

André Blank

THE MASSIVE SUGAR POISONING

The greatest harm to mankind

Sugar – eight times more addictive than cocaine!

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Dedication

In the spirit of love and gratitude, I dedicate this book to my family, my masters, and my teachers, and in particular, my father, Erwin Blank, who is also my way master and mentor. I would never have been able to find and take this path without him. He has been supporting me in my studies and work on this book and continues with his support for me – at all times.

This book is dedicated to the dreams of past, present, and future humankind, to the dream of health, happiness, and peace.

This book is also dedicated to all fellow human beings, either known or unknown, who in the past, all over the world, throughout their lives and forever, has inspired the family of humanity with their work. I would like to thank everyone worldwide who has strived for this for years and has had to endure difficult times because of it, but who have never lost courage and never given up.

This book is also dedicated to our ancestors, all born children and all parents, and all generations not yet incarnated. This book is written for all those whose consciousness is awake.

This book is for all those who can make their own choice whenever they want but have not yet decided to do so.

I feel grateful knowing that this knowledge gives all people health, freedom, trust, and peace.

"Once you have the answer, life changes the question."

Unknown

"If you always do what you've always done,
you will always get what you have always gotten."

Paul Watzlawick

"Truly rich is he who has more dreams in his soul,
than reality can shatter."

Unknown

"Consider what you are: above all, a human being,
this means a being that has no more essential task than its free will."

Epictetus

"An Other is not You, and You are not an Other."

Dogen Zenji

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Foreword

Sugar, caffeine, Ritalin, psychotropic drugs, mass media, smoking and drugs such as cell phones, TV, gambling addiction, etc. As a society, we are constantly exposed to all kinds of temptations. It is an attack on people and on humanity.

People undergo permanent intense pressure to succeed in a highly competitive society – both their upbringing and peer pressure is becoming increasingly constricting and their way of life highly analytical, to the point that they tend to emulate anything that promises liberation or independence from restriction. Societal pressures are on such a dominant level that the desire is to break free from all things dragging them down. Their body, their mind, as well as their consciousness.

The majority of people understand true freedom in a too one-sided way. Thinking freedom just means I can do whatever I want, they don't realize that true freedom also means not having to do what I don't want to do. Being able to let go of what is not good for me.

This book serves as a guide leading from dependency back to freedom and thus to physical, mental and spiritual health.

Each front side has an equally significant back side. Every person is different and carries a different story and life path. What the blacksmith endures, may tear the tailor apart.

All things in this universe, including our health and way of life, change continuously. The only permanent element is the incessant change. Human beings should regain a sense of truth.

It is only through understanding Mea Culpa that a change of attitude is possible, which directs one's energy toward liberation.

1 Drugs, addiction and dependence

The term drug originates from the Dutch expression *drog* and refers to dry. Traditionally, the word was used to describe dried plants or herbs that were either intended to be used as a spice, perfume or medicine. Nowadays, it is also commonly used to refer to the good old drugstore. Furthermore, in English, drug denotes not only intoxicants, but also medicines in general. Therefore, medicines also rank among the drugs. As a result, any use of medicines that is not medically necessary or not sensible, such as painkillers, sleeping pills or tranquilizers, is considered drug abuse.

1.1 What are drugs?

Drugs are substances which affect the nervous system and the brain, thereby interfering with natural physical, mental, and spiritual processes. In doing so, they can influence the perception of sensory impressions, feelings, and moods. Drugs are capable of altering perception and consciousness.

We define drugs as all agents that stimulate or sedate. These are substances that can put people in pleasant – or unpleasant – moods and make them physically mentally and emotionally dependent. This applies to both “legal” drugs and “illegal” drugs. The distinction of “legal” or “illegal” is determined by the “ruling authorities” and not by nature.

According to the World Health Organization (WHO), any substance “capable of altering functions in a living organism” is defined as a drug. Through this expanded definition of drug, the WHO not only includes cannabis, cocaine, opiates, hallucinogens, tobacco, painkillers, stimulants, sleeping pills and tranquilizers, but also everyday drugs such as alcohol, coffee, and tea.

Whereas this definition is once again an example that the WHO is in the mildest case only ignorant, or in the worst case a deliberately manipulating institution. After all, by defining “any substance that can cause changes in a living organism”, all substances that can change the organism from disease to health are also referred to as drugs. This sends a clear message: Even keep your hands off healthy “substances”,

because they can also change the organism. And changes beyond the control of WHO are better not chosen by people.

A generally valid statement about the reason why a person takes drugs is almost impossible. All that exists is the individual case. Indeed, it is a common misconception to assume that only unstable, frustrated, isolated and particularly problem-ridden young people emerging from dysfunctional homes use drugs.

When one examines the life histories of drug addicts, there are equally young people who come from so-called intact families being popular in their class and setting the tone in their circle of friends. In any event, it is problematic for young people dealing with addictive substances if they have not learned to handle conflicts or to endure disappointments, if they become afraid of failing, of not being accepted, if they have no self-esteem and are weighed down by feelings such as boredom, anger, fear, and loneliness.

1.2 What is an addiction

We speak of an addiction when something is too much and does not do body, soul and spirit any good in the long run. If someone becomes addicted to alcohol, we speak of alcoholism. If someone has a daily sugar habit, we do not speak of diabetes, but we simply say that he has a sweet tooth. If someone puts caffeine into their body every day, we do not speak of caffeine addiction, but rather say that they need it because they work so many hours. One or two coffees a day won't do any harm.

