



Top 10 Food Additives To Avoid

(Part 3 of 3)

A typical American household spends about 90 percent of their food budget on processed foods, and are in doing so exposed to a plethora of artificial food additives, many of which can cause dire consequences to your health.

Some food additives are worse than others. Here's a list of the top food additives to avoid:

6. Sodium sulphite (E221)

Preservative used in wine-making and other processed foods. According to the FDA, approximately one in 100 people is sensitive to sulfites in food. The majority of these individuals are asthmatic, suggesting a link between asthma and sulfites. Individuals who are sulfite sensitive may experience headaches, breathing problems, and rashes. In severe cases, sulfites can actually cause death by closing down the airway altogether, leading to cardiac arrest.

Found in: Wine and dried fruit

7. Sodium nitrate/sodium nitrite

A common preservative usually added to processed meats like bacon, ham, hot dogs, and corned beef. Studies have linked sodium nitrate to various types of cancer.

Found in: cured meats such as bacon, ham and luncheon meat, hot dogs, anything smoked.

8. BHA and BHT (E320)

Butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT) are preservatives found in cereals, chewing gum, potato chips, and vegetable oils. This common preservative keeps foods from changing color, changing flavor or becoming rancid. Effects the neurological

system of the brain, alters behavior and has potential to cause cancer. BHA and BHT are oxidants which form cancer-causing reactive compounds in your body.

Found in: Potato chips, gum, cereal, frozen sausages, enriched rice, lard, shortening, candy, jello

9. Sulphur Dioxide (E220)

Sulphur additives are toxic and in the United States of America, the Federal Drugs Administration have prohibited their use on raw fruit and vegetables. Adverse reactions include: bronchial problems particularly in those prone to asthma, hypotension (low blood pressure), flushing tingling sensations or anaphylactic shock. It also destroys vitamins B1 and E. Not recommended for consumption by children. The International Labour Organization says to avoid E220 if you suffer from conjunctivitis, bronchitis, emphysema, bronchial asthma, or cardiovascular disease.

Found in: beers, soft drinks, dried fruit, juices, cordials, wine, vinegar, and potato products.

10. Potassium Bromate

An additive used to increase volume in some white flour, breads, and rolls, potassium bromate is known to cause cancer in animals. Even small amounts in bread can create problems for humans.

Found in: Breads

Sources: www.drmercola.info, www.altmedangel.com and www.bestofmotherearth.com



Dr. H. Kala Eulitt, DC * 936-494-1222