

INTRODUCTION

*'Of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.'*¹

An apple itself probably never killed anyone, but much of the food that we consume today certainly is killing us. We've allowed ourselves to be persuaded that it's better to buy and eat foods that men have manufactured or produced artificially than the more natural foods on which people have lived throughout most of human history. Like Adam in the Garden of Eden, we think we know better than God. The result is that the nation's health is suffering and many people are dying prematurely. We die precisely because we do *not* know the difference between good and evil, between good food and bad food, and even when we do, we don't believe it matters enough to change our diet for the better.

Belief is a powerful ingredient in the recipe of life. Believing my daughter to be inside our burning house back in 1981 I went inside to find her without thought of personal safety. When my wife believed that our youngest son had swallowed some poisonous berries she immediately took him to an accident and emergency centre. What we believe determines what we do. The year that we all contracted food poisoning from some infected ice cream, did we continue to feed that same ice cream to our children? Of course we didn't. And if you believed that a certain food or drink would harm your children's health and might even kill them prematurely, would you continue to feed them with it? Of course you wouldn't, not if you really, really believed that it would harm them.

Perhaps your children are not among the one in three children who will be obese by the time they leave primary school and who, by definition, will suffer health problems as a result. Perhaps none of your family will contract the type 2 diabetes, which some children as young as eleven are getting, endangering their sight, heart and kidneys. Perhaps you are fully aware that much of dietary advice given by successive governments during the last 50 to 100 years has actually caused many of the public health problems that have arisen during the same period, and perhaps instead of following that advice you are feeding your children only things that people ate and drank in earlier generations when obesity, type 2 diabetes, coronary heart disease, many forms of cancer and even tooth decay were virtually non-existent.

Or maybe, just maybe, you have to stop believing the diet of falsehoods on which we have all been fed and you need to change dramatically what your family eats and drinks. If so, then somehow I have to make you believe this. For if you don't really believe it then you won't change anything.

Unfortunately it is very hard to change what anyone believes. I know how hard I have resisted changing my own beliefs about a number of major issues in life! It is especially difficult to do this in the areas of food and health, where multimillion dollar food producers and retailers and pharmaceutical companies are daily telling our government and us how their products are good for us, especially the products that make them the biggest profits. So how can I, one small voice, imagine that I can convince you that what they say isn't always the truth? Well, I managed to make the switch in my own thinking, so I'm going to do my best to help you to do the same, if you are willing to read on. I will do it by means of facts,

¹ *The Holy Bible*. Genesis chapter 2, verse 17. Revised Standard Version, Collins, 1971.

explanations and some earnest prayers. I'll spare you the earnest prayers, but I'll back up every fact with sound supporting evidence, and I'll make my explanations as clear as I possibly can. I'll conclude by telling you how to feed your family in a way that will provide them with the healthiest possible start in life. Then you'll be able to give them a huge reason for being glad that they had you for a parent.

Nutritional science can be horrendously complex. As I was drafting this introduction I came across a research paper entitled, '*Isolation of NF-E2-related factor 2 (Nrf2), a NF-E2-like basic leucine zipper transcriptional activator that binds to the tandem NF-E2/AP1 repeat of the beta-globin locus control region*'. I'm not going to quote from that particular paper, because I haven't a clue what it was about either. I need you to understand what I am telling you, so if there is something that I feel I can't explain reasonably simply then I'll have to omit it.

By profession I am not a nutritionist but an engineering research scientist. Yet perhaps as an outsider to the subject of nutrition I have not been brainwashed into believing conventional wisdom, but can study the facts with scientific detachment and draw some more reliable conclusions from them. Having authored technical books, manuals and information sheets, and conducted nationwide seminars that consistently received 5-star feedback ratings, I can fairly claim that I am a professional at acquiring knowledge and presenting it in a useful form for the benefit of others. You can make your own judgement on that if you keep reading!

The prophet Daniel wrote that in the final days of this age knowledge would increase. That has certainly happened in our generation with the unbelievable explosion of information freely available on the Internet. What Daniel didn't say was that wisdom would also increase, and that certainly hasn't happened. Governments in the Western world have all been unwise in much of the dietary advice they have given, and most of us have been equally unwise in following that advice and in the way we have lived. It's my prayer that in these pages you will find the knowledge you need to provide yourself and your family with a truly healthy diet and lifestyle, and that you'll have the wisdom to put that knowledge into practice.

In preparing this material I owe a debt of gratitude to the many researchers and scientific institutions who have been willing to allow public access to their findings by publishing them on the Internet, in many cases without charge. That doesn't mean that everything one reads on the Internet is true: far from it. It must all be taken with a pinch of salt, but only a small one, because we are told we should all cut down on our salt intake...