

THE IDEAL “SUGAR” FOR YOUR SWEET TOOTH.

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Understanding the value of mineral sugars in foods — based on the principles of Dr. Carey Reams applied to the farm and garden

The most important ingredient for the best physical health is natural clean food that contains the highest possible level of nutrients. But how do we tell if we are consuming this type of food? First, the food must come from plants grown under conditions that will allow the least contact with toxic substances from air, water or soil. In other words, have the best natural or “organic” principles of clean growing been followed? Second, the food must come from plants that have been grown in such a way as to insure the greatest amount of natural mineral sugars accumulated in the plant’s cells.

With more and more being written about organic concepts of food production today those interested in healthy foods incorrectly tend to think that “organically” grown food is the most nutritious food available. Don’t get me wrong, I’m definitely a believer in food grown in toxic free environments. However, “organic” concepts of food production have definite limitations. It is one thing to grow a clean food, but it is definitely another matter to grow food with the greatest amount of nutrient possible.

So, in order for the reader to gain insight into what makes the highest nutritive food from plants, it will be very important to understand a very basic law of plant chemistry. That law is: *The higher the organic mineral and natural oil content, the higher the natural sugar content.* What I am saying is that if you want to be aware of the nutrition levels of a plant grown for food — measure their natural sugar content. When you know the natural sugar levels you can become aware of how high the natural nutrition is of that vegetable or fruit.

TOXIC ORGANICS

Nature makes nutrition by making sugar. A plant food deficient of sugar, no matter how organically clean it has been grown, potentially becomes a toxic food. This is because organically grown, as well as synthetically grown for that matter, low sugar foods, contribute to indigestion.

Sugar is a food that is high in heat energy — usually measured as calories — and there is more to that energy than most imagine. Sugar energy is vitally involved in the natural digestive processes, because it is the most important chemical reactor for supplying the heat energy for other enzymes to function properly. Without the heat of sugar, indigestion will result.

The problem is that the sugar cannot function properly in the digestion unless it contains its own full compliment of calcium/mineral factors that developed with it in the plant. As sugar is made in the plant’s natural chemical reactions — part of the photosynthesis process — calcium /mineral nutrients, including natural oils, are made at the same time. This is why, when plants end up with a poor or deficient sugar content, they are deficient in the corresponding minerals (especially calcium), oils and enzymes. This is also why a person eating mineral deficient food will, at some point, begin to desire extra sugar with their meal to satisfy the digestion’s mineral energy needs. Have

you ever wondered why you crave sugar after some meals? Of course that added sugar, if of the wrong type, will only add to the problem of mineral deficiency because the body then has to depend on releasing its stored mineral to allow the refined sugar to be process properly. Thus, if one were to eat mineral sugar deficient foods they would be eating foods that are potentially toxic no matter how chemically free they are grown. When foods do not digest into usable substances for the body, the body will treat them as any potentially “toxic” substance and try to get rid of them. Here is the reason for most food “allergies.” They are really toxic conditions resulting from indigestion caused by mineral sugar deficient food. So the ultimate answer to food allergies isn’t to quit eating the food, it must be to improve the digestion. A vital part of this solution comes though consuming high nutrient, or more nourishing foods, measured by the natural mineral sugar content. Remember, organically grown food is toxic food if it is only grown chemically free without paying attention to growing superior sugar content at the same time.

MEASURE THE SUGAR YOURSELF

Since the measure of the nutritional quality of fresh produce is the sugar content, obviously then the better the nutrition in the produce the sweeter it will taste. The human sense of taste was designed to lead one to good food. However, humans do not have the sensitive taste for mineral sugar that a cow and many animals like them have. A cow can distinguish as small as one-half of one percent difference in sugar content between two of its available foods. This is why the animals are so often seen stretching over fences looking for greener — sweeter — pastures.