Where is the difference to be found? Sugar, caffeine, alcohol are all substances which are accepted by society. The only difference between them lies in the symptoms. Depending on the degree, an alcohol addict is no longer responsive in his drunkenness, no longer capable of functioning in society. Alcoholics are notorious for running over children with their cars while drunk, beating their wives, and selling entire properties while drunk... and much more.

How about substances like sugar and caffeine? People addicted to sugar and caffeine experience symptoms of nervousness, and as long as the addictive substances are consumed – at least as long as the body is able to cope with it – these people

as a substitute for solving problems or avoiding negative feelings (psychological dependence).

Contrary to addictive behavior, often a physical or also psychological dependence is associated with substances, leading to physical or also psychological withdrawal symptoms when they are discontinued.

Causes of addiction

If a person develops an addiction, the question of “Why?” always arises.

Many people affected do not even understand themselves how they ended up in this spiral.

It is rarely possible to identify a single cause in the development of an addiction. In fact, a number of factors play a role in the development of an addiction. These include psychological and social factors.

What is the course of events:

1. Habituation
2. Addiction
3. Dependence to disease
4. Withdrawal
5. Weaning
6. Health
7. Freedom

1.4 Mental versus physical addiction

Physical or bodily dependence occurs when the body has become adapted to the supply of the addictive substance through the constant use of the drug. Failure to supply the body with the drug on a regular basis results in withdrawal symptoms, such as restlessness, sweating and trembling. In case the addict is dependent on several substances at the same time, it is called polytoxicomania. This is when the withdrawal symptoms are particularly cruel and painful, as long as the addict does not regularly consume the drugs in question.

Psychological dependence manifests itself through a strong desire to consume the drug, which can be influenced only with difficulty. Sooner or later, all addictive

substances lead to psychological dependence. An addict's thoughts are constantly centered on the drug and how it can be procured. No physical withdrawal symptoms occur if the drug use is interrupted. That being said, once the drug is discontinued, the psychologically dependent person experiences feelings of discomfort and depression.

Treatments for psychological dependence are much more challenging than those for physical dependence. In most cases, physical dependence treatment is overcome within a few weeks after starting treatment. By contrast, treating psychological dependence requires a lot of time and patience.

1.5 What are an addict's patterns

What do all addicts have in common: For every addiction and every dependency, the underlying cause is in the soul and manifests itself physically.

What behaviors are typical of people with addiction?

An addiction falls under the category of mental illnesses and is likewise a chronic disease. It is characterized by an urgent desire for a certain state of feeling, experience, and consciousness. A psychological dependence always exists. Additionally, depending on the substance, a physical dependence may develop. There are several factors that interact during the development of addiction: the social environment, the personality of that person, the current life situation, and also the availability or tolerance of the substances.

People with a dependency disorder exhibit so-called addictive behaviors. In this context, it is irrelevant whether the addiction is substance-related (alcohol, sugar, medication, etc.) or non-substance-related (gambling addiction, shopping addiction, work addiction, eating addiction, winning addiction – in sports and other competitions).

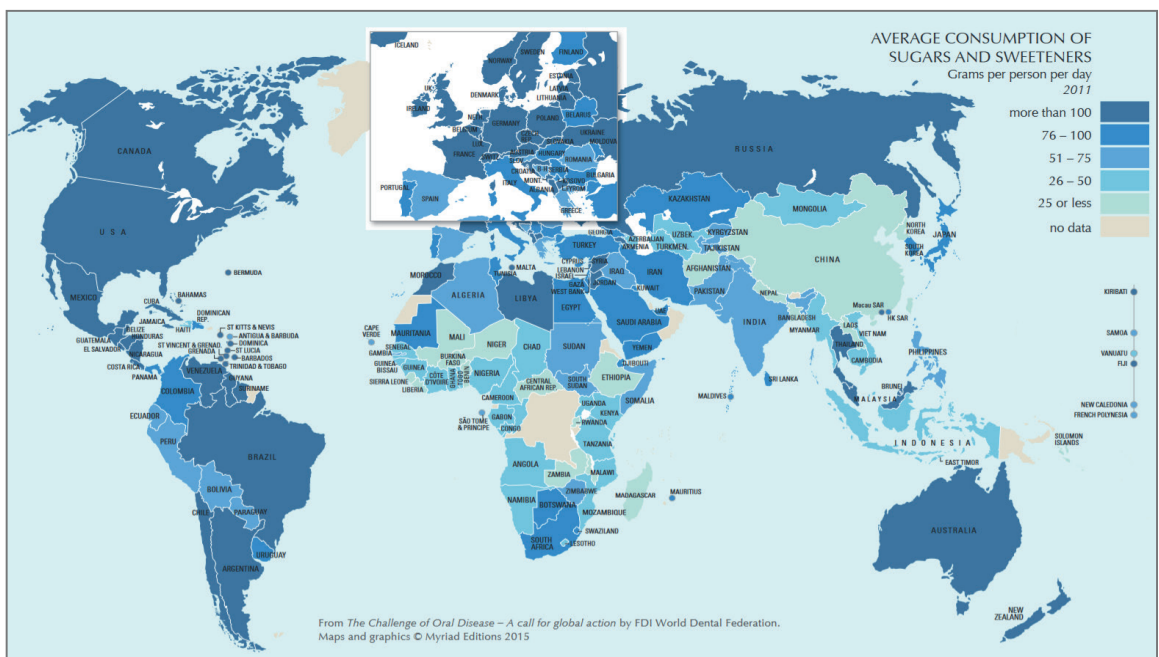
The following behavioral patterns can be observed to a greater or lesser extent, depending on the extent of the addiction:

