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Six simple ways to fight disease with food—without giving up the things you love

There's nothing like the holiday food frenzy to make you really think about what you're eating… And it can be hard to resist temptations like the cheese dip at your neighbor's party, that rum-spiked eggnog, or your aunt's famous candied yams.

It's hard enough to know what to put on your plate year-round (not just during holiday festivities), considering how many headlines scream every week that a particular food or nutrient is now "good" or "bad."

But those headlines are simply distractions or distortions (more or less written around faulty studies), that take the focus away from the big picture of diet, nutrition, and good health.

A balanced, healthy diet is *diversified*. And study after study—including a new one I'll share with you a little later—shows that the better path to achieving this diversity is to think less about individual foods being "good" or "bad"… and instead, concentrate on the quality of your diet as a whole.

And if you want to prevent chronic diseases like diabetes, cancer, heart disease, and dementia, don't just think about what you should CUT from your diet. Instead, focus on what you should ADD to your meals to make them more nutritious.

Today, I'm going to share six simple ways you can do that. But first, let's take a look at why mainstream medicine thinks my commonsense, science-backed advice is so radical.

A history of bad diet advice

The sad fact is that modern medicine is still waiting for a general theory on human diet and nutrition. Despite the advances in nutritional science, the mainstream is *still* following the tired, old thinking I witnessed in the mid-1980s, when I was part of the founding group of scientists in the new diet and cancer research program at the National Cancer Institute (NCI).

The NCI bureaucrats could only think about testing isolated, synthetic nutrients like beta-carotene for their anti-cancer activity, as if those nutrients were drugs. Meanwhile, I conducted research showing there was actually no good evidence that beta-carotene could lower cancer risk. I later received the Young Investigator Award from Walter Reed National Military Medical Center for that research.

You would hope a finding like that would encourage the NCI to stop looking at isolated nutrients and focus more on diet and nutrition as an entity—and its ability to treat and cure disease. But NCI researchers fumbled on, eventually finding that synthetic beta-carotene on its own not only failed to prevent cancer, it actually raised the risk!

The NCI science bureaucrats even wanted to test a tiny beta-carotene pill they thought could cure all our woes when it came to the unhealthy, overly-processed late 20th century diet. Just like with drugs, the academic-government-industrial "medical swamp" projected they could keep making money by selling these nutritious, magic bullet "food" pills.

Talk about missing the "big picture!" What the mainstream should *really* be doing is encouraging people to actually eat more of the nutrient-rich foods they're lacking—rather than cutting out entire categories of foods and restricting their diets (or worse, trying to get these nutrients from a single pill).

As I mentioned earlier, for many

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decades, studies of human populations around the world have consistently found that greater dietary diversity is the key to good health. In fact, restricted diets that lack diversity are more likely to turn up nutritional deficiencies—which modern science shows are associated with *every single* chronic disease today.

The link between nutritional quality and cancer

I was reminded of this concept recently, when I read a new study that looked at how diet quality affects cancer risk.[1]

Researchers analyzed the food intake of nearly 472,000 European adults for an average of 15 years. During that time, there were approximately 49,800 new cancer cases.

Each participant's diet was assigned a nutritional score according to a food standards index and computed risks. The researchers found that participants with a diet score reflecting poor nutritional quality had a higher risk of cancer—specifically colon, esophageal, stomach, throat, and lung cancer for men, and breast and liver cancer for women.

There were certainly no surprises in what the researchers identified as risky foods with low nutritional value. These included:

- Canned soft drinks with high fructose corn syrup or artificial sweeteners
- Non-organic and GM-foods grown (and often harvested) with toxic, cancer-causing pesticides
- Packaged and processed foods with added artificial ingredients, fat, or sweeteners

You already know to avoid these foods. But what this study made me consider are all of the foods you *should* eat when it comes to preventing cancer and other diseases.

Easy ways to balance your diet and improve your health

Today I'd like to share with you what you should add to your diet. After all, the key to maintaining lifelong healthy dietary habits is all about feeling satiated after you eat—not deprived.

And of course, I'm sure some misguided mainstream doctors may disagree with this advice because it includes foods that have mistakenly been deemed "bad" for your health. But those doctors must not keep up on the science…

Here's what decades of research shows you *really* need to know when it comes to a balanced, healthy diet:

1) Don't be afraid of nutrient-dense dairy, meat, and seafood.

Dairy, meat, and seafood are packed with healthy fats and essential fatty acids; vitamins A, B, D, and E; and a variety of minerals (including calcium, which you should always get from food instead of supplements).

