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BROWN SCHUGA DADDY



There are hundreds of sugars on this beautiful place we call earth and home. When you see the suffix "ose" on a word, it usually means sugar. Unless you are verbose, then it is a whole different ballgame. Portions of what you are about to read or use as bird cage liner, were produced by Dr. Dale Jacobson, DC, in a collaborative effort for your benefit, with no vanilla wrap.

All green plants produce sugar. Plants are eaten by other critters for energy. Most of the refined sugar that we all eat comes from two plants, sugarcane and sugar beets. The main sugar from these plants is called sucrose. Sucrose is called "white sugar" and is the sugar you have in your sugar bowl. Other common sources of sugar found in nature are maple syrup, honey, fruit and MILK. Yes, milk. The sugar in milk is called "lactose" and the reason you are "lactose" intolerant and seem to empty a crowded bus after drinking milk is that you are drinking pasteurized and homogenized milk which no longer has the enzyme called "lactase" to digest the milk sugar "lactose". And that is why you "blast em". Now, if you drink RAW WHOLE FAT MILK, you will not experience the uncomfortable effects of drinking the altered product of nature that is prevalent in the grocery stores cuz the RAW milk still has the enzyme, "lactase" to digest the milk sugar, "lactose". And all the minerals and vitamins that the nutrient wasteland pasteurized milk no longer has.

And guess what mammal has the highest percentage of "lactose" in their milk? We Humans. That might explain why we have such sweet pearly whites.

Sucrose is a "disaccharide", meaning two sugars. A "monosaccharide" is one sugar. The "two sugared" sucrose breaks down into "one sugared" glucose and fructose. Glucose is the most important carbohydrate in our blood hence why they call it, "blood sugar". It is the main food that all our body cells use for food and energy. Fructose is a main sugar found in fruits and vegetables.

Raw, unprocessed sugarcane has around 65 main food ingredients, including minerals and vitamins (including 5 of the B complex), trace elements, and even unsaturated fatty acids. It also contains the four enzymes necessary to break it down and digest it well. Raw sugarcane is actually a reasonably nutritious food. After raw sugarcane is heated and processed, the

two products left after all the processing are pure white sugar crystals, about 98%, now called "raw sugar" and the 2% residual syrup now called Blackstrap Molasses. Whereas the original raw unprocessed cane sugar contained many valuable nutrients, the new refined white sugar contains almost no nutrients. The already highly processed sugar crystals are then refined even more, and the end product is 99% pure sucrose or white sugar on your table with no nutritional value.

"Brown Schuga" is created when some molasses is added back to the white sugar. Thus, there is a teeny tiny bit more nutrition in brown sugar than white. Brown sugar is graded as Klein Raw if 5% molasses is added back, Light Brown if 12% is added back, and Dark Brown if 13% is added back. The distillation of molasses creates ethyl alcohol and can further be distilled into Rum.

CORN SYRUP/CORN SWEETNERS/HIGH FRUCTOSE CORN SYRUP

The two common corn sweeteners are corn syrup and "high fructose" corn syrup. Corn syrup is composed of two sugars, maltose and glucose plus dextrin. Corn syrup, also called "dextrose", goes through the intestines in 15 minutes and that is why they use it in IV's in hospitals. Corn syrup is added to dried fruit to make the fruit weigh more.

Further chemical processing of the syrup produces "high fructose" corn syrup, HFCS. **This is the most dangerous sugar.** Food manufacturers, prefer HFCS because it costs far less to make and is sweeter. HFCS can be tweaked to bump the fructose up to 80% with only 20% glucose. Naturally occurring fruit sugar from fruit, such as apples and blueberries is 50% natural fructose and 50% glucose. With almost twice the amount of fructose, HFCS delivers a double danger compared to simple white sugar. Natural fruit contains fiber, enzymes and minerals that slow the breakdown of its fructose in the liver, but the fructose in HFCS is absorbed very quickly into the liver creating hazards. HFCS is used in just about everything, including so called "health products" like those colon bomb protein bars and "natural sodas" you think are healthy. People eating large amounts of HFCS develop fatty deposits as well as cirrhosis of the liver similar to advanced alcoholism. High Fructose Corn Syrup contains no minerals, no vitamins, no trace elements and no enzymes. Therefore it is a dead food robbing your body of your own nutrients in order to make itself recognizable and digestible in your body.



