



## FOOD ADDITIVES

The processed foods we purchase from the supermarket are usually full of food additives designed to give those foods a long shelf-life, and smell and taste better. Many of these food additives are harmful to our health, and have been shown to cause: **cancer; liver enlargement; retard cell development; kidney tumors; organ damage; osteoporosis; ADD, ADHD and other hyperactivity symptoms in children.** Below are some common additives found in food:

- **Monosodium Glutamate (MSG)** is created through a process of protein hydrolysis. It is found in pre-made soups, salad dressings, processed meats, and in some crackers, bread, canned tuna fish, frozen entrees, ice cream and frozen yogurt. According to Russell L. Blaylock, MD, the amount of MSG in foods has doubled in every decade since the 1940s and research has demonstrated that the chemicals (called excitotoxins) have caused many degenerative brain diseases. (Russell L. Blaylock, MD, Excitotoxins: The Taste that Kills)
- **Artificial Colors** are made of synthetic chemicals that do not occur in nature. These are particularly detrimental to the health of children. A 2007 study done by Southampton University in the U.K. demonstrated that children who consumed food coloring and sodium benzoate (a preservative used in sodas and soft drinks) showed clear behavioral changes: they were more hyperactive and had difficulty concentrating on one subject.
- **BHA (Butylated Hydroxyanisole), BHT (Butylated Hydroxytoluence) and Propyl Gallate** are usually used to prevent food spoilage and preserve breakfast cereals, enriched rice products, and dried soups.
- **Sodium Nitrates** are used to prevent botulism in canned products, enhance color and flavor in processed meat products.
- **Potassium Bromates** are added to wheat and other flours to improve baking performance.
- **Phosphorus Compounds** make soft drinks bubbly. They are also added to oatmeal and soup mixes to improve hydration. These have been shown to block the absorption of calcium and magnesium in the intestines.
- **Sulfites** are used to prevent discoloration and bacteria growth. They are used in dried fruit, fresh shrimp, fried and frozen potatoes, and some wines.

In her book, Annemarie Colbin notes, "...it is estimated that even today, despite the growing consciousness about the dangers of chemicals, there are over five thousand, maybe even up to seven thousand, additives are still used to enhance the appearance, color, aroma, texture, flavor, keeping qualities, and other details of both prepared and natural foods. Yes, natural foods too. Oranges are dyed to look more orange, for example, and the lettuce of salad bars is sprayed with potassium bisulfite so it won't wilt. And this despite the fact that chemical additives have been linked conclusively to many diseases, from allergies to cancer, as well as blurry vision, aching backs, and hyperactivity in children." (Annemarie Colbin, Food and Healing)

What to do:

- Avoid processed foods and cook fresh foods from scratch.
- Read the labels and forego products with ingredients you do not know or cannot understand.

For more information, check out:

Food and Healing by Anne Marie Colbin, The Unhealthy Truth by Robyn O'Brien