

FOOD ADDITIVES

Additive:	Known As:	Used In:	Reasons to Avoid:
BHT & BHA	E320	Used as preservative in potato chips, gum, cereal, frozen sausages, enriched rich, lard, shortening, candy, and Jell-O.	Used as a preservative to keep common foods from changing color, flavor, or prevent from going rancid. Affects the neurological system of the brain, alters behavior and has potential to cause cancer. These two are oxidants which from cancer-causing reactive compounds in your body.
Monosodium Glutamate	MSG/E621	Chinese food, potato chips, many snacks, chips, cookies, seasonings, most Campbell Soup products, frozen dinners, lunch meats	MSG is used as a flavor enhancer but also effects neurological pathways of the brain and disengages the "I'm full" function which results, for many in: weight gain. MSG is an excito-toxin, and regular consumption may result in depression, disorientation, eye damage, fatigue, headaches, and obesity.
Ethylenediaminetetraacetic acid	EDTA	<p>In soft drinks containing ascorbic acid and sodium benzoate EDTA mitigates the formation of Benzene (a known carcinogen). EDTA is used to bind to iron in products such as fortification in grain-based products such as breakfast cereals and cereal bars. EDTA is also used in calcium and sodium compounds to preserve food; and to promote the color, texture, and flavor of food.</p> <p>It is also used in a variety of chelation therapies such as those used to remove heavy metals (such as lead).</p>	<p>Oral exposures have been noted to cause reproductive and developmental effects.</p> <p>EDTA can cause abdominal cramps, nausea, vomiting, diarrhea, headache, low blood pressure, skin problems, and fever. It is UNSAFE to use more than 3 grams of EDTA per day, or to take it longer than 5 to 7 days. Too much can cause kidney damage, dangerously low calcium levels, and death.</p> <p>Asthma: Nebulizer solutions containing disodium EDTA as a preservative can cause the breathing tubes to narrow in some people with asthma. The size of the dose determines the amount of the narrowing.</p> <p>Heart rhythm problems: EDTA might make heart rhythm problems worse.</p>

		<p>It is found in shampoos, detergents, and personal care products.</p>	<p>Diabetes: EDTA might interfere with blood sugar control because it can interact with insulin¹.</p> <p>Low calcium levels in the blood (hypocalcemia): EDTA can decrease serum calcium levels, making hypocalcemia worse.</p> <p>Low potassium (hypokalemia): EDTA can bind with potassium and increase the amount of potassium that is flushed out in the urine. This might cause potassium levels to drop too low, especially in people who have low levels to begin with. If you have this problem, don't use EDTA.</p> <p>Low magnesium levels in the blood (hypomagnesemia): EDTA can bind with magnesium and increase the amount of magnesium that is flushed out in the urine. This might cause magnesium levels to drop too low, especially in people who have low levels to begin with. If you have this problem, don't use EDTA.</p> <p>Liver problems and hepatitis: EDTA might make liver disease worse. Avoid using EDTA if you have a liver condition.</p> <p>Kidney problems: EDTA can harm the kidney and might make kidney disease worse. EDTA doses should be reduced in patients with kidney disease. Avoid using EDTA if you have severe kidney disease or kidney failure.</p> <p>Seizures (epilepsy): There is some concern that EDTA might increase the risk of seizure in people with epilepsy or in people who tend to have seizures. EDTA can cause severe decreases in blood levels of calcium, and this can cause a seizure.</p> <p>Tuberculosis (TB): Tuberculosis is a lung infection that is caused by particular bacteria. Sometimes the body is able to "wall off" pockets of infection, making the infection inactive.</p>
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Tertiary Butylhydroquinone	THBQ	It is a form of Butane. Foods such as crackers and potato chips, most "fast foods", cosmetics, baby care products, varnish, lacquers, and resins. It is a "stabilizer" in explosives.	It is used in food stuffs to delay rancidity, and extend the "shelf-life" of products. The FDA allows only 0.02% of all oils in the foods to contain THBQ. When consumed in large amounts it is known to cause nausea, delirium, collapse, tinnitus (ringing in the ears), and vomiting. There are also suggestions that it may lead to hyperactivity in children as well as asthma, rhinitis and dermatitis. It may also further aggravate ADHD symptoms and cause restlessness. Long term, high doses of TBHQ in laboratory animals have shown a tendency for them to develop cancerous precursors in their stomachs, as well as cause DNA damage to them. It is also suggested that it may be responsible for affecting estrogen levels in women. ⁱⁱ
Sodium Benzoate		Found in a variety of foods and soft drinks as a preservative	When combined with the use of food colorings it may increase hyperactivity in children. In soft drinks, if added with Vitamin C it becomes Benzene, a carcinogenic.
Sodium Nitrate/ Sodium Nitrite	E250	Hot dogs, bacon, ham, luncheon meat, cured meats, corned beef, smoked fish, or any kind of processed meat.	Sodium nitrate is the chemical that turns meat bright red but it's 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. This chemical is linked to numerous cancers.
Sodium Sulphite	E221	Wine and dried fruit	Those with Sulphite sensitivity in foods may experience asthma, headaches, breathing problems and rashes.