- **Downplaying:** Individuals with addiction try to downplay their addiction. Statements like "It's not that bad" or "I can stop anytime" are typical. They deny the facts even when confronted with them. *After all, it's normal – everyone eats sugar sometimes, everyone needs that feeling of sweetness!*

2.14 Sugar consumption

Sugar consumption increased rapidly, from 2 kg per capita per year in Germany in 1825 to 38 kg per year in 1980. Currently, each inhabitant of France consumes an average of 50 kg of sugar, and in the USA the average annual consumption is 70 kg per capita per year.

The average annual consumption of a European varies between 45 and 55 kg of sucrose sugar.



Source: <https://www.fdiworlddental.org/sites/default/files/media>
Fig. 1: Average Consumption of sugar and sweeteners

One in 13 Germans is diabetic

About 6 million Germans are suffering from an exhausted pancreas, also known as diabetes melitus or diabetes.

Things are even more blatant in the USA!

One in 4 Americans is diabetic

The U.S. National Institutes of Health has issued a grim forecast regarding the increase in type 2 diabetes cases: As many as two in five U.S. citizens (40 percent) could be affected in the future.

Both sexes are equally affected in the overall population.

The calculated risk remains nearly gender-neutral – it is 40.2 percent for men and 39.6 percent for women. According to the figures, one in two U.S. citizens of Hispanic origin (of either sex) could develop type 2 diabetes, as could one in two African American women.

At present, the prevalence of diabetes in the U.S. is 9.3 percent (29 million people with the disease), and 27.5 percent of Americans (86 million) already have pre-diabetes. As a result, this already leads to very high costs for the healthcare system, according to CDC researchers: \$245 billion a year must be spent directly and indirectly on diabetes treatment.

In 2016, the world production of sugar per year was 178 million tons.

Viewing its history as a food, sugar was initially a luxury item – its first adverse effects, such as tooth decay, were soon to be seen, and evolved at the same rate as sugar production increased.

Every year, sugar production increases massively!

In 2022, the world production of sugar per year was 182 million tons.

Apart from Brazil, the world's largest sugar producer and exporter, India has moved up to second place in 2020/2021. India took second place, well ahead of the EU-27, and achieved sales of 5 million metric tons of surplus sugar on the world market.

The sugar craze has reached such proportions that sugar consumption worldwide per capita averages 170 g of sugar per day. This amounts to approx. 60 kg in one year and approx. 5,000 kg in a lifetime of 70 years, i.e. 5 tons of pure sugar ($C_{12}H_{22}O_{11}$).

1 sugar cube is equivalent to 3 g. 1 kg of sugar cubes are 333 sugar cubes. There are about 19,980 cubes of sugar in one year, and 1,398,600 cubes of sugar in a life of 70 years.

Every 20 seconds, a diabetic foot or lower leg is amputated worldwide. Every second person forms cancer cells and dies of it!

The term food implies that it contains nutrients. Sugar contains no nutrients at all. Quite the contrary, sugar is the biggest nutrient robber of all.

For what reasons the WHO (an organization of the pharmaceutical companies) declares sugar as food – should be obvious to all people after the “virus” pandemic at the latest.

Reminder!

You only have to ask your friends the right questions:

Who will become poor when you are healthy? The pharmaceutical industry.

Who is getting rich when you are sick? The pharmaceutical industry.

Which sector profits the most from the sugar industry? The answer is as easy as it is obvious. The pharmaceutical industry.

The effect of sucrose sugar can be described as follows:

Sugar is neither broken down nor digested in the mouth, because it is rapidly soluble and does not need to be chewed. It thus enters the stomach very quickly – or passes directly into the blood via the mucous membrane of the mouth – triggering the secretion of large amounts of gastric acid in an exuberant reaction, resulting in an overacidification of the stomach. Direct consequences are gastritis and gastric ulcers.

For its assimilation in the intestine, it is in need of the vitamins of the B-complex. As neither cane nor beet sugar contain any of these valuable vitamins, the organism must mobilize the required vitamin B from the body's own reserves. The calcium supply to the bones, as we know, is controlled by vitamin B and vitamin K2, and is thus hindered if the body is deprived of these very vitamins. There is therefore only insufficient calcium supply with insufficient bone density, and this explains the increase in bone fractures even in the case of only minor falls. These types of accidents can be increasingly observed among children in school playgrounds. We are therefore witnessing the first form of decalcification.

Apart from the process just described, sugar also contributes to decalcification by causing acidification of the stomach. For keeping the pH of the blood in a range

compatible with health, alkaline salts must be mobilized from body reserves to neutralize this excess acidity, namely calcium and magnesium salts, which represents an undesirable form of calcium redistribution in the organism.

