

THE DANGERS OF A LOW CARB DIET (Part 14)

For the past thirteen weeks, in this column, I have been sharing the Dangers of a Low carb Diet, by sharing excerpts from Dr. James D. Krystosik's book "Carbohydrates from Hell - Carbohydrates from Heaven" and subtitled "Good Carbs vs. Bad Carbs." This week, I share some more.

FIBER

"A large body of research clearly demonstrates the benefits of FIBER to prevent several types of cancer. Both population studies and clinical studies have shown that FIBER, WHICH IS ONLY FOUND IN (UNREFINED) CARBOHYDRATES FROM HEAVEN, provides a powerful punch against a wide range of cancers. One study compared the breast cancer rate of women in China, with the cancer rate of women in the U.S. These two populations of Chinese women have an 80% lower breast cancer rate than women in the United States. Out of the 834 women who participated in this study, those who ate the most FIBER and the LOWEST AMOUNT OF ANIMAL FAT had the least rate of breast cancer. In fact, the women who ate the HIGH FIBER diet had a three times less risk of developing breast cancer than the women who ate a low fiber, high fat diet.

PHYTIC ACID (Ip6)

"Restricting natural WHOLE FOOD CARBOHYDRATES is a big mistake when it comes to preventing and treating cancer. Tucked inside the FIBER of cereal grasses and legumes is another carbohydrate scientists call phytic acid -- also known as Ip6 factor. Recently, scientists have discovered that Ip6 factor can literally turn off the switch that gives cancer cells the power to grow and divide. Yet at the same time, Ip6 factor allows healthy cells to grow and divide.

"Dr. Shamsuddin, a research scientist at the University of Maryland, and his colleagues, found that Ip6 factor can literally change a cancer cell back into a normal, healthy cell. Dr. Shamsuddin and other world-renowned cancer researchers have confirmed in both animal and human studies, Ip6 factor packs a powerful wallop against cancers of the breast, prostate, lung, liver, brain, and leukemia. Scientists further explain that Ip6 has potent antioxidant properties, strengthens the immune system, helps repair damaged liver cells, lowers cholesterol, and prevents kidney stones. Although Ip6 factor can be found in ALL GRAINS, SEEDS AND NUTS, the richest sources by weight are barley 1%, brown rice .9%, corn 2.2%, lima beans 2.5%, sesame seeds 5.4% soybeans 2.4%, whole wheat .9%.

'Considering the anti-cancer properties of Ip6 factor and all the other phytochemicals found in (UNREFINED) CARBOHYDRATES FROM HEAVEN, it is quite obvious that anyone restricting these foods from their diet is stabbing themselves in the back."

Rev. George H. Malkmus