DIGESTIVE LEUKOCYTOSIS

1. Canned Foods
   a. Biggest offenders – Baby Foods
   b. Deli meats, tuna, all canned meats (enzymes must be taken out of them!)
   c. Biggest cause of Circulating Immune Complexes
   d. Irritation of Intestinal Mucous-Inflammation

2. Leading cause of FIBROMYALGIA when used in therapy with
   a. PROSTSGLANDIN INHIBITORS/NSAIDS
      i. Aspirin, steroids, prednisone, Aleve
      ii. Antacids(these decrease stomach acid)
      iii. Antibiotics
   b. Quote from the 82\textsuperscript{nd} Annual meeting of the American Diabetic Society, June 2002: "If you eat fast food meals every 2-3 hours, you spend most of your life in an INFLAMMATORY STATE!" The use of anti-inflammatory compounds is the problem!
   c. Reactive protein is a big deal for heart attacks; it is involved with inflammation. You will never see a person who has had a heart attack (or could have another one) tolerate Sugar!