Sugar prevents the metabolism of magnesium, which is known to play a supporting role in calcium supply and distribution, and thus represents another undesirable form of calcium redistribution in the organism. At the same time, magnesium serves a protective function for the organism against bacterial infections. It is well known that magnesium plays a great role in the formation of immune bodies.

Due to the total absence of fiber, sugar causes constipation and leads to the increase of diverticulosis of the sigmoid colon and, as a consequence, to the increase of cases of colon cancer.

Due to its oxidizing character, sugar causes a constant imbalance in the cell from the point of view of the bioelectronic parameters pH, pH 2, specific resistance and also redox potential, making it necessary to consider it as a cause of degenerative diseases.

Under normal circumstances, a single white blood cell can destroy 14 bacteria (of a given type).

Sugar can weaken your immune system

A few grams of sugar can destroy your white blood cells ability to resist infections for several hours. What does sugar (and other sweets) do to these cells? Studies have shown that eating white sugar and other sweets can paralyze the white blood cells for half an hour or more.

Other studies have shown that the amount of sugar you find in a 1L bottle of soda (about 100 g of sugar) makes your white blood cells 40% less effective at killing germs, which can negatively impact your immune system for up to 5 hours after consumption.

ural activation, the physiological happiness hormones, endorphins, and endocannabinoids lose their natural balance. Under these circumstances, at times serious symptoms such as exhaustion, inner restlessness, anxiety, nightmares, panic, binge eating, tremors and pain can spread uncontrollably through the body.

Regardless of the severe “side effects,” many people find it difficult to simply exclude sugar from their diet. To the point of developing downright withdrawal symptoms when their bodies are deprived of sweets. Stress, hunger, and restlessness dominate those affected. And the logical consequence: they fall off the wagon. To avoid this, sugar withdrawal should be gradual and targeted, so that the metabolism can relearn and adapt. Withdrawal does not necessarily mean renunciation.

2.16 Sensory analysis of sweeteners

Two properties are of particular importance for the further characterization of sweetening substances, namely the sweetening power as a measure of the sweetening capacity and the taste quality to describe the sweetness.

The following can be applied as a measure of the intensity of the sweet taste of a compound:

the detection threshold C_{tsw} (lowest concentration found in an aqueous solution of the substance to be tested that is perceived as sweet).

The factor f_{sac} , with which the arbitrary concentration of an aqueous solution of the substance to be tested must be multiplied in order to give the concentration of an isosweet sucrose solution. The factor is concentration dependent and can be related to weight quantities (f_{sac} , g) or molar quantities (f_{sac} , mol).

Sweetening power

Sweetening power is arguably the most important property for assessing the utility and potential uses of sweetening substances. Accordingly, its value is defined as

the ratio between the concentration of the sucrose solution used as a reference and the concentration of the substance to be tested in order to obtain the same sweetness intensity.

Examples

The following table gives an overview of the sweetening power of some sweeteners:

Table 1: Overview of the sweetening power of some sweeteners

Substance	Sweetening power	Type	Info
Raffinose	0.2	Triple sugar	in legumes, indigestible, causes flatulence
Lactose	0.3	Double sugar	
Malt sugar	0.6	Double sugar	
Dextrose	0.5–0.8	Single sugar	
Household sugar	1	Double sugar	Reference figure
Fructose	1.0–1.8	Single sugar	
Cyclamate	30		
Aspartame	180	Dipeptide derivative	heat sensitive
Saccharin	300		
Stevioside	300		
Thio-Superaspartam	50,000	Dipeptide derivative	Aspartame derivative

- Sugar contributes to obesity and high blood pressure.
- Even a teaspoon full of sugar causes blood sugar levels to rise.
- Sugar overacidifies the body.
- Sugar leads to oxidative stress.
- Sugar promotes inflammation (not only in the mouth).
- And very importantly, white bread, wheat pasta and potatoes are nothing but condensed sugar. Eventually, they stress the insulin system just as much as granulated sugar.

2.21 Desired customers: our children

Nowadays, we know that the originally finely tuned sense of taste, which is after all a survival tool a baby comes into the world with, can atrophy through years of excessive consumption of sugar and salt. There are two main factors that can lead to the development of programming or even addiction: the use of sweets as a reward or as a tranquilizer.

The sugar confectionery industry tends to place confectionery directly in front of children's eyes and runs its commercials at times when children are watching TV. The children can then see their peers coming home hungry from play and receiving a sugary yogurt or a chocolate bar from a cheerful mom or other cheerful adults. Last but not least, representatives of confectionery companies are keen to appear as experts – often dressed in a white doctor's coat and with a stethoscope around their necks – promoting healthy child nutrition and making themselves available to the state, sports associations, schools and even kindergartens as competent partners for weight-loss programs and sports initiatives. And the same applies to advertising for toothpaste which contains highly toxic fluoride.

Each year, the confectionery industry in Germany generates sales of 13 billion euros.

In the U.S., it is even more staggering.

