

MILK & CEREALS

By Fabien Moine

MILK

Dairy products and starchy foods are not physiological, and are even harmful, toxic and damaging to health. In Western modern diets, it is an almost irremovable pillar of daily diet and classic dietary recommendations. It is said, "Slow sugars, starch with every meal." It is said, "dairy products at every meal adding, as snacks, in the morning or in the afternoon.

I say that they are poisons. Is the health condition of the average Westerner satisfactory? Does diabetes, cholesterol, obesity, autoimmune diseases, asthma, all pathologies regress? The answer is no, and even exponentially increasing. Today we have large international studies, validated at the medical level, which attest that many elements that I just named are an obstruction to good health. It is a difference to be in good health and very healthy. I consider that the foods I mentioned are at best an obstruction to development and in the worst case, cause degenerative diseases leading slowly but surely to death.

There are several ways to approach the study of non-physiological foods, either disease by disease or by category. I will talk about diabetes, which affects more and more people and more and more early, and diet is very much responsible, as well as the diet recommended by doctors, nutritionists, oncologists, diabetologists. I will consider dairy products separately and then cereals.

When I say milk or dairy products, it will be the most consumed, cow's milk. Cow's milk is the physiological food for the calf, for its growth, unique food until its 6 months, date of weaning, where it will go and graze grass in which there will be also some insects, a little of soil, he will drink, and if fruits fall in his meadow, he will be happy. But the first 6 months of his life he'll drink the milk of his mother, this milk is completely sophisticated for his needs. The calf has 3 stomachs, it has a weight gain of 1 kg per day, it needs 7 specific growth hormones. What is the difference between cow's milk and human milk? Already, why would we give cow's milk to a human? If her mom can not or will not breastfeed.

Already, why would we give cow's milk to a human? If her mom can not or does not want to breastfeed. Not to want is one thing, not to be able is another. It is known that children up to 3 years old have an enzyme, lactase, to digest their mother's milk. In Germany more than 90% of women breastfeed, in France, in the first 3 months, less than 30% of women breastfeed. So we turn to alternatives.

And the alternative chosen is cow's milk, simply because the cow is the domesticatable animal that produces the most milk, up to 50 liters / day. It is only for the sake of exploitation, easy, profitable. If a bitch, a cat, a ewe produced 50 l of milk / day, we would drink the milk of bitch, cat, ewe. Docile, domesticable, servile, high yielding and with good genetic crossing abilities. So we substitute breast milk with cow's milk. Consequences: It is known from studies that children fed on cow's milk have a liver that is 50% larger than children fed on breast milk. Indeed, in case of cow's milk, casein is excessively oily, very little digestible, even if heavily transformed into a milk which is called with a lot of "maternal", remains very difficult. It is also too much proteinated: human milk has between 1.8 and 2.1% protein, 25-30% fatty acids and about 70% carbohydrates.

Cow's milk is a lot of fats, unsuitable proteins, and human milk has 3 growth factors while cow's milk has 7. The elements are made for the hormonal receptors of the calf and not the receptors of a human person. In this, it is damaging to health. Also by its very fat substance, the milk is to be placed at the top of the mucogenic foods. They generate mucus by glands that line the mucosa of the ENT sphere in particular and which, in contact with milk, will try to eject what the body considers a poison.

75% of the world's population is lactose intolerant of cow's milk. Simply, this food is for another species, and for a period of 6 months, and 75% of people can not take it. Objectively there is no reason to consume it. However "we" recommend to consume between 3 and 4 times a day. For what reasons? Calcium. As if there was only calcium in dairy products. Why consume so much calcium? To prevent osteoporosis, they say. Studies show the calcium paradox in nutritional biology. In fact, the people who consume the most dairy products are those with the most osteoporosis. And paradoxically, where there are very few dairy products, there is no osteoporosis. Example, Japan. Nordic countries, western countries, a lot of dairy products, a lot

of osteoporosis. Nutritionists often stop there with one ? whereas it is easily explainable. We are interested in the acid-base balance and the cellular terrain of people.

Acid-base balance, we will talk about the pH of the blood which must remain in a constant of 7.4, slightly alkaline. What makes the body alkaline are 4 alkaline minerals, Ca, Mg, K, Na. They will serve as a buffer system to the acidic charges that enter the body. Milk is unphysiological, and all that is not physiological is an acidifying element □ this acidity generated by the consumption of dairy products will trigger adaptation mechanisms to reduce this acidity. Only 30% of the calcium in dairy products is physiologically assimilable by the body. 70% is a waste. So the little calcium that can be extracted from dairy products will be used primarily to buffer the acidity brought by this dairy product. But it's not enough.

