

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

DON'T EATS

Your '555 Team' has seldom made any list of "Nutritional Do's and Don'ts", but we have been asked to do so numerous times over the last several weeks. Here is some information for YOU.

- 1) Do not consume '**Azodicarbonamides**'. These are plastic foaming agents often used in producing flour and making bread. They are dangerous chemicals that contribute to 'Leaky Gut' and are suspected to precipitate carcinogenic activities in the population. Avoid any 'Bleached Food Products'. (see 'The ... Ides Family')
- 2) Do not consume '**Diet Drinks**' of any kind. They are NOT health foods. Sodas in general are simply bad, very wrongly advertized consumables.
- 3) '**Artificial Sweeteners**' are the leading cause of obesity in America. (supported by a plethora of research) They invite and support 'Bad Gut Yeast' ... a common problem.
- 4) '**Sugar**', especially the bleached variety, is 8 times more addictive than cocaine! Now include FDA approval to add cocaine to Coca Cola or any soft drink and you have a poisonous cocktail for all consumers. Our youth are at risk!
- 5) '**Coffee**' is a very bad acid stimulator. It is also dangerously loaded with sugars and artificial sweeteners.
- 6) '**Alcohol**' is generally a damaging chemical towards 'Beneficial Flora - ProBiotics'.
- 7) '**Antibiotics**', especially the 'Broad Spectrum' variety, often do more long-term harm than good. These pharmaceuticals ravage the subjects 'Gut Flora' and damage the taker's auto-immune system. Memory loss and related afflictions are negatively affected by the above list of billion dollar, profit-generating pharma-chemicals. Amyloid beta protein (AC-erase) and acetylcholine are worthy subjects for your further investigation.

We know that "We are what we eat!"

If the Good Lord and Mother Nature did not produce it, we very likely should not be eating it! There are exceptions to the rule, but fewer than one might think.

Stay informed so you can stay healthy.

"Welcome Aboard!"
"Enjoy The Ride!"

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