YOUR KITCHEN MAKEOVER

Learn How Processed Foods Harm Your Health and The Easy Steps to Protect Your Family

- ✓ *100+ Culinary Contaminants*
- ✓ *12 Most Toxic Additives*
- ✓ *3 Steps to a "Clean" Kitchen*

www.HealingGourmet.com

Your Kitchen Makeover

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DISCLAIMER: This publication does not provide medical advice. Always consult your doctor.

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Health Starts in the Kitchen

What's not in your food is just as important as what is.

If you're already choosing whole foods – in Mother Nature's Perfect Packaging – you've succeeded in get- ting your kitchen "clean".

Congratulations! This book will serve as a healthy review.

But if you're like most people, there are boxes, cans and bags of so-called "foods" in your pantry. In fact 90% of the money Americans spend on food is used to buy processed foods. And what's inside those convenient little containers is bleached, nutrient-depleted, deodorized and preserved.

It's no wonder that we're all so sick!

Our ancestors enjoyed foods from farms… not factories. And as you learned throughout this series, we need fit our diet into our genes. Our ancestral genes, that is.

There's a myriad of lab-created, FDA-approved foods on the shelves today. Tens of thousands of them. These mishaps masquerading as meals are culinary criminals. They are robbing you of your health and vitality. Treat them as such.

This workbook will empower you to free yourself from man-made foods. There's no better thing you can do for your health than this.

Along with what you read here, don't forget to visit our website for complete information on dozens of additives, preservatives, artificial sweeteners and other hidden health harmers found in everyday foods in our ***Encyclopedias***. You'll also find hundreds of safe foods in ***Best Brands*** you can enjoy free of exposure to devitalizing contaminants.

Let's get started purging the poison and purifying your body!

QUIZ: How Clean is Your Kitchen?

The spots on your silver can stay. But the poison in the pantry must go!

Take this quick quiz to see how clean you're really eating. Be honest!

- ☐ I make microwave or ready meals.
- ☐ I buy processed meats or lunch meat (at home or at restaurants).
- ☐ I eat fast food.
- ☐ I use boxed "starters" to make my meals.
- ☐ I don't really read ingredient labels.
- ☐ I buy bread from the shelf (loaf bread, bagels, pastries).
- ☐ I order Chinese food.
- ☐ I eat breakfast from a box or a bag.
- ☐ I buy packaged dessert mixes, bread mixes, pasta/rice mixes.
- ☐ I eat crackers or chips.
- ☐ I drink soda, diet sodas or energy drinks.
- ☐ I eat foods containing white flour and sugar (in any form).
- ☐ I eat margarine instead of butter.
- ☐ I buy canned/bottles juices or fruits (or fruits in plastic containers).
- ☐ I use non-dairy creamer for my coffee.
- ☐ I use bouillon (cubes, powders, jarred). I use canned (or boxed) broth or soup.
- ☐ I drink wine (that's not organic) or buy flavored "mixers" for liquor.
- ☐ I don't usually buy organic foods.
- ☐ I buy chocolate, candy or dipped ice cream products with hard coatings.
- ☐ I buy protein bars, energy bars, smoothie mixes or other foods made with soy protein isolate.

Your Results

Did you answer "yes" to even just one of the questions? Then you're being exposed to the ***Toxic Twelve*** – the 12 most prevalent and dangerous additives that contaminate our food supply. Here are the hidden health harmers found in your convenience foods.

