



# International Foundation for Nutrition and Health

*Keeping the Spirit of Dr. Royal Lee Alive!*



## **Dr. Lee on THE SELECTION OF FOODS through the eyes of John Courtney. (Part 1)**

*John Courtney was one of Dr. Lee's closest friends and confidants, so after this week's news headlines on low-fat diets, I thought this was the perfect time to look at Dr. Lee's vision on the foods we should all be eating.*

*It's hard to believe that we could have headlines touting low-fat diets for women again, let alone women with breast cancer and other degenerative disease. A new cancer study made headlines when researchers stated they found that a low-fat diet helps reduce the risk of dying from breast cancer.*

*This 20-year study followed "48,835 post-menopausal women who did not have breast cancer when they enrolled. The findings of this large, long-term study could have life-changing results for millions of women". And that is true- if the lobbyists and special interests don't get a chance to spin it. Would this study have been held in obscurity if they couldn't tout low-fat diets?*

*So let's see what they have to say. "One group adopted a lower fat diet with daily servings of fruit, vegetables and grains, and cut fat intake to about 25% of total calories. The control group continued their normal diet, with fat accounting for about a third of total calories (32%), according the American Society of Clinical Oncology".*

*"Tali Lando, a pediatric ear, nose and throat surgeon, was diagnosed with an advanced breast cancer five years ago, when she was 37-years-old. After surgery, chemotherapy and radiation, Lando completely changed her diet. New data shows the valuable impact of this decision".*

*"Women who followed a balanced, low-fat diet had a 21% lower risk of death from breast cancer, and a 15% lower risk of death from any other cause, compared to women not on a low-fat diet, according to the American Society of Clinical Oncology".*

*"You have to decrease your fatty intake if you actively want to be positively affecting your survival from this disease. It's almost like a license to give a prescription to see a nutritionist and change your diet," said Dr. Manasseh, chief of breast surgery at Maimonides Medical Center".*



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*Obviously these statements and this study stated this way created some confusion for patients, rather than helping them understand the reality of a good diet and true nutrition. The diet did emphasize good fats over bad, synthetic processed fats that break down the immune system and create a toxic liver.*

*But they forgot to point out that the study as a whole showed that women who went on a diet similar to Phase 2 Page Food Plan, had less chance of getting breast cancer or any form of degenerative disease and dying. Why was this?*

*Because both diets recommended eating healthy fats and green leafy vegetables, while eliminating sugar and other processed foods, which has been proven to stimulate stem cell activity and help prevent disease.*

*If you truly are willing to educate yourself, The Page Food Plan emphasizes large amounts of green leafy vegetables that are low on the glycemic index- not the foods that are recommended by the government's food pyramid (bread, grains and carbs). Those foods provide a high calorie intake, which has led to our high obesity rate and rampant swings in degenerative disease.*

*So don't be fooled. In the first part of this two-part Food For Thought article, we will be predominantly exploring sugars and other processed foods like white flour. In the second part we will see how those bad fats and oils interfere with body function.*

## **John Courtney B.S., I.A.P.M., 1968**

There is an interesting pattern in the selection of foods people choose to eat. They tend to be sweet in nature or loaded with fats. Have you ever thought "why"? Is this because both have distinct flavor?

We know when they remove the natural fat, they add sugar. Unfortunately, this does not do anything to maintain the body's efficiency, which isn't possible unless we understand what constitutes healthy foods.

The understanding of what is a healthy food and what is manufactured food gets lost in the advertising. This has become quite apparent with the growing consumption of sugar since the early turn of the last century, over 60 years ago. At the turn-of-the-century, we consumed about 18 pounds sugar a year, where today we're up to 78 pounds! What has happened?



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The explosion of companies that produce candies, snacks, soft drinks and other highly processed foods today is due to these manufacturers convincing the public that fats are bad and sugar is good. It would seem our selection of foods has little to do with the prevention of disease or the actual biochemistry and physiology that it creates.

Dr. Lee believed this addiction to white sugar was as devastating as opium was during the building of railroads, over a hundred years ago and the people who were perpetuating it knew exactly what they were doing.

This shift in our eating habits is illustrated by the investigation of the cause of rickets and other deficiency diseases over the last 50 years. It is now recognized that the sudden epidemics of rickets were due to vitamin D and vitamin C deficiencies throughout the orient.

This was due solely to the bleaching of rice in order to give it a longer shelf life. Prior to this tampering with our foods, these diseases were known to appear chiefly in very poor or quite well-to-do families, leaving researchers to question why this was.

In later research, the explanation became quite apparent. The very poor child failed to obtain enough healthy foods to receive the necessary nutrients for development. While the child of the wealthy family received only highly processed foods, often over cooked – leaving both groups faced with the same lack of nutrition.

The contrary was happening in the middle class family, where the children had an opportunity to supplement their diet with more vegetables – that were many times from their own garden. Also, these children had access to the kitchen, which the child of the wealthy family usually failed to have access to.

