fresh orange juice over the fruit, stir, cover, and refrigerate.
3. Serve with a dash of organic nutmeg.

Yields: about 10 cups.