Common Culinary Contaminants		
I make microwave or ready meals.		*Additives, artificial colors, preservatives, trans fats, high fructose corn syrup*
I buy processed meats lunch meat (at home or at restaurants).		*Nitrites*
I eat fast food.		*Trans fats, MSG, additives, artificial colors, preservatives, trans fats, high fructose corn syrup*
I use boxed "starters" to make my meals.		*Trans fats, high fructose corn syrup*
I don't really read ingredient labels.		*Additives, artificial colors, preservatives, trans fats, high fructose corn syrup, sucralose, aspartame, Ace-K, MSG*
I buy bread from the shelf (loaf bread, bagels, pastries).		*Trans fats, high fructose corn syrup, preservatives*
I order Chinese food.		*MSG*
I eat breakfast from a box or a bag.		*Trans fats, high fructose corn syrup, preservatives, artificial colors*
I buy packaged dessert mixes, bread mixes, pasta mixes or rice mixes.		*MSG, trans fats, high fructose corn syrup, preservatives*
I eat crackers or chips.		*Additives, artificial colors, preservatives, trans fats, MSG*
I drink soda, diet sodas, diet energy drinks.		*High fructose corn syrup, Ace-K, sucralose, benzoates*
I eat foods containing white flour and sugar (in any form).		*Additives, artificial colors, preservatives, trans fats, high fructose corn syrup*
I eat margarine instead of butter.		*Trans fats*

Common Culinary Contaminants		
I buy canned/bottles juices or fruits (or fruits in plastic contain- ers).		*High fructose corn syrup, artificial coloring, artificial flavoring*
I use non-dairy creamer for my coffee.		*Trans fats*
I use boullion (cubes, powders, jarred).		*MSG, additives, preservatives*
I use canned (or boxed) broth or soup.		*MSG, additives, preservatives*
I drink wine (not organic) or buy flavored "mixers" for liquor.		*Sulfites, artificial flavorings, pre-servatives*
I don't usually buy organic foods.		*Pesticides, PCBs (see Organics: Beyond Green)*
I buy chocolate, candy or dipped ice cream products with hard coatings.		*Artificial coloring or flavoring, high fructose corn syrup, Ace-K, sucralose, trans fats*
I buy protein bars, energy bars, smoothie mixes or other foods made with soy protein isolate		*MSG, sucralose, Ace-K*

While there are many of these foods you should give up altogether (i.e.-ice cream products with coatings that contain trans fats, chips, energy drinks, etc). You'll be glad to know that for most of these foods there delicious and healthy alternatives that you can enjoy safely in moderation.

Do you have to give up drinking a glass of wine, eating a slice of bacon or a turkey sandwich or making a soup with broth to be healthy? No! You just have to make more informed choices.

That's what we're here for.

At *Healing Gourmet* we have created a ***Foods Encyclopedia*** containing over 700 foods (yes, including wine and bacon) that offer shopping tips to help you choose the best.

We also have a database of ***Best Brands*** – packaged foods that are free of these contaminants — to ensure you have all the tools at your fingertips to protect you and your family.

The Toxic Twelve

From general malaise to metabolic disruption, chemical contaminants in everyday foods take a serious toll on our health.

In this next section, we explore twelve of the most researched and detrimental toxins found in foods.

And as you learned throughout the series, eating processed foods — anything that comes in a box, bag or package — can pose a risk to your health and well-being.

The science of food additives is very new. Which means its long term effects are not known. It also means that the research is still in its infancy. Much of our protection comes from deductive reasoning.

Your best bet is to always avoid ***The Toxic Twelve*** — no matter what. These are the most prevalent in our food supply, and in preventing them, you'll do a great deal to protect your health.

But we want you to take your health a step further and eliminate all foods containing the long list of "trash" additives we list on page 20.

At *Healing Gourmet*, we make it easy for you. There are no foods or ingredients that contain any of these contaminants on our site.

Here are the **Toxic Twelve** you'll learn about in the next section which are listed alphabetically:

- **Acesulfame-K**
- **Artificial Colors**
- **Artificial Flavors**
- **Aspartame**
- **Benzoates**
- **BHA & BHT**
- **High Fructose Corn Syrup (HFCS)**
- **Monosodium Glutamate (MSG)**
- **Nitrites**
- **Olestra**
- **Sucralose**
- **Trans Fats**

Acesulfame-K

Acesulfame-K, also known as "ace-k" or "Acesulfame potassium" is sold under the brand names Sunette or Sweet One. In 1988 it was approved by the FDA as a sugar substitute.