Potassium Bromate	E924	Used to increase volume in bread and bread-rolls.	Potassium Bromate is a known carcinogenic, even a small amount that could be in breads.
Aspartame	E951	Found in a lot of “diet” or “sugar free” food products in the market place, Jell-O, desserts, drink mixes, Kool-Aid, ice tea, chewable vitamins, tooth paste and some cough syrups.	Although we are told to cut sugar, this additive is not a “friend” to dieters and diabetic people. It is a neurotoxin and a carcinogen. It is known to erode intelligence and affect short-term memory. Components of this artificial sweetening agent may lead to diseases such as lymphoma, diabetes, multiple sclerosis, Parkinson’s, Alzheimer’s, fibromyalgia, chronic fatigue, depression and anxiety attacks, dizziness, headaches, nausea, mental confusion and seizures.
Acesulfame potassium (or Acesulfame-K), Sucralose, and Neotame Saccharine	Aka: Sweet One & Sunett (Acesulfame –K), Splenda (Sucralose), Neotame - an Aspartame-like product, and a general sweetener	The brands <i>Sweet One</i> and <i>Sunett</i> are found in foods and beverages (except for meats and poultry) and later released as a table sugar. <i>Splenda</i> was released as a table sugar in 1998. <i>Neotame</i> is similar to Aspartame and used as a regular sweetener.	Saccharine carries a label now warning that it may produce cancer. Acesulfame potassium is a potassium salt containing methylene chloride, a known carcinogen. Extended use may cause nausea, headaches, mood problems, kidney and liver impairment, and eyesight problems...and maybe cancer. It may also contribute to hypoglycemia. Sucralose is a synthetic additive made by chlorinating sugar. The producers of Sucralose say it is no different than table salt. Fact: the chemical structure of the chlorine in sucralose is <i>almost the same as that in the now-banned pesticide DDT</i> . It can cause stomach cramps, diarrhea, bladder issues, skin irritation, dizziness, and inflammation. It can cause liver and kidney dysfunction, shrinking of the Thymus (an important immune function regulator). Saccharine is a sulfa-based sweetener, the main ingredient being benzoic sulfimide. It may cause nausea, diarrhea, skin problems, and other allergy-related problems. It is also a possible carcinogenic.

			<p>There is confusing information out on the internet about the use of artificial sweeteners in food, stating it is “harmless if used in moderation”. But, the caution and consideration is that their use in combination with preservatives and additives may paint quite a different picture. Artificial sweeteners are chemical compounds, no two ways about it!</p> <p>Recent studies have shown there may actually be a link between the use of artificial sweeteners and obesity.</p>
Brominated Vegetable Oil	BVO	<p>Patented as a flame retardant. The food industry uses it in soft drinks as an emulsifier. “It basically keeps fruit flavored chemicals from rising to the top of Mountain Dew, Squirt, and some flavors of Fresca and PowerAde.”</p>	<p>Persons who drink the soft drinks over a period of time can develop fatigue, fibromyalgia like systems, and it will cause the endocrine system to become unbalanced. The body stores this chemical and does not release it in urine. Although the FDA has taken it off the market for “further study” it still allows a small percentage to be used in the product. The studies have been shelved, with the FDA saying it’s “not a high priority”.</p>
Olestra		<p>Frito-Lay's Light chips, including:</p> <ul style="list-style-type: none"> • Lay's Light Original • Lay's Light KC Masterpiece BBQ • Doritos Light Nacho Cheese • Ruffles Light Original • Ruffles Light Cheddar & Sour Cream • Tostitos Light Restaurant Style <p>Procter & Gamble's Pringles</p>	<p>Olestra's removal from the body of fat-soluble nutrients is linked directly to the additives being a non-absorbable lipid-like substance that causes a decline in beta-carotene levels and decreases lycopene (which can cause blindness and higher incidence of cancer in the oral cavity, lungs, and stomach). It is highly effective at reducing serum levels of the fat-soluble vitamins A, D, E, and K. Olestra causes gastrointestinal disturbances, which are sometimes severe, including diarrhea, fecal urgency, and more frequent and looser bowel movements and “fecal staining” of underwear (a greasy residue).</p>

		<p>brand chips, including:</p> <ul style="list-style-type: none"> • Fat-Free Pringles • Fat-Free Bar-B-Q Pringles • Fat-Free Sour Cream and Onion Pringles 	
Artificial coloring & flavoringⁱⁱⁱ		<p>The use of food coloring in food is intended to preserve the color of the food, to give color to colorless foods, to avoid color loss when exposed to the environment, to create color consistency with the foods on the market.</p> <p>Flavorings are chemical formulations that mimic the flavor / smells of foods. This is to say, to upgrade the low-quality ingredients to a more palatable form.</p>	<p>Processed foods (lunch meats, ready-to-eat meals, cereals, for example), condiments, and beverages contain food coloring. They have been known to cause hyperactivity in children.</p> <p>Processed foods may also have food flavoring. The manufacturers rely on flavorings to enhance their product because so much of the natural nutrients are processed out.</p> <p>It is found in Sweeteners, butter and cheese flavors in the natural or chemical form, and fruit flavors. The “natural” form may wind up being more hazardous than its chemical counterpart due to impurities left in the food during processing.</p>

ⁱ <http://www.webmd.com/vitamins-supplements/ingredientmono-1032-EDTA.aspx?activeIngredientId=1032&activeIngredientName=EDTA>

ⁱⁱ http://www.naturalnews.com/031318_TBHQ_food_preservatives.html

ⁱⁱⁱ Blue #1, Blue #2, Red dye #3, Yellow #6 and Yellow Tartrazine especially.

Hoksiyuhab Oti

Mission, SD 57555

Donna Duncan, CBE / HHP / CHt / Reiki Master

<http://hoksiyuhaboti.com>

rosebudcbe@gmail.com

605-828-6199