They're also loaded with protein, which can help you maintain a healthy weight *without* following restrictive fad diets that don't work anyway (at least, not for the long term).

Quick weight loss from these drastic, unhealthy diets just leads to rapid weight regain and the dreaded "yo-yo dieting," which wreaks havoc on your body.

But high-protein, low-carb, balanced eating plans (*not* diets) featuring meat, dairy, and seafood help you sensibly achieve a healthy weight, while also maintaining muscle mass and improving your heart and metabolic health.

Just make sure to choose grass-fed meat, full-fat dairy, and wild-caught seafood for the highest levels of nutrients. I recommend two 5-ounce

servings of fish per week along with 6 ounces of protein per day, and 2 to 3 daily servings of full-fat dairy.

2) Eat the rainbow at *every* meal.

Here's a practical guideline I can get behind (at least three-quarters of the way) from my old friends at the USDA. Fill half your plate with a wide variety of fruits and vegetables in the colors of the rainbow—red, orange, purple, yellow, and green.

But the key is to not just do this at dinner. You should also make sure that half of your breakfast and lunch consists of fruits or vegetables as well.

For instance, you could have a veggie omelet for breakfast, or a bowl of whole-grain, steel-cut oatmeal topped with a handful of blueberries. And for lunch, enjoy a salad topped with salmon or chicken, or beef fajitas with red onions and green and yellow peppers wrapped in an organic whole-wheat or organic corn tortilla. (For more about whole grains, see page 4.)

3) Have a daily snack of nuts or seeds.

Nuts are loaded with nutrients, including healthy fats, protein, fiber, vitamins B and E, and plenty of essential minerals. And so are seeds.

While it's true that nuts and seeds can be high in calories, you only need half a cup a day to get the health benefits. Plus, unlike sugary or processed snacks, nuts and seeds fill you up—meaning you'll eat less overall (For more, see page 8).

4) Become friends with fats.

Fats are often demonized by the mainstream medical establishment. Of course, you want to eliminate artificial trans fats, which are now restricted by the FDA anyway. But as I've written before, your body needs both saturated and unsaturated fat to function.

Fats help construct every cell membrane in your body. They also insulate brain and nerve cells so they function and signal properly. And without some fat in your diet, you can't absorb the critical fat-soluble vitamins—A, D, E, and K—from food or dietary supplements.

Plus, fats add flavor to food and provide the creamy, moist, and tender textures that help you feel full after a meal.

So don't be afraid of fat—including butter, lard, or other so-called "bad" fats. Just eat them in moderation, like everything else. A good rule of thumb is to get roughly 10 – 20 percent of your daily calories from the saturated fats in meat and dairy.

And make sure to include unsaturated fats like nuts, seeds, seafood, olive oil, and avocados. These are all key components of the Mediterranean diet, which has been linked in studies to lower risk of dementia, diabetes, cancer, heart disease, Parkinson's disease, and overall mortality.

You can also combine fats, especially when cooking. I've found that extra virgin olive oil and full-fat, grass-fed butter are excellent and tasty combos.

5) Don't forget fiber.

Fiber is very complicated and often misunderstood, as I explained in the very first issue of *Insiders' Cures* seven years ago ("Dietary fiber: cancer cure—or cause?").

Despite all of the emphasis placed on it by mainstream diet "experts," fiber isn't the be-all, end-all of nutrition. That said, fiber, which occurs naturally in fruits, vegetables, and whole grains, is certainly fundamental to diet and health.

Fiber's key role is as a prebiotic—meaning it supports the probiotics, or "good" bacteria, that naturally occur in your GI microbiome. (For more about this, see page 7). It also cuts cholesterol, improves digestion, and helps your body flush out carcinogens.

But as important as these functions are, there's no need to be hyper-focused on high-fiber foods. If you eat a balanced diet with fruits and vegetables, nuts and seeds, and legumes, you'll get all the healthy fiber you need. And you'll have the added bonus of feeling full faster, which keeps you from overeating.

6) Make your favorite restaurant "Chez Moi."

My final recommendation has to do with *where* you eat the healthy foods I just mentioned.

I love to go out for dinner, but I save it for special occasions. That's because, unlike the food I cook at home, I can't be sure if my restaurant dinner is made from processed ingredients, white flour, sugar, or other "fake" foods.

