*The following information is to help you identify and understand why certain common foods accelerate tissue degeneration, the aging process, and death. It is for educational purposes only, and is **not** intended to be used in an attempt to cure any illness or disease process--these should be treated by a licensed medical professional in **all** instances.*

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You Can Live Longer With "The Clever Diet"

by Charles H. Clever, Registered Nurse

How youthful their complexion is! I think, whenever I see either of two middle-age women in this community. They are aging gracefully with faces free of wrinkles and skin like an adolescent. Undoubtedly they did not, like me, spend their younger years tanning at the pool, but my curiosity led me to inquire of their diets. No magic hormone treatments, mud packs, skin burns, face lifts, or external creams; these ladies have, from childhood and quite by accident, protected themselves internally by excluding certain foods common in our culture that science knows will damage every part of your body. If a doctor examined their internal organs, they would be as healthy as their skin (skin is called the ***integumentary system*** and is your largest organ). Just the opposite is true of some cultures where coronary artery disease may be masked by high physical activity in the men, more so than the women, but damaging foods in their diet cause epidemic diabetes and other diseases. They eat more of these foods, so age sooner and die much younger, often before reaching middle age. What I have learned from study and experience may actually enhance the quality of your life. These little-known principles are ***free, easy to apply, and are backed by sound scientific evidence***.

It is a proven fact that certain popular foods actually destroy us. Altered molecules actively rip up the linings of our blood veins,

capillaries, and organ tissue. Heart attacks are fatal and that is why they get more publicity, but damage is ***not*** limited to the circulatory system.

In the early 1980s, a professor of nutrition spoke to our class about a certain scientific experiment that proved pancakes can cause heart disease. This instructor is no fool, and the study sounded interesting. At my request his office furnished photocopies from his library for my personal study. The results heavily conflicted with what we were then being taught. Its details are firmly imbedded in my psyche, and by applying principles of that study, and simple logic, I have been rewarded with exceptionally clean coronary arteries--that means my other organs are also healthy.

"Too late smart?" I don't think so, that is, if you have retained good study habits and enough intelligence to absorb this information. As you read, keep in mind that even if you are older, applying the principles you are learning will normalize aging. Some existing damage may reverse, and this could very well increase your total health, because good blood circulation actually lowers ones risk of cancer and slows vital organ degeneration.

Let me state it this way: Pathogens (germs) may infrequently cause systematic or specific organ damage, but renegade molecules wear away your entire system on a regular basis. Researchers are studying cell death and replacement, and have predicted an extended life of about 300 years; yet, if everyone was given eternal life today, that is, cells that replicate throughout eternity, the majority would not enjoy an extended life-span because they have unwittingly committed suicide on the "installment plan." Now, let us study the scientific experiments.

The Research Begins

The clinical study began over 50 years ago when a researcher raised chickens and added pure cholesterol to their feed to determine if dietary cholesterol caused artery-blocking deposits called atherosclerosis. At maturity the chickens were sacrificed and their arteries examined--***they showed no damage***. The experiment was duplicated and the second group had ***extensive damage*** to their circulatory system. The results

were published even though the different outcomes were a mystery.

Knowledge has increased, and about a decade later Dr. Denham Harman, PhD., offered what is known as the *Free Radical Theory of Aging*. Working in harmony with Shell Oil Research Laboratory and a prominent university, they conducted a similar experiment. They believed the second chickens were fed cholesterol that aged during storage and developed damaging free radicals. A free-radical ion steals electrons from another molecule and this starts a "stealing" chain reaction, and like tumbling dominoes, it leaves tissue scarred or dysfunctional (see Appendix 1)

In their study, monkeys were chosen because their diets approximate ours; in addition, rabbits never eat cholesterol, so their un-scarred artery walls provided "virgin" tissue for this experiment. Cholesterol was fed or injected intravenously in about 1/200th part of human serum levels, and the specimens were sacrificed and examined between 24 and 48 hours of ingestion. The microscopist was given a strict criteria on how much damage constituted cell-death; and he did not know which tissue sample was the no-cholesterol control, or had contacted the old or new cholesterol.

The study showed ***no damage*** to the no-cholesterol control or veins contacting the **fresh** cholesterol, but the oxidized (old) cholesterol samples experienced ***extensive surface eruptions*** and cholesterol products were visibly ***clinging to the traumatized endothelium*** (inner lining of the blood vessel). Fibrin (blood clots) attempted to repair the damage and was seen forming over the injured areas. Microscope slides showed vascular endothelium that resembled a B-52 bombing zone--all this from just one ingestion.

Then foods common in the American diet were placed in contact with cultured human aorta tissue and the destructive properties of each classified according to the degree of tissue mortality. Damage-causing foods included aged animal fats; several types of cheeses such as provolone and Parmesan; and powdered eggs found in an ***infant formula***, pancakes and custard mixes. Sharp cheeses proved toxic while fresh varieties did not oxidize and cause damage until after a one-week exposure to room temperatures. Keep that point in mind--unrefrigerated

cholesterol in the presence of oxygen becomes toxic very rapidly; but, depending on the duration and temperature, more slowly under refrigeration. As you probably know, this same principle also applies to spoiled nutrients like moldy walnuts--food should be consumed fresh and discarded when decayed.

Applying These Principles--The Clever Diet

The multi-page study convinced me! I have a history of heart disease on both my father's and mother's side (see Appendix 2). In college nutrition class we learned that the average American's coronary arteries are about 60 percent obstructed at age 65. For each risk factor, that 60 percent obstruction occurs about ten years earlier. With my familial risks, sedative employment with irregular sleep, high-fat diet and heavy smoking, I should have had greater than 60 percent obstruction at age 35--I was over half-way to a fatal heart attack. Even though my lifestyle changed, today, in retirement, I should have been suffering from angina (chest pain), debilitation, or dead from damaged heart muscles; instead, I am attending funerals of friends and relatives in my age group or younger.

