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Mash the monsters game : <https://bit.ly/fitadelphia-mash-the-monsters>



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Mash the monsters Picture Puzzles: <https://adobe.ly/3Mg7yet>  
Monster Tracker Journal

## **The Purpose of this Book**

The FDA (Food and Drug Administration) says that “a little bit won’t hurt” when it comes to preservatives, sugar and other chemicals in food.

The chart at the end of the book details how many preservatives and other chemicals the average child (and adult) is consuming and/or encountering daily. After over 10 years of research, we found that all of us are eating more than just “a little bit” every day.

Food manufacturers spend millions of dollars to find the “bliss point” for their processed products. The “bliss point” is the amount of an ingredient, such as salt, sugar or fat that makes foods tasty. When you consume these products your body will become less sensitive to the ingredients and you will have to eat more of the processed foods to feel that bliss again. It’s a vicious and unhealthy cycle!

The chemicals, preservatives and other substances are personified as “Monsters” in this eBook. Researchers refer to these Monsters as “obesogens” because they create hormonal changes that contribute to obesity. There are about 50 medical conditions related to obesity, including high blood pressure, high cholesterol, diabetes, heart disease, gallbladder disease and cancer.

Disclaimer: The information contained in this eBook is for informational purposes only, and should not be used as a substitute for the advice of a professional health care provider. Please check with the appropriate physician regarding health questions and concerns.

## The Sugar Monster



Many people consume sugary foods and drinks as a response to stress. The healthier choice would be fruit, but because of the variety of sugary foods and drinks on the stores and supermarket shelves, choosing fruit is often the last thing we do. Although there is no scientific evidence concerning sugar addiction, sugar is often misused to satisfy our cravings for “sweet tastes”. This can create a reliance on sugary foods and drinks. Sugar is only a devil when we don’t control how much we consume.

Sugar is hidden in many foods and that is why it must be managed by reading food labels. We are not advocating the shut down of sugar mills so that workers and owners will lose their livelihoods. In this program, we are trying to modify our intake of processed sugar to prevent overconsumption for health reasons.

Sugar is made from beets, which are genetically engineered (GMO). Sugar is also made from sugar cane. Before slavery was abolished, they were the primary labor force in sugar cane plantations in the West Indies.

Today sugar is manufactured in mills and loses all of its nutrients in the process. There are approximately 11 sugarcane mills in Louisiana and about nine sugar beet companies throughout the nation.

Children and adults should eat less than 25 grams of sugar per day (about 6.25 teaspoons). About 100 years ago, people consumed approximately four pounds of sugar per year (five grams of sugar per day). Today, people consume about 150 pounds of sugar per year (186 grams of sugar per day). That is a whopping 37.2 teaspoons per day.

Sugar is a stimulant and increases dopamine release but eventually causes a dopamine deficiency and leads to the craving of more sugar.

Candy, cake, soda, soft drinks, ice cream and bread all contain sugar and, when overconsumed, increase the risk for illnesses related to too much sugar

consumption. Eating too much sugar can increase cravings for more sugar.

Fruits and vegetables contain some sugar, but also contain vitamins, nutrients, and fiber. That is why they can be consumed more frequently.

Glycerin is a sugar alcohol and more calorie-dense than other sugar alcohols and contains more calories per gram (4.32) compared to sugar (3.87). It can cause gas, bloating and diarrhea. Glycerin has been given a green light by the FDA because it is tolerated by most people. It does not require a warning label. However, it is a form of sugar and will add calories to your diet.

Foods containing glycerin include: energy bars, energy drinks, dried fruits, candy, chewing gum, marshmallows, spices, beer, honey, wine, vinegar, cake icing and soup.in fermented foods and beverages such as beer, honey, vinegar, wine and wine vinegar. This list is not exhaustive but reveals how easy it is to go into glycerin overload by consuming these items daily.

Here are a list of symptoms and diseases that are being attributed to sugar:

Depression, allergies, poor memory or memory loss, tooth decay, learning disabilities, **weak bones**, hyperactivity, diabetes, obesity, mood swings such as **\*anger and violent behavior**.

Below are just a few of the other names for sugar. You can identify how much sugar you consume daily by searching for these names on the food labels.

