

The Most Commonly Used Preservatives, Additives, Colorings, Fixants and Stretchers

Butylated Hydroxytoluene (B.H.T.) Also used widely in food stuff as an antioxidant. Tests were found to damage the liver, kidneys, Increases serum cholesterol, fetal abnormalities. B.H.T. is not permitted in Sweden or Australia. Banned in baby food in Great Britain. Studies show offspring of mice fed diets of B.H.T. & B.H.A. had major "negative" brain chemistry changes.

Calcium Disodium

Used as preservative, detoxicant, color, flavor enhancer. Used widely. Has caused liver lesions, kidney irritation, kidney damage, can cause mineral imbalance, vitamin deficiency. Known as an enzyme inhibitor. Has been known to create a trace mineral deficiency.

Calcium Propionate

Chemical preservative. Can cause gastrointestinal track problems, headaches and gall-bladder attacks.

CERTIFIED COLORS

FD&C Red No.3.

German Research Institute found that this color has a significant mutagenic property. Since mutagenic substances are carcinogenic, it is worrisome. It can also possibly cause hyperactivity in children.

FD&C Red No. 40 (Allura)

Banned in Canada, Studies showed a significant increase of tumors in the hemopoietic (blood forming) systems of both male and female mice. Was found to cause bladder cancer in rats and mice.

FD&C Citrus Red No.2 (Tartrazine)

In 1968 a British study group showed this dye to triple the rate of bladder cancer in rats. This dye is used to color orange skins.

FD&C Blue No.1 (Triphenylmethane)

Not permitted in British Commonwealth. Studies showed to cause a high number of malignant tumors at injection sites. Tumors spreading mainly through circulation system.

Monosodium Glutamate

Is a food enhancer used in more than 10,000 food items. 40-80 million pounds being used yearly in America. Used in almost every processed food item. MSG is reported in a Medical Journal to cause eye damage in newborn mice. Has been reported to cause brain damage and female sterility. Brain lesions and nerve cell deaths were found in 7 out of 9 baby rhesus monkeys. MSG appears to damage the brain of new born animals of several species due to the absence of an effective blood-brain barrier in the very young. MSG seems to be able to destroy the blood-brain barrier.

Sodium Carboxymethylcellulose

Known as an undigestible material used as a food stretcher, stabilizer, thickener etc. In studies it induced arterial lesions similar to those produced by high cholesterol in blood. Has been known to enlarge the liver and spleen. Also visible to the naked eye were thickenings in the arteries, with extensive splits and tears along the artery walls. There were also tears penetrating into the deeper layers of the arteries, blood vessels and heart muscles. Another study proved it caused liver cancer.

Sodium Nitrite

Used as a preservative and color fixative. It has been shown to inhibit Vitamin A storage. Rats fed nitrite developed permanent epileptic-like changes in their brain. Nitrite can combine with other substances and form nitrosamines, the most potent cancer causing agent known to science. In 1956 it was found to cause cancer. In 1959 Canada banned its use in fish smoking. In 1971 MIT discovered that nitrites caused lymphatic cancer in lab rats. In 1977 AMA Journal reported that there is no species known to be resistant to carcinogenesis by the Nitroso compounds! In 1979 it was confirmed by another study that 13% of lab animals fed nitrites developed cancer. It was absolutely confirmed to cause cancer! Hot Dogs, Bologna, Ham, smoked meat, almost all contain nitrites.

Carrageenan

Used widely as a jeller. Testing for safety began in 1959 and continued in 1969. All species fed carrageenan in a 5% degraded diet formed ulcers in the cecum (colon). Other tests found the ulcerative lesions spreading into the lower colon and rectum. Injected under the capsule of the liver in rats led to the formation of liver fibrosis. F.D.A.'s own tests produced liver lesions in lab rats and further it is proven to cause ulcers in some animals. Further tests proved to cause birth defects, when fed at higher dosages. The real issue with the additive is that it is so widely used in so many foods that consumers can consume large amounts unknowingly. We must question the dramatic rise in ulcers and colon cancer and colitis, in the last 25 years.

Silicates

There are many silicates, but we will focus in on talc or hydrous magnesium silicate. Some forms of asbestos are found in the mineral beds in which this talc is mined from. California talc is frequently used to coat polished white rice, which is shipped to Japan in large quantities. Some of the Cal, Talc when analyzed was found to contain 20-40% tremolite, a form of asbestos. Which could be the reason for the sharp increase in stomach cancer in Japan. Used Widely in Anticaking agents, dry powder foods, vanilla powder, garlic powder and dry soup mixes. This is another potential carcinogenic additive being consumed daily by many people. People are blindly believing that everything you buy in a store is good for you! Well, it's almost the opposite. Most of the processed foods are either dangerous or just mildly harmful to your health. But you can bury your head and maybe get cancer. Or you can learn about your body and how it works, and what it will take to live longer and healthier. The choice is yours, but it won't be easy.