

**Subject:** Toxic Food Additives. Part 2 of 2.

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**Newsgroups:** alt.conspiracy.area-51

Subject: Toxic Food Additives.  
July 13, 2012.

This talks about sugar.

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Ninth on the list is Food colorings (Blue , Red , Green, Yellow ).

Research on

<http://www.everydayhealth.com/diet-nutrition/101/food-safety/are-additives-bad-for-you.aspx>

animals suggests that other additives may cause cancer.

This includes six artificial food colorings (blue #1, #2, and #3, green #3, red #3, and yellow #6).

Red #40 some side effects are:

<http://www.fastq.com/~jbpratt/recipes/allergiesintol/blproblems.html>

ADHD, Oppositional Defiant Disorder (ODD), and Obsessive Compulsive Disorder (OCD). Red #3 is used in cherries (in fruit cocktails), baked goods and candy. It

<http://www.sixwise.com/newsletters/06/04/05/12-dangerous-food-additives-the-dirty-dozen-food-additives-you-really-need-to-be-aware-of.htm>

causes thyroid tumors in rats, and may cause them in humans as well. Blue #1 is used to color candy and is in beverages, It may cause cancer.

Artificial food and supplement colorings are

<http://stanford.wellsphere.com/vitamins-supplements-article/artificial-food-colors-have-no-nutritional-value-group-pushes-to-ban-them/439828>

made of coal tar and petrochemicals. Who'd knowingly eat that? Among other things, artificial food colorings are shown to increase hyperactivity in a wide range of children.

Tenth on the list is Sodium chloride. We know it as salt.

<http://www.healthnews.com/nutrition-diet/healthnews-dozen-top-12-food-additives-remove-from-your-diet-3374.html>

Large doses can lead to heart and blood pressure problems, as well as strokes and kidney failure.

Eleventh on the list is Acesulfame-K.

It is a <http://www.healthnews.com/nutrition-diet/healthnews-dozen-top-12-food-additives-remove-from-your-diet-3374.html>

newer sweetener used in soft drinks and some baked goods. It was approved by the FDA in 1998 for use in soft drinks.

Acesulfame-K <http://health.msn.com/nutrition/slideshow.aspx?cp-documentid=3D100204508&imageindex=3D7>

the is the chemistry symbol for potassium is considered 200 times sweeter than sugar. While Gerbstadt isn't specifically concerned about this sweetener when used in moderation, there is a general concern that testing on this product has been scant. Some studies showed the additive may cause cancer in rats.

This one should be avoided until further studies are done to know if there are any harmful effects.

Twelfth on the list is White sugar. This is the one I will never give up, but I do use more honey now to cut back on my intake.

The white crystalline substance we know of as

<http://www.organicnutrition.co.uk/articles/is-sugar-bad-for-you.htm> (

sugar is an unnatural substance produced by industrial processes (mostly from sugar cane or sugar beets) by refining it down to pure sucrose, after stripping away all the vitamins, minerals, proteins, enzymes and other beneficial nutrients.

What is left is a concentrated unnatural substance

which the human body is not able to handle, at least not in anywhere near the quantities that is now ingested in today's accepted lifestyle. Sugar is addictive. The average American now consumes approximately 115 lbs. of sugar per year. This is per man, woman and child. The

<http://www.organicnutrition.co.uk/articles/is-sugar-bad-for-you.htm>

damage sugar does is slow and insidious. It takes years before it ruins your pancreas, your adrenal glands, throws your whole endocrine system out of kilter and produces a huge list of damage.

Sugar is the main cause of diabetes, (JW I have heard reports of some people who never used sugar and still had diabetes.) hyperglycemia and hypoglycemia. It is either a significant or contributory cause of heart disease, arteriosclerosis, mental illness, depression, senility, hypertension, cancer.

These additives are some of the many reasons more and more people are turning to organic foods. Not everyone can afford the prices of organic foods but, being informed can make it easier to shop healthier.

Share this:

<http://tpzoo.wordpress.com/2009/07/01/the-top-12-harmful-food-additives-you-need-to-eliminate-from-your-diet/?share=3Ddigg>

Part 2 of 2.

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