



GUT HEALTH Series, Part 2

Eat Your Greens and Gasoline
What You Don't Know You're Eating



THE HOLISTIC
HEALTH APPROACH

EAT YOUR GREENS AND GASOLINE

- An Artificial Truth
- The “Natural” Conundrum
- Playing Hide and Seek
- Produce a Choice
- What’s Your Beef
- A Gut Feeling
- Last Minute Thoughts

AN ARTIFICIAL TRUTH

The reality of artificial colors, flavors and sweeteners

ARTIFICIAL INGREDIENTS

Flavors, colors, sweeteners and preservatives



- **FDA Definition of Artificial Flavor** – “...any substance, the function of which is to impart flavor, which is not derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, fish, poultry, eggs, dairy products, or fermentation products thereof.” ***Essentially chemicals from anything inedible (like petroleum) that is then processed to create a flavor.***
- **Food Coloring** – The most common food colorings – Red #40, Yellow #5, Yellow #6 – are derived from petroleum. Many food colorings have been banned over the years. ***All three of these colorings are banned in several European countries because of their carcinogenic compounds, but they are still approved in the U.S.***
- **Artificial Sweeteners** – Sucralose is manufactured by reassembling the sugar molecule into a chlorinated sugar – a chemical in the same class as dry cleaning fluid and DDT. ***Sucralose was originally manufactured as an insecticide.***
- **Preservatives** – Chemicals that prevent food from spoiling. ***Sodium benzoate is considered “moderately toxic by ingestion”, sulfur dioxide is on the EPA Extremely Hazardous Substances List, nitrates convert to a cancer-causing additive when combined with stomach juices.***



WHEN A STRAWBERRY ISN'T A STRAWBERRY

Here is the list of ingredients for artificial strawberry flavour

- amyl acetate,
- amyl butyrate,
- amyl valerate,
- anethol,
- anisyl formate,
- benzyl acetate,
- benzyl isobutyrate,
- butyric acid,
- cinnamyl isobutyrate,
- cinnamyl valerate,
- cognac essential oil,
- diacetyl, dipropyl ketone, ethyl acetate,
- ethyl amyl ketone,
- ethyl butyrate,
- ethyl cinnamate,
- ethyl heptanoate,
- ethyl heptylate,
- ethyl lactate,
- ethyl methylphenylglycidate,
- ethyl nitrate,
- ethyl propionate,
- ethyl valerate,
- heliotropin,
- a-ionone,



Yummmmy!

- hydroxyphenyl-2-butanone (10 percent solution in alcohol),
- isobutyl anthranilate,
- isobutyl butyrate,
- lemon essential oil,
- maltol, 4-methylacetophenone,
- methyl anthranilate,
- methyl benzoate,
- methyl cinnamate,
- methyl heptine carbonate,
- methyl naphthyl ketone,
- methyl salicylate,
- mint essential oil,
- neroli essential oil,
- nerolin,
- neryl isobutyrate,
- orris butter,
- phenethyl alcohol,
- rose,
- rum ether,
- g-undecalactone,
- vanillin, and solvent.

ADVERSE REACTIONS TO ARTIFICIAL FOOD

- Allergic reactions
- Hypersensitivity and hyperactivity
- Compromised immunity
- Damage to gut lining
- Liver inflammation
- Neurological changes including brain damage and seizures
- Fatigue, headaches, nausea, dizziness, chest pain
- Increased risk of cancer



THE “NATURAL” CONUNDRUM

Understanding the deception of labels

WHAT ARE NATURAL FLAVORS?



- Natural flavors can come from any natural source (plant or animal), even if it is altered in some way from its original form.
- “Natural” flavors may be made from dairy, gluten and other common food allergens.
- “Natural” flavors may contain MSG.
- Manufacturers do not list the ingredients used to make their “Natural” flavors .

Natural flavors could be a hidden source of MSG, wheat, gluten, and other potential food allergens.



PLAYING HIDE AND SEEK

Toxic ingredients hiding in plain sight

HIGH FRUCTOSE CORN SYRUP



- High fructose corn syrup is engineered by rearranging the molecules of cornstarch.
 - It is mostly used as a sweetener, however, it can also give body and color as well as extend shelf life for processed cake products.
 - You can find it in cakes, breads, pizza, yogurt, cereal bars, boxed meals, salad dressings, tomato sauces and more.
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- It has no nutritional value, only empty calories.
 - It increases inflammation and glycation in the body leading to obesity, Type 2 diabetes, cardiovascular disease, and other health conditions.
 - Fructose is exclusively metabolized in the liver. High fructose consumption increases risk of fatty liver disease.