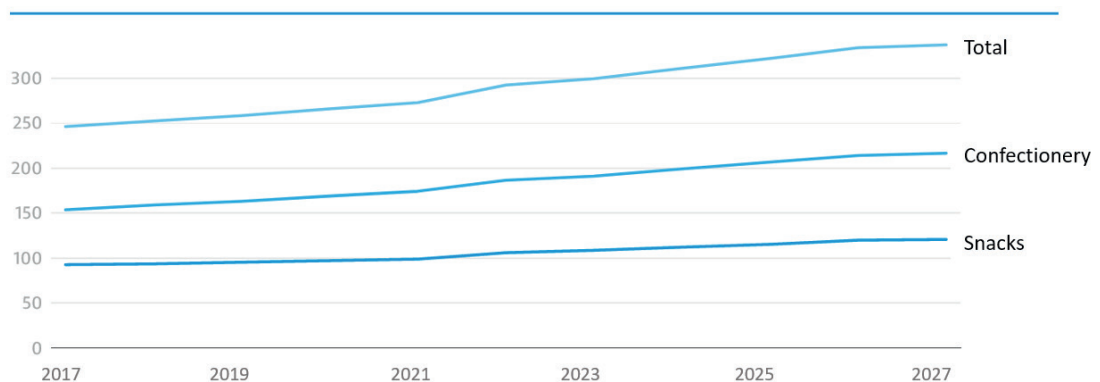
According to the market research institute Statista, sales in the confectionery segment in the USA in 2021 were 273 billion US dollars. The figure for 2022 is already at

293 billion. This is equivalent to an increase of over 7.3 percent. The USA ranked first in the world for sales of confectionery and snacks in 2021.

Snacks replace entire meals

Experts in the industry say the snacking trend is part of a broader shift in consumer buying behavior. A more stressful lifestyle and more difficult access to restaurants in the early days of the “Virus” PLandemic have led more people to replace their meals with snacks. Likewise, the ongoing trend of working from home has changed how and what is eaten. Because more time at home also means more snacks between meals. Some of the most popular snacks include nuts, trail mix and seeds, and protein bars.

Market for snacks and confectionery in the USA: development and forecast* (in billion US dollars)



*includes sweet, salty and savory foods

Source: Statista 2022

Fig. 2: Market for snacks and confectionery in the USA

Snacks become the most important segment

In June 2022, Kellogg Company (Kellogg's), one of the world's largest manufacturers of cereal-based foods such as cereal and snack products, revealed that it will split its business into three stand-alone companies. Part of the goal of the split is for the company to focus even more on snacks as its highest-margin area.

As of 2021, Kellogg's had sales of \$14.2 billion.

Meanwhile, the food company Mondelez International, with its snack and confectionery brands such as TUC, Oreo, and RITZ, has also reported that consumers are demanding snacks to a greater extent than they did two years ago. Convenience regularly tops the list of criteria that influence snacking decisions.

Here's a question for those of you who can still think for yourself

Are you trying to tell me that these people who so blatantly poison themselves every day with these amounts of sugar and fast food – wear a harmful mask during a “Virus” PLandemic, (which protects against nothing) have themselves tested with harmful tests (which tell nothing) and have themselves repeatedly injected with a toxic mRNA heavy metal substance because they want to protect their health?! Are you telling me that these people who poison themselves so blatantly every day – want to protect their health?

2.22 How the industry manipulates people's eating habits

Also with highly processed foods, the sugar and confectionery industry fuels our desire for sweets. Many convenience foods not only have the “seasonings” of sugar and salt added to give the artificial food any flavor at all, but also a variety of flavorings. Anyone who only knows strawberry yogurt from the refrigerated section, for example, may have only ever noticed the taste of flavored wood chips or apple pieces dyed with beet juice. Someone who never eats fresh fruit can't appreciate its taste either and might find it unusual and not tasty. To make a long story short: those who have grown accustomed to artificial flavors from an early age simply like the taste of industrially manufactured products out of a plastic bag better. After years of being bombarded with colorful dreams of fresh fruit, funny play figures, and paradisiacal worlds on packages, they will not want anything else, even as adults. This is because 70 percent of the purchasing decision revolves around the packaging. Besides, these foodstuffs extremely restrict the variety of tastes and blunt the taste from an early age by extremely intensive taste stimuli. This is done in order to make people believe that quality and nutritional values are non-existent. The list of ingredients then reads “nature-identical flavoring.”

Why does the industry make use of this? Simply because it is ten times cheaper to produce than natural flavors. Over-flavored and heavily salted food not only dulls the sense of taste. Excessive artificial flavorings – and also colorings – pose health

Above all, it is the chemical designations that can be incomprehensible. Last but not least, a great variety of ingredients were found that do taste sweet, but consumers do not expect them to be sweetening ingredients, especially when such a compound food is advertised as “no added sugar,” for example!

