

Dangers of Eating Heated Food

Toxic Reactions of the Body to Eating Heated Food



Clinically, “leukocytosis” is an increase in the number of white blood cells in the blood, generally caused by the presence of infection, and is usually temporary.

“Digestive leukocytosis” is an increase in the number of white blood cells that occurs after eating certain types of food. It is a response to food that is toxic or which has not been properly digested.

“Pathological leukocytosis” is an abnormal condition of the white blood cells, commonly found in cases of infection, intoxication, poisoning, eating highly heated food or eating abnormally altered food.

Heat Shock Categories

Depending on the type of food eaten, the elevation of the white blood cells is graded according to the severity of the response of the white blood cells (WBCs).

Category I

No Increase in WBC Count

- Raw foods or raw frozen food
- Foods heated to 200 degrees F. or less

Category II

Mild Increase in WBC Count

- Foods cooked at boiling temperature (212 degrees F.)

Category III

Moderate WBC Elevation

- Foods heated well above boiling temperature, such as baked goods: breads, muffins, buns, biscuits, pretzels, cakes, etc. (350 to 450 degrees F.)
- Pressure-cooked food, canned food

Category IV

Severe Leukocytosis

- Refined foods such as white flour, white sugar, vinegar
- Fried foods (french fries, chips, pan-fried foods, etc.)
- Carbonated beverages, alcohol, commercial salt (highly heated)

Category V

Violent Reaction of Leukocytes

(Equivalent to the leukocytosis seen in poisoning)

- Cured, salted and cooked meats
- Foods with manmade chemicals such as hydrogenated oil, margarine (plastic fat), MSG (monosodium glutamate), aspartame (NutraSweet), artificial colorings, flavorings, etc.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent