



My "DO NOT BUY" foods list!

These additives are contributing to the diseases that are ravaging this nation. These ingredients are directly being linked to all forms of cancer, auto-immune diseases like: chronic fatigue, Lupus, MS, diabetes, arthritis, Fibromyalgia, other diseases like endometriosis, heart disease, stroke, gastrointestinal diseases like IBS and Crohn's disease, Alzheimer's and Parkinson's, ADD and ADHD and Autism.

Partially Hydrogenated vegetable oils or "Trans-Fats" - Hydrogenated oils, same as Trans-Fats, **INTERESTERIFIED** – The new improved "trans-fat". Improved because you don't know to look for it!

Sodium Benzoate– This converts to Benzene (Carcinogen) in the body! Benzene has been illegal for years, but you can now find it in your hummus! **Acrylamide** (a known carcinogen) – found in most Potato Chips as part of the heat process.

Sodium Caseinate & Calcium Caseinate (linked to autism and other brain malfunctions)

Hydrolyzed Plant Protein, Textured Protein, Plant Protein Extract, Hydrolyzed Oat Flour, Hydrolyzed Vegetable Protein, Yeast Extract & Autolyzed Yeast – are all other names for **MSG**

Propylene Glycol (antifreeze) – found in some salad dressings! *Are you getting hungry yet?*

Bouillon or **Broth** (Organic Broth is just fine, no chemical are added!) Spices or seasoning that you cannot pronounce!

Natural Flavoring - bugs, guts, "Potti Breaks" and naturally occurring chemicals are all considered "Natural"!

High Fructose Corn Syrup – Reports show ten times more addictive than sugar! Pancreas alone can break this substance down, thus increasing risk of Type 2 Diabetes! **Malt Extract & Malt Stock** - thick sugary syrup. Just another unneeded sugar!

Nitrates & Nitrites - Nitrate is harmless, but it can convert to nitrite, which can form nitrosamines, a powerful cancer-causing chemical, in your body.

Enriched Foods, everything "good" was removed and replaced with chemicals and isolated vitamins.

Phosphoric Acid – clear colorless liquid, H₃PO₄, used in fertilizers, soaps and detergents. Found in soda, decreases the absorption of calcium, magnesium, boron and phosphorus, thus decreasing bone density.

Carmine, Cochineal Extract, Carminic Acid and PEG-80, 3, 46 and 120. These are all names for the Cochineal Beetle used today for coloring foods. Not only gross, but severe allergic reactions, especially with children. *How's your appetite?*

Food Dyes (yellow 4 & 5, Blue 1 & 5, Red 40) – Any dye colors or preservative that you didn't make yourself can affect brain chemistry.

Aspartame; Diet soda drinkers have a 61% higher risk of suffering from a stroke (www.DORway.com) **Splenda, Sucralose** and chlorine (www.holisticmed.com/splenda)

Benzoyl Peroxide - found in White Bread to make it white.

Diacetyl – Made in fermentation process, causing respiratory injury and illness: [OSHA information about diacetyl](#),

EDTA, BHA, BHTA or any other combination of letters! These preservatives will make it through the next ice age!

Chlorothalonil (pesticide) - detected in hot dogs by a chemical test but not listed on ingredients, *yummy huh?*

Yours in Health, *Lynne Page*, CYT, CPT & NMD

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A quote by Hippocrates "Let food be your medicine and medicine by your food."