SUGAR

- Sugar has no fiber, vitamins, minerals, proteins, fats or enzymes – it only has empty calories.
- Your body actually needs to use its own stores of nutrients to process sugar.

Sugar negatively effects your body in several ways:

- Compromises your immune system.
- Increases risk of insulin resistance, metabolic syndrome, diabetes, stroke, heart attack and kidney dysfunction.
- Increases wrinkles and speeds up aging.
- *Creates inflammation in the brain leading to depression, anxiety and impaired memory.*
- *Increases systemic inflammation which many lead to arthritis, skin conditions and leaky gut syndrome.*



MONOSODIUM GLUTAMATE (MSG)



- MSG is a type of salt called a free glutamic acid used as a flavor enhancer.
- You can find it in Chinese food, canned soups, canned vegetables and processed meats.
- Reading labels won't always help. MSG hides in more than 40 other ingredients. Ingredients that contain MSG can be listed as the main ingredient and manufacturers can claim “No MSG added.”
- Labels that list “spices,” “flavorings,” “yeast extract” and/or “hydrolyzed soy protein” could include MSG.
- If you are sensitive to MSG, you can experience headaches, flushing, numbness, tingling, heart palpitations, chest pain and weakness.
- Studies suggest it may promote liver inflammation and neurological changes.

SOY PROTEIN ISOLATE

- Soy protein isolate is created by pressing soybeans into flakes, washing them with liquid hexane (mildly toxic, explosive substance obtained from natural gas), putting them through a second wash of water and lye, mixing the byproduct with hydrochloric acid and then drying it.
- It is used as a protein source in processed foods, protein bars and baby formulas. It is also used to add firmness to luncheon meats.
- Although not labeled as such, Soy Protein Isolate contains MSG. You can experience the same reaction as when consuming MSG.
- Over 90% of soybeans in the U.S. are genetically modified.
- Studies suggest consuming GMO soy products may lead to liver and kidney damage, allergies and infertility.



CARRAGEENAN



- Carrageenan is a food additive extracted from certain types of seaweed or algae.
- It is used as an emulsifier and thickener in processed foods.
- Found in alternative milks (almond milk, etc.), infant formulas, meal replacement shakes, protein powders, ice cream, chocolate and frozen foods.
- Carrageenan can frequently be a hidden source of MSG. You can experience the same reaction as when consuming MSG.
- Some studies indicate carrageenan may damage the lining of the digestive tract. This can lead to ulcers, leaky gut syndrome, a weakened immune system.
- Other side effects may include bloating, diarrhea and IBS.

FOOD ALLERGIES AND SYMPTOMS



6 Most Common Food Allergies

Gluten / Gliadin
Dairy
Corn

Soy
Eggs
Peanuts

Other Common Food Allergies: Brazil nuts, almonds, hazelnuts, sesame seeds, sunflower seeds, lentils, garlic, kiwi, chili peppers, strawberries, and tomatoes.

SYMPTOMS INCLUDE:

- Diarrhea, constipation, bloating, gas, abdominal pain
- Weight gain and water retention
- Nasal congestion, sneezing, running nose
- Recurrent colds, sore throat and sinusitis
- Asthma and non-seasonal allergic rhinitis
- Headaches and migraines
- Muscle and joint aches or pains
- Insomnia, sleep apnea and snoring
- Skin rashes, itching and eczema
- Depression, anxiety, brain fog
- Chronic fatigue and fibromyalgia
- Diabetes
- Inflammatory bowel disease and IBS
- Autoimmune diseases
- Craving foods you are allergic to

PRODUCE A CHOICE

Understanding your best options for fruits and vegetables

TOXIC FACTS

- Although DDT was banned in 1977, it is a persistent organic pollutant. What does this mean? ***It can take several decades to breakdown.*** In the meantime, it persists in our soil, and in our bodies.
- The Environmental Protection Agency (EPA) has **over 80,000 chemicals** registered for daily use. Of those, ***roughly 1-2%*** have been tested to assess their safety.
- **167 different industrial chemicals** have been found in adults with **no** employment related exposure.
- The United States uses **thousands of pesticides** and sprays **800 million pounds** of pesticides per year. Only a small percentage of these pesticides make it to the targeted pest which means ***90-98% of pesticides sprayed end up somewhere else.***
- The amount of pesticides used on crops in the United States **doubles** every 10 years. All for naught, however, because ***insects become immune over time*** and the pesticides become ineffective.



