

# With what shall we season our foods?

**Sugar and Spice and Everything Nice. But not All spices are created equal or nice.**



Maggi Cubes are filled with flavors including monosodium glutamate (MSG)



Aji -is it any good even though it makes everything taste good?



Aji is pure monosodium glutamate-MSG

# The dangers of MSG. What is it?

Glutamate as msg is added to many foods as a taste enhancer. It is the active ingredient in a sea weed called kombu. This active ingredient is mass produced and added to many foods under the names such as:

1. Natural flavoring
2. Texturized and hydrolyzed protein
3. Yeast extract
4. Stock flavoring
5. Sodium caseinate
6. Natural flavoring
7. Aspartame and Nutrasweet

What's wrong with it.? Well it causes over excitation of nerve cells, and leads them to burn out. This leads to dementia, Alzheimer's, ALS, Parkinsons and other such degenerative diseases.

# Cinnamon Spice. Is it really as wonderful as they say?



First of all cinnamon accumulates in the body, and causes toxicity.

The oils in cinnamon also cause uterine contractions, as such it is a danger for pregnant women.

Coumarin, one of the substances found in cinnamon causes liver poisoning.

Eugenol another pungent substance found in this spice has been shown to be cytotoxic and possibly genotoxic.

Cinnamon oil irritates skin lining, and the gastro intestinal lining. It produces a burning effect. With repeated use such spices cause ulcers.

There are safer herbs for diabetics like fenugreek, and replacements for flavoring foods

# Cloves-it smells so good, but...

Clove oil, also called **eugenol** is toxic to the liver and nervous system. It is reasonably anticipated to be a human carcinogen(cancer causing agent).

It seems we had better leave this as an insecticide. If you rub clove oil on your knees, it burns hot. If you ingest it it burns hot. You don't need that kinda heat internally.



# Nutmegs-Poison or Spice.



Nutmeg contains *Myristicin*. This chemical breaks down mucus barriers in the stomach and bowel. It causes hallucinations, and may depress or irritate central nervous system. As such it may cause heart burn, headaches etc. Check out the article by Deborah Blum in November 25,2014 in the NEW YORK TIMES

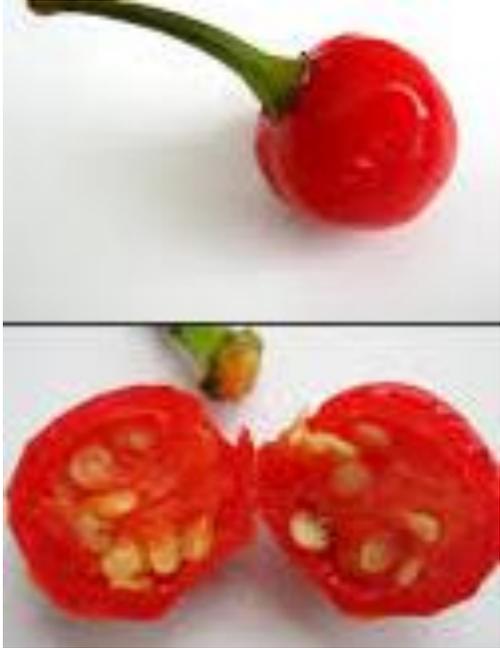
# Black Pepper. We put it in everything, but should we really??????

From the piper nigrum fruit. The very spicy nature of this food cause gastrointestinal irritation.

Could it be that when we think we are allergic to a certain food, that its not the food, but the spices that are the problem.??



# Red Peppers and Hot Peppers



Well what about hot peppers and sweet peppers. Well as a rule use them all in moderation, yes even sweet peppers that contain minute amounts of nicotinic acid, especially if you have arthritic trouble of any kind.

Hot peppers come in varying classifications of capsicum. Capsicum annum and frutescens (which is of itself considered of the variety annum) includes sweet peppers, cayenne, some chillis etc. These are the safest of the peppers, but moderation is the key even with these.

Some of them I would recommend in case of certain illnesses.



# Vinegar-Pickled cucumbers, mangoes, onions and stomachs too!

- ▶ Vinegar contains large amounts acetic acid. It is made by converting alcohol into acetic acid. It is very irritating to the gastro intestinal mucosa, and will cause indigestion and heartburn. It is used as an industrial agent and is far better used as a cleaning agent than a food condiment.
- ▶ So what about apple cider vinegar? It contains malic acid, a naturally occurring acid in some fruits. Far better for us to eat the fruits than to drink this vinegar. But it also contains acetic acid, the acid found in common vinegars which is a pickler.
  - ▶ 1. It is a product of fermentation
  - ▶ 2.it is very acidic, and tends to cause tooth enamel erosion
  - ▶ It causes throat and stomach irritation
  - ▶ It is like regular vinegar with all the harmful effects plus some good ingredients. Why don't we dispense with the bad and just eat the apples.
- ▶ Conclusion stay away from vinegar. Use lime or lemon juice, it will work just the same.

# Safe Herbs

- ▶ Basil
- ▶ Dill Seed
- ▶ Marjoram
- ▶ Paprika
- ▶ Saffron
- ▶ Tarragon
- ▶ Anise
- ▶ Coriander
- ▶ Bay leaf
- ▶ Bay leaf
- ▶ Fennel Seed
- ▶ Mint
- ▶ Parsley
- ▶ Sage
- ▶ Oregano
- ▶ Star anise
- ▶ Cumin
- ▶ Culantro
- ▶ Coriander
- ▶ Garlic
- ▶ Onion
- ▶ Rosemary
- ▶ Thyme
- ▶ Cilantros
- ▶ Cardamom
- ▶ Turmeric
- ▶ Lemon grass

Food prepared with condiments and spices inflames the stomach, corrupts the blood, and paves the way to stronger stimulants. Pg 145 CCh104.3

In this fast age, the less exciting the food, the better. Condiments are injurious in their nature. Mustard, pepper, spices, pickles and other things of like character, irritate the stomach and make the blood feverish and impure. The inflamed condition of the drunkard's stomach is often pictured as illustrating the effects of alcoholic liquors. A similarly inflamed condition is produced by the use of irritating condiments. Soon ordinary food does not satisfy the appetite. The system feels a want, a craving, for something more stimulating...the blood becomes fevered, the animal propensities are aroused, while the moral and intellectual powers are weakened and become servants to the baser passions. Pg 389-391 CCh223.7

- ▶ [www.Livestrong.com](http://www.Livestrong.com)
- ▶ WebMd
- ▶ [www.reference.com](http://www.reference.com)
- ▶ Nutrition fro Vegetarians by Dr Agatha Thrash
- ▶ Wikipedia
- ▶ [www.naturalnews.com](http://www.naturalnews.com)
- ▶ Excitotoxins the taste that kills by Dr Russel Blaylock