At age 40 I began to carefully read labels and eliminated oxidized cholesterol from my diet. In addition, I rejected popular dietary guidelines and continued to eat between eight to 14 fresh eggs each week, and used ***fresh*** cheeses, which are about 30 percent fat (Saturated fats are now proven to be beneficial. (*The Great Cholesterol Myth.* Bowden, Sinatra, Fair Winds Press, 2012). Wanting to know if the "oxidized cholesterol" study was valid, I was, in effect, making myself a human laboratory specimen. Meanwhile, ***no*** cheese crackers, chips, curls, puffs; Roquefort or blue cheese salad dressings; or anything else with "old" animal fats, whole powdered eggs, or aged (sharp) or dried cheese, were allowed in my diet. When eating a cheese of unknown age, it was discontinued if it caused my mouth to feel raw. I knew that oxidized components develop "free radicals", and like a chemical weed-eater, they cause cuts and tears in artery lining. At age 33 I abandoned tobacco (a proven killer); alcoholic beverages, and flesh foods--

eliminating meat is known to lower ones cancer risk (T. Colin Campbell. *WHOLE*. 2013).

A physician friend used me as an example during a health lecture. He has known my health routine for decades and told the group I was twenty years younger than my actual age. Living right pays off and I should live much longer than others on retirement.

Let me inject a though on cancer. We are exposed to many carcinogens--elements that cause cancer. It may be aflotoxin, a byproduct of moldy foods, viral assaults like hepatitis B, radon gas that seeps through the ground, benzopyrene or seared meat that causes mutations, industrial gasses; aspargine (formed from heating carbohydrates over 250 F). And let us not forget side-stream tobacco smoke, automotive exhaust, or chemicals emitted by your neighbors burning trash.

Research shows that high levels of carcinogens are less causative of cancer with low levels of dietary animal proteins, like casein from milk (*Ibid*). Let me explain it this way: Research shows that small levels of carcinogens cause mutations in diets high in animal proteins whereas even larger doses of carcinogens may not cause cancer where large levels of dietary vegetable proteins were substituted for animal protein.

We might awkwardly state that animal proteins react with carcinogens and our tissue in a manner to allow them to operate. This is discussed in greater detail in *The China Study* by Colin Campbell (pp 43-67). If you must use animal products, keep your servings small with the goal of a total plant-based diet using foods like whole grains, beans, nuts, broccoli and spinach for protein sources

"A beer a day keeps the doctor away!" Don't be fooled--you don't need it! Pathologists now classify alcohol as a toxin. Doctors do not recommend it as a health food even though it does have a small anticoagulant property. Alcohol is a lipid solvent and, just like a detergent breaks down fats (lipids), it emulsifies cell walls (lipid bilayers)--that is how it kills bacteria. Alcohol adversely affects every cell in the body; in fact, during one medical procedure, it is injected into the heart to eliminate abnormal tissue. Senior citizens should not even drink one glass a day--it further enlarges the heart's left ventricle

establishing an irregular heart rhythm (Framingham study).

A smaller percentage of a wine-drinking French population die of heart attacks because an abnormal number dies of cancers of the pancreas and intestines. We know the major protection-factor in some alcoholic beverages is flavonoids. They tend to neutralize harmful oxides of fats, cholesterol, and fat-related compounds; and are reported to keep the blood thin and lower the risk of heart disease and cancer. These are also found in black tea (make tea from Jamica or hibiscus petals), fruits and vegetables, chocolate, mulberries, peanuts, etc. Grape juice is not as effective as wine because the flavonoids leach from the skins during fermenting; so, to get the benefit, eat the grapes whole, and buy non-alcohol red wines. If you are high risk, you doctor may advise you to take a baby aspirin every day--this economically thins the blood and does not have the tissue-emulsifying effects of alcohol. But beware that increased levels of aspirin has been implemented in kidney failure, gastrointestinal and digestive disorders, as well as colon and pancreatic cancers.

It also seems that God has color-coded our fruits and vegetables. For example, green usually means more iron and minerals whereas yellow to red means more antioxidants--they neutralize free radicals that damage tissue and accelerate aging. One example is to compare a green bell pepper to a red one, there is a ten-fold increase in antioxidants in the red--we attempt to include tomatoes, mangos, oranges, watermelon, *etcetera*, in our diet.

There is a limit to how many oxides antioxidants can neutralize. Let me suggest a variable you could call the *neutralizing threshold*. This variable is determined by the type and amount of antioxidants present and the production of free radicals in tissue. It is safe to assume that when you work or exercise at low levels those aberrant molecules are safely neutralized. But when physical activity makes you breathe rapidly and perspire, this excessive metabolism causes aberrant molecules and resulting inflammation. You are exceeding this threshold and wearing away life forces—and this accelerates aging. A better way to prolong life is eat prudently and reduce dietary calories rather than over-eating

and later burning those excess calories through stressful exercise. Scientists call eating less often intermittent fasting—eat only what you need, don't snack between meals, and allow the stomach to rest between meals and you will live longer.

Do not listen to health enthusiasts that say "No pain no gain", or "Run for your life and live longer." Activity is important in an emergency, but exercise and work slowly, maybe five to seven seconds for each stroke of resistance routines. In air-conditioned gymnasiums, I usually do not wear skimpy gym outfits but exercise in street clothes because I burn calories slowly. Only do fast repetitions or aerobics for brief warm-up or sprint episodes, and attempt this in a cool environment, letting your metabolism stabilize between routines. If you must do strenuous exercises, enthusiasts use super-antioxidants, like 10mg of astaxanthin, a few hours before the routine.

