

Eating For Health and Longevity  
by Dr. Garry Gordon, MD, DO, MD(H)

I'm sure you have heard the old saying, "you are what you eat", an expression that was popularized back in the 1930's, after the book of the same name authored by pioneering health food and weight loss physician, Dr. Victor Lindlar.<sup>1</sup> But while it is true that our bodies are built and nourished by the foods we eat – fat does not make us fat, nor does sugar make us sweet! In fact, healthy fats are necessary for maintaining healthy skin, brain function, and promoting proper eyesight – while sugar is a toxin that destroys the body's immune function, especially when consumed in excess.<sup>2</sup>

What about the sugar in fruit? Traditionally, natural sugars in the form of fruit or honey were considered a treat and primarily enjoyed during harvest times. We also ate more whole grains and simple, unrefined carbohydrates rich in fiber, vitamins and minerals. Today, "man-made" refined sugars are added to just about every food product on the grocery shelf – mostly listed on the ingredients panel as high fructose corn syrup, anhydrous dextrose, lactose, maltose, sucrose and others. Refined carbohydrates like white sandwich bread, hot dog and hamburger buns, english muffins, bagels, pizza crust, white crackers, and most cereals, are converted to sugar once you eat them, and these are the culprits adding to our toxic burden and chronic diseases.

Did you know that 80–90% of cancers are caused by environmental factors,<sup>3</sup> and of these, 30–40% of cancers are directly linked to your diet? Cancer *loves* sugar, and cannot live without it! Which is why it is no longer considered primarily a genetic disease, but a metabolic one.<sup>4</sup> Removing refined carbohydrates and sugars from your diet will hinder cancer from developing, prevent the chronic inflammation underlying heart disease, and help you lose weight! I recommend everyone read Dr. Mark Hyman's latest book 'The Blood Sugar Solution', to gain a comprehensive knowledge of how diet, blood sugar levels, inflammation, toxicity, and metabolism are all linked to the epidemic occurrence of obesity, type 2 diabetes, hypertension, heart disease and cancers seen today.

Adopting a healthy diet for life is a fundamental part of my FIGHT For Your Health Program. Seek out Non-GMO, organically grown, locally harvested foods. They are healthier for you, healthier for our environment, and they support our local economy. I recommend eating a diet rich, colorful fruits and vegetables – consumed raw or lightly steamed – in order to retain the vital nutrients and enzymes needed for digestion. Gluten sensitivities, "Leaky gut" syndrome, and GERD (reflux disease) are all unavoidable with

the genetically modified soy and corn in everyone's diet, providing a pesticide effect in our intestines, altering our flora, and damaging our immune systems. Which is also why I believe it is critical to adopt a daily detoxification regimen in order to rid our bodies of the various environmental pollutants and toxins we regularly ingest. Even when seeking out organic alternatives, I insist that we all still need to supplement our diets with quality vitamins and supplements.

My Beyond Chelation Improved (BC-I) formula, with vitamin K2 and resveratrol, provides the highest quality multi-vitamin/mineral blend, with other natural, essential ingredients to feed the heart, help rid the body of heavy metals, and help control chronic inflammation which is the major cause of heart attacks and strokes. I also suggest taking a Probiotic supplement with acidophilus such as Kyo-Dophilus 9®, which is so important when dealing with the constant exposure to GM foods that disturb normal bowel flora.

My power drink, containing Bio En'R-G'y C™, Longevity Maca™, Best of Organic Greens™, Beyond Fiber™, and ZeoGold™ is an excellent way to provide your body with an abundant amount of critical nutrients your body needs for free radical protection, increased energy levels, enhanced digestion and immune function. Beyond Fiber™ and ZeoGold are especially beneficial in helping to detoxify the gastrointestinal tract and support the growth of the probiotic flora.

For more information about my FIGHT For Your Health Program, recommended supplements, or detoxification protocols, please visit the Gordon Research Institute web site at [www.gordonresearch.com](http://www.gordonresearch.com).

In Health and Longevity,  
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<sup>1</sup> Wikipedia – the Free Encyclopedia. Victor Lindlahr. Page last modified on July 22, 2012. Last accessed February 9, 2013. [http://en.wikipedia.org/wiki/Victor\\_Lindlahr](http://en.wikipedia.org/wiki/Victor_Lindlahr)

<sup>2</sup> Is Sugar Toxic? CBS News – 60 Minutes. April 1, 2012. Last accessed February 9, 2013. [http://www.cbsnews.com/8301-18560\\_162-57407294/is-sugar-toxic/](http://www.cbsnews.com/8301-18560_162-57407294/is-sugar-toxic/)

<sup>3</sup> Abdulla, M. et al. (2000). "Role of diet modification in cancer prevention". *BioFactors* **12** (1–4): 45–51. doi:10.1002/biof.5520120108. PMID 11216504.

<sup>4</sup> Seyfried T, Shelton L. "Cancer as a metabolic disease". *Nutrition & Metabolism* 2010, 7:7. <http://www.nutritionandmetabolism.com/content/pdf/1743-7075-7-7.pdf>