Plus, a new study found that people who ate at restaurants, cafeterias, or fast-food places had 35 percent more phthalates in their blood the next day when compared with people who ate food made at home.[2]

Phthalates are chemicals that have been linked to birth defects, hormonal issues, obesity, neurological problems, cardiovascular issues, and even cancer. They're commonly found in plastics, and researchers suspect phthalates make their way into restaurant food via ingredient packaging.

When you cook at home, you can also avoid premade sauces, mixes, and "instant" foods that contain sugar or artificial ingredients. And you can choose fresh or frozen meat, fish, and poultry instead of processed, packaged versions. Not to mention fresh or frozen vegetables and fruits, which are healthier than canned.

You can add a variety of spices (most of which function as herbal remedies

with added health benefits) to your home-cooked dishes for extra flavor.

Of course, it's difficult to prepare your own meals when traveling. One solution is to check into long-term stay locations with kitchens. Then you can prepare at least some of your own meals with food purchased from the local organic grocery store.

But whether you're at home or on the road this holiday season, don't be afraid of a slice of pumpkin pie or a glass of mulled wine. Just enjoy them in moderation—and make sure to enjoy plenty of fruits, vegetables, meat, dairy, seafood, nuts, and seeds as well. /C

How holiday baking can help reduce your risk of diabetes

It's no secret that your health improves after you cut back on carbs—including refined wheat and other grains. But holiday baking typically requires plenty of grain-based flour.

So does that mean pies, cookies, cakes and other seasonal goodies are off the menu?

Not at all—as long as you make some simple adjustments.

First of all, choose recipes that are low in sugar, or simply substitute honey or other natural sweeteners (like lo han guo or stevia) for cane sugar. And opt for whole-grain flour rather than refined white flour. It will tantalize your taste buds, and help improve your health.

In fact, a new study found that the right whole grains can actually *reduce* your risk of Type II diabetes.

The simple ingredient swaps that can lower your diabetes risk

Researchers tracked nearly 55,500 middle-aged Danish men and women for 15 years. During this time, approximately 7,400 of the participants were diagnosed with Type II diabetes.[1]

The study focused on how many whole grains—specifically, oats, rye, and wheat—the participants ate per day.

At the end of the study, the researchers found that men who ate 16 grams of whole grains a day (the equivalent of one slice of bread or half a cup of oatmeal, muesli, or pasta) had an 11 percent reduced risk of diabetes. Women had 7 percent less risk, but only when they ate whole-grain wheat and oats—not rye.

This dovetails with another study conducted in 2010 by Harvard researchers. They found that while whole grains can lower your risk of diabetes, refined grains can actually *increase* it.[2]

Researchers discovered that people who ate refined white rice had a 17 percent greater risk of diabetes. But if they ate whole-grain brown rice instead, they *lowered* their risk by 16 percent. And if they ate oats or barley instead of white rice, they reduced their risk of diabetes by a whopping 36 percent.

Why white flour is so bad for your health

So why are whole grains so much better for you than refined grains?

It all has to do with the grain "refining" process. Whole-grain kernels have three layers:

- There's a rich bran layer on the outside, packed with fiber, B vitamins, copper, iron, magnesium, zinc, and phytochemicals.
- Inside the bran layer is the endosperm, which is mainly starchy carbohydrates with only limited protein and vitamin content.
- And finally, inside the endosperm is the germ core, which is loaded with B vitamins, vitamin E, phytochemicals, and healthy essential fats.

Back in the late 19th century, after grain processing was mechanized, manufacturers got the "bright" idea to strip out the bran and germ layers, leaving only the endosperm. The result was the white, "refined" flour that's so pervasive today.

Manufacturers argued that this refined flour was an improvement because taking out the bran and germ layers makes the grain easier to digest and chew. And without the fat in the germ core, the grain is less likely to spoil—which means bread and other products can stay on the shelf longer.

But what this supposedly innovative refining technique *really* did was strip out almost all of the nutrients in the whole grain, leaving just the unhealthy endosperm part.

That's why it's important to only buy 100 percent whole-grain flour when you're baking. And don't be fooled by products that say "made with whole grains." Most times, that means only a tiny amount of nutritious whole-

grain flour is mixed in with a bunch of unhealthy refined flour.

Make sure you choose the right whole grains

As I've reported before, whole grains have other health benefits beyond diabetes prevention.

A variety of studies show they can help reduce blood pressure and lower risk of heart disease. And the fibers and other bioactive substances found in whole grains can positively influence the GI microbiome—which has a big impact on all aspects of your health.

