Food Additives Can Be Hazardous To Your Health

Jan Johansen June 25, 2013

There are many things available to us that are being called foods, but in the traditional meaning of the word they are not foods. A food used to be a plant or animal product that provided nutrients to our bodies, enabling us to live and work.

(Newswire.net -- June 25, 2013) Portland, OR -- Now the new definition of food is anything that cuts hunger (or relieves boredom) without any thought to what is being brought into the body. These non-foods kill our hunger, provide calories, but do nothing to feed our health. Many times the process of removing them from our body robs us of the few nutrients we have eaten.

Sodium nitrate and sodium nitrite are put into meats to help retain, or provide them with the traditional red coloring. This could be used to hide the fact that a chain is using the ‘pink slime’ we have heard about. The problem is these are carcinogens. They can lead to stomach, prostate and breast cancers. There are also links to miscarriages and birth defects.

Butylated hydrozyttoluene (BHT) and Butylated hydroxyanisole (BHA) are used in almost all processed foods, especially cereals, potato chips and chewing gums. They are put in the vegetable oils in which the fast food places fry their offerings. These chemicals hinder cell growth, cause liver enlargement and increases the risk for cancer. Propyl gallate is a chemical found in soups, gum and some meats. It is suspected of causing cancer, but is known to cause stomach upset and damage the liver and kidneys.

Monosodium glutamate (MSG) is an artificial flavor enhancer. It is found in all sorts of processed foods. Manufacturers have become sneaky. Instead of coming out and saying it is in their foods they try to hide it using terms like spices, natural flavorings, and seasonings. MSG has been linked to brain cell death. Sometimes the person can tell it is happening because they become dizzy or get a migraine. Other times they simply are tricked into thinking nasty ‘food’ tastes good.

Anything labeled hydrogenated can have hidden MSG. Hydrogenated vegetable oil is a trans fat that can be found in all sorts of processed foods. It has been linked to heart disease, stroke, and kidney failure. Sometimes they even hide it in healthy things like coconut oil. Read your labels and know your sources.

Aspartame is an artificial sweetener that we were told for years that it was a great substitute for sugar. You can find it in almost anything labeled sugar free, and even a lot of things that aren’t. There is a push to allow milk producers to put it in their milk without telling us it is there. It is even put in children’s vitamins. Aspartame has been known to cause brain damage, but it is most commonly known for causing food poisoning.

Potassium bromate is a bleaching agent found in just about anything made from white flour. This includes breads, pasta, pizza dough, as well as cakes and cookies. It is even found in products labeled whole grain. It has been found to cause cancer in both animals and humans.

Cupric Oxide, listed as the 'nutritional' source of 'copper,' supplying "100% of the Daily Value (Ages 4+) in vitamins. However, the European Union's Dangerous Substance Directive lists Cupric Oxide as a Hazardous substance, classified as both "Harmful (XN)" and "Dangerous for the environment" (N).
Coal tar artificial coloring agents (FD&C Blue #2, Red #40, Yellow #6), are found in all sorts of brightly colored foods, especially cereals. All of these are well-known for their adverse effects on children and are banned in certain European countries for this very reason.

In order to stay away from these you can read labels, and hope they aren’t lying to you, or you can prepare real foods from ‘scratch’. Once you get the hang of cutting your vegetables ahead of time, using your crock pot and using the time function on your oven most people find that cooking doesn’t take as much time as they thought it would.

Source:
http://www.enrichgifts.com/Food-Additives-are-dangerous-products-s/803.htm
http://www.enrichgifts.com/Food-additives-to-avoid-natural-health-solution-s/238.htm

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