Table 2: Disguise names of sugar

Recognizable as sugar to be understood	Sugar substitutes	Artificial sweeteners	Not recognizable as sugar to be understood
Brown sugar	Erythritol (E968)	Acesulfame-aspartame salt (E962)	Dextrin/Maltodextrin/ Wheat dextrin
Fruit sugar	Isomalt (E953)	Acesulfame-K (E950)	Dextrose Thick juice Fruit extract
Invert sugar	Maltitol/maltitol syrup (E965)	Aspartame (E951)	Fruit puree
Invert sugar cream	Sorbitol (E420)	Cyclamate (E952)	Fruit sweetener/ Apple sweetener/
Invert sugar syrup	Xylitol (E967)	Saccharin (E954)	Grape sweetener Fructose
Caramelized sugar		Steviol glycosides (E960)	Fructose-glucose syrup
Caramelized sugar syrup		Sucralose (E955)	Fructose syrup
Malt sugar			Barley malt/
Milk sugar			Barley malt extract
Refined sugar			Dried fruits/ raisins
Raw cane sugar			Dried glucose syrup
Grape sugar			Glucose
Vanilla/vanilla sugar			Glucose-fructose syrup
White sugar			Glucose syrup
Sugar			Honey Inulin
Sweetened condensed milk			Yogurt powder Caramel syrup
Sugar beet syrup			Concentrated fruit juices
			Fruit juice concentrates Lactose
			Skimmed milk powder
			Whole milk powder Maltose
			Malt extract
			Whey product/whey powder/
			Sweet whey powder
			Oligofructose/Raffinose
			Oligofructose syrup Polydextrose
			Sucrose

2.23 Hidden sugars

In ingredient lists, these terms are not clearly identifiable as sugar, but they contribute equally – and additionally – to the sugar content:

Table 3: Manipulative sugar terms

sugar free	means not entirely “without sugar” (0.5% are allowed) resp. lower in energy
with (natural) fruit sweetness	does not mean “without sugar” or “sugary ingredients” resp. especially natural
sugar extract from grapes/ sweetness from grapes	does not mean a particularly “healthy” sugar
sweetness only from fruits/naturally sweet	does not mean “unsweetened”, sweetness comes from fruit concentrates, juice concentrates or sugar extracted from fruit
reduced sugar	does not always mean “reduced calories”
less sweet	does not mean “low(er) sugar”
suitable for children/ideal for kindergarten and school	does not mean very little sugar
without sugar added	does not mean without sweetening ingredients
less sugar	does not mean essentially less sugar than in products from other manufacturers
with dextrose	does not mean a particularly healthy sugar. Quite the contrary, due to the lower sweetening power, it may even be required to use more.
sweetened with fructose / fruit sugar	does not mean particularly healthy or particularly suitable for diabetics
sweetened with stevia	does not mean that it contains the stevia plant, by law only the addition of the sweetener steviol glycoside is allowed
sweetened with apple syrup	does not mean nutritionally more beneficial
without added sweetener	does not mean without sugar or other sweetening ingredients, just means without sweeteners and sugar substitutes

Source: “Hidden sweeteners”, Consumer advice center 2013

Changes in Food 1977–2017

Annual per capita consumption in kg, unless otherwise stated (*on average, this applies to all Western industrialized nations*)

Table 5: Annual per capita consumption

Food	1977	2017	+ / –	Change
Sugar	14.3	62	+	330%
Honey	0.9	1.2	+	33%
Chemical sweeteners	52	86	+	65%
Eggs	276 pcs	300 pcs	+	10%
Meat	74.8	103	+	37%
Fish	6.3	19.7	+	210%
Dairy products	160	310	+	93%
Margarine	8.9	4.1	+	46%
Coffee	3.6	8.3	+	140%
Alcohol	15.1	11.2	+	25%

Table 6: Total annual per capita consumption

Food total	1977	2017	+ / –	Change
Calories	3,380/day	3,500/day	+	3%
Protein	103 g	104 g	+	1%
Fat	159 g	203 g	+	28%
Carbohydrates	390 g	471 g	+	21%

7.3 An opportunity for reflection

Time and again we hear from certain politicians, economic strategists, scientists and doctors that things have never been as good as they are at present, that the progress our society is experiencing is tremendous.

On almost a daily basis, we are confronted with news about:

- Air pollution, acid rain, forest dieback.
- Poisoning of soil and drinking water by agrochemicals and industry.
- Plant (protection...?) agents in food, genetically modified food.
- Antibiotic residues, pathogens in meat, poultry, eggs, and dairy products, with the result that more and more people are asking themselves, what am I still allowed to eat?
- Serious crises within marriages and families, skyrocketing divorce rates with the destruction of entire families, collapse of values with the gravest consequences for society as a whole.
- Excessive selfishness, ruthlessness, unemployment, drug abuse, violence in schools and society, countless artificially created wars resulting in huge refugee problems, profits of companies being privatized, and their burdens being socialized.
- If after all we are healthier than ever before, thanks to modern high-tech medicine, an ever-increasing number of doctors, hospitals, old people's homes, and nursing homes, then why at the same time are there more and more people suffering from cardiovascular problems, cancer, immune deficiencies such as AIDS, leukemia?
- Respiratory problems, infertility, artificial insemination, addiction problems.
- Mental health problems like depression, skyrocketing health care costs, etc.

The situation we find ourselves in demands our full attention and total focus for the remainder of our lives.

If people spent more time contributing to improving the world situation instead of undermining the performance of those who try to do so, the world would be in a better place. Because if you do something with creativity and joy, you will always find a way.

Every front side has an equally large back side.

People are different and each of them shares a different story and a different path in life. What the blacksmith endures, may tear the tailor apart. All the things in this universe including our health and way of life are changing unceasingly. The only constant is the incessant change.