But when buying whole grains, make sure to choose organic products. As I discussed in the October 2017 *Insiders' Cures* ("Revealed: Poison in your pasta"), the USDA reported that 45 percent of the country's conventionally grown durum wheat acreage in 2012 contained glyphosate—the toxic chemical used in herbicides like Roundup.

And, sadly, we know that percentage has only increased in subsequent years. But you can protect yourself by choosing flour made with organic wheat, which by law can't be sprayed with any chemical pesticides or herbicides.

So this holiday season, the kids and grandkids don't have to fret—dessert will still be on the menu. Just be sure to do your baking with organic, whole-grain flour. And, of course, indulge in moderation—as I recommend for almost everything in life.

BREAKING: New research shows dietary supplements may actually cure heart disease

I always advise you to take a dietary supplement for at least two months to garner the most benefits. And there's good reason for that…

When you take a drug, it's like hitting a nail on the head with a hammer. Your body immediately absorbs the drug, and you get all of its effects, intended and not intended, right away.

Dietary supplements, on the other hand, are more like screwdrivers—gently and gradually moving your body back into a state of health.

We know that supplements need time to take effect because they're actually correcting underlying problems and helping your body heal from disease—unlike drugs, which are simply masking the symptoms.

But what happens after you've slowly accumulated the benefits of dietary supplements?

An exciting new study shows that the healing ability of supplements may persist for many years—even *after* you stop taking them.

Meaning that we may have actually discovered how dietary supplements can *cure* disease!

CoQ10 and selenium cut cardiovascular mortality by 40 percent

Swedish researchers gathered 443 healthy men and women, with an average age of 78, and divided them into two groups. One group got a placebo, and the other group took 200 mg of CoQ10 and 200 mcg of selenium per day.[1]

This regimen lasted for four years, and then the researchers tracked each participant for another eight years.

At the end of the study, there were 181 participants (some died and some decided not to complete the study). The researchers found cardiovascular mortality for the supplement group was 28 percent, compared with 39 percent in the placebo group.

In other words, the group that took the CoQ10 and selenium (which have been shown in other studies to be cardioprotective) had 40 percent less risk of dying from cardiovascular disease than the placebo group.

The researchers also found that women had even less risk than men, perhaps because the women had lower CoQ10 levels to start with.

Supplements continue to work even after you stop taking them

That finding is impressive enough. But here's what really caught my eye.

The researchers found that *eight years* after they stopped taking the CoQ10 and selenium, the participants *continued* to have a 40 percent lower risk of cardiovascular disease compared to participants who had not taken the supplements.

And this risk reduction persisted among study participants with well-known cardiac risk factors associated with coronary heart disease, diabetes, or high blood pressure.

Let me repeat that.

The selenium and CoQ10 continued to have protective effects for the study participants *almost a decade after they stopped taking the supplements.*

So CoQ10 and selenium actually

sound like a lifetime cure for heart disease—not just another treatment to "manage" your medical condition.

Why you should believe this study

Of course, this is just one study. But there are several reasons why I find the conclusions to be valid.

First, the statistical significance of these effects was striking, with the most impressive "*p value*" I've seen in a study (the p value tells us how significant the findings are).

It's worth noting that 443 participants is a good amount for a clinical trial (even if it isn't the thousands of people we see in the big, expensive studies that get all the attention). Usually, the more people in a study, the better the p value. But in this case, the p value was HUGE, despite not having really large numbers of participants. That means the effect was very real.

Second, the combo of CoQ10 and selenium taken for only four years actually reduced cardiovascular mortality (a definitive outcome) 12 years after the study finished—so the results are remarkably significant and persistent.

Third, this simple treatment also worked for participants who began the study with diabetes, heart disease, high blood pressure, or serious cardiac impairment, alone or in combination.

And fourth, the difference between the supplement group and the placebo group got bigger as the study progressed—meaning the magnitude of the supplement benefits continued to increase over time.

Simply correcting a nutrient deficiency could stop heart disease

Part of the fascination of this study comes from the finding that most people are deficient in CoQ10 and selenium to begin with. So by correcting a simple dietary deficiency, you can actually permanently reverse the nation's No. 1 killer.

If any drug trial had this kind of statistical significance, it would have sent the mainstream screaming in the headlines. But, of course, no drug has ever been able to do *anything* like this in history…

After all, have you ever heard of a "miracle" drug you can take for four years, then stop, only to continue benefiting from its amazing effects eight years later?