Ace-K is 200 times sweeter than sugar and used in a wide range of baked goods, chewing gum, desserts, "energy" bars, smoothie mixes, diet sodas and more.

The tests on which the FDA based its approval show that the additive causes cancer in animals, which means it's likely to do the same in humans.

What's more, *acetoacetamide* – a breakdown product of Ace-K – has been found to have negative effects on the thyroid in rats, rabbits, and dogs.

FDA Turns a Blind Eye to Public Health

"These data do not permit an assessment that use of this compound would provide a reasonable certainty of no harm. In fact, there are indications that it might be carcinogenic. I would strongly suggest that a properly designed long term study in both mice and rats be conducted before Acesulfame K be considered for approval."

- David Rall, M.D., Ph.D.

Assistant Surgeon General, United States Public Health Service (retired). Former director, United States National Institute of Environmental Health Sciences(NIEHS/NIH). Former director, United States National Toxicology Program (NTP).

Artificial Colors

Electric blue drinks, eye-popping maraschino cherries and bright magenta can- dies. While we'd like to think these colors are derived from nature, they're all synthetic unless otherwise noted.

That's because artificial colors are much cheaper – and typically more stable – than the real thing. Manufacturers can punch up the color and protect their bot- tom line at the same time.

Most food processed food is colored with combinations of synthetic dyes including Blue No. 2, Green No. 3, Red No. 40, and Yellow No. 5.

For decades, scientists have had probable cause that these synthetic dyes cause cancer. And over the years, many have been banned as the evidence emerged.

The FDA banned Red No. 3 from many cosmetics and some foods because it causes thyroid tumors in rats.

Several other artificial colors, including Blue No. 2 and Red No. 40, are still under review. It is estimated that 50,000 to 100,000 Americans are sensitive to Yellow No. 5 (the second most popular artificial coloring after Red No. 40). It must be listed on ingredient labels.

The only thing that could be worse than the FDA allowing these chemicals to invade and pervade our foods, is that most of the heavily-hued foods are marketed to our children.

The Delaney Clause: First, Do No Harm

The Delaney Clause is a 1958 amendment to the Food, Drugs, and Cosmetic Act of 1938 that states:

"the Secretary of the Food and Drug Administration shall not approve for use in food any chemical additive found to induce cancer in man, or, after tests, found to induce cancer in animals."

Unfortunately, this protective act has been stifled. In fact, the Delaney Clause initially applied to pesticides in processed foods too. But only when residues of a cancer causing pesticide increased during processing (i.e.– higher levels of pesticide in ketchup than in the raw tomatoes).

In 1988 the U.S. Environmental Protection Agency (EPA) eased restrictions and claimed pesticides posed a "de minimis" risk to humans. Pesticide use was removed from the Delaney Clause in 1996 by an amendment. More evidence that we can't rely on Big Brother to protect our health.

Artificial Flavors

Manufacturers spend big money trying to mimic nature. And usually, with good chemistry, they can trick your taste buds and tap into a profitable supply of cheap, chemically-generated flavors.

Open your cupboard and read the label on your vanilla. If you bought on price alone, your fragrant baking spice is synthetically derived *vanillin* (4-hydroxy-3-methoxybenzaldehyde)—an artificial flavor and byproduct of the toxic paper industry. Recent research shows vanillin compromises the detoxification pathways in your liver.

But vanillin is just one of hundreds of chemicals are used to mimic natural flavors. Artificial flavors are used almost exclusively in junk foods. And their use is an indicator that what's inside the box, can or bag is low-quality and provides more detriment than benefit. Yet one more reason to choose foods in *Mother Nature's Perfect Packaging*.