People should regain a sense of truth. The real knowledge of nature has been taught by lazy students with half-knowledge. For example, macrobiotics was demonized as a rice diet. Wikipedia (it is obvious, these are media of the system) does not leave much good to the macrobiotics. Although macrobiotics is a holistic doctrine. All we need to do is to understand it deeply. Unfortunately, even Master Ohsawa has not been studied deeply enough by most of his students, and secondly, most of them are simply phonographs. Therefore, it arises that these self-proclaimed masters of all things simply lecture blindly the evolution-insanity-teaching. But if blind lead blind, both fall into the abyss.

If, on the other hand, medicine were equipped with the compass of InYology (natural order), indicating always the right direction, then it could develop steadily upwards. Medical studies need to start with the study of the view of life and the universe. Strangely enough, many of those who praise the power of faith and the miraculous healings of Jesus, and the great Buddhists actually take medicines themselves, bought in pharmacies, and seek treatment in hospitals. Which justification do they use to preach the importance and superiority of faith? They are phonographs. First of all, they must learn that faith is synonymous with knowledge of the natural order. It makes one clairvoyant for everything that is going on in time and space; it has the effect of love, unifying all the mutually opposing forces.

The risk of a cancer diagnosis:

In 1930, the risk was 1 in 30

In 1980, the risk was 1 in 7

In 1990, the risk was 1 in 5

In 1995, the risk was 1 in 4

In 2000, the risk was 1 in 2

In 2017, the risk was...

And continuing to rise...

Think about this statement of fact:

Our food forms the quality of our blood

and...

our blood forms the quality of our cells

and...

our cells form the quality of our organs.

healthy food = healthy blood = healthy organs

unhealthy food = unhealthy blood = sick organs

You can replace cancer with any other disease you can think of.

7.4 Sanpaku

Sanpaku (abbreviated from the Japanese 三白眼, *sanpakugan*, English “three whites eyes”)

The Japanese word Sanpaku literally means “three” (*san*) “white” (*paku*). It refers to a condition in which three white spaces around the iris can be seen.

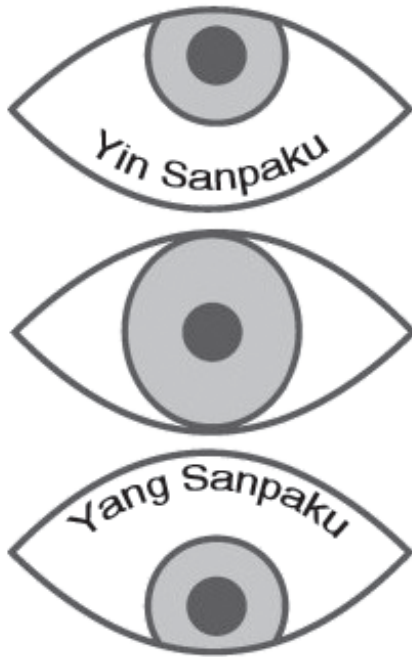


Fig. 5: Sanpaku-Eyes

Our eyes are more than *just* sensory organs. Eyes reveal our eating habits, toxins, addictions, and the health of our liver. They reflect our moods, such as whether we are stressed or depressed. Worldly wisdom says that our eyes are the window to our soul. They can also be a sign of whether someone is telling us a big fat lie or not. Usually, the pupils become larger, direct eye contact is avoided or the person telling the lie affixes your eyes with a hard stare. Whether someone is telling you white lies or making an excuse, everyone knows the signs of someone lying.

1. Lower Sanpaku is the most common type, where the whites on both sides and below the iris are revealed – caused by expansion (Yin). An excess of Yin makes the eyeball larger; it rotates upwards because it is lying on bone and has to rotate on its axis.
2. Upper Sanpaku, where the whites are revealed at both sides and above the iris, is triggered by contraction (Yang). That is why all newborn babies (who are Yang) have upper Sanpaku. This condition is also often found in violent people.

When we become Sanpaku in the usual sense – lower Sanpaku –the whole body becomes Yin.

Instead of maintaining the desired tautness, our muscles, heart, and brain, in short, all our organs, become slack. Practically everyone in our modern society is Sanpaku. Some people don't appear to be, as long as they look straight ahead. However, if you were to perform a test and get them to look upward at an angle of 45°, only one in ten thousand will have absolutely no Sanpaku.

Sanpaku occurs in proportion to the severity of the disease. The more white can be seen, the worse the person's condition is.



Fig. 6: Yin-Sanpaku and Yang-Sanpaku

Another form of Sanpaku exists, which relates to bulging eyes. A horizontal expansion of this type is less Yin than the vertical expansion I just spoke about, but it is still a sign of disease.

When a horizontal expansion occurs, visual acuity changes, the distance between the lens and the retina changes, causing nearsightedness.

water on the ocean. So, let's make our bodies healthy with natural, holistic nutrition. Then, we can partake in the miracle of the universe and enjoy a wonderful life.

Do not forget: Healing the body or a disease is not our real goal. Our real goal in healing the body is to improve and sharpen judgment so that we can apprehend messages from the ever-so-wonderful Universal Spirit, which reveals itself in our lives as happiness and health. Upon achieving such understanding, we have the will to heal. As long as you invest your energy in the slow vibrating satanic realms, you will whine, complain and feel defenseless, weak and at the mercy without being able to improve anything. By investing your energy in the faster vibrating angelic realms, the satanic energies will no longer be able to capture you and you will feel joy, gratitude, and invincible strength.

