

What Is In Our Food?

I am writing this article about ingredients in food to help you make better choices when shopping. We have seen over the last few years :-

- A) Rapeseed oil has suddenly appeared in most of our food in ALL of our supermarkets (replacing sunflower oil and olive oil) - see Rapeseed Oil / Vegetable oil report below
- B) Extra Virgin Olive Oil (Food Fraud, i.e. Adulteration with refined oils)
- C) Excitotoxins - previously listed on the label as Monosodium Glutamate (or MSG) and derivatives of can now be hidden in the ingredients under "flavouring" - see report below

- D) Fortified white wheat flour - If white flour is milled in the UK, by law it has to be fortified (including organic white flour). It is in our wheat products like bread and is very difficult to avoid. It also shows up in some unlikely products like some frozen chips and crisps (which should have nothing to do with wheat!) - see report below. Also alternative milk products are fortified with synthetic Vitamin D2 (ergocalciferol) instead of the safe natural form of Vitamin D, D3 (or cholecalciferol)

The renowned Dr. Mercola wrote a great article titled "Why You Don't Want To Rely on Fortified Foods" explaining that synthetic D2 can produce health problems including a number of studies linking D2 with irritation of the lining of blood vessels. Despite these findings the food industry makes no changes. Be aware that non-organic cartons of 'alternative milks' will ~~also~~ all contain the synthetic form of ~~Vitamin D~~ ^{ergocalciferol} (or D2) ~~form of vitamin D called D2 (ergocalciferol)~~

Fortified Breakfast Cereals

Dr. Mercola also seems to confirm the form of iron used to fortify cereals is not only synthetic but is enriched with toxic iron filings, so your best option is to make sure you are getting enough bioavailable iron.

If ~~you~~ you are sceptical about this statement you can see a video by Dr. Thomas Levy on YouTube from his website (www.peakenergy.com) where he demonstrates clearly a fortified breakfast cereal contained metallic iron filings which can be moved with a strong magnet. Not the form of iron you want to consume! His website lists an article on why it is not necessary to fortify with iron (because high iron levels in the blood are toxic) - The article is called :-

"The Disease Causing Dangers of High Iron Levels."

So what is an excitotoxin? Man-made excitotoxins are so strong they literally stimulate and excite brain cells to death. Let's begin with excitotoxin most people are familiar with - Monosodium Glutamate or MSG for short. So all you have to do is look at the product label and avoid anything with MSG and its E number code which is E621, often hidden under 'flavour enhancers or flavouring' on the label. Also when eating out at a Chinese restaurant for example choose a restaurant that clearly states they do not use MSG. If only it was that simple! Unknown to most of us there are many other man-made derivatives of MSG which also contain the damaging 'free-glutamic acid' of MSG, such as :-

- * Anything with 'Glutamate' in the ingredients
- * Anything '... protein' (ie. Whey Protein Isolate)
- * Autolyzed Yeast
- * Gelatin
- * Anything 'Hydrolyzed' (ie. Hydrolyzed Vegetable Protein)
- * Sodium Caseinate or Calcium Caseinate
- * Yeast Extract

Even if you are clever enough to avoid the above, did you know some of these can now be simply labelled as "flavouring"? A real life example is Sainsbury's own brand potato wedges and chips which have 'flavouring' on the label. I phoned Sainsbury's to ask what was the flavouring in this and they told me "Autolyzed Yeast" (see list above). So you have to be quite knowledgeable just to choose not to consume man-made excitotoxins.

The most controversial of excitotoxins is Aspartame which is an artificial sweetener. Despite years of research and testing after repeated health problems which include Migraines, Depression, Weight Gain, Parkinson's Disease, Multiple Sclerosis and various types of Cancer the food industry has not tightened up the rules regarding its use. Moreover the FDA has actually petitioned for aspartame to be added to milk! without even having to label aspartame on the milk! What is the world coming to?

