



10 Most Important Things to Remove and Replace In Your Kitchen

by Morning: Spirit: Wolf-D.R.M.

What to Remove

Get rid of, throw away, remove, 86, adios, trash, and round file the following dis-ease supporting items:

From the Kitchen Counter top:

1. Microwave oven (creates free radicals, makes cancer in your kitchen, and destroys food enzymes)

From the Herb and Spice Cabinet:

2. All table salt, even if it's kosher or sea salt, and black pepper (depletes bone minerals, promotes acidity and stones, and damages liver and kidneys)
3. South American, decaf, and instant coffees, and coffee creamers, especially those with artificial flavors (dehydrates cells, promotes mutations and acidity, and over stimulates the adrenals and pituitary)

From the Cupboards:

4. Aluminum cookware; pots, pans, cookie sheets (it's okay to keep those if you are willing to line them with unbleached parchment paper for baking), wok, serving trays, bread and pie pans, and casserole dishes, especially if any of them have a non-stick coating (it off gasses into your food)

From the Refrigerator:

5. Anything in the line of "I can't believe it's not butter" substitutes or margarine (these are pure trans fats and raise cholesterol)
6. Cow's milk anything: cheese, ice cream, cottage or cream cheese (proteins in these products are undigestible and create allergens, inflammation, and acne)

From the Pantry:

7. Canola oil, and peanut, walnut, and vegetable oils, lard, or shortening (all promote nerve damage, support fungal growth, and raise bad cholesterol)
8. Refined, bleached, enriched, self rising flour (all establish acidity, block RNA function, and deplete minerals)

9. White sugar and artificial sugars (reduce immunity, produce cleft palate, and host bacteria)
10. White rice, oat meal, or rye bread or cereal (all create bowel problems, reduce nutrient absorption, and deplete oil soluble vitamins, A, E, D, K)

What to Put In

By replacing the above items with these non-carcinogenic, non-pathogen promoting items, you are making a 50 percent improvement in your health.

Stock the Counter Top with:

1. Toaster oven (it takes less space, doesn't cause free radicals, and cooks in about the same time)

Stock the Herb and Spice Cabinet with:

2. Real Salt™ (land mined sea bed salt containing electrolytical minerals for balanced digestion, blood pressure, and circulation)
3. Papua New Guinea coffee, the only alkalizing coffee, and replace powdered or artificial creamers with organic heavy whipping cream, or goat, almond, coconut, or rice milk

Stock the Cupboards with:

4. Stainless steel, glass, ceramic, copper, or cast iron cookware. Well seasoned cast iron pans are a good source of daily iron(plus you get a work-out lifting their weight), and are non-stick if you heat them first and use a light coating of sunflower oil (you can put oil in spray bottle to apply)

Stock the Refrigerator with:

5. Organic, unsalted cow's *cream* butter or goat butter (cow's cream butter is not only digestible, it's pure CLA which reduces bad cholesterol, while goat's cream butter reduces all stored bad fats)
6. Goat or sheep milk and their cheeses, ice cream, cream cheese (protein from goat's milk is 100% usable, is full of life source factors, and reduces allergens, inflammation, and acne)

Stock the Pantry with:

7. Extra virgin olive oil (never cook with olive oil), grape seed, and hemp oils for salad dressings and bread dipping, and cold pressed sunflower, safflower, sesame, and coconut oils for cooking
8. Whole grain wheat, barley, and whole wheat pastry flours are rich in minerals, or use brown rice, hemp, or millet flours if gluten free is desired
9. Sucanat™ (sugar cane natural), raw honey, grade B maple syrup, date or coconut sugar, or unrefined corn fructose, all filled with minerals, enzymes, and natural energy sources without the spikes
10. Brown rice, rolled barley meal, and non-bleached/un-enriched whole grain breads or cereals support health heart, circulation, and proper digestion