Be advised. Companies keep the identity of flavorings a secret. These "secret" substances often include allergenic and endocrine disrupting components including MSG or HVP.

Aspartame

After a 16 year long refusal of approval, the FDA approved aspartame for use in soft drinks in 1983. It is sold commercially as Nutra-Sweet or Equal and now found in a wide range of products.

The negative health effects of aspartame are extensive. It is arguably one of the most poisonous substances in our food supply. Here's why:

- Aspartame breaks down into methanol (wood alcohol). Methanol quickly converts to ***formadehyde*** in the body. Formaldehyde causes gradual and eventually severe damage to the neurological system, immune system and causes permanent genetic damage at extremely low doses.
- Aspartame contains an amino acid called aspartate or aspartic acid which is an ***excitoxin***. Dr. Blaylock, excitotoxin expert and author of "*Excitotoxins: The Taste That Kills"* defines an excitoxin as:

"A substance added to foods and beverages that literally stimulates neurons to death, causing brain damage of varying degrees. Can be found in such ingredients as monosodium glutamate, aspartame (NutraSweet), cysteine, hydrolyzed protein, and aspartic acid."

- Aspartame contains an amino acid called ***phenylalanine***. Many people have adverse affects to phenylalanine including dizziness, headaches, epileptic-like seizures, and menstrual problems. What's more, people who have phenylketonuria (PKU), are unable to safely tolerate phenylalanine. If too much phenylalanine accumulates in the blood, it can result in mental retardation.

- Aspartame was found to increase the risk of brain tumors in rats. Dr. Adrian Gross, the FDA's own toxicologist told Congress that:

> ***"without a shadow of a doubt, aspartame can cause brain tumors and brain cancer..."***

Aspartame has also been linked to Parkinson's disease, ALS, ADHD, Alzheimer's, depression and many other neurological conditions.

Always read labels and do your own research. Keep in mind that studies are typically short and insufficient to prove long term detrimental effects to humans. And when in doubt, keep it out!

Benzoates

This preservative is used in fruit juice, carbonated drinks, pickled foods and sauces to prevent the growth of microorganisms in acidic foods.

Sodium benzoate (the most common form of the preservative) is known to cause hives, asthma and allergic reactions in some people. It has also been linked with behavioral issues/ADHD in children.

But its dangers don't end there. Benzoates damage DNA and create toxic byproducts when mixed.

Professor Peter Piper, a professor of molecular biochemistry and biotechnology found that sodium benzoate damages an important area of DNA in the "powerhouse" of cells known as the mitochondria.

> ***"The mitochondria consumes the oxygen to give you energy and if you damage it - as happens in a number if diseased states - then the cell starts to malfunction very seriously. And there is a whole array of diseases that are now being tied to damage to this DNA - Parkinson's and quite a lot of neuro-degenerative diseases, but above all the whole process of aging."***

What's more, sodium benzoate is added to acidic foods which typically contain ascorbic acid (vitamin C). When these compounds mix, they form a cancer-causing chemical called ***benzene***.

U.S. officials and the food industry have known about this problem for over 15 years. And over a decade ago manufacturers were supposed to reformulate their products to prevent benzene contamination.

However, tests show that some beverages still contain high levels of benzene. A class action lawsuit is currently underway.

BHA & BHT

BHA (butylated hydroxyanisole) and BHT (butylated hydroxytoluene) are two closely related chemicals that prevent oxidation and reduce rancidity in foods containing oil.

The International Agency for Research on Cancer considers BHA to be possibly carcinogenic to humans, and the State of California has listed it as a carcinogen. The U.S. Department of Health and Human Services considers BHA to be "reasonably anticipated to be a human carcinogen." Nevertheless, the Food and Drug Administration still permits BHA to be used in hundreds of foods.

BHT (butylated hydroxytoluene) has had mixed results in lab studies. Some show it acts as a cancer-promoter, while other studies find a protective effect.