The problem with aspartame is firstly it could be manufactured with genetically modified microorganisms and its two main amino acid components (aspartic acid and phenylalanine) break down in humans to form a dangerous compound (Methanol). Methanol is broken down into formaldehyde which is toxic. Animal testing is useless because animals can break down the toxins, but humans cannot. Also avoid :- Saccharin, Sucralose and Sorbitol as well as Acesulfame-K (also confusingly labelled (Acesulfame Potassium))

Over the last few years have you noticed the increased use of 'Rapeseed oil' in food products? It is even found now in HORMONS - traditionally made with cold-pressed (unrefined) Extra Virgin Olive Oil. All supermarkets even the posh ones seem to have changed all their food recipes of products previously containing olive oil or sunflower oil for rapeseed oil instead at about the same time. Why go to all the trouble? Is rapeseed oil really that much better? We are told rapeseed oil has low ~~cholesterol~~ cholesterol and we should use it (but the wise who have read 'The Cholesterol Con' by Dr. Malcolm Kendrick know we need cholesterol and we have been lied to!)

Let's look at the facts about Rapeseed Oil. Rapeseed is an 'Industrial oil' and is used in industrial soaps, candles, inks, lubricants and biofuels. It is not a food!

The real problem with rapeseed oil is that the oil was so toxic the FDA banned its use for human consumption back in 1956. Canadian growers bred a new variety of rapeseed in the 1970's to reduce its toxic content (which is a compound called ~~ERUCIC~~ ERUCIC ACID) and called it Canola Oil. However Canola oil is a genetically modified derivative of rapeseed oil so we should avoid canola oil completely.

Rapeseed oil on its own causes health problems over time such as constipation, infertility, respiratory distress, anemia, and blindness in animals and humans. Time to be vigilant! Avoid those margarines with rapeseed oil and eat butter instead. Use butter from grass-fed cows, or organic preferably. Another great oil to fry in is coconut oil because it is not damaged by high heat when frying unlike vegetable oils. Coconut oil is also great for maintaining good digestive health and correcting problems with gut health.

Some vegetable oils are not even rapeseed oil but made from genetically modified soyabean instead. Most restaurants seem to be using oil derived from a genetically modified source (i.e. GM soyabean).

Also it is a good idea to increase the levels of Omega 3 fats in the diet. Most of us consume too many Omega 6 fats (vegetable oils) which can cause inflammation in the body. Simple sources of omega 3 ~~are~~ include walnuts, pumpkin seeds, flax seeds, chia seeds and hemp (otherwise known as linseeds). Also good for our omega 3 levels is wild salmon and other wild caught cold water fish.

Did you know that some foods are manufactured with the help of genetic engineering (Gm) but does not have to be labelled because it falls outside labelling guidelines? So it could come from genetic engineering but there is no requirement to tell consumers on the actual food label. To help you when shopping copy the following list which shows ingredients which could have come from Gm :-

According To www.gmo-compass.org

- X Vanillin (artificial vanilla)
- X Ascorbic Acid (Vitamin C) or E300
- X MSG / Monosodium Glutamate (flavour enhancer) or E621
- X Citric Acid or E330
- X Glucose Syrup
- X Enzymes and other processing aids
- X Vitamin B2 or E101
- X Vitamin B12 (the cheap form and synthetic B12) eg. fruit juices
- X Soya Lecithin or E322 - chocolate, sweets, icecream
- X Beta-Carotene (OR E160a) colouring
- X Xanthan or E415 - often called Xanthan Gum
- X Baker's Yeast (can come from Gm corn) eg. Breads
- X Mono and Diglycerides of Fatty Acids (E471) and other ester compounds (E472a - E472f) can come from genetically modified soya beans and it is not technically possible to segregate Gm soya from conventional during processing!
- X Meat from animals which were raised with Gm feed.

When eating out in restaurants most Chinese and Indian restaurants and takeaway outlets including some fish and chip shops are using the catering size drums of Vegetable oil from two main companies :-

- 1) PRIDE - Derived from a Gm source (eg. Gm soya beans)
- 2) KTC - Derived from Genetically Modified Soya

Few restaurants are ~~now~~ using Sunflower oil now having changed over to either rapeseed oil or Gm soya oil. There is a glimmer of hope because a few restaurants or chip shops are using pure groundnut oil. Pure groundnut oil is 100% refined groundnut oil without anti-foaming agent E900 (Dimethyl-Polysiloxane) which is a synthetic polymer which is similar chemically as silly putty!