Of course, be certain to ask your doctor before doing any exercise regimen and he may recommend more strenuous exercises if you are attempting to reverse occluded arteries. But notwithstanding this, remember to live prudently now and be like turtles who never take taxis but are physically active in moderation and still live longer than bounding rabbits; or like Tibetan monks, who eat properly, are moderately active, and live longer than Hong Kong coolies.

In developed countries heart disease is the number one killer, followed by cancer, then stroke. This is also true in my family--they die from heart disease, and if they smoked, then cancer may kill them first. They died, not of old age, but from improper health practices. This was not true of my grandfather, Dr. Roy Huntley Chapin, a retired dentist. His sickly childhood kept him near death, and prompted him to adopt good living habits to the best of his education. Taking a multi-vitamin every day, and eating quality foods like whole grain rice, cereals and breads, he remained active and lived to 95. Dr. Chapin was not as knowledgeable as we are today, and had he avoided free radicals and animal proteins, he could have lived longer. That is my goal--I want to live my life to its fullest, ***and this is my goal for you, too.*** Top world scientists have published a bold consensus that the maximum life

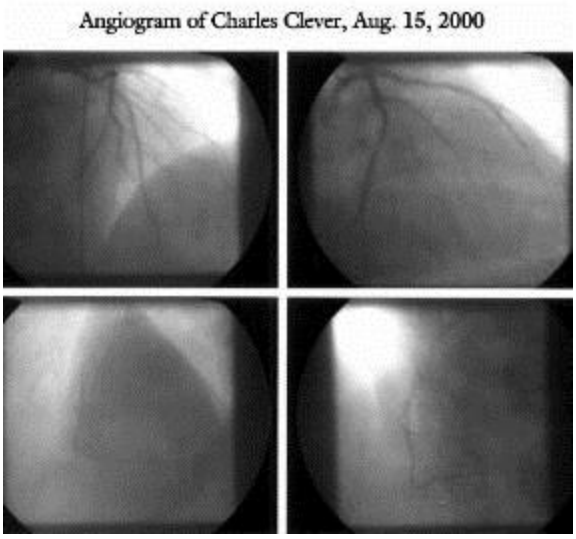
expectancy for this century will increase about ten years to 83 for men and 86 for women, and that is if we eliminate Heart disease, Alzheimer's, diabetes, and other wasting diseases. They have included in this calculation ***what they consider*** the normal aging of the body--something ***they think you can not defeat***.

I do not believe scientists have awakened to the reality that we age faster because ***dietary*** free radicals accelerate the aging process. I have vegetarian friends that have already beat their figures by about 10 years, and some are not life-long vegetarians, and they all use some eggs and cheese.

Presently we are born with cells that can replace themselves about 50 times. If you do not damage the cells you have, these will obviously live longer. When a free-radical kills a cell, an adjacent cell must divide and replace it--that cell just used one of its 50 divisions. Also, antioxidants, exercise, and proper nutrition will promote efficient cell function and can slow metabolic tissue degeneration to prolong cell life.

Does this make sense to you? Some things are too good to hide and people are searching for greater truth. That is why this study is published on the Internet ***free*** (www.revelado.org/clever-diet.htm), so those who desire to live wisely can benefit from it. By applying these insights in your diet, you can add many productive years to your life, and of course, raising your children to right principles is best for them. I have included additional thoughts in the Appendix, but it is not within the scope of this article to thoroughly discuss what we have done, for example, to have ultrasound bone density measurements that match that of young adults (see Appendix 7). Preventing osteoporosis is just one essential part in our longevity quest. It would take an entire book to discuss all aspects of complete health, but this topic is the most important--we are discussing America's ***number one killer***, heart disease, and one of several reasons for organ degeneration and accelerated aging, so let us learn the outcome of my self-conducted experiment of consuming "fresh" cholesterol while excluding the "old."

The Outcome


Angiogram of Charles Clever, Aug. 15, 2000

I knew any old artery deposits should still be present, and if these became worse, the occlusions could increase to a risky 95 percent or greater. For safety reasons I took ***anticoagulants*** during this 15-year experiment, gradually increasing the doses as the years progressed--this was to protect against clot formation and cardiac infarction. Meanwhile, I watched for symptoms of angina (chest pain with exertion) that would tell me to stop the "test-diet." I had devised a plan before, and researched chelation therapy and considered adopting an "extreme" total-vegetarian diet to reverse any damages; all this planning proved unnecessary. To study the results after 15 years of this selective diet, I submitted to cardiac work-ups that included a carotid artery ultrasound and angiogram at my expense.

The results even amazed me! At age 60, I had absolutely ***no blockages***; in fact, my arteries were as clean as that of an adolescent. The doctor's thorough examination revealed no damage and any "old" deposits were not visible. This is remarkable because my artery walls should be scarred and have occlusions from many years of heavy smoking and other abuses (tobacco smoke is another oxidized compound).

Late-stage atherosclerosis can lead to the death of blood vessels--this is called atheronecrosis. Artery mortality is not limited to coronary arteries, but can effect every system in your body because harmful components enter the blood through the digestive organs; they then pass through the portal system to the liver, then to the heart, lungs, and on to other organs. Adverse effects of atheronecrosis is similar to damage caused by pathogens, and may range from vascular dementia to diabetes. Your optometrist can easily view plaque formations in your eye's retina-

-how important it is to maintain an uncompromised circulatory system. An optometrist recently gave me a positive report and, after I read the smallest line on his chart, said to me: "No one is supposed to read that!" He then asked: "What do you eat?"--and classified me with vision corrected to 20/15.

Scientific Understanding is Increasing

Astounded by the positive angiogram, I headed for the college library to see what advances science has made in over two decades since I started this experiment. "***Certainly we are more knowledgeable today***", I thought. Well, yes! And no! To avoid censure, physicians usually teach popular theories, so do not expect the majority to advocate eliminating these foods; but knowledge has increased, and many scientists will not demean the elimination of certain oxides because they are more knowledgeable about this subject.

