

Food Additives And Human Health

Avoiding toxins in your diet is an important initial step toward enhancing your health and lowering your risk of disease. Those with immediate effects may cause headaches or alter your energy level, or they may affect your mental concentration, behavior, or immune response. Those with long-term effects could increase your risk of cancer, cardiovascular disease and other degenerative conditions.

12 Key Additives to Avoid and Their Health Risks:

Additives to Avoid	Health Risk
1. Hydrogenated Fats	Cardiovascular disease, obesity
2. Artificial Food Colors	Allergies, asthma, hyperactivity; possible carcinogen
3. Nitrites and Nitrates	These substances can develop into nitrosamines in body, which can be carcinogenic
4. Sulfites (sulfur dioxide, and others)	Allergic and asthmatic reactions
5. Sugar and Sweeteners	Obesity, dental cavities, diabetes and hypoglycemia, increased triglycerides (blood fats) or candida (yeast)
6. Artificial Sweeteners (Aspartame, Acesulfame K and Saccharin)	Behavioral problems, hyperactivity, allergies, and possibly carcinogenic. The government cautions against the use of any artificial sweetener by children and pregnant women. Anyone with PKU (phenylketonuria - a problem of phenylalanine, an amino acid metabolism) should not use aspartame (NutraSweet).
7. MSG (monosodium glutamate)	Common allergic and behavioral reactions, including headaches, dizziness, chest pains, depression and mood swings; also a possible neurotoxin
8. Preservatives (BHA, BHT, EDTA, etc.)	Allergic reactions, hyperactivity, possibly cancer-causing; BHT may be toxic to the nervous system and the liver
9. Artificial Flavors	Allergic or behavioral reactions
10. Refined Flour	Low-nutrient calories, carbohydrate imbalances, altered insulin production
11. Salt (excessive)	Fluid retention and blood pressure increases
12. Olestra (an artificial fat)	Diarrhea and digestive disturbances

Other Concerns

- Food waxes (protective coating of produce, as in cucumbers, peppers, and apples) may trigger allergies, can contain pesticides, fungicide sprays or animal byproducts.
- Plastic packaging - Carcinogenic (vinyl chloride); immune reactions, lung shock.

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