Just as the cow uses sugar content to tell how good the food is, you can learn to distinguish the natural sugar content of different fresh produce. But, you must get personally involved if you want to learn how to distinguish high quality nourishing foods. Besides relying on your taste, the most accurate way to measure the amount of natural mineral sugars is to acquire a device called a hand held *refractometer*. It is a pocket sized instrument which can be purchased for between \$150 and \$200 — unless you can borrow one from a friend. If you are interested in purchasing quality produce and want to know if you are getting your moneys worth, this little instrument will give you a distinct advantage. Remember, you will be getting more for your money if you purchase a box of apples for \$20, if the sugar content of the apples are 18 brix, rather than 10 brix. Sugar in the fruit juice is a dissolved solid. Therefore, it adds weight to the produce the more there is in it. So a box of apples containing 18 brix fruit, rather than 10 brix fruit, will also weigh more. The *refractometer* does not lie and it will pay for itself.

The accompanying chart shows the Brix levels for determining if the produce is poor, average, good and excellent quality.

THE BEST VITAMIN AND MINERAL SUPPLEMENT

The best way for an individual to get his vitamins and minerals is from food. No, I’m not against the use of vitamins and mineral supplements, but by far the best way to get them is from the food grown in the best of controlled conditions producing clean optimum sugar content foods. This is accomplished the quickest by getting involved with growing a home garden. You don’t have to wait for someone to do it. Instead you begin by accomplishing this for yourself. It is my belief that the home gardener and farmer, growing high quality food, can have more effect on the health of the community or nation than all the medical institutions put together — a vital premise of Dr. Carey Reams, who taught me these principles as well.

AMBASSADOR OF SWEET INFORMATION

Not only will you begin to make a difference in the health of your family, but you will also make a difference in the health of your community. What produce manager, who truly sees his job as a service to the community, would not be interested in knowing how to measure and demand sweeter and better produce. Just see what happens when you use a *refractometer* in a super market, farmers market or produce stand! It does get peoples attention. And more than that, it gives you the ability to share the knowledge about what top quality produce really means. So go ahead and really feed your “sweet tooth” properly. Natural mineral sugars from the plant — not manufactured sugars — are absolutely vital to life.

BRIX CHART FOR DETERMINING QUALITY PRODUCE

PLANT	POOR	AVERAGE	GOOD	EXCELLENT
Alfalfa	4	8	16	22
Apples	6	10	14	18
Asparagus	2	4	6	8
Avocados	4	6	8	10
Bananas	8	10	12	14
Beets	6	8	10	12
Bell Peppers	4	6	8	12
Blueberries	6	8	12	14
Broccoli	6	8	10	12
Cabbage	6	8	10	12
Carrots	4	6	12	18
Cantaloupe	8	12	14	16
Casaba	8	10	12	14
Cauliflower	4	6	8	10
Celery	4	6	10	12
Cherries	6	8	14	16
Coconut	8	10	12	14
Corn Stalks	4	8	14	20
Corn, young	6	10	18	24
Cow Peas	4	6	10	12
Kumquat	4	6	8	10
Endive	4	6	8	10
English Peas	8	10	12	14
Escarole	4	6	8	10
Field Peas	8	10	12	14
Grains	6	10	14	18
Grapes	8	12	16	20
Grapefruit	6	10	14	18
Green Beans	4	6	8	10
Honeydew	8	10	12	14
Hot Peppers	4	6	8	10
Kohlrabi	6	8	10	12
Lemons	4	6	8	12

Lettuce	4	6	8	10
Limes	4	6	8	12
Mangos	4	6	10	14
Onions	4	6	8	10
Oranges	6	10	16	20
Papayas	6	10	18	22
Parsley	4	6	8	10
Peaches	6	10	14	18
Peanuts	4	6	8	10
Pears	6	10	12	14
Pineapple	12	14	20	22
Raisins	60	70	75	80
Raspberries	6	8	12	14
Rutabagas	4	6	10	12
Sorghum	6	10	22	30
Squash	6	8	12	14
Strawberries	6	10	14	16
Sweet Corn	6	10	18	24
Sweet Potato	6	8	10	14
Tomatoes	4	6	8	12
Turnips	4	6	8	10
Watermelon	8	12	14	16