

# How Refined Foods Affect Us

By Royal Lee, D.D.S.



Have you ever been bothered by a laboring heart that refused to slow down when you went to bed at night, or by an attack of "paroxysmal tachycardia," in English a "racing heart" which pulsates twice as fast as normal?

Both are results of the use of an excessive amount of refined sugar in the food pattern during the preceding hours.

When sugar is stored in the muscle reserves, it also requires potassium, phosphate and creatine to form phosphagen, the muscle fuel organ.

When the sugar (hexose) part of the assembly (di-potassium-creatine-hexose-phosphate) is used up, the potassium, phosphate, and creatine may be lost by diffusion out into the blood and to the kidneys before more sugar may be available to reconstruct the phosphagen molecule. I have a personal theory that *inositol* may have the function in the muscle to act as a stop-gap substitute for sugar (hexose) during this interval to hold the phosphagen intact. Inositol has a molecular shape almost identical to that of glucose, but cannot be used as fuel by the body. Its presence in the muscle cell has not been otherwise explained. (Inositol is one of the B-complex vitamins.)

When the potassium has all been taken up from the blood by an excessive indulgence in refined sugar products, the effect on the heart of this low blood potassium is either paroxysmal tachycardia or a heavy laboring action as if one had been walking up a long hill.

Potassium, as bicarbonate, or as alfalfa tea, or alfalfa extract tablets, promptly relieves such tendencies.

Unrefined carbohydrates such as raw sugar, molasses or whole wheat bread, contain an ample amount of potassium to prevent such reactions.

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Potassium deficiency has been found lately to be a cause of congestive heart failure, in clinical research.

Physiologists have always wondered why potassium, chemically interchangeable with sodium in common chemical reactions, is selectively retained in the body cells while sodium is not. The above reaction seems to be the answer. Potassium performs its function by holding sugar within the cell as a fuel reserve, while sodium performs its function of promoting osmotic interchanges between the blood vessels and tissues by its action in the blood stream and extra-cellular fluids.

Potassium balances sodium in these reactions. If you develop a condition requiring sodium restriction, you may really be suffering from potassium deficiency. The proper way to correct a deficiency is to provide the missing factor, rather than to reduce the intake of the synergistic partner. That is like checking the oil in your auto crankcase and on finding it half full, reduce your gas purchase to a half tank too.

"A little knowledge is a dangerous thing." The life you save by getting the truth and all the truth may be your own.

## How Cataracts Have Been Helped without Operation

by Irving A. Kurinsky

Director, Council for Research & Autogenic Training to Improve Defective Sight, Inc.

By definition, a person who is in full health, physically, nutritionally and emotionally, can have nothing wrong with his eyes.

Orthodox medicine at present knows no cure for cataract. Since little or nothing is known or done the patient finally has an operation to remove the lens from the eye. But because of recent developments there should soon be no longer need for these operations. The fact is that a patient's cataract development may be stopped *right now* if he knows what to do.

In our opinion cataract is basically a psychosomatic and/or a disease of improper nutrition.

The background pictures of all cataract patients are essentially similar. There are the sensitive personalities,

women more than men, reaction to stress over a long period of time, and improper nutrition. Only the possibility of nutritional deficiency has been mentioned in orthodox texts. However now stress is sometimes mentioned. In the case of defective vision it is known that the mind (psyche) can have an effect on the body (soma).

When cataract is diagnosed, it is a waste of time and health to wait for it to develop so that it may be operated upon. Our experience shows that the cataract development process can be stopped *immediately* by certain relaxation techniques. Then continued application can even reverse the process and the condition might be improved so that an operation could be avoided.

Mr. X of Van Nuys, California had a condition of incipient cataract. His condition was just at the beginning stage. He was taught our relaxation techniques and in three appointments he was able to get rid of his cataracts entirely. He applied conscientiously what he was taught. Can anyone say that this man should have allowed his cataracts to develop to the point of blindness or operation?

Mrs. DeL. of New York had cataracts in both eyes and was ready to be operated upon. She was told of our work but said that she was under the supervision of one of the foremost New York doctors. When she finally did come, and heard the reasonableness of our approach, she worked with us for about three months, perhaps a couple of times a week.

When she returned for her re-examination, her doctor, knowing her case and expecting that she should be just about ready to arrange for an operation, was startled out of his composure after examining her, and exclaimed: "It's improved! I don't know why! Mrs. DeL. never underwent operation.

These two reports, one just at its beginning, the other developed to the point where an operation was necessary, show that we should have the awareness that the body is a constantly active "machine." If a condition like cataract develops it means merely that our body has taken the wrong road. But if the patient is still alive, the great possibility is that you can direct it to the highway of good health.

(Editor's note: The writer will be pleased to reply to any inquiries submitted on the subject of this article.)

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