The sick person trusts only reluctantly
the doctor who does it painlessly and cheaply.
Never let the old principle rust,
it must a) hurt and b) cost something.

And do not believe the false doctrine of the matrix: He who says A, must also say B. No, I believe: He who says A does not necessarily have to say B as well. He can also realize that A was wrong and change his attitude.

8.19 Checklist of factors that weaken or strengthen the immune system

The purpose of the immune system is to ensure your personal existence and to develop your biological and spiritual quality.

Table 11: Checklist of factors that weaken or strengthen the immune system

Weaken the immune system	Strengthen the immune system
Nutrition	
Sugar, honey, artificial sweeteners	Rice malt, barley malt
Meat products (tormented factory farming)	If at all, then Demeter and organic meat
Milk, butter, cheese, yogurt	Vegetable-based sources of protein
Margarine, hydrogenated fats	Olive oil, coconut oil, sesame oil, hemp oil, and others
White flour and hybrid wheat	Whole grains, spelt, and original wheat
White rice	Whole grain rice
Tropical fruits and juices	Seasonal fruits
Nightshade family (Solanaceae)	Root vegetables and greens
Sodas, chemical-based drinks	Natural tea
Ice-cold drinks to cool the kidneys	Hot drinks to warm the kidneys
Coffee and beverages that contain caffeine	Spring water and tea
Products treated with glyphosate	Demeter and organic products
Genetically modified products	Demeter and organic products
Lifestyle	
Microwave cooking	Cooking on gas
Cooking on an electric stove	Cooking over a wood fire
Non-stick coated cookware	Stainless steel and ceramic cookware
Baby formula from the bottle	Breastfeeding
Caesarean birth	Natural birth
Sedentary lifestyle without any movement	Active lifestyle with movement
Medication	Natural food supplements
Antibiotics	Colloidal silver and gold among others
Vaccines	Showering in cold water, walking barefoot
Marijuana and drugs	Meditating and practicing a correct posture
Ordinary cigarettes	If at all, then natural organic tobacco without any additives

Cereals	Vegetables	Protein (plant-based)
Peppermint tea	Plums	Mirin (sweet rice seasoning)
Hibiscus tea	Damson plums	Lemon
Oat milk	Peaches	Garden herbs
Rice milk	Melons	Kuzu (thickening agent)
Apple juice (during summer)	Cherries	
	Lemon	
	Dried fruits	

Always select all foods in accordance to their season.

8.22 Food for cravings

Food for cravings:

- One tablespoon of coconut oil
- A handful of almonds, cashew, macadamia, walnuts
- A few spoons of avocado
- A sip of apple cider vinegar
- One warm sweet potato
- A few spoonfuls of whole grain rice with gomasio (sesame salt)
- A glass of almond milk with soaked chia seeds

9 Closing words

It is our divine destiny to be happy, and to live completely free and healthy lives.

We will not lose anything by doing so – except unknowingness – and continue to gain every form of knowledge. We will make wonderful progress on our spiritual journey and be able to enjoy it!

Gratitude is one of the most powerful energy sources and has a powerful force of attraction when it comes to our resonance field. When we share our gratitude, we encourage one another and strengthen our positive beliefs and inner balance. We can also inspire one another and, together, open the doors to the source of strength – gratitude.

All the best – remain in peace until the next – here and now.

The meaning of the cover

The cover portrays a sugar addict – the pistol has instead of cartridges as bullets – candy shells. They do not kill instantly. They kill slowly in portions. This way the sugar addict can give himself a sugar shot innumerable times.

The eyes are obviously showing strong lower Sanpaku. Sanpaku (sanpakugan, engl. "three-white-eyes"). In Japanese, the word sanpaku literally means three (san), white (paku). It refers to a state in which three white sides are seen around the iris in the eye. Eyes are more than sensory organs. Eyes reveal dietary habits, toxins, addictions, and liver health. They reflect moods such as stress or depression.

As one life lesson teaches: The eyes are the windows to the soul. They can show signs of whether the person we are talking to is telling us a big lie. Most often, the pupils are larger, direct eye contact is being avoided, or the person telling the lie is gazing particularly hard into your eyes. Whether white lies or excuses, everyone is familiar with them.

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About André Blank

André Blank is a health-consultant and author. He is the founder, owner, and CEO of Vivoterra® AG.

André grew up with InYology (the teaching of Yin and Yang). By doing so, he not only learned about the Natural Order theoretically, but has lived it in practice and theory since birth.



He started taking Judo lessons at the age of 5 and later continued on to Karatedo and Aikido, which he still practices today.

André devotes all his energy to studying in both theory and practice. His studies focus on the areas of consciousness, Oriental philosophy, I Ching (laws of change), I-do (natural medicine), TCM (traditional Chinese medicine), Shokujo-do (dietetics), Ryori-do (medicinal cooking), 5-QI transformations, Shiatsu (healing massage), Zazen, and martial arts (Aikido & Karatedo, etc.)

Your mind (your consciousness) guides your body. What you believe, and the state your consciousness and attitude are in, also form your actuality. When you doubt, then you believe your doubts, and those doubts determine your actuality.

André is convinced, that all people with healthy heart-QI – true love – are allowed to live a life in trust, peace, freedom and health – and that we have the potential to realize such a life for ourselves.

For further literature by André Blank, please visit the author's website:

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