Now, pay close attention.....cuz there are health care folks out there telling patients not to eat fruit if they have cancer and other dis-ease processes. Naturally occurring sugars, found in fruits contain fructose that is bound to other sugars, so it is safe. Plus it is full of vitamins, minerals and enzymes that feed your cells and are found in vegetables as well. Should we stop eating vegetables if we have cancer or are dis-eased?

HFCS is "unbound" fructose that interferes with your body's use of key minerals, particularly magnesium, copper, zinc and chromium. This type of fructose

creates greater urinary concentrations of phosphorus and magnesium (stroke out time) and lowered urinary PH (more acidic) compared to glucose or naturally occurring fructose in an apple. More acidity means more decalcification and bone demineralization and cancer.

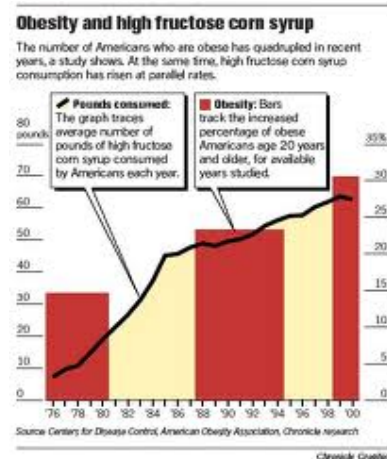
The following illustrates just some of the negative reactions HFCS causes in the body: abnormal blood cholesterol, inhibits the action of white blood cells so they become unable to defend your body against mutations like cancer, destroys the quality of protein as it inhibits the uptake and breakdown of amino acids thus making protein toxic and hard to digest, promotes the "Maillard" reaction (look it up) between proteins and fructose thus playing a role in early "aging" and creating clinical complications in diabetes by reducing the affinity of insulin for its receptor cells which is the hallmark of type-2 Diabetes, creates significant increase in the concentration of uric acid contributing to heart disease, increases blood lactic acid which makes you feel tired and anxious, interacts with oral contraceptives and elevates insulin level in women on birth control pills, raises serum triglyceride levels, depletes ATP energy stores from your liver.

Now pay real attention to what you just read because ATP or Adenine Triphosphate is the holy grail of energy that all of you are looking for, especially athletes, that is produced at the end of the energy cycle in the body called the Krebs' Cycle which happens in the Mitochondria of the cells called the "powerhouse". So if Coca Cola and all soda's and anything that is sweet that is processed, any longer, in this country are depleting your energy, why are you still consuming HFCS?

A major reason people gain lots of weight and become sick fat sloths by eating fructose is that it does not trigger the release of insulin from the pancreas and leptin. These are two hormones that regulate sugar breakdown and general energy expenditure. And one of the main reasons you have "after lunch hypoglycemic sleepy time" and want to go nite-nite with a binky is because you have become a "schuga" burner instead of a FAT burner. And that is predominately because your diet consists of poopy carbs like fast food, packaged chips, candy, sodas, non-sprouted grains like pasta, bread, tortilla's, pastry,

alcohol, etc. When you stop eating all that poo-poo, you must infuse that beautiful body of yours with lots of veggies and intermittently fast in order to switch over to a fat burner, which is mucho more efficient and how our ancestors functioned. Don't be eatin and grazin all day. For example, you sit at your desk all day and have that package of chips or processed dried fruit (which I would avoid at all costs unless you dry it yourself) or M&M's and that Diet Coke by your side and you graze on that and that is why you are tired and fat. And you don't exercise. So, what to do? Replace that poo-poo with nuts and seeds and water or nothing at all. Intermittently fasting means you don't eat for several hours in between meals. Now, this is not indicated for diabetics or folks with adrenal fatigue. That is another ball game. And if you sit at your desk all day...every 45 minutes or so, get your arse up and walk or do some squats, jump squats or stretch or jumping jacks and watch what happens. Your co-workers will most likely call 911!