In addition to oxidized components traumatizing arteries, capillaries and other tissue, it has been demonstrated that LDL cholesterol must be oxidized before it can cling to artery walls (Quinn, et. al., ***Proceedings of the National Academy of Sciences of the United States of America***, Vol. 84, No. 9. (May 1, 1987), pp. 2995-2998). This explains why the previous studies showed oxidized cholesterol components clinging to the damaged endothelium while "fresh" cholesterol did not adhere. We have been told for decades that eggs are high in cholesterol and cause atherosclerosis, yet now we know "fresh" cholesterol does not 'stick.'" This phenomenon caused one group to probe deeper into dietary cholesterol, as reported in an article published in the ***American Journal of the American Medical Association*** (April, 1999). Dr. Meir Stampfer emphasized that subjects eating seven to 14 ***fresh*** eggs a week had ***no higher heart attacks*** than those consuming less than one. Eggs obtained from healthy chickens are extremely nutritious and beneficial cooked; or, if blended raw** in a fruit malt. Make it with blended flax seed, 2 tbsp cottage cheese made from pasteurized milk, and served two or three times a day, would add needed elements for a wasting patient (**see Appendix 3).

Science knows oxidation, the "aging" of the body through metabolism, cholesterol, and fat-related compounds, eventually occurs within your arteries Vitamin and mineral supplements, including antioxidants, should prove very beneficial when taken ***in reasonable levels*** for many years ***before*** the onset of disease, but avoid mega-doses of vitamins as it can cause problems. Farmers use “mega-nutrient” fertilizers but trace minerals are not replaced so fruits and vegetables may be lacking in macro and micro-nutrients your body needs. Many studies during the past 25 years has already shown that a natural vegetarian diet, high in fresh fruits and vegetables, is beneficial in preventing heart disease and cancer. This allows one to live a longer and higher quality life.

Out With the Old, In With the New

You may happen to be an individual whose genetic makeup causes an abnormally high cholesterol level. A method to help protect your system is to accelerate the turnover of cholesterol in the blood stream. This occurs naturally in people with diets high in vegetables and fruits--they tend to have a lower risk-factor. Research has identified pectin, a water-soluble fiber, as a magic wand to achieve this "turnover."

A constituent of many foods, pectin is used in making jelly. It is found high in many fruits and vegetables, and especially high in oat bran and the skins of apples. Pectin changes the digestive process to retard the digestion of oil. Your system senses that oil is not being digested and increases the flow of liver bile, which is similar to a detergent, to break down more oil. Your liver notices a corresponding shortage of "detergent", and "vacuums" cholesterol from the blood to manufacture more bile. This "out with the old and in with the new" process increases the turnover of cholesterol and may help eliminate the "old" before it oxidizes. Be careful, though, some beneficial oil-soluble vitamins may remain undigested, too, so do not go to extremes with an "oatmeal diet" (Appendix 4).

Another factor effecting cholesterol levels is dietary fats and oils.

These are precursors (building material) that your liver uses to make (synthesize) cholesterol. To help keep your cholesterol composition from altering, and reduce a corresponding irritation to the entire digestive tract, even liquid vegetable oils should ***not*** be used in large quantities.

They used to teach saturated fats—those that are solid at room temperature—are dangerous. Now they observe that they make our cholesterol healthier. One day you may find doctors promoting dietary egg yolks and butter—some do this now.

Change is Slow, but Important

Why do most health care workers remain silent on the damaging effects of "aged" molecules in the diet? Probably because it was not emphasized in our anatomy, physiology, or nutrition classes. This encourages confusion on the risks associated with eating oxidized components? Researchers are probing deep into the science of harmful oxides, and this encouraged "the physicians study" where 10,000 doctors took antioxidant vitamin "A" for ten years. There was ***no*** significant reduction in heart attacks among this group, ***but they were not required to stop eating oxidized cholesterol***. Those participating in the next study should realize that cookies made with eggs may be created equal, but after some are aged in a cookie jar, they are no longer "equal" to the ones stored in a refrigerator. For this reason, the next "physicians study" should include a selective diet that eliminates oxidized fats and cholesterol.

There is ***no*** cholesterol in extreme no-animal-product diets. When adhered to, a total vegetarian diet has proven very successful in reversing heart disease; so, for the past 30 years research has tended to follow, you might say, an "Eastern monk diet" which also requires one to wear out his life forces "training for marathons." Called collateral vascularization, exercise-induced high blood flow enlarges arteries next to the restricted ones, and a strict vegetarian diet allows plaque-deposit erosion. Businessman Nathan Pritican pioneered this ordeal in the 1960's, and Dean Ornish of Harvard University has modified and

revived an interest in this field. These diets succeed because they eliminate oxidized cholesterol and animal fats through ***total vegetarianism -- nothing from animal origin.*** As successful as they are, few people have the fortitude or endurance to adopt and maintain that regimen for any length of time. Obviously, new diets with "adequate" exercise must be taught to provide something we can easily adapt to. Heraclltus once said: "There is nothing permanent except change." This field merits additional research--we need to explore new avenues and modify existing theories. ***Your health is important and proper education is justified***; manufacturers would meet consumer demand for healthier foods, and the long-term benefits justified by lower medical costs and healthier lives; heart disease could very well cease to be America's number one killer.

You Must Be "Label Smart"

By studying scientific advances and personally applying them, I know that proper nutrition is important, and the greatest benefit results from ***completely eliminating oxidized foods from the diet***. That way your liver is not overwhelmed trying to eliminate these highly damaging components.