Instead, with a chronic condition like heart disease, you're sentenced to a lifetime of toxic drugs to "manage" your condition, because doctors can't really cure it. And even worse, they want you to take toxic (and useless) drugs like statins to manage so-called risk factors like high cholesterol.

By contrast, we know dietary supplements are working because the same nutrients that *prevent* disease also *reverse* disease. And now we know that, because they continue working long after you stop taking them, they can actually *cure* disease.

WARNING: New research shows probiotic supplements may be doing more harm than good

There's a lot of confusion about probiotics. And a lot more myth than science being spread by the natural products industry and practitioners who really ought to know better.

Probiotics are the "good" bacteria that live in your gastrointestinal tract (the microbiome). These micro-organisms are tiny but mighty—and essential to your overall health. Probiotics offer a wide array of benefits—from boosting your immunity, to improving your digestion, and even protecting against Alzheimer's disease.

And mounds of research show that you can support and even increase your body's natural supply of probiotics with certain foods (which I'll talk more about in a moment).

But first, I want to clear up a major misconception. I've noticed that ever since probiotics became such a "hot topic" in today's health market, this hype has led to lots of misinformation. Mainly, many people have been led to believe that probiotic supplements are just as—if not more so—effective than food.

In fact, in a survey conducted in 2017, 61 percent of the healthcare providers at the Stanford Medical Center recommended probiotic supplements to their patients.[1]

I've always questioned the basic biology and premise behind probiotic supplements. And so have other scientists. In fact, plenty of research shows that probiotic supplements simply aren't effective.

And new research shows they may actually be *dangerous* for your health.

Rethinking probiotic supplements after antibiotics

This study, from Israel, found that the common practice of taking probiotic supplements during or after a course

of antibiotics isn't only ineffective, but may actually be unsafe.[2]

As I've mentioned before, antibiotics attack *all* bacteria in your body, including the "good" probiotic bacteria. So after you take antibiotics, your body has to restore its probiotic levels. The Israeli researchers decided to find out if taking probiotic supplements is the best way to do that.

They gave 21 volunteers a course of antibiotics and then split the people into three groups. One group took a probiotic supplement. Another group received a transplant of their own probiotic-rich feces that was collected before they took the antibiotics. And the final group did nothing, letting their GI microbiomes recover on their own.

The researchers found that for the fecal transplant group and the group that did nothing, microbiomes returned to normal within days. But the group that took probiotic supplements had to wait *months* for their microbiomes to be restored back to normal.

The researchers concluded that "contrary to the current dogma that probiotics are harmless and benefit everyone, these results reveal a new potential adverse effect of probiotic use with antibiotics that might even bring long-term consequences."

Probiotic supplements are ineffective for the majority of people

The Israeli researchers also conducted a companion study in which they analyzed how effective probiotic supplements are at colonizing and boosting the microbiome.[3]

Other studies have tackled this topic, but they've only looked at probiotic content in stool samples—which doesn't show if the probiotics are actually working in the upper GI tract.

In this study, researchers extracted samples from the digestive tracts of 19 study participants before and after they were given supplements containing the most common strains of probiotics.

The results illustrated what I've been talking about for years. Only eight of the study participants (42 percent) had any notable evidence that the probiotic supplements they took had colonized in their guts. And of those eight people, only three had what the researchers called "significant colonization."

In other words, this study shows that most people's normal digestive tracts prevent standard probiotic supplements from *even taking hold*.

The researchers believe this may be because some people's immune systems actually fight the bacteria commonly found in probiotic supplements. That's because everyone's microbiome is different..

The *right* way to support your microbiome

The basic problem with probiotic supplements is that they're designed to replace or restore probiotics in your GI tract. But as we've learned from these studies, they can't even do that simple task.

The better, more effective option is to support the probiotics that naturally occur in your gut—with foods and organisms known as "prebiotics."

Prebiotics fall into three categories. The first includes "active" foods that contain actual probiotic bacteria—including cheese (think cottage cheese, cheddar, parmesan, and soft, fermented types like Gouda); yogurt; and fermented vegetables like sauerkraut, tempeh, kimchi, and pickles.

Secondly, there are foods that contain fiber, which is nature's prebiotic. These prebiotic foods include garlic, onions, asparagus, bananas, apples, flaxseed, barley, oats, and wheat bran.

The third includes certain herbs that are highly effective for microbiome health.

As I've written before, these potent herbal remedies go to work directly in the GI tract—influencing the GI-brain-body connections *before* being absorbed into the bloodstream. It's a new scientific concept I call "**biome-availability**."

