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# Food Additives: A Shopper's Guide To What's Safe & What's Not



## Synopsis

FOOD ADDITIVES: A Shopper's Guide To What's Safe & What's Not reveals what food manufacturers don't want you to know about their products. It shows you how to find the truth behind deceptive food packaging. You will learn how to confidently read labels so that you will know how healthy a food really is and if it contains dangerous ingredients. This book classifies over 1000 commonly used food additives according to safety, whether they may cause allergic reactions, and if they are Generally Recognized As Safe (GRAS) by the FDA. In just seconds, the average person can determine if the food they're buying contains dangerous substances. The book is clear, concise and easy to use. What's NEW in the 2013 edition... How the GRAS status is Determined and Why You Should Be Concerned More Up-To-Date Information on Genetically Modified (GM) Foods What the 4- and 5-Digit Codes on Produce Stickers Really Mean Additives You Won't Find on the Label Updated Information on Many Additives and New Additives Not in the 2007 Edition

## Book Information

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## Customer Reviews

Most of us don't grow our own food anymore, if fact, most of us grab the quick and easy packaged food at the grocery store, ignore the words we can't pronounce, and feed it to our families. Here is just one additive the Dr. Farlow lists in her book: MSG - 26; aka Accent, Ajinomoto, Natural Meat Tenderizer; mutagen; causes obesity; addictive, makes you eat more; may cause diabetes, migraines, headaches, itching, nausea, brain, nervous system, reproductive disorders, high blood pressure, Autism, ADHD, Alzheimer's, retina damage, blindness; pregnant, lactating mothers, infants, small children should avoid; allergic reactions common; generally produced using GMO

bacteria; may be derived from corn; may be hidden in infant formula, baby food, low fat and no-fat milk, candy, chewing gum, drinks, kosher food, protein bars, protein powder, protein drinks recommended for seniors, most processed foods, wine, waxes applied to fresh fruits and vegetables, 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, live virus vaccines, nasal spray flu vaccine; used in pesticides, fungicides and fertilizers; being sprayed on growing fruits and vegetables as a growth enhancer (AuxiGro); proposed for use on organic crops. See free glutamates, processed free glutamates. This little book is a grocery store essential if you want to know what you are eating and care about your health. Every day we ingest chemicals that may or may not be safe to eat over a long term. We just don't know. With *Food Additives: A Shopper's Guide to What's Safe and What's Not*, at least we have the knowledge to make informed decisions as to what we are putting in our mouths. Buy this book. Put it in your purse and carry it with you to the grocery store. You won't regret it!

Although I had stopped as much of the chemical menagerie in my food supply, the book has helped me to go to 100%. But I had not considered the manufacturing process and the lack of reporting the traces of processing chemicals associated there, what an eye opener. This book was a recommendation from a local wellness doctor.

I have used Christine Farlow's 1st edition of *Food Additives* for the past 5 years to help explain to clients that the toxins in their foods are contributing to their poor health. I am excited to use this expanded updated version in my clinic that lists the numerous toxins that have flooded our food system and environment. These "hidden toxins" that people take for granted as "food" are contributing to the increasing health issues in our communities from Neurological problems in the young and old, as well as diabetes, hypertension and infertility. The chemicals in our foods, cosmetics, body care and cleaning products contribute to those suffering from Epilepsy, Autism, MS, Parkinson's etc. In my clinic, I work to assist people nutritionally to build their health and immune systems. To have a great resource like *Food Additives* makes my work a lot easier in educating the public. Christine Farlow's valuable information in *Food Additives* is travel size so you're able to keep it with you at all times, and learn how to recognize and avoid products that contain damaging chemicals in order to protect yourself and your family.

Love that this pocket sized. Very helpful information at your fingertips. I have adopted a paleo diet

so when I purchase food I strive to get food that has little to just 1 ingredient (aka WHOLE, CLEAN, ORGANIC food) but I find that some cosmetics and household items have multiple ingredients. Either way this info is helpful!

This book is great if you're someone like me who's in a hurry most times I shop.... if I don't know an ingredient or additive I can look it up quickly to see it's effects. The book itself is small & compact enough to fit in my handbag, so it's always there when I need it. I especially like the part on organic & fresh produce labeling stickers, so informative! I thought if it said 'organic' that was good enough for me, now after reading Dr. Farlow's book I know to check the digits on the stickers! (You'll have to read the book to find out why!) So many things I would have never known.....now I know what I am REALLY getting when I shop for my food.....Thanks Chris!

Enjoyed reading the book. Frightening what the Fda allows considering they are supposed to be protecting us, the consumer. The only way we can start making changes is by not buying poisoned food. A difficult task since almost everything has been been modified in some way. I can understand the rise in cancers and childhood diseases that have increased. Organics is the only way we can start to make a difference hopefully. I do wish the book would name products by name to stay away from.

when I got this book I was shock on what was in the foods, I look at foods different know...I read all the labels before I buy anything. its good to know what goes in your foods and what it can make you sick...

Great guidebook to food additives. If you have allergies, I would highly recommend this resource. It's small, so it will fit in your pocket or purse.

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