Whether you are a sugar burner or what we term "fat adapted"(fat burner) is critical. You



want to be "fat adapted" or a fat burner. Not hard to make the "switch". You simply must jettison the poo-poo carbs and move your body.

The adding of massive amounts of HFCS to most commercial foods is responsible for a great deal of liver breakdown, obesity, diabetes and other illnesses in this society and must be avoided. Here is the real hoot...it is supported and subsidized by your magnanimous "guubarnment. Why on earth would your own US of A government subsidize the poisoning of your food?

Now, do you still think sugar is sugar and it does not matter what it is as your MD has told you? Do you still believe that you should not eat fruit if you have cancer?

Until now, how did folks throughout the history of humanity get the sugar their bodies and brains so desperately needed? They ate fresh fruits and vegetables, RAW milk and dairy, not the bastardized pasteurized poison that is so prevalent in our society, which has made us sick and fat. And they ate whole organic foods without PED's, Performance Enhancing Drugs, all without refined and artificial sugars like aspartame, sucralose, fake fructose, etc. I know that is unimaginable, however true. And they were not as sick, fat and miserable as us.

The human body is a self-contained, self-regulating and self-healing work of art and that is precisely how the Celestial Design Committee intended it to be. Someone needs to teach the Medical Allopathic community that fact and you need to understand it. However, you need to feed it properly or it will break. Kinda like a car. Don't change the oil and put water in the gas tank and what on earth do you think will happen? Well, put fast food and diet coke and GMO'd grains in your body and you can see what happens, live as we speak, can't you?



SUGAR IS NOT SUGAR. And if anyone tells you that sugar is sugar and it does not matter if it comes from a twinkie or an apple, run for thar hills. Are you going to tell me that a cancer patient should not eat blueberries because it has natural occurring fructose and that will feed the dis-ease? Rubbish. But that is what is happening everyday. Those doctors that are telling dis-eased patients that, have no understanding of the chemical difference between the fructose in a blueberry and the fructose in a twinkie and the contrasting physiological effect in the body. And here is the real funny part. You are listening to MD's who have absolutely no training in nutrition or food or anything relative to HEALTH (unless they have educated themselves outside of their traditional coursework). I'll tell you what. The next time you need brain surgery, call me. I got a chainsaw that should do the job. Are you friggin kidding me? And that is why you are confused and sick. Are you going to tell me that when the Celestial Design Committee

created blueberries and knew, cuz of free will and human irresponsibility, dis-ease would be created, that blueberries would feed cancer? Eat the blueberries and make sure they are organic and have not been sprayed, as is the case with most berries, especially strawberries. The result is a toxic residue that creates dis-ease in the body, particularly inflammation. And that is why your patient is sick, doctor. Not because they don't have enough Januvia or antibiotics or chemotherapy or Lipitor or whatever else is the soup de jour.

Just like pasteurization and homogenization of milk has bastardized an incredible health and life giving food like Whole Fat Raw Milk and destroyed an incredible product, Allopathic Medicine is disrupting nature and what the Celestial Design Committee provided for our health and is destroying these beautiful bodies of ours. Just take a look around at the pharmaceutical laden walking dead.

Embrace and cherish your Health because that is all you really own. And real soon you won't even be able to claim ownership of your own body. They have already claimed ownership of your children's sacred blood thru a mass compulsory vaccination program that is decimating young lives, globally. And that is by design courtesy of Bill Gates, Warren Buffett and Ted Turner who believe de-population is critical for survival and the "poisoned needle" is the way to curb population growth. And you thought they saved lives and reduced disease. For those of you that think vaccinations save lives and provide immunity, sit tight. The vaccine essay is on its way. In the meantime, ask your pediatrician if they know "**precisely**" what is in a vaccine. Go watch the DVD "For the Greater Good" and you will hear and see the answer.

Nothing is more important than your health.

Just ask anyone who has seriously lost their health and well being.

For more information email: info@retreatquixotica.com

817 Torrance Blvd., #162 Redondo Beach, CA 90277

info@retreatquixotica.com

www.retreatquixotica.com

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