The herb that can increase your probiotic diversity

One of the most effective of these "biome-available" herbs is turmeric, and its active ingredient curcumin. In fact, results from a new clinical trial show that curcumin actually has a prebiotic-like effect in the GI mirobiome.[4]

The researchers gathered 32 healthy adults and analyzed the DNA sequencing on their microbiomes. Results showed that the study participants had between 172 and 325 bacterial species in their guts.

The researchers then gave the participants either placebo tablets or tablets containing curcumin (from turmeric) and piperine (from black pepper). After eight weeks of this regimen, the researchers analyzed the

Your healthy microbiome checklist

The following foods and herbs can help support the probiotic bacteria already present in your GI tract.

- Apples
- Asparagus
- Bananas
- Black pepper
- Barley
- Cheese
- Flaxseed
- Garlic
- Kimchi
- Oats (whole grain)
- Onions
- Pickles
- Sauerkraut
- Tempeh
- Turmeric
- Wheat bran
- Yogurt

participant's microbiomes again.

They discovered that the curcumin/piperine group had a 7 percent increase in the diversity of bacteria in their GI tracts. But the placebo group had a 15 percent *decrease* in diversity. That's a 22 percent difference. The researchers described curcumin's effect on the GI microbiome as "prebiotic-like."

Your microbiome is individual—just like you

What these studies teach us is that when it comes to your microbiome health, the whole concept of a "standard" probiotic supplement is non-existent—because there is no such thing as a "standard" microbiome. Instead, it's much more effective to eat foods and take herbal dietary supplements that act as *prebiotics*, supporting your body's own individual GI probiotics.

It all goes back to what I always recommend: A balanced diet with whole foods, partnered with dietary supplements, is almost always going to keep you healthier than popping a "one-size-fits-all" pill.

This decorative holiday snack "cracks the code" to lower blood sugar

This time of year, nutcrackers aren't just for making "suite" music.

Using your holiday nutcracker for its intended purpose will yield big benefits for your health. In fact, nuts should be part of your diet year-round. They're chock full of essential fatty acids, vitamins, and minerals.

Studies show just a handful of nuts a day can help lower your risk of dementia, diabetes, heart disease, and more. And now there's new research showing that nuts can also significantly reduce blood sugar levels.

Nuts are No. 1 for heart health

Canadian researchers observed 117 men and women, with an average age of 62 and Type II diabetes. The participants were divided into three groups, and each group followed a specific diet for three months:

- Group 1 consumed half a cup of tree nuts (almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts) as well as peanuts every day.
- Group 2 consumed a quarter cup of these nuts, along with 1.5 whole-wheat muffins daily.
- Group 3 ate three whole wheat-muffins per day, and no nuts.

All participants consumed about the same amount of total calories, but tests showed those groups who ate nuts absorbed more fats and fewer carbs.

Group 1 (the full-dose nut group) also had a significant reduction in hemoglobin A1C (a long-term measure of blood sugar), and LDL "bad" cholesterol.

Why nuts aren't junk food

This nut study busts a lot of myths. First of all, mainstream doctors once considered nuts "junk food" because they're relatively high in fat and calories. But this study shows that the higher *healthy* fats in nuts lead to lower blood sugar and cholesterol, thus reducing the risk of heart disease.

Another myth is that peanuts aren't as healthy as more costly tree nuts (feeding the narrative that healthy diets are too expensive). But here's another study showing peanuts are just as effective as any other nut for your health.

Finally, eating a whopping three servings of whole-wheat muffins a day made no difference in the study participants' blood sugar and cholesterol levels.

The big food manufacturers, in league with their crony corporatist co-dependents in mainstream medicine, want us to believe that eating a bunch of wheat is somehow "heart healthy."

The truth, as I note on page 5, is that whole grain wheat can be good for your heart in moderation—meaning one serving a day. But too many carbs aren't healthy for your heart, or any other part of your body for that matter. Anyone who wants you to think that eating more carbs is a good idea is "nuts," according to the science.

In fact, the study researchers actually recommend that nuts be substituted for carbohydrate-rich foods. For example, you can find delicious nut-based crackers, instead of eating wheat- and grain-based crackers.

So make sure your diet is "chock full of nuts." But stay away from those kinds with artificial ingredients—especially sugar. Instead, buy raw nuts and spice them up with paprika, black pepper, and other tasty, natural flavors.

You'll reap the benefits of these healthy spices as well. Not to mention, spiced nuts make for a delightful, and nutritious, holiday gift.

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