

## *Free Bonus #5!*

### *Unhealthy Ingredients*

Remember even products that you will find in health food stores claiming they are nutritious can have undesirable chemicals in them making them unhealthy. The following are ingredients that are known to be unhealthy, but do your own research and keep informed as to what's being put into your food.

#### BAD FOOD ADDITIVES

- Acacia Gum - Asthma, has caused death in animals.
- Acesulfame-K - "Sunette"; Cancer, elevated cholesterol levels. Also may interfere with low blood sugar.
- Alganic Acid - Birth defects as well as complications with pregnancy - Avoid if you are pregnant.
- Artificial colours - Hyperactivity in children, possible learning and visual difficulties, nerve damage, possible carcinogen.
- Artificial sweeteners - A wide variety of health problems.
- Aspartame - Brain damage; central nervous system disturbances, menstrual difficulties; may hinder brain development in foetus.
- Autolyzed Yeast - Contains free glutamic acid (The bad stuff in MSG). See Free Glutamic Acid.
- Benzoic Acid- Asthma, stomach irritation, neurological problems.
- BHA - Damage to the liver and kidneys, behavioural problems, infertility, weakens immune system, birth defects, and cancer; should be avoided by infants, young children, pregnant women and those sensitive to aspirin.
- BHT - Same problems associated with BHA; banned in England.
- Blue No. 1 - see FD&C colours.
- Blue No. 2 - see FD&C colours.
- Brominated vegetable oil - Organ system damage, birth defects, growth problems; considered unsafe by the FDA, can still lawfully be used unless further action is taken by the FDA.
- BVO - Same as brominated vegetable oil.
- Caffeine - psychoactive, addictive drug; may cause fertility problems, birth defects, heart disease, depression, nervousness, behavioural changes, insomnia, etc.
- Calcium caseinate - Contains free glutamic acid (The bad stuff in MSG). See Free Glutamic Acid.
- Citrus Red No. 2 - see FD&C colours.
- FD&C colours - potential carcinogens, may contain carcinogenic contaminants, and cause allergic reactions.
- Flavour or Flavourings - Contains free glutamic acid (The bad stuff in MSG). See Free Glutamic Acid.
- Ferric pyrophosphate - Tumours, stomach problems.
- Ferric sodium pyrophosphate - see Ferric pyrophosphate.
- Ferrous lactate - see Ferric pyrophosphate.

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- Free glutamates - (The bad stuff in MSG) Classified as an excitotoxin, because they can over stimulate brain cells to death. Brain damage, especially in children; Additives that always contain free glutamic acid are listed throughout the UNHEALTHY INGREDIENTS list. Sometimes free glutamic acid can be found in barley malt, bouillon, broth, carrageenan, malt extract, malt flavouring, maltodextrin, natural flavours, natural chicken flavouring, natural beef flavouring, natural pork flavouring, pectin, protein drinks, seasonings, soy protein, soy protein concentrate, soy protein isolate, soy sauce, soy sauce extract, stock, whey protein, whey protein concentrate, whey protein isolate, anything that is enzyme modified, fermented, protein fortified or ultra pasteurised as well as foods that advertise NO MSG; see MSG.
- Gelatine - Contains free glutamic acid (The bad stuff in MSG). See Free Glutamic Acid.
- Green No. 3 - see FD&C colours.
- Gum Arabic - Asthma, has caused death in animals.
- Hydrogenated vegetable oils - Heart disease, breast and colon cancer, atherosclerosis, elevated cholesterol.
- Hydrolysed protein - Contains free glutamic acid (The bad stuff in MSG). See Free Glutamic Acid.
- Hydrolysed vegetable protein - Contains free glutamic acid (The bad stuff in MSG). See Free Glutamic Acid.
- MSG - Headaches, itching, nausea, brain, nervous system, reproductive disorders, high blood pressure; pregnant woman need to avoid, lactating mothers, infants, small children should avoid; allergic reactions common; may be hidden in infant formula especially easy to digest formulas containing hydrolysed protein, low fat milk, candy, chewing gum, drinks, over-the-counter medications, especially children's, binders and fillers for nutritional supplements, prescription and non-prescription drugs, IV fluids given in hospitals, chicken pox vaccine; it is being sprayed on growing fruits and vegetables as a growth enhancer; it is proposed for use on organic crops.
- Neotame - Related to aspartame, could even be more toxic.
- Nitrates - Create cancer-causing agents in stomach; can cause death; considered dangerous by FDA but not banned because they prevent botulism.
- Nitrites - may cause headaches, nausea, vomiting, dizziness; see nitrates.
- Nutrasweet - Same as aspartame.
- Olean - Same as olestra.
- Olestra - Gastrointestinal irritation reduces carotenoids and fat-soluble vitamins in the body.
- Partially hydrogenated vegetable oils - see hydrogenated vegetable oil.
- Plant protein extract - Contains free glutamic acid (The bad stuff in MSG). See Free Glutamic Acid.
- Potassium bromate - nervous system and kidney disorders, gastrointestinal upset, possibly carcinogenic.
- Propyl Gallate - Asthma, stomach problems, liver and kidney damage.
- Protease - Contains free glutamic acid (The bad stuff in MSG). See Free Glutamic Acid.
- Protease Enzyme - Contains free glutamic acid (The bad stuff in MSG). See Free Glutamic Acid.
- Red No. 3 - see FD&C colours.
- Saccharin - Cancer.
- Sodium Caseinate - Contains free glutamic acid (The bad stuff in MSG). See Free Glutamic Acid.

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- Sulphites - destroys vitamin B1; asthma, anaphylactic shock, allergies, deaths have been related to sulphites.
- Sweet 'N Low - contains saccharin.
- Textured vegetable protein- Contains free glutamic acid (The bad stuff in MSG). See Free Glutamic Acid.
- Textured protein - Contains free glutamic acid (The bad stuff in MSG). See Free Glutamic Acid.
- Yeast Extract - Contains free glutamic acid (The bad stuff in MSG). See Free Glutamic Acid.
- Yeast nutrient - Contains free glutamic acid (The bad stuff in MSG). See Free Glutamic Acid.
- Yellow No. 6 - see FD&C colours.

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