

You Are What You Eat: 7 Food Additives That Are Secretly Making Us FAT



I'm here to tell you that the food industry is lying to you. There are many "safe" food additives on the market that really are NOT SAFE!! Yes, you heard me right AND I will give you a small list of them below to prove it. These food additives are literally making you **sicker, robbing you of your youth, and making you gain weight!**

Food additives are man-made, synthetic chemicals used to preserve foods, make them taste better, add supposed nutritional value and get this... **THEY BYPASS YOUR HUNGER MECHANISM MAKING YOU CRAVE MORE AND EAT MORE FOOD!** Now, let's think like the food industry for a second... If people, eat more food and increase in size, then they will crave more

food and then we can sell them more food! It's a great way to make money if you really think about it. Very unethical, but brilliant. **BELIEVE IT OR NOT, THIS IS HAPPENING!** Look around at the American population. Do you really think that it is coincidence that 70% of the US is obese? By 2030, the Journal of Obesity is predicting that 90% of the United States will be obese.

Will You Be A Victim Too?

The sad part about this whole situation is the fact that the general public has no idea that they are being lied to. This reminds me of a quote...

"Make the lie big, make it simple, keep saying it and eventually they will believe it"

- Adolf Hitler

the media is using psychological marketing tactics to make you believe that foods that are "fat free" are healthy and helping you to lose weight.

Please, please, please don't trust everything that you hear. Especially from the news, commercials, tv, radio, etc. Their job is to capture your attention and sell you things. Whether it be their belief systems or weight loss pills.

Watch out.. it is found in everything from fast food, to kids snacks, drinks, chips, etc., allergic reactions. (80% of people are shown to be allergic to MSG)

MSG causes headaches, itching, nausea, brain, nervous system, reproductive disorders, high blood pressure

Artificial Sweeteners: Splenda (sucralose), Nutra-Sweet (aspartame), Equal (aspartame), SweetNLow (saccharin) , sorbitol, maltodextrin, dextrose, and acefulsame are all falsely representing weight loss foods. They are very toxic to your body and will bypass your hunger mechanism, causing you to **crave more food**.

Stay away from anything labeled **fat free, lite, no fat, no calories, calorie free, sugar free, reduced sugar and reduced fat**. Most of these foods have been filled with artificial sweeteners. **READ YOUR LABELS!**

Is having no calories in your "diet" drink worth the risk?

Artificial sweeteners are linked to various cancers, blood sugar problems, central nervous system disturbances (nutra sweet in diet coke was blamed for gulf war syndrome) and menstrual difficulties to name a few.

Trans Fats: Partially Hydrogenated Soy Bean Oil, margarine, hydrogenated vegetable oils are fats whose molecular structure has been chemically altered in a lab. These are guaranteed to pack on the pounds because your body has no idea what to do with them because they are synthetic. These are associated with heart disease, breast and colon cancer, atherosclerosis, high cholesterol

Food Colorings: Red Dye, Blue No 1, Yellow No 6, etc. These are made from coal tar and are potent carcinogens, cause allergic reactions and may contain cancer causing contaminants.

Preservatives/Additives: potassium benzoate, sulfites, nitrites, nitrates, BHA all can cause liver damage, kidney damage, behavioral problems, **birth defects**, cancers, **infertility**, weakened immune systems, headaches, nausea, etc.

WOW What a list!

Let's sum everything that we've learned today up:

*Be sure to **read your food labels!**

*Be educated on what foods will help you lose weight and which ones are "posers"

*If the ingredient list is long... avoid it! It will not help you lose weight and will make you sick!

*Eat foods in their natural state- The farther away a food is processed away from

nature, the less healthy it is for you and the more likely it will make you fat!
*Avoid anything labeled as fat free, no calories, low calorie, or no fat.

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