So the real question should be: **How did these food manufacturers get whole generations hooked on processed foods?**

In order to explain and understand why the refining of sugar and other synthetic forms of food (like corn syrup) can be detrimental to our health, we need to understand how it impacts the body. First, when we consume them, the body gets an immediate lift of energy that is short-lived, plunging the body's blood sugar in a cycle of highs and lows affecting the pancreas, liver and adrenals.

The brain keeps telling us that we need a quick fix with more of the same. Thus, in my opinion, we created an addiction much like the addiction to drugs – without realizing that the refining of these products trigger an unnatural response. The only body system that needs sugar is the brain,



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which is telling us we need more, so we start to slowly deplete our body to the point where we can't support a healthy life.

Honey and raw unrefined sugar – in limited amounts – can be used to satisfy the desire for sweets. This is not the answer though, according to Dr. Yudkin, the British scientist who has done such outstanding research in proving the destructiveness and addictiveness of white sugar.

Dr. Yudkin feels that babies should be trained to avoid this sweet flavor, instead of being trained to like everything sweet, so as they mature they have no desire for sweet things. Unfortunately, commercial food processors have commonly designed their food products for children to be sweet, which adds to this addicting influence for the rest of their life.

All sugary foods produced for babies and children are devitalized and highly processed, it would seem. I think we need to question “is this a coincidence, or is it deliberate by the manufacturers?” This addiction to sweets probably is the greatest offender in causing vitamin deficiency in children and perpetuating this addiction into adulthood.

These foods only supply short-term fuel to produce energy – they have no other beneficial factors. A child needs raw materials that include minerals, proteins, healthy fats, vitamins and enzymes for growth to construct a healthy body. If a child is supplied candy and sweets, this tends to satisfy their need for fuel without supplying the necessary building materials to stay healthy and prevent disease.

The reality to this philosophy is foolish when considered. Try to build and operate an automobile engine on fuel alone, without the necessary supply of oil and grease to maintain the parts for continuous performance. Our body is no different.

In the case of sugar cane and sugar beets, when they're processed into white sugar, all the potassium and vitamins are removed, as well as all the other trace minerals. In the digestion and metabolism of sugar, our bodies find it necessary to have all these elements intact, especially potassium and vitamin B, which the sugar blocks, thus causing a deficiency.

Therefore, in order to digest and use sugar, the body must supply these factors using its own supply of minerals if they are missing from the food source. Over time, this is harmful to overall body function, leaving us in a state of malnutrition.

Another example of what Dr. Lee was concerned about is Corn syrup. Corn Syrup is not natural – it's a synthetic glucose with undesirable characteristics in that it has a reputation of blocking calcium assimilation.



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We know that nursing mother's milk has sugar and calcium, but in its natural state, to be absorbed and used. Perhaps this is why the food manufacturers feel comfortable linking calcium in milk products that babies consume, yet they add synthetic glucose (corn syrup) to baby formula and other baby foods which block calcium absorption needed for growth.

It's quite apparent how unwise it is to mix the calcium in the milk and other normally healthy foods, with a factor like corn syrup that can block the utilization of calcium at a time of rapid growth. Again, this is why Dr. Lee was upset about the government's position on refined and processed foods. Without proper calcium metabolism we can't have strong bones or a strong immune system.

Selecting the proper foods for our diet becomes even more confusing today with the advertising by these companies. But some natural laws should always prevail. It is certainly unwise to select any item with high carbohydrate content and eat it with red meat, no matter how good the quality of the food.

Now, when heated, foods that are high in starches will turn those starches into sugar. Those sugars interfere with the breakdown and absorption of fats and proteins, putting a strain on the endocrine system.

The difficulty is clear; not to get too many carbohydrates that can interfere with protein metabolism, but also to avoid their excess forms that do not contain the essential vitamins and minerals that help with protein metabolism. For example, cooked or broiled beef contains 209 calories of food energy per 100 grams of meat, according to the United States Department of Agriculture handbook, number 8.

The green leafy plants are perhaps the only foods that contain a large amount of minerals like iron, sodium and phosphorus, as well as vitamins. But their consumption in the average American diet is usually low and the consumption of foods high in starches is high.

This is why most Americans suffer from a mild form of malnutrition because they ignore those green leafy vegetables that are full of vitamins and minerals while helping protein and fat metabolism.

The other culprit in the plague of malnutrition is bleached white flour products. This is perhaps just as detrimental to the body getting the necessary nutrients. In laboratory tests, animals died from a vitamin and mineral deficiency if fed quantities of white flour with their food. The animals fed whole grains maintained their health.



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This was reflective in the early research experiment by Dr. Agnes Faye Morgan, who found that dogs fed freshly stone ground whole grain bread kept living and maintained a good standard of health. During the same time, all the dogs on a white bread diet became sickly, and some died within 30 days.

Worst of all, in his study, commercial whole wheat flour was just as deadly for the animals. This became obvious because of two reasons. *To be continued in our next newsletter, Part 2.*

For more information on health and prevention through nutrition go to [www.patient-info.info](http://www.patient-info.info).