If your diet permits, use liquid cooking oil, but in moderation. People on a low-fat diet need oils that are called "essentials"--they build strong artery walls. Your liver lacks the enzymes to make these. Some vegetarian groups have a lower cancer rate in all categories *except* the large intestines. Recent research indicates that some oils may cause cancer so I quit recommending safflower, sunflower, soybean, or corn oil. I now use Peanut oil because it has phytochemicals like revesterol that actually inhibit the growth of colon, prostate and breast cancer. This may explain why Asians have lower cancer rates, including the lower bowel. Cancer of the colon is also reduced by eating high-fiber foods like fresh fruits and vegetables--five servings per day is recommended.

To properly eliminate oxidized fats, you must be "label smart"--use only ***fresh*** cookies, cakes or other baked pastries, and only if they do ***not***

contain ***powdered*** egg yokes or ***animal fats, including fried pork skins sold in supermarkets*** (Lard proved toxic after being used in cooking for one week and during un-refrigerated storage--"Eat no manner of fat..."--Leviticus 7:23 (see Appendix 5). This precaution also applies to prepared mixes--If they require eggs, do not buy the ones that contain powdered eggs (or animal fat). I also ***avoid*** boxed macaroni, scalloped potatoes, or similar convenience foods with packets of powdered cheese--they are risky, as is ***aged or sharp cheese.*** I use the white cheeses from skimmed milk, like cottage cheese and ricotta; the fresher varieties like mozzarella on pizza, and refrigerated American slices, longhorn, Colby and Jack (Manufacturers of the least expensive brands usually do not age these cheeses as long as sharp varieties; other companies may age all types--fresher is better). For salad dressing use something other than blue or Roquefort, and buy Parmesan cheese from your health food store that is similar to some fat-free brands--they do not contain mutated cholesterol (You may have different needs, so add these foods and fresh eggs to your diet only as instructed by your physician; see the caution and note 5 below. Also, I limit cheese consumption to less than one pound per week. Cheese has chemicals and salt that may elevate blood pressure; also, high salt intake is suspect in cataract formation).

That was easy, wasn't it? Scientists may speak of things like "oxides of short chain fatty acids or sterols", but to keep it simple just remember, NO OLD CHOLESTEROL! Cholesterol content is high in egg yokes, animal fats, and most cheeses--look for "no cholesterol" on labels of unrefrigerated products. After sitting on the shelf in the presence of oxygen for about one week, or "aged" under refrigeration, it changes into something that should ***never enter your mouth.***

If you lived in a different culture that does not have refrigerators for food storage, I would similarly tell you to avoid aged cheese, dehydrated pastas or pastries made with egg yokes, and unrefrigerated flesh foods like sun dried or smoked pepparoni-style sausages, fish or beef jerky (***ahumar de carne*** in Spanish) and unrefrigerated animal fat. Give preference to whole grains (white rice and flour lose about two-thirds of their antioxidant vitamin E in processing), and all foods should be fresh and prepared in as natural a state as possible.

I rented a spare room in Juana's (*Wah-nah's*) house for over a year; she was dying with insulin-dependent diabetes. She laughed, while shaking her head in disgust, when I asked her to cook ***all*** of my week-old refrigerated cheese--it was just beginning to sour. "Charlie has funny ideas," she mocked to the rest of her family--they all laughed. Before getting electricity in their mountain home in the tropics, Juana had used cheese and animal products that were stored at room temperature for long periods. They were accustomed to the taste, and her family appeared healthy. Juana could not break her habits, and even though she later had a refrigerator, she would still leave cooked foods outside the refrigerator, often for several days, until they were eaten. She could not understand that it was killing her, little by little.

An infection centering in the pancreas can instantly make someone a diabetic, but when you see a 20-year progression of the illness, from dietary control to oral medications, and finally insulin injections, you should suspect ongoing free-radical damage to the vulnerable beta cells in the pancreas--this inhibits insulin production. Juana lived the way she was raised by her parents, and undoubtedly much of the preliminary damage occurred while still in her mother's womb, as well as childhood. One must assume that the unborn child is not protected by the placental membrane and is subject to assaults from these damaging components as it is from alcohol and tobacco molecules. Some might say that Juana's "number was up." I have never bought a lottery ticket, but know that the longer one plays and the more cards you buy, the greater chance of your number being called. I feel Juana played wrong, for too long; she died shortly after my return to the United States.

Different foods in our culture cause the same damage, but we have better options than Juana. Perhaps another example may help you understand the seriousness of this problem. The following "typical" American dinner could include salads topped with Roquefort or blue cheese dressing, lasagna made with sharp cheddar or provolone cheese and topped with grated parmesan; or include ground beef made with old fat trimmed from the outside of beef aged under refrigeration, but let me offer this scenario:

You have just finished a hearty meal of stewed chicken and dumplings. This included two cups of boiled egg noodles prepared from a dried variety (106 mg cholesterol), and dessert of one cup of baked custard from a boxed mix (245 mg cholesterol). Both of these items containing dried egg yokes that were exposed to oxygen at room temperature for many days. You just ate about one-thousand five-hundred million trillion (1,500,000,000,000,000,000,000) oxidized molecules. Like magnets they have attached to your cell membranes, rupturing and destroying their integrity and released clotting elements into your blood stream. So you see, that meal destroyed parts of your body, added to your cholesterol deposits, and increased clots in your blood stream--and that causes system degeneration, heart attacks, and strokes (yolk-free egg noodles are marketed). A few hours after dinner when digestion is complete and you are relaxed in an easy-chair, you may experience chest pressure or disorientation and a call to 911 may be necessary.

Three 15-year-old girls gasped in amazement when Wendy told them her age. She is one of the ladies mentioned in the opening paragraph. The girls emphatically agreed that this 45-year-old mother has skin smooth like theirs. Wendy smiled when I asked her to tell them her age. And when asked if she ever uses cheese, Wendy emphatically replied: "No, never!" while shaking her head sideways. Wendy's diet is almost perfect, but on rare occasions she eats dried fish, shrimp, or cookies containing dried eggs. Yes, there is room for improvement in the Oriental diet.