BHA and BHT are unnecessary. Manufacturers can utilize dark bottles, nitrogen gas as well as vitamin C and E to prevent oxidation and rancidity safely and naturally.

High Fructose Corn Syrup (HFCS)

In ***Organics: Beyond Green***, you learned that corn is the #1 genetically- modified and pesticide-contaminated crop.

Therefore high fructose corn syrup (HFCS) — a concentrated, highly processed corn sugar — is a product that is not only high in health-harming sugar, but contaminants, as well.

High fructose corn syrup is one of the most pervasive ingredients in packaged foods. In fact, it is estimated that the average American consumes 70 pounds of HFCS every year.

Here are some of the not-so-sweet effects of this sweetener:

- **Weight Gain:** A recent study found that mice fed HFCS ate larger amounts of food, suggesting HFCS suppresses the natural sensation of fullness. HFCS also promotes insulin resistance, which causes the body to store more calories as fat.

- **Diabetes:** Fructose reduces insulin sensitivity. This means the body needs to pump out more insulin to handle the same amount of glucose. HFCS also promotes glycation which is associated with many of the complications of diabetes.

- **Immune Health:** HFCS has been found to inhibit the action of white blood cells which defend the body against harmful foreign invaders.

- **Aging:** As you learned in ***Smart Cooks Age Better***, the damaging process of glycation happens when proteins and sugars bind together (known as the Maillard reaction in chemistry. Fructose browns food seven times faster than glucose, resulting in a decrease in protein quality and a higher level of damaging advanced glycation endproducts (AGEs) to be formed. In addition to their harmful effects on organs and tissues (especially in people with diabetes), AGEs also damage the collagen in the skin, increasing the signs of visible aging.

- **Liver Damage:** Recent research shows that HFCS has toxic effects to the liver. Dr. Meira Field, lead researcher at the USDA says:

  "The medical profession thinks fructose is better for diabetics than sugar, but every cell in the body can metabolize glucose. However, all fructose must be metabolized in the liver. The livers of the rats on the high fructose diet looked like the livers of alcoholics, plugged with fat and cirrhotic."

- **Mineral Depletion:** While naturally occurring sugars, as well as sucrose, contain fructose bound to other sugars, HFCS contains a good deal of "free" or unbound fructose. Research indicates that this free fructose interferes with the heart's use of key minerals like magnesium, copper and chromium. What's more, pure fructose contains no enzymes, vitamins or minerals and robs the body of its micronutrient stores for utilization.

- **Heart Health:** As you learned in Your ***Guide to Living a Low-Glycemic Lifestyle***, sugar is the biggest offender when it comes to the heart. HFCS has been found to increase triglycerides and promote the creation of blood clots.

Monosodium Glutamate (MSG)

Like aspartame, MSG is an ***excitotoxin***.

Introduced over five decades ago, this "flavor enhancer" can cause headaches, tightness in the chest, and a burning sensation in the forearms and the back of the neck ("Chinese restaurant syndrome").

It can also cause difficulty breathing, tingling, nausea, rapid heartbeat, drowsiness and facial pressure.

But that's not all. Research indicates MSG is contributing to our obesity epidemic. In hundreds of studies around the world it was described that obese mice and rats were "created". The way to do this is by injecting them with MSG when they are first born. The MSG triples the amount of insulin the pancreas creates, causing animals to become obese. These animals are referred to as "MSG-Treated Rats."

MSG adulterates thousands of packaged foods – many of which may surprise you. Because manufacturers are ware that many consumers would prefer not to have MSG in their food, some manufacturers have responded by using "clean labels". They list ingredient names they think consumers will not recognize as containing MSG – names such as "hydrolyzed soy protein." Others advertise "No MSG," "No MSG Added," or "No Added MSG," even though their products contain MSG.

While mislabeling is illegal, the FDA fails to enforce the regulation. To determine whether a product contains processed free glutamic acid (MSG) in a product, you must ask the manufacturer for information about "free glutamic acid." Don't ask about "MSG."