PESTICIDES



Exposure to pesticides can cause **neurological issues**, including memory loss, loss of coordination, reduced visual ability, altered or uncontrollable mood and general behavior and reduced motor skills. Other health effects include **asthma, allergies, hypersensitivity, cancer, hormone disruption and problems with reproduction.**

- Washing produce reduces pesticide levels but does not completely remove them.
- Some ‘systemic’ pesticides are designed to be absorbed by plants to kill bugs that try to eat them. These will not be removed by washing.
- Pesticide Action Network found roughly $\frac{3}{4}$ of tested conventional lettuce and broccoli had internal pesticide residues. Systemic pesticides also found in potatoes, strawberries, and sweet peppers.

CHOOSING ORGANIC WISELY

DIRTY DOZEN

- Apples
- Blueberries
- Cherries
- Grapes
- Green Beans
- Hot and Bell Peppers
- Kale, Collard and Mustard greens

- Nectarines
- Peaches
- Pears
- Spinach
- Strawberries

CLEAN FIFTEEN

- Asparagus
- Avocado
- Cabbage
- Carrots
- Honeydew Melon

- Kiwi
- Mango
- Mushrooms
- Onion
- Papaya
- Pineapple
- Sweet Corn
- Sweet Peas
- Sweet Potatoes
- Watermelon



Courtesy of www.ewg.org



THE HOLISTIC
HEALTH APPROACH

www.theholistichealthapproach.com

WHAT'S YOUR BEEF

The reality of how your meat gets from farm to table

CAFOS



Concentrated Animal Feed Operations (CAFOs) are operations that congregate animals, feed, manure, urine, dead animals and production on a small area of land.

CAFO has more than 1,000 animal “units” confined on site for more than 45 days during the year. They are regulated by the Environmental Protection Agency (EPA).

The EPA estimates there are approximately 15,500 CAFOs in US.

Many factory farms give low levels of antibiotics to animals for a long period of time, increasing the risk for developing antibiotic resistant bacteria.

Factory farms can create health hazards for neighbors and the general public because overcrowding increases risk of spreading disease.

The largest CAFOs produced almost 13 times more waste than human population in the U.S.

CAFO

v.

FREE RANGE

- Food-borne bacteria hardly existed 100 years ago. The **creation of CAFOs has actually increased risk of spreading disease and cross contamination.**
- To protect the consumer, regulations require a meat inspection prior to approval for sale. However, the “inspection” process consists of a visual inspection, without any empirical testing for contamination or impurities.
- These **“inspected” meats were still contaminated. In 2011, 81% of ground turkey, 60% of pork chops, 55% of ground beef and 39% of chicken contained antibiotic resistant bacteria.**
- The current protocol for waste management at farms is manure lagoons – concrete holding tanks that house manure. However, the acidity of the manure creates cracks and breaks in the concrete allowing manure to leak out.