So the body will get calcium from its reserves: bones and teeth □ osteoporosis. We see the vicious circle in which we have been bogged down for decades with the recommendations of the 'official' dietetics, which strives to hide the real reasons for the consumption of dairy products. A few years ago, in the group of people who recommended this or that menu, this or that food, there was a steering committee of 27 people. Of these, 21 were closely linked to the dairy industry and the two at the head of this committee were the directors of Nestlé and Candia.

This shows that today nutrition is a matter of marketing, money, lobbies, and in no case health or cell biology. Most 'good thinkers' think that recommendations with a legal stamp are necessarily good. In the same way, people think that what is put on the market is good: most pesticides are used without having been analyzed, many drugs like those containing paracetamol are very dangerous for health but always on sale.

Many food additives, sweeteners, flavor enhancers, emulsifiers are on the market even having been recognized as harmful. So putting on the market does not mean it's good for you. We are in a vicious circle where there is a huge financial windfall generated by dairy products, and the milk industry has to sell them. It was already so in 1950.

Milk has been sold for decades, not as something beneficial to health, but as something beneficial to the economy, but it is the foundation of various and varied pathologies for which most doctors never make the link: eczema, psoriasis, asthma, migraine, constipation (fat), joint problems, rheumatoid arthritis, Crohn's disease, etc., sinusitis, rhinitis, oesophagitis, otitis, all diseases in -itis find a large part of their cause in the consumption of dairy products, especially cow's milk.

The nose snot of children is the testimony of mucus excretion by the body that has been generated by the introduction of mucogenic foods, of which milk has the first place. The ravages at the digestive level: when a child transits from breast milk where the stool is odorless to cow's milk where the stool has an acidic odor, we realize that there is something that is dysfunctional. Cow's milk represents something of the class of poison, especially in the form in which it is consumed. Organic raw milk would be less bad. If it is not biological, we will find nitrates, pus, anti-depressants because cows live in a concentration system, they are separated from their calf so they cry, they are also given growth hormones, antibiotics to produce all the time, antibiotics, all kinds of chemicals. Milk is a filtrate of everything in the body, so these products will be found in dairy products and even more in cheeses where we will find antibiotics added to prevent the development of living particles to be able to put on the shelves longer.

Anything made from organic raw milk could, to some extent, be consumed occasionally. If you want to consume raw liquid milk you boil it and remove all the creamy foam on the surface. This is where the growth hormones are, so they are removed. If we make clarified butter, we keep only the fatty substance, the proteins will be exempt. Raw milk cheese, by its fermentation, may be more edible. But what do we find on shelves? Non-organic UHT pasteurized milk, and milk from 40 cows together. To say, 'we have always consumed milk' as 'we have always eaten bread' is stupid. We are not talking about the same food anymore.

We have to look at what we are talking about biologically. Today dairy products are extremely harmful, they generate mucus, congest the lymphatic system, acidify the body, and obstruct the overall functioning of the organs (liver, etc.) and these organs between them. It is very toxic. This is not a fad because all the people who remove dairy products describe being much better. Tendinitis, muscle and tissue dryness are also caused by milk. Dairy products for digestion and all that is corollary are very harmful.

The question is, "if I do not eat dairy products, where am I going to get calcium from?", I

repeat that 75% of the world's population do not tolerate dairy products. Where will they get their calcium? Already what are the recommendations in calcium? France says, 1300-1400 mg / day. WHO says 500 mg. So in France we are 3 times higher, for lobby reasons. Say 1000 mg. I take ½ broccoli, I have my calcium for the day. A handful of dried figs, almonds (or nuts), I have my calcium for the day. In fact I take any green vegetable and I will have plenty of calcium, even too much. All green vegetables, vegetables and all fruits contain Ca in very high doses.

Calcium deficiency is extremely rare except in dairy consumers who rely only on it. This is where we see this deficiency. Do the cow and the elephant have a big bone structure? Yes, do they eat dairy products? No, like all mammals on the planet. They consume only plants. Calcium, like all alkaline minerals, is abundant and concentrated in plants. All fruits, nuts, vegetables, it's insolent of calcium concentration. No risk, and in addition, it is assimilable calcium up to 75%, inverse ratio to the Calcium from dairy products.