This is yet another reason to eat fresh, whole foods and leave the packaged junk on the shelf.

On the next page, we give you a list of sneaky ingredients that contain MSG.

> ***"We trust something in a grocery store and assume it's good. We don't learn about the most precious thing in life... the food we put in our body: Educate yourself!"***
>
> **- Paul Prudhomme**

The MSG Watch List

MSG is Always In:

- Autolyzed yeast
- Calcium caseinate
- Disodium inosinate
- Disodium guanylate
- Gelatin
- Glutamate
- Glutamic acid
- Hydrolyzed protein (soy, whey)
- Monopotassium glutamate
- Monosodium glutamate
- Sodium caseinate
- Textured protein
- Yeast extract
- Yeast food
- Yeast Nutrient

MSG is Often In:

- Barley Malt
- Bouillon
- Broth
- Carrageenan
- Enzyme-modified substances
- Flavoring
- Flavors
- Gluten
- Malt Extract
- Malt flavoring
- Maltodextrin
- Modified food starch (corn, wheat)
- Natural flavor/flavorings
- Natural pork/beef/chicken flavoring
- Natural smoke flavor
- Pectin
- Protein-fortified substances
- Seasonings
- Soy protein
- Soy protein isolate or concentrate
- Soy sauce
- Soy sauce extract
- Stock
- Vegetable gum
- Whey protein
- Whey protein isolate or concentrate*

Go The Safe Whey: Whey protein is a fat-burning substance with anti-aging benefits. But if you're eating most whey proteins, you're getting MSG and hormones from the conventionally-raised cows, as well as endocrine-disrupting artificial sweeteners. Always buy a high quality whey protein from a trusted source. Our favorites are The People's Chemist Whey Advanced and Jay Robb's.

Nitrites

Do you eat lunchmeat, cold cuts, hot dogs, bacon or other processed meats? If so, you're likely being exposed to these cancer-causing additives.

Many meat processors use nitrites and nitrates to stabilize the red color in cured meat and prevent the growth of bacteria that cause botulism poisoning.

While nitrate is harmless, it is easily converted – by bacteria in foods and in the body – to nitrite. When nitrite combines with compounds called secondary amines, it forms powerful cancer-causing ***nitrosamines***. Nitrosamine formation occurs most readily at the high temperatures of frying, but may also take place in the stomach.

Let's take a look at the research:

- **Colorectal Cancer:** People who ate the most processed meat were 50 percent more likely to develop lower colon cancer, according to a study in the *Journal of the American Medical Association*.
- **Stomach Cancer:** An investigation into 15 studies on processed meat found that the risk of stomach cancer increased from 15 percent to 38 percent if the processed meats ratio consumed by an individual rose by 30 grams.
- **Pancreatic Cancer:** People who ate the most processed meats had a 68 percent higher risk of pancreatic cancer compared with those who ate the least, a study in the *Journal of the National Cancer Institute* found.
- **Chronic Obstructive Pulmonary Disease (COPD):** People who ate more than 14 servings of cured meats per month scored lower on tests of lung func- tion and had an increased risk of COPD compared with people who did not eat cured meats. For each additional serving of cured meat per month, the study found a 2 percent increased risk for COPD.
- **DNA Mutations:** Hot dogs that contain nitrites have been found to contain DNA-mutating compounds. If enough DNA mutations occur in the gut, it could increase your risk of colon cancer.
- **Brain Tumors in Children:** Children born to women who ate a lot of cured meats during pregnancy had a two to three times greater risk of developing a brain tumor than those born to mothers who did not eat cured meats. Children whose mothers at low levels of cured meats during pregnancy had a moderate increase in brain tumor risk, the study, published in *Public Health Nutrition*, found.