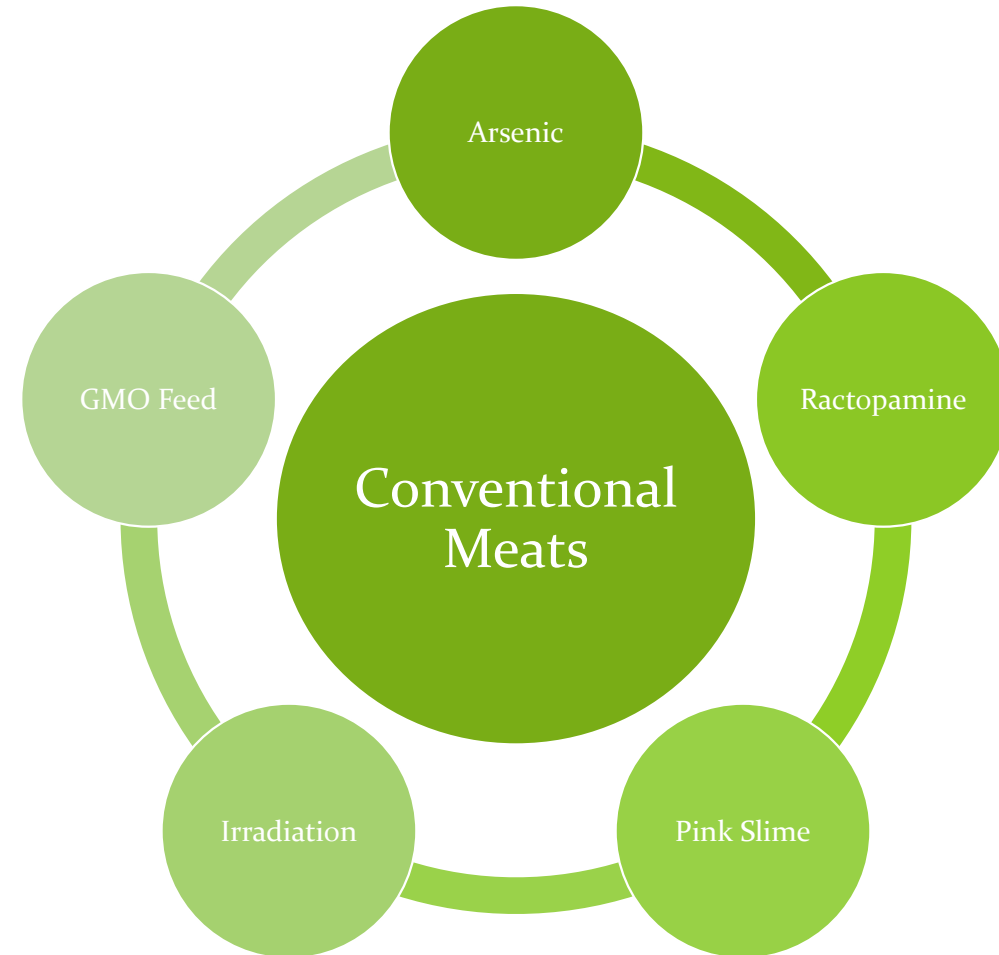
- Animals on a small farm are less crowded than at CAFOs which reduces risk of spreading disease.
- A burger from a small farm consists of meat from 1-2 cows compared to **1,000 different animals in a burger from a CAFO facility.** A small farm burger decreases risk of cross contamination.
- Hens coat their eggs with an antibacterial film. However, current regulations require washing eggs which strips away this protective coating, increasing risk of bacteria contamination before reaching the market.
- Wood can compost manure during winter months, and pigs can aerate the compost to provide fresh fertilizer in the spring. This practice creates a renewable loop of sustainable farming practices, yet it is not recognized as a BMP.

Free Range is less contaminated and more sustainable



MORE THAN YOU BARGAINED FOR

- **Arsenic** – known carcinogen, used in chicken feed to increase weight and improve pigmentation.
- **Ractopamine** – drug fed to hogs to make them grow faster and become leaner. Also approved for use in turkeys and cows. Other countries have banned the import of any U.S. beef or pork with ractopamine.
- **Pink Slime** – processed scraps of beef trimmings and fat, treated with ammonia to kill any bacteria. It is the main type of ground meat schools and many restaurants use.
- **Irradiation** – meant to reduce any potential bacteria on meat. Also reduces levels of vitamins A, D, E, K and thiamine in the meat.
- **GMO Feed** – According to the FDA, more than 95% of animals used for meat and dairy eat GMO crops. We eat what they eat. GMO foods may cause negative effects on liver, kidney, pancreas, reproductive and immune systems.



A GUT FEELING

Understanding how foods affect your gut health

WHAT TOXIC FOODS ARE DOING TO YOUR BODY

Toxins accumulate in the body and get stored in fat:

- Toxins that cannot be eliminated need to be stored so they don't circulate in blood.
- Most toxins are fat soluble.
- Liver shuttles toxins to fat cells for safe storage.

All cells in the body have a fatty membrane outer lining.