For children: it is necessary to make a plea for breastfeeding, there is a disempowerment of fathers & mothers in front of the child by not breastfeeding him. I often hear, 'I do not want to nurse my child, I'm not a cow.' So what will you give your child? "Formulated" cow's milk. You do not want to be a cow but your child is a calf. I hear also "I do not want to deform my breasts", or 'my husband does not want anyone else to touch my breasts'. Breastfeeding does not deform the breasts. Which parent do you want to be?

Be careful, the child will carry the weight of these distortions. First the mother must give, then the child will have constipation, asthma, chronic diseases ... if he does not have his physiological food, so that kind of parents must accept that the child has health disorders.

Physiologically the milk that comes closest to breast milk and does not require enzymes to be digested, is mare's milk, however it is deficient in fatty acids, so it must be completed. In 2nd, female donkey milk, then goat's milk, then ewe's milk.

What are the limits for a mother to breastfeed? Severe heavy metal poisoning, the mother will detoxify the metals through her milk, so retransmit them to the child; a strong intake of medication; in fact all that goes into the mother's blood will pass to the milk. If there is an autoimmune disease with self-suppressors and a lot of medication, it will not be beneficial to breastfeed. What we can do is put the baby on the breast without him drawing milk, just to have the hug. For the little ones, and especially for the premature ones, I recommend using a childminder, some women have too much milk and they bring their surplus of milk to the hospitals for premature babies.

Lire Thierry Souccar, *Lait, mensonges et propagande. Milk, lies and propaganda*
STARCHY FOODS

Starchy foods, second category of harmful foods; corn, potatoes, wheat, oats, rice, globally, starchy foods. Today it is trendy to say that gluten is a fashion phenomenon. For 5-6 years the focus on gluten has exploded, gluten-free products have mushroomed too. We make pasta from corn, etc. However, this is not a fad: Why should we impose ourselves to cook differently? to create a social exclusion, to pay more? Fashion would be masochistic?

Some mention major improvements in their digestive system, they see skin improvements, ENT congestion, joint pain, headaches stop... a lot of various ailments that make life miserable diminish or disappear when we quit gluten. So there must be something wrong about gluten.

Gluten, the root is glue. The glutinous content of foods, particularly in wheat, has been increased to facilitate kneading and stickiness. Anyone today can make bread when, around end of WWII, you needed a baker-artisan. Today any machine, any inexperienced apprentice can make bread. Increasing the concentration of gluten increases the amount of glue that will clog up many metabolic functions.

In naturopathy, diseases are divided into 2 categories, crystal and glue diseases.

Crystal diseases are painful. Uric acid crystals, crystals in the form of kidney stones, gall bladder stones. The glue diseases are more insidious, sticky substances, translucent and they come to prevent the metabolic work, the assimilation of nutrients. They are dull and heavy diseases that settle over time, and increasing the gluten concentration increases the glue that prevents any physiological work and increases the production of mucus, forcing the body to defend itself and expel this glue .

General case of starch. Starch is a complex sugar, so it requires a complex work - it's called "slow sugar". It is said that 'slow sugars' are good because they release energy slowly, gradually.

No, they are not! they make the body work permanently on complex mechanisms. So it's exhausting us. Today do we need slow sugars in the sedentary world in which we live? No, and even with a more physical lifestyle, we have a reserve of sugar in the liver, glycogen, which amounts to several thousand calories and if we eat enough fruit, this reserve of sugar will not be stored as fat, as is the case with complex sugars. This glycogen will be stored in the liver and distributed according to the specific demands of the body (it's also stored in the muscles for their exclusive usage).

So eating fruit is much more effective than eating complex sugars, which, if not used right away, will be stored. Starchy foods make you fat if they are not used. Athletes use them. There are few athletes in the population but a huge consumption of starchy products. It starts with bread, cereals, toast, then the 10-hour break, with the cereal bar, the croissant, then lunch with bread, pasta, then the 4-hour break with the cereal bar and again the dinner with bread, rice maybe. Six times slow sugars per day: we will have triggered 6 digestion-processes of complex sugars, which each time, take between 3 hours and a half to 4 hours. So we are in permanent digestion from 7 am to 11 pm. Starch products, complex sugars, mobilize a huge part of the energy resources of digestion.