Say No to Nitrites! Choose U.S. Wellness Meats, Niman Ranch, Maverick Ranch and Applegate Farms for meats that are minimally processed and free of nitrites.

Olestra

Olestra is Procter & Gamble's synthetic fat. It's yet another man-made malady that passed FDA inspection and got the green light to wreck our health.

This fake fat is not absorbed as it passes through the digestive system. Therefore, it has no calories.

Procter & Gamble suggests that replacing regular fat with olestra will help people lose weight and lower the risk of heart disease. This couldn't be farther from the truth. But here's what does happen...

Olestra causes diarrhea and loose stools, abdominal cramps, flatulence, and other adverse effects. Those symptoms are sometimes severe.

But more importantly, olestra reduces the body's ability to absorb fat-soluble ***carotenoids***. This family of important nutrients — including alpha and beta-carotene, lycopene, lutein, astaxanthin, and more — offer powerful protection against free radicals (as you learned in ***Your Guide to Antioxidant Superfoods***).

Countless studies show that colorful foods, packed with carotenoids, reduce the risk of cancer and heart disease. If you eat olestra (or take Alli—the weight loss supplement that prohibits fats from being absorbed in the body), you're depleting your cells of these vital nutrients.

Fat is not the enemy. Learn about the important functions of fat in the body, which kinds to eat (and how much) in ***Fats that Heal, Fats that Harm***.

Sucralose

Sucralose was approved by the FDA in 1998. It is produced by adding chlorine to sugar molecules.

The result: an ***organochlorine*** that is 300-1000 times sweeter than sugar. You may remember we discussed organochlorines from ***Organics: Beyond Green***.

Like the other deadly organochlorine pesticides (including DDT), sucralose is an endocrine disruptor. As such, it contributes to weight gain, worsens diabetes and could cause a host of very serious side-effects.

While it has no long-term safety data, it is marketed and recommended by many within the "health" community and found in thousands of food products – ranging from nutritional supplements for babies (including Pedialyte) to sports bars.

There are no long term studies proving safety of sucralose, but many animal studies cause great concern:

- **Immune Suppression:** Sucralose causes the thymus to shrink (up to 40% shrinkage). The thymus is your immune powerhouse – it produces T cells.

- **Organ Enlargement:** Sucralose causes enlargement of organs – including enlarged liver, kidneys and bowel.

- **Stunts Growth:** Sucralose reduced growth rate by between 7 and 20%.

- **Healthy Bacteria:** Sucralose reduces the amount of good bacteria in the intestines by 50%. You learned about the importance of your these beneficial bacteria in Your Body's Ecosystem.

- **pH Imbalance:** Sucralose increases the pH level in the intestines. You learned about how this increases the risk of colon cancer in ***Your Digestive Ecosystem***.

- **Weight Gain:** Sucralose contributes to weight gain. Research shows artificial sweetners promote obesity by tricking the body into thinking that sweet- tasting foods and drinks don't contain as many calories as they really do.

- **Drug Interactions:** Sucralose affects the P-glycoprotein (P-gp) in the body in such a way that crucial health-related drugs could be rejected. James Turner, chairman of the national consumer education group Citizens for noted that the P-gp effect "could result in crucial medications used in chemotherapy for cancer patients, AIDS treatment and drugs for heart conditions being shunted back into the intestines rather than being absorbed by the body as intended."

- **Worsens Diabetes & Speeds Aging:** Researchers found that diabetic patients using sucralose showed a statistically significant increase in glycosylated hemoglobin (HbA1C), which is a marker of long-term blood glucose levels and is used to assess glycemic control in diabetic patients. According to the FDA, "increases in glycosolation in hemoglobin imply lessening of control of diabetes. As you learned in Smart Cooks Age Better, your HbA1C measures levels of advanced glycation endproducts (AGEs) in your body. In addition to AGEs deleterious effects on diabetes and its complications, AGEs speed the rate of aging and degeneration.

