

[FREE] Food Additives: A Shopper's Guide To What's Safe What's Not

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

Christine Hoza Farlow D.C.

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#304919 in Books 2013-04-01 Original language: English PDF # 1 Binding: Perfect Paperback 144 pages | File size: 25.Mb

Christine Hoza Farlow D.C. : Food Additives: A Shopper's Guide To What's Safe What's Not before purchasing

it in order to gauge whether or not it would be worth my time, and all praised Food Additives: A Shopper's Guide To What's Safe What's Not:

7 of 7 people found the following review helpful. A Must ReadBy Jasaw1Although 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.5 of 5 people found the following review helpful. Helpful and HandyBy CynthiaLove 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!1 of 1 people found the following review helpful. Enjoyed reading the bookBy avid readerEnjoyed 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 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.

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

About the AuthorDr. Christine H. Farlow, D.C., has been actively investigating and researching the safety of food additives since 1991. She is committed to finding the truth about these chemicals, many not adequately tested and used far too often, in the food we eat. Her interest in the study of ingredient safety started with the "Healthy Eating" classes she held in her office. It accelerated in December 1990 when her dad was diagnosed with cancer. Dr. Farlow is a Doctor of Chiropractic with a specialty in Nutrition. She practices Chiropractic and Nutritional Counseling at her office in Escondido, CA, and also does telephone consultations. Counseling patients since 1984, she is a veteran at teaching people how to make healthy eating and lifestyle choices.