Working next to Wendy is another lady seven years younger. She is from Singapore, but looks ten years older. Her diet is similar to Wendy's, but she uses alcohol and tobacco--both cell destroyers. Unfortunately, like many Orientals adopting Western customs, she may die sooner than the Americans she associates with. This accelerated death is also observable in "sensitive" laboratory animals fed a typical American diet.

"How long has it been since you've eaten cheese?" I asked the other lady mentioned at the beginning of this study.

"As long as I can remember," she replied. "I have never liked cheese and avoid it completely." I explained to this Caucasian that this was the reason for her smooth skin. One might stare at her wondering how this woman is so wrinkle-free; and you would never guess she is 45 years old.

If made from a healthy cow's milk, fresh cheese is a source of good nutrition. Cheese processing today is similar to the digestive process in your small intestines; in fact, in our college chemistry class we made cheese with human enzymes; but aged or sharp varieties have millions of damaging molecules--that is where the danger lies. We have the option of choosing fresh varieties, and freezing other foods, but some societies do not have this advantage. By eating improperly preserved foods, their skin may wrinkle prematurely and they will succumb to Western diseases at a younger age (An example is Grace Ureña in Appendix two). For those people, their best alternative may be vegetarianism.

A Word of Caution

Before closing, I must call your attention to one more important fact: ***Heart disease is nothing to play with***. Eighty percent of its victims do not display the characteristic warning of chest pressure with pain radiating down the left arm, and fifty-five percent die without knowing they were at risk--their first heart attack was fatal. For the survivors of cardiac arrest, chances are they had defibrillation within five minutes of onset; restoring necessary circulation stopped brain damage and increased their survival rate. Once you have deposits in your arteries other components in the blood can cling to them; in fact, one diagnostic procedure detects calcium within the plaque formations. A high-risk friend of mine did not understand this and had a ***fatal*** heart attack while trying to loose weight on the popular "protein diet", which consisted of hard boiled eggs and cheese (undoubtedly an aged or sharp variety)--be careful! Says Francisco Lopez-Jimenez, MD, a U.S. Department of Veterans Affairs researcher, at the American Heart Association's 73rd

Scientific Session: "People at risk [with heart disease,] ***are four times more likely*** than others to suffer a heart attack soon after eating a ***big meal***." This study involved almost 1,000 patients at 45 different hospitals, ***and scientists still do not know for certain why eating triggers the attack***. So, use caution! I am not advocating that you abandon good logic or your doctor's instructions. Do ***not*** start a diet high in "fresh" cholesterol by eating eggs, cheese, or fats--it could be fatal; instead, ***remove oxidized components (this includes cigarette smoke) from your life***; and work in harmony with your doctor's advice--he is trained in good nutrition. After researching antioxidants, I take a one-a-day multi-vitamin/mineral--no iron for "seniors"--and supplement antioxidant vitamin E to at least 500 IU, selenium to 200 mcg, and limit vitamin C to 600 mg. ***Do not take mega doses of vitamins***, it can unbalance your metabolism. For example, excessive vitamin C has been implicated in osteoporosis, and promoting atherosclerosis--apparently from the oxidation of LDL cholesterol; whereas, its presence in the blood in moderate levels displays a lower death rate. Listen to your physician, he is more interested in your health than you are, and can keep you informed of recent research. A doctor's responsibility is very stressing (as is a nurses)--they want all of their patients to improve, and frequently grieve with family members when one dies. God only knows how often they wished they could outlaw tobacco and "spoon feed" clients, because patient non-compliance is one of their biggest problems.

You Can Live Longer

Senior citizens recall the day when all automobile engines were worn out at about 80,000 miles. A component in ethyl gasoline slowly ate away the bearing and cylinder wall surfaces--loose rods chattered and the engine left a smoke screen behind. Eliminating this corrosive compound through unleaded gasoline allows today's engines to wear normally, often several hundred thousand miles before an overhaul. The same principle applies to you; by eliminating corrosive foods you can achieve a longer and healthier life, but right choices are necessary. YOU are the one to make prudent decisions concerning your

future--it is your life! Studies show that centenarians, over 50,000 in the United States, tend to have practiced good health throughout their lives (George Burns did not inhale--his cigar was a stage prop; cancer increases proportionally with the quantity and depth of smoke inhalation.). You must take control of your well-being by applying principles of good health, like a proper balanced diet and moderate exercise. This will increase your mental and physical well-being, and reduce the pain, inconvenience, and cost of a debilitated future. Then you will discover that by making wise choices, you can live longer with "the clever-diet." And you should agree that these guidelines and vegetarianism have many advantages, like better mental function, normalized aging; reduced diabetes, cancer rates, and neurological disorders (BSE and CJD). We can live better and longer, but it does not promise eternal life; otherwise, we would be stepping on rabbits--only the Bread of Life can deliver that (John 6: 51).

You feel guilty because your wife has been asking to cook with olive oil. "It smells!" you tell her, so she uses canola oil instead. She has been told canola is better because it is a monounsaturated fat

like olive oil. "Correct?" You agree with her, thinking it will reduce heart disease. You both may be wrong!

Growing evidence suggests that canola oil may be hazardous to your health—remember, research indicates peanut and olive oil is better.

Controlled studies do not display an increase in cholesterol levels or heart disease from using saturated fats. Instead, the cholesterol becomes more favorable for longevity. Remember, fat is not converted to fat in your fat (adipose) tissue. It is used in other ways to maintain health. Just don't overdo it as fat is calorie dense and may cause carbohydrates to store as fat and increase your fat stores; overweight is unhealthy. For more study, read: *The Cholesterol Myth . . .* by Doctors Johnny Bowden and Sephen Sinatra.