Moreover, these starchy foods, especially cereals, have a very harmful chemical for the body: phytic acid. It is present in all cereals, it destroys the molecules of nutrients. Thus, you think that consume Zn, Ca, Mg, K in cereals but, because of this phytic acid, you actually consume and bring to the cells Zn-phytate, Ca-phytate, K-phytate, Mg-phytate, P-phytate, i.e. non-colloidal nutrients, inorganic, unassimilable by the cell, and therefore the body recognizes them as waste. These are dead foods that will prevent the proper functioning of the cells and require a great effort from the body to restore the acid-base balance.

Cereals are very acidifying. Vegetarians are often told that there is a risk of Zn deficiency, it is true, there is more Zn deficiency in vegetarians than in omnivores. So we tell them, 'consume more whole grains since they have a lot of Zn'. But we aggravate their deficiency since this Zn will be zn-phytate, so they will never get their minerals, unless they go to other resources for them, it is the same problem that the milk drinker who counts on his milk for Calcium and who has osteoporosis.

An average omnivore eats very few kinds food. If you have a large food range, it's ok, but most people consume a limited number of foods, always the same. Dairy products and cereals make up a large part of our diet. But it's an empty diet, empty calories and bring few micro-nutrients.

Starchy products are mucogenic, and we can see the consequences in the ENT sphere: ears with wax, stuffy nose, sputum, we will see that also in the corner of the eyes. These are excretions of mucus and caused by cereals mostly. You will have more abundant and more acid sweating to eliminate the acids of these 2 types of products. Cereals bring only empty calories.

How could cereals be consumed? In nature, who consumes cereals? Birds and rodents. Birds have a crop and a gizzard, the seed sprouts in the crop and the gizzard crushes it. If you want to consume cereals, eat them raw, they should be chewed for a long time and this mastication would be useful because in saliva we have amylase, an enzyme that is used to digest, break down starch. But when you consume cereals, it's always in the form of dough and cooked. So there is no salivation.

By chewing the raw grain, it is coated with saliva, therefore amylase. We could also get the seed sprout. And there, it is no longer a dry grain, inert, we consume a plant in the making. Starch is broken down into simple sugars through germination and vitamin E additionally inhibits gluten, and that's another food. It only takes a few hours for some seeds to sprout. For rice it takes 48 hours, let it soak one night in water and observe the surface, it's sticky, sticky, it makes bubbles, it's starch and that's what we put on all the mucous membranes.

Besides, an ancient remedy for gastroenteritis was to drink rice water, soaking water or cooking water, it stops the gastroenteritis, which is a cleansing of the intestinal sphere, a detoxification. If I put a sticky veil on the surface of the intestines, I stop this cleaning.

This is not a cure, it is a dressing that greatly aggravates the cause: we put more glue, we line the intestines. In addition, it increases the difficulty that the intestine will have to assimilate the nutrients correctly. Most deficiencies are not deficiencies in intake but in assimilation and primarily, in the intestinal mucosa, because of starchy or mucogenic products, this mucus will line the entire intestinal tract, making the assimilation of nutrients very difficult.

So with sprouted seeds it would be better.

Or they can be fermented as Indians do, with their dosa, they soak, pre-sprout and ferment cereals and legumes. And this inhibits phytic acid. Same thing with fermented natural leavened bread (sour dough), which could be kept up to 10 days because it's made with fermented grains. Today anyone makes bread, but this bread is hard after 24 hours. When I am told, "we have always eaten bread", I say, 'no'. 1. It was a grain that had 7 pairs of chromosomes, today wheat has 21 pairs; 2. It had 7-8% gluten, today up to 15-20% gluten; 3. it was a fermented whole grain-bread. Modern wheat has nothing to do with pre-WWII. Plus, 7 g of added salt for a baguette.

White bread is a dead food, overcooked, loaded with salt and sugar, and nothing else. It is a food that brings decay and exhaustion of the body. If one consumes sprouted bread, it is better, and it is cooked at low temperature. What we find in shops is baked at 90 degrees, but we could also make bread at 40 degrees. Because, it is possible to consume cereals, but under these conditions only.

When potatoes are soaked, the starch is deposited on the surface of the water, it is this glue that we eat. They can be baked, it breaks the starch chains. Or soak them all night, like rice, to remove some of the starch, 12-24 hours. Traditionally, where rice is widely consumed, it is rinsed several times. Today we are looking for rice with the fastest cooking, a rice like "Uncle Ben's" in 4mn, we wonder how it's made. We consume it white, refined, we spend a crazy industrial energy to denature and impoverish the food. Salt? Natural salt has 80 minerals, they are industrially removed and only NaCl is retained; the sugar is refined, nothing is preserved from the whole sugar; flour, we do not keep anything, we refine it. Aesthetic, but above all it makes us consume more. Energy is spent on depleting food, while whole foods are more expensive than refined ones. While whole foods do not require any industrial process.

