

9 Hidden Toxins Lurking in Your Food



Your grocery store is plentifully stocked with wolves in sheep's clothing. Here are some tips to help you steer clear of hidden toxins that masquerade as safe products.

- 1. Stay away from processed meats** like bacon, hot dogs, and sausage. Sodium nitrate can also cause the formation of nitrosamines in your system, which can lead to cancer.
- 2. Reduce the amount of canned food** you consume. Cans are commonly lined with bisphenol-A, an organic compound that may be associated with diabetes and heart disease.
- 3. Skip the diet soda and artificial sweeteners.** Prolonged exposure to aspartame, a neurotoxic chemical additive in these products, can lead to nerve cell damage, dizziness, and headaches.
- 4. Opt for organic chicken.** The Institute for Agriculture and Trade Policy discovered traces of arsenic in non-organic chickens. Exposure to this dangerous chemical can lead to cancer, diabetes and heart disease. Another study also found numerous antibiotic-resistant bacteria in conventional poultry.

5. Avoid manufactured snacks. Hydrogenated oils are used to lengthen the shelf life of products like crackers and cookies, but they are also associated with diabetes and heart disease. Snack foods are also generally loaded with salt, corn syrup and other unhealthy ingredients.

6. Stay away from artificially-colored foods like candy, maraschino cherries, and gelatin. Mice and rats exposed to blue 1 and 2, red 3 and yellow 6 suffered from brain, adrenal gland, thyroid, and kidney tumors.

7. Always buy organic produce. Lingering pesticides can lead to nervous and reproductive system damage, not to mention cancer.

8. Avoid Teflon cookware. The Teflon used to create nonstick surfaces can release noxious gases when exposed to high temperatures, which puts you at risk for a large variety of diseases, many of which are not even well documented at this time.

9. Never microwave food in plastic bowls, containers, or dishes. Exposure to heat causes the bisphenol-A found in plastics to break down and potentially contaminate your food.