APPENDIX

1. A group of atoms or unbalanced molecule that either needs electrons or has too many is called a radical. They attempt to become "balanced" and with an electrostatic attraction, they connect to "stable" molecules just like a magnet attaches to your refrigerator door. Make no mistake, when you eat oxidized components, if your liver misses some on its first pass (like it does with alcohol), do not expect your antioxidants to instantly change them, and they leave scars throughout your body. Antioxidants like vitamin E and C help neutralize them, and macrophages scavenge them for deliverance to your liver. If highly charged, these mutated molecules will find a home inside your body, often destroying the nucleus of the cell where they reside; this erases a cells genetic DNA information and its ability to repair itself.

We have been programed that cholesterol is bad, yet your liver manufactures the equivalent contained in about four eggs (1,000 mg) every day. It is the little foxes that spoil the grapes (Songs of Solomon 2:15). We may shun animal fats, fresh cheeses (which are as wholesome as milk), and then fall prey to a little parmesan topping, roquefort or blue cheese dressing, or powdered eggs in a brownie or pancake, thinking: ***This little bit won't matter***, but it is these "little foxes" that cause accumulative damage. None of your organs are immune; for example,

your kidney's Hensley cells or adrenal glands. Slight scarring can effect the threshold value of elements that are returned to your blood; this creates imbalances and causes premature death. Take note: those imported trays loaded with cheese wedges (that we give and get for Christmas) should never be introduced into your stomach.
2. My genetic makeup keeps serum cholesterol levels higher than normal--it is still over 200. ***High cholesterol levels are not always an indicator of heart disease***; for example, in southern India where many people do not have refrigerators, some groups have epidemic diabetes and atherosclerosis. Tests show very low cholesterol levels but they have **four times the heart disease of the United States,** and up to **10 times greater** for those under age 40 (*Journal of the Indian Medical Association,* January 15, 2001). This is true of similar developing countries where cheese is made from clabbered whole milk and stored at ambient temperatures, and drying egg pastas, and dehydration or smoked fish, shrimp, and mammal flesh is their method of preservation--one cup (226 g.) of these meats has about the same cholesterol as one egg--shrimp has twice that level (molecule + oxygen + time + temperature = oxide). These people age faster and die sooner.

A Latin American, **Grace Ureña**, is a tragic example. At age 42 she suffered a ***fatal heart attack*** while inviting my friend, Daniel Segura, into her house. Danny says her otherwise wholesome diet, which included tropical fruits, vegetables, rice and beans, almost daily included fish she dehydrates on the roof for long-term storage. If I could have tested her cholesterol level, it would have been normal, but what little cholesterol she ate was lethal. Her husband, Teori, lacks farm machinery and is so physically active that it keeps his arteries enlarged. That will probably spare him a fatal heart attack, but unless he changes his diet, he may one day succumb to something like the side effects of insulin dependent diabetes or kidney failure.

I have spent time with these people and am amazed that even their skin shows the effects of ongoing free-radical damage. Often resembling the texture of a naval orange, young people have complexions rougher than mine at age 60. Their relatives raised in the city where refrigerated products are available do not show this damage. The public is aware that

cholesterol is very high in animal fats, but most do not know that significant levels are also found in the flesh of fish, foul and mammals. No one is educating on the dangers of dietary free radicals, and the majority assumes your digestive system makes all food nutritive.

Like Grace, there are many in this world without a refrigerator or proper method of preserving food. Their premature death could easily be from dried egg pastas (Grace's diet did not include egg noodles), dehydrated beef, or similar foods containing oxidized fat and cholesterol molecules. This "ranch" cheese sets rapidly at room temperature with commercial enzymes, but may remain on the kitchen shelf for months--they do not realize these foods are slowly killing them.

Free radical damage has plagued mankind for millenniums. Even the Egyptians, who died very young, identified sugar diabetes where ants were attracted to urine. Researchers need to closely examine ethnic diets for oxidized components and suggest better methods of preserving or storing food. One option for flesh foods may be meat processing in reusable mason jars by pressure cooking (one hour @ 15 lbs--6.8kg). That will protect it from oxygen exposure, pathogens, and eliminate the need for refrigeration as it does in canned fish. To retard oxidation, commercial food processors may find sealing dehydrated food with an inert gas, like nitrogen, beneficial for unrefrigerated storage. One may also avoid animal products altogether or eliminate the stored ones as the Bible says: "If any [sacrificial meat] remains until the third day, it shall be burnt in the fire" (Leviticus 19:6).

In North American where antioxidant vitamin and mineral therapy is promoted, as well as a balanced "food pyramid" diet, we will achieve even greater success by also eliminating "aged" nutrients. These are easily avoided where fresh eggs are readily available, cheese is made rapidly under refrigeration with rennin, a bovine enzyme; and consumer demand has promoted vegetable oil use in many products; even cholesterol-free ***yokeless*** egg noodles and cookies are available.

3. Being educated in, and required to teach patients, the popular "heart disease diet" intimidated me to eliminate eggs from my table. Instead, for 15 years they were continued providing they were obtained from healthy hens--I ate up to 14 eggs a week. Many health-food stores and

supermarkets sell eggs from chickens fed a vegetarian diet (For heart patients, eggs should be eaten in quantities recommended by your physician). A study at Loma Linda University found leukemia viruses in over 60% of California eggs sampled. Read labels at your feed store and see how difficult it is to buy lay mash that is un-fortified with animal fat and meat. To avoid pathogens, raise your own chickens on a natural diet, or purchase eggs from a source that does ***not*** use chicken feed containing animal byproducts (*E.G.W. Index*, 12MR 168.2, 171.4).