- *Toxins can accumulate in the fatty lining of any type of cell – muscle, brain, nerve, skin, gut and more – leading to chronic diseases.*



HOW TOXINS AFFECT WEIGHT LOSS

Toxins accumulate in the fat cells of the body:



- As a protection mechanism, the body holds onto fat cells to avoid toxins releasing back into blood.
- A toxic body will work hard to hold onto fat.
- These toxins can also damage mitochondria, the energy powerhouse of the body.
- A toxic body leads to low energy and sluggish metabolism, making it harder to exercise and burn calories to lose weight.

It is harder to lose or maintain weight when the body is toxic!



SYMPTOMS OF TOXICITY

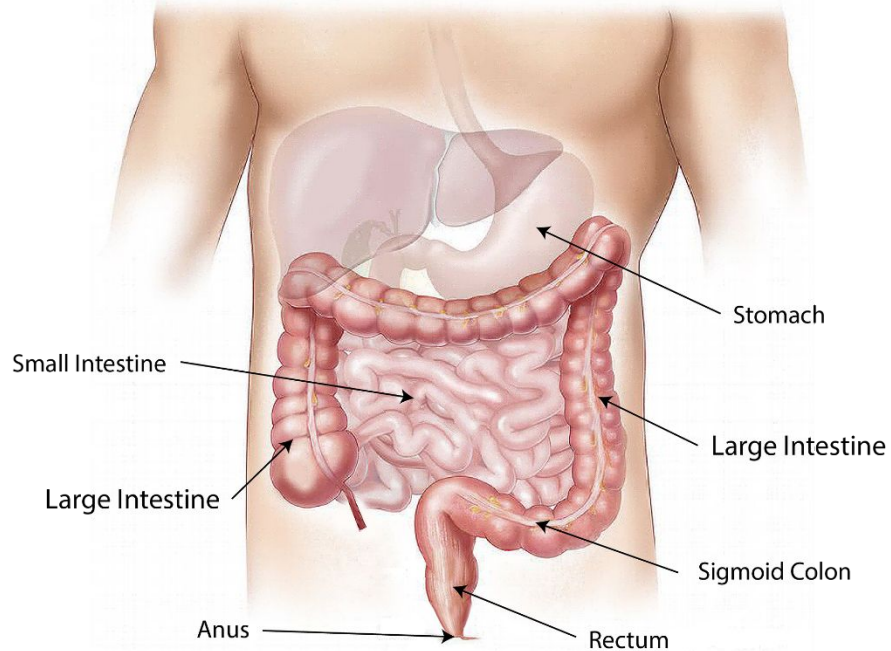
If toxins accumulate, they can lead to health conditions:

- Allergies and Asthma
- Autoimmune diseases such as rheumatoid arthritis and thyroid conditions
- Bone marrow cancers – lymphomas, leukemia
- Chemical sensitivities and extreme sensitivity to odors
- Chronic fatigue
- Cognitive problems, poor memory, brain fog
- Diabetes
- Digestive issues such as bloating, burping, excessive gas, food allergies, diarrhea and abdominal pain
- Fibromyalgia
- Infertility
- Muscle pain, weakness and fatigue
- Numbness and tingling
- Parkinson's
- Persistent infections, colds and flus
- Skin conditions – hives, eczema and itching
- Vertigo
- Low libido
- Difficulty sleeping
- Food cravings
- Weight gain and inability to lose weight



THE TOXIC TRACT

Effects on Gut Health



- Consuming more processed and conventional foods decreases nutrient/antioxidant intake leading to **nutrient deficiencies**.
- Toxins and processed foods kill off good bacteria, leading to **gut dysbiosis**.
- Toxins and processed foods cause **chronic inflammation in the digestive tract**.
- Chronic inflammation in the GI tract can **damage the gut lining**.
- **Damage to gut lining leads to leaky gut, food allergies, autoimmune diseases, mental disorders, nutrient deficiencies, gut dysbiosis, inflammation and further damage – a vicious cycle.**



LAST MINUTE THOUGHTS

- Read labels to understand what ingredients you're really consuming.
- Reducing your intake of processed and conventional foods will greatly reduce your toxin load.
- Choose organic when possible. Save money on the Clean Fifteen.
- Choose free-range poultry, grass-fed beef, and wild caught fish.
- Consuming processed and conventional foods damage the gut lining and increase risk for many health conditions.
- **Choosing whole foods that are mostly organic and reading labels** will have a huge impact on your gut...and overall health.



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Photos Courtesy of:

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THANK YOU



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