Food Additives, What To Avoid

Josie Dee, CN

There are so many chemicals used in our food today that now there are even "foods" that are made entirely from chemicals. Sugar substitutes, coffee creamers and hard candies consist of almost entirely artificial ingredients. Chemicals are used in foods to preserve, manipulate and transform. This manipulation can have a profound effect on our body's biochemical balance. The following is a partial list of additives to avoid and their health risks:

*Artificial Food Coloring – Possible carcinogens, asthma, allergies, hyperactivity.

*Artificial Sweeteners – (Saccharin, Aspartame (NutraSweet), Acesulfame K) – Possible carcinogen, allergies, hyperactivity.

*White Sugar – Diabetes, hypoglycemia, obesity, increased triglycerides blood fats.)

*MSG – Allergic reactions including dizziness, headaches, depression and mood swings.

*Artificial Flavors – Allergic or behavioral reactions.

*Preservatives (BHA, BHT, etc.) – Allergic reactions, hyperactivity, possible carcinogen.

*Refined Flour – Empty calories, altered insulin production.

*Hydrogenated Fats – Cardiovascular disease, obesity...

*Excessive Sodium – increased blood pressure, fluid retention.

*Potassium Bromate (Flour Volumizer) – Possible carcinogen.

*Sodium Sulphite - Sulphites have been associated with triggering asthma attacks.

*Benzoic Acid - Can temporarily inhibit the function of digestive enzymes. May deplete glycine levels.

*Potassium nitrate - It can lower the oxygen-carrying capacity of the blood; it may combine with other substances to form carcinogens; and it may have an atrophying effect on the adrenal gland.

*Sulphur dioxide - Sulphur dioxide reacts with a wide range of substances found in food, including various essential vitamins, minerals, enzymes and essential fatty acids. Adverse reactions: bronchial problems particularly in those prone to asthma, hypotension, flushing tingling sensations or anaphylactic shock.

Chemicals are purposely added to food to change its color, preserve it, prevent rancidity, keep fats emulsified, and foods stable. Most of the chemicals are synthetic compounds, some with known negative health effects. But more importantly, we don't really know what the long-term consequences of consuming such large amounts of additives are. It is therefore best to avoid all additives, with a few notable exceptions.

My advice is if you can't pronounce it don't eat it and always...READ THE LABELS!