A nutritious fruit malt can be made by first cracking one ounce (29 g) of whole flax seed in your blender at high speed for 20 seconds. Then blend a medium banana with two heaping tablespoons (40 g) of ****frozen*** orange, or apple, or grape juice concentrate, with one ounce (29 g) of cottage cheese, one raw egg, and ***about*** one cup (473 ml) of water; add a few ice cubes to the blender in warm weather, and if necessary, sweeten to taste. **About one in 10,000 eggs in the U.S. may have salmonella bacteria. If unsure of the chicken's health, boil the egg for ten minutes before blending. The ***frozen*** juices are not pasteurized and more economical and beneficial than bottled or cartoned varieties. When available, substitute dehydrated cranberries; goji berries (they have the highest rating—ORAC—for eliminating free-radicals), or ***fresh*** apricots, raspberries, strawberries, cantaloupe, peaches, etc. This malt contains Omega-3 oil and many phytochemicals; it should also benefit patients under a physicians care for cancer.

Note: After thinking soy was a super-nutrient, an associate and I do not recommend soy products. Research reveals it causes slow neurological changes and our Parkinson-type tremors abated after discontinuing soy products.

It has been known for decades that soy isolate decreases nutrient absorption and causes neurological atrophy and this was decades before genetic modification of soybeans. For example, in 1970 Joseph, JR. *Biological and Physiological Factors in Soybeans*. *JOACS*, 1974 Jan;51:161A-170A, writes:

"In feeding experiments, use of soy protein isolate (SPI) increased requirements for vitamins E, K, D and B12 and created deficiency symptoms of calcium, magnesium, manganese, molybdenum, copper, iron and zinc." It also inhibits absorption of iodine in breast and thyroid glands.

An Alzheimer's study in Hawaii shows the brain ages faster with small amounts

of tofu consumption:
http://archives.starbulletin.com/1999/11/19/news/story4.html

The Honolulu study prompted another study in Indonesia that confirmed dose-related cognative loss with soy consumption**:**
http://www.medicalnewstoday.com/releases/114061.php

Read more here on other detrimental effects of soy:
http://www.westonaprice.org/soy-alert/studies-showing-adverse-effects-of-soy

4. Pectin is also available at some health food stores in capsule form. It binds with calcium in the stomach, which in turn binds with liver bile, making it inert; therefore, it should be taken with a "fatty" meal before digestion is complete. Do not use pectin in large quantities to avoid the risk of losing oil-soluble vitamins. It may be wise to take a one-a-day multi-vitamins/mineral supplement between meals, say, one-hour before eating when there is no pectin in the stomach to hinder its absorption.
5. The management at Mexican-food and other restaurants want your business and will often say they cook with vegetable oils when, in fact, they are using cheaper animal fats or fat/oil blends. It is important for you to know, so be certain to inquire. If they cook with vegetable oil, they will be more than happy to show you its container. Also, they usually use the safer milder cheeses because they are more economical than sharp varieties, but do not be afraid to inquire.
6. CAUTION: You should apply the principles outlined in ***You Can Live Longer*** wisely and under the supervision of your doctor. Eliminating oxidized foods should prove very beneficial, but I do not recommend that you add anything to your diet that you are allergic to, or that your doctor does not recommend. If you eat junk food, then you must eat animal flesh for adequate nutrition because the animal ate properly. Should you ever try vegetarianism, eliminate animal products cautiously, making certain that your meals are augmented with other nutritious foods like un-refined grains, legumes and nuts; and a variety of fruits and vegetables to ensure a proper and balanced diet--vegetarians that use *aged or sharp* cheeses often die sooner than the general public. Avoid fad diets that promote high fat or protein intake because they are dangerous.

7. FINALLY, because you have shown concern enough to read this Appendix, here are a few closing thoughts:

Allow your stomach to rest between meals by eliminating snacks (including fruits) and strong beverages like cocktails, coffee and sodas. Even tobacco smoke in your mouth tells the stomach that food is coming and causes a corresponding increase in the flow of digestive juices. Cool water is the best beverage between meals, it stimulates less peristalsis action, and allow five hours for the stomach to complete digestion, replace its mucosa and rest before the next meal. The rejuvenated stomach lining will better resist inroads that lead to gastric ulcers and you will spend less money for antacid tablets.

Excessive acid from protein intake (amino acids) and coffee has been implicated in bone deterioration. Even oranges should be eaten in moderation. Two ounces (59 ml) of protein a day can cause you to loose more calcium than you consume. Reducing protein intake will allow you to maintain a calcium balance--your bones will retain their youthful strength and quit wasting away.

One cup (237 ml) of coffee a day neutralizes about one percent of your bone calcium a year; it has been shown to raise ldl cholesterol levels, increase blood pressure, and cause fibrocystic breast disease in women. These pre-cancerous cysts often disappear when caffeine-containing beverages are discontinued. Drinking the residue of scorched coffee beans is as foolish as inhaling burnt tobacco smoke. It enters your circulatory system and, among other things, perverts your nervous system. Coffee drinkers tend to avoid beneficial fruit juices that enhance your longevity--coffee and tobacco habits are ***not*** wise nutrition.

Your body processes fruit sugar and corn-sweetener different than normal sugars and it appears to end up as visceral (abdominal) fat. Eat your fruit in the morning where its energy is utilized in daily activities. Eat vegetables in the evening where it is stored as glycogen rather than abdominal fat. More here:
http://www.health.harvard.edu/press_releases/too-much-fructose-a-hazard-for-heart-health

May God's grace be with you as you intelligently apply the principles of ***The Clever Diet.***

Read my book, opening Daniel 12, the only part of the Bible closed until the "end of the days." It has important information for these troubled times—break this Bible code here: *The Time of the End, God's Final Message* FREE :
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