We are in a nonsense, an absolute madness and the nutrition, the classic nutrition touts the merits of these foods.

Diabetes, is the illustration of modern madness. It's a problem of regulation of sugar by the hormone insulin from the pancreas. It's a mushrooming disease and that affects people younger, millions of people around the world. Diabetes is disabling, the consequences are dialysis, blindness, gangrene, renal failure and 3/4 of the people who are amputated are diabetics. When the blood is full of sugar, healing cannot occur. Doctors do not inform diabetics of the risks of diabetes, they just scare them. It should be explained what sugar is. But what is prescribed to a diabetic? Dairy products and cereals. Doctors will tell them to pay attention to sugar, cakes... But they will be told to not eat too much fruit. This is madness.

Le lactase qui nous sert à digérer le lactose est valable pour le lait humain mais par dégénération progressive et générationnelle, 25% d'entre nous ont réussi à digérer le lait de vache, par adaptation. On érige le lait au sommet de la pyramide alimentaire donc, pour les diabétiques on fait consommer surtout des produits laitiers, pourtant bourrés de sucre, le lactose. The lactase that we use to digest lactose is valid for human milk but by progressive and genetic degeneration, 25% of us have managed to digest cow's milk, by adaptation. Milk is erected at the top of the food pyramid, so diabetics are advised to consume mostly dairy products, although these are loaded with a sugar: lactose.

But above all what is not said is that the bovine and human insulin receptors are almost identical, so every time I consume cow's milk, I will trigger insulin production. This is the central problem of the diabetic. The first rule for a diabetic would be to permanently remove dairy products. The second rule would be to permanently and completely eliminate any starchy product that are sugars that take hours to be digested and that will require enormous insulin work. Most diabetics are sedentary, in addition.

We often talk about the consumption of potatoes. Who ate them? Farmers, and they are not sedentary, they work a good ten hours a day, so they do not store sugars, they use them. A diabetic who eats potatoes will constantly make his pancreas work, and it is the same for all cereals. I see it every day: when you make people stop dairy products and cereals this decreases the blood sugar content. I see it on the reports that people show me and on what their diabetologist tells them though they don't understand what is happening: the level of glucose is divided by 2. You were at 2.20 g/L you are at 1.10 g/L in 3 months. What is going on? People stopped dairy products and grains.

If it's valid for a diabetic, it's good for everyone. I guide people on dialysis who have their blood artificially filtrated 3 times a week, they eat dairy products, cereals, they say to me, 'my

legs are weak, I have headaches, I feel heavy, I feel tired all the time.' Remove dairy products, cereals, they no longer have these symptoms. These are extreme illnesses and they reveal perfectly what is good or bad. Diabetes is a sugar problem and a diabetic can eat fruit. It's one thing to take fructose with fibers and another thing to take complex carbohydrates that take hours to break down, or lactose from cow's milk that has nothing to do in a human's body

Two parallel studies on diabetes: one by Dr. Gabriel Coussens in Arizona and one by Newcastle University say, 'for type II diabetics, eating only green vegetables for 3 weeks without dietary supplements makes them non-diabetic. And this, in a sustainable way.

The pancreas was left at rest; by not forcing it to complex functions it regenerates its abilities to produce insulin properly. With the diet ordered to a diabetic, it will never have the opportunity to do so. We go even further in the horror today when we say to a diabetic, "since you have an incurable disease, it's already a burden to bear, do not worry too much about your diet, take your insulin and adapt your injection according to what you eat." Above all, they do not mention the horrible future that the diabetic will have: blindness, dialysis, gangrene, and all the consequences like a sepsis. Since it's an incurable disease, they say, they overwhelm the patient rather than training him to feed himself properly, and honestly saying, "Starchy products and dairy products are toxic to you."

In fact, starch and dairy products are not toxic just to them, they are toxic to all. They have never had anything to do in a human system, they were introduced to provide calories, to avoid starvation but not to feed the cell, not to develop health, not to bring vitality. These are dead foods, which lead to rob the body's energy resources in order to tolerate them, nothing more. They will never bring health.

<https://www.youtube.com/watch?v=lzR7QwPcibc&t=351s>