10 TOXIC ADDITIVES TO AVOID IN YOUR FOOD

Remember, that in supporting your body's natural detoxification pathways, you need to avoid ingesting any additives that are likely toxic. When we overburden our bodies with these "toxins," our body has a harder time doing what it's supposed to do.

1. ARTIFICIAL SWEETENERS

Aspartame, (E951) aka Splenda, Nutrasweet and Equal, is found in foods labeled "diet" or "sugar-free." Aspartame may be toxic, and accounts for more reports of adverse reactions than all other foods and food additives combined. Aspartame may be carcinogen, but the jury's out on this. Other studies have show a connection with diseases like lymphoma, diabetes, multiple sclerosis, Parkinson's, Alzheimer's, fibromyalgia, and chronic fatigue, emotional disorders like depression and anxiety attacks, dizziness, headaches, nausea, mental confusion, migraines and seizures. Acesulfame-K, a relatively new artificial sweetener found in baking goods, gum and gelatin, has not been thoroughly tested and has been linked to kidney tumors. Read more more about the dangers of Aspartame here.

It's found in diet or sugar-free sodas, diet coke, Jello (and other gelatins), desserts, sugar-free gum, drink mixes, baking goods, table top sweeteners, cereal, breath mints, pudding, Kool-Aid, ice tea, chewable vitamins, and toothpaste.

2. HIGH FRUCTOSE CORN SYRUP

High fructose corn syrup (HFCS) is a highly-refined artificial sweetener which has become the #1 sweetener

and source of calories in America. It is found in almost all processed foods that you find in the grocery store. HFCS will add to unnecessary weight-gain more than any other ingredient, increases your LDL (“bad”) cholesterol levels, and could contribute to the development of diabetes and tissue damage, among other harmful effects.

Be a HFCS detetive by reading your processed food labels religiously. It’s in most processed foods, bread, candy, flavored yogurts, salad dressings, canned vegetables and cereals.

3. MONOSODIUM GLUTAMATE (MSG / E621)

MSG is an amino acid used as a flavor enhancer in soups, salad dressings, chips, frozen entrees, and many restaurant foods. MSG is known as an excitotoxin, a substance which over-excites cells to the point of damage or death. Studies show that regular consumption of MSG may result in adverse side effects which include depression, upset stomach, burning sensations in face and throat, disorientation, eye damage, fatigue, headaches, and obesity. MSG affects the neurological pathways of the brain and disengages your satiety signals, which explains the effects of weight gain.

Found in Chinese food (Chinese Restaurant Syndrome), many snacks, chips, cookies, seasonings, most Campbell Soup products, frozen dinners and lunch meats. I regard it

as toxic because your body sees it as a foreign invader, which can cause a cascade of deleterious biological events.

4. TRANS FAT

Trans fat is used to enhance and extend the shelf life of food products and is a silent killer. Found in deep-fried fast foods and certain processed foods made with margarine or partially hydrogenated vegetable oils, trans fats are formed by a process called hydrogenation. Numerous studies show that trans fat increase LDL cholesterol levels while decreasing HDL ("good") cholesterol, increases the risk of heart attacks, heart disease, and strokes, and contributes to increased inflammation, diabetes, and other health problems. As of 2018, trans fats should have been completely phased out (banned) in the food industry in the U.S. But they can still get sneaked into bar food, popcorn, puddings, coffee creamers, chips, crackers, baked goods, and some fast foods.

5. COMMON FOOD DYES

Studies show that artificial colorings which are found in soda, fruit juices, and salad dressings, may contribute to behavioral problems in children and lead to a significant reduction in IQ. Animal studies have linked some food colorings to cancer. Watch out for these ones:

Blue #1 and Blue #2 (E133)
Banned in Norway, Finland, and France. May cause chromosomal damage.
Found in candy, cereal, soft drinks, sports drinks and pet foods.

Red dye # 3 (also Red #40 – a more current dye) (E124)
Banned in 1990 after 8 years of debate from use in many foods and cosmetics. This dye continues to be on the market until supplies run out! Has been proven to cause thyroid cancer and chromosomal damage in laboratory animals, may also interfere with brain-nerve transmission.
Found in fruit cocktail, maraschino cherries, cherry pie mix, ice cream, candy, bakery products and more!

Yellow #6 (E110) and Yellow Tartrazine (E102)
Banned in Norway and Sweden. Increases the number of kidney and adrenal gland tumors in laboratory animals, may cause chromosomal damage.
Found in American cheese, macaroni and cheese, candy and carbonated beverages, lemonade and more!

6. SODIUM SULFITE (E221)

Sodium sulfites are preservatives used in wine-making and other processed foods. According to the FDA, approximately 1 in 100 people is sensitive to sulfites in food. The majority of these individuals are asthmatic, suggesting a link between asthma and sulfites. Individuals who are sulfite sensitive may experience headaches, breathing problems, and rashes. In severe cases, sulfites can actually cause death by closing down

the airway altogether, leading to cardiac arrest. Always look for sulfite-free wine and dried fruit.

7. SODIUM NITRATE / SODIUM NITRITE

Sodium nitrate (or sodium nitrite) is used as a preservative, coloring, and flavoring in bacon, ham, hot dogs, lunch meats, corned beef, smoked fish and other processed meats. This ingredient, which sounds harmless, is actually highly carcinogenic once it enters the human digestive system.

There, it forms a variety of nitrosamine compounds that enter the bloodstream and wreak havoc with a number of internal organs: the liver and pancreas in particular. Sodium nitrite is widely regarded as a toxic ingredient, and the USDA actually tried to ban this additive in the 1970s but was vetoed by food manufacturers who complained they had no alternative for preserving packaged meat products. Why does the industry still use it? Simple: this chemical just happens to turn meats bright red. It's actually a color fixer, and it makes old, dead meats appear fresh and vibrant.

The World Health Organization has now classed processed meat as a carcinogen - avoid this toxic food at all costs.

8. BHA AND BHT (E320)

Butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT) are preservatives found in cereals, chewing gum, potato chips, and vegetable oils. This common preservative keeps foods from changing color, changing the flavor or becoming rancid. These preservatives are neurotoxins that can alter behavior and has the potential to cause cancer. BHA and BHT are oxidants which form cancer-causing reactive compounds in your body.

Found in potato chips, gum, cereal, frozen sausages, enriched rice, lard, shortening, candy, jello.

9. SULFUR DIOXIDE (E220)

Sulfur additives are toxic and in the United States of America, the Federal Drugs Administration have prohibited their use on raw fruit and vegetables. Adverse reactions include bronchial problems particularly in those prone to asthma, hypotension (low blood pressure), flushing, tingling sensations or anaphylactic shock. It also destroys vitamins B1 and E. It is not recommended for consumption by children. The International Labour Organization says to avoid E220 if you suffer from conjunctivitis, bronchitis, emphysema, bronchial asthma, or cardiovascular disease.

Found in beer, soft drinks, dried fruit, juices, cordials, wine, vinegar, and potato products.

10. POTASSIUM BROMATE

An additive used to increase volume and the white color in some white flour, bread, and rolls. Potassium bromate is a probable carcinogen and has been banned in a number of countries. In the U.S. it's still found in many bread, bread roll, cracker and frozen food brands. Read your labels carefully for this ingredients, and buy certified organic food, which cannot contain this ingredients by law of their certification.