Trans Fat

In ***Fats That Heal, Fats That Harm*** you learned about the deadly dangers of yet another man-made food.

Trans fats are highly inflammatory and cause or contribute to nearly every chronic illness including heart disease, insulin resistance, infertility, depression, and Alzheimer's disease.

The Institute of Medicine (IOM) has clearly stated:

"There is NO safe level of trans fats in the diet."

Yet still, this bane of the food world continues to be used in countless packaged junk.

Don't be duped. The label may say "no trans fats" because it contains less than half a gram per serving. But remember, it adds up, and you may be eating several servings of a trans-fat laced food in a sitting.

Read labels. If it says "hydrogenated" or "partially hydrogenated" there's only one place it belongs. The trash.

Healing Gourmet Rule #1: Don't Mess With Mother Nature

In ***The Food Cure***™ series, you've learned about the many healing properties of whole foods and the ways to prepare them to maximize their power.

You've also learned about the deadly and devitalizing foods that have been produced by modern technology to make our lives "easier".

But there are always trade-offs. In this case, we have chosen convenience as our priority. In response to this demand, manufacturers flooded the market with thousands of "foods" that poison our bodies. We never stopped to ponder what the cost of such foods might be.

Now we know.

When it comes to your health, there's one prevailing principle: *Don't Mess with Mother Nature!*

Take Out The Trash!

Now that you've learned about the most harmful culinary contaminants, it's time to take out the trash.

In addition to worst offenders, we've given you a list of the specific names of the additives and preservatives you'll also want to avoid here. You can learn about each of them in our ***Additives & Preservatives Encyclopedia***.

Grab a pen, a trash can and get to work!

A

acesulfame-K (acesulfame potassium)
acetylated esters of mono- and diglycerides
aluminum salts
ammonium salts
annato
artificial colors
artificial flavors
aspartame
azodicarbonamide

B

benzoates benzoic
acid benzoyl peroxide
BHA (butylated hydroxyanisole)
BHT (butylated hydroxytoluene)
bleached flour
bromated flour
brominated vegetable oil (BVO)

C

calcium bromate
calcium disodium EDTA
calcium peroxide
calcium propionate
calcium saccharin
calcium salts
calcium sorbate
calcium stearoyl-2-lactylate
caprocaprylobehenin
certified colors
cyclamates

D

DATEM (Diacetyl tartaric and fatty acid esters of mono and diglycerides)
dimethylpolysiloxane
dioctyl sodium sulfosuccinate (DSS)
disodium calcium EDTA
disodium dihydrogen EDTA
disodium guanylate
disodium inosinate

E

EDTA
ethyl vanillin
ethylene oxide
ethyoxyquin
FD & C colors

G

GMP (disodium guanylate)

H

hexa-, hepta- and octa-esters of sucrose
high fructose corn syrup (HFCS)
HVP (hydrolyzed vegetable protein)
hydrogenated fats
hydrolyzed protein

I

IMP (disodium inosinate)
irradiated foods

L

lactylated esters of mono- and diglycerides

M

methyl silicon
microparticularized whey protein derived fat substitute
monosodium glutamate (MSG)

N

natamyacin
nitrates/nitrites

P

partially hydrogenated oil
polydextrose
potassium benzoate
potassium bisulfite
potassium bromate
potassium metabisulfite
potassium sorbate
propionates
propyl gallate

S

saccharin
sodium aluminum sulfate
sodium benzoate
sodium bisulfite
sodium diacetate
sodium glutamate
sodium nitrate/nitrite
sodium propionate
sodium stearoyl-2-lactylate
sodium sulfite
sodium aluminum phosphate
sorbic acid
sucralose
sucroglycerides
sucrose polyester
sulfites (sulfur dioxide)

T

TBHQ (tertiary butylhydroquinone)
tetrasodium EDTA

V

vanillin

"Don't dig your grave with your own knife and fork."

- English Proverb