<b>Agave nectar*</b> <b>Beet Sugar</b> <b>Brown Sugar</b> <b>Cane Sugar</b> <b>Caramel</b> <b>Confectioner's Sugar</b> <b>Corn Syrup</b> <b>Dextrose</b> <b>Evaporated Cane Juice</b> <b>Fructose</b> <b>Fruit Juice</b> <b>Glucose</b>	<b>Granulated Sugar</b> <b>High Fructose Corn Syrup</b> <b>Honey</b> <b>Licorice</b> <b>Maple Syrup</b> <b>Molasses</b> <b>Maltodextrin (Corn Sugar)</b> <b>Maltose</b> <b>Raw Sugar</b> <b>Rice Syrup</b> <b>Sugar Alcohol</b> <b>Sucrose</b>
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**SUGGESTIONS:**

Sweeten baked foods with fresh squeezed fruit juice (preferably from organic fruit). Organic cinnamon also helps the body metabolize sugar and helps improve circulation. Dates are a great fruit for sweetening recipes. Organic spinach and organic super greens powder (without stevia) can help control sugary food and drink

cravings. Low glycemic agave (less than five calories per serving) sold at organic food stores is also another alternative. See References and Research about fake cinnamon and liver cancer.

### **Taking Vitamin D3 and Vitamin K together to prevent weak bones.**

A word about pesticides: although the evidence of pesticides in the finished product (sugar) is slight, there are 27 pesticides used to grow sugar cane and 11 of these are toxic. These pesticides create a hazardous environment for farm workers, as 25 of these pesticides are linked to cancer and other health problems. Ten of these pesticides contaminate streams or groundwater, and 23 are poisonous to wildlife. (See Pesticide/Herbicide Monster).

**\*NOTE: ANGER AND VIOLENT BEHAVIOR MONSTER**

## The High Fructose Corn Syrup Monster (HFCS)



High-fructose corn syrup (HFCS) is similar to sugar and is in almost all processed foods, especially soda and bread. It became popular in the 1970's as a less expensive alternative to sugar. HFCS is made from genetically engineered corn, which requires more nitrogen, fertilizer, and pesticides than any other crop. This creates "dead zones" where nothing else can live or grow.

Recent studies show that people are now eating over 60 pounds of HFCS per year. Food labels with the words "fructose", "corn syrup" or "corn sugar" are more than likely identifying HFCS.

According to various studies, HFCS is dangerous to your health when consumed in large quantities. It clumps up your

HFCS stores in your fat cells and makes them sticky creating a risk for stroke. HFCS can lead to obesity and diabetes, which can lead to heart disease. Other diseases attributed to HFCS are cancer, inflammation, leaky gut syndrome, poor memory or forgetfulness, tooth decay and **\*mood swings such as anger and violent behavior.** \* Try to limit your daily intake of HFCS.

**\*NOTE: ANGER AND VIOLENT BEHAVIOR MONSTER**



## The Soda and Soft Drink Monster



Soda is loaded with sugar and/or of high-fructose corn syrup and artificial colors and flavors. Soda can also contain high levels of caffeine, which is unhealthy for children. Caffeine causes nervousness, upset stomach, headaches, sleep problems, increased heart rate, and increased blood pressure. Sports drinks and other soft drinks may have more caffeine than soda and other ingredients, like guarana, which is a plant extract. Every gram of guarana is equal to 40 milligrams of caffeine. These drinks may also contain taurine, which increases the effects of caffeine. (These drinks may also contain food dyes and artificial flavors.)

Here is a list of symptoms and diseases that are being attributed to soda and soft drinks:

Obesity and diabetes, which can lead to heart disease, tooth decay, weak bones, disturbed metabolism, hyperactivity or restlessness, moodiness (anger or violent behavior).\*

Note: Other soft drinks, sports drinks, energy drinks, diet shakes and flavored milk contain sugar, high-fructose corn syrup, artificial ingredients, and caffeine. Limit the consumption of soda and other soft drinks on a daily basis.

Try some of the new prebiotic sodas available today in stores or online but first check the ingredient list for stevia. Stevia has been associated with leg cramps, bloating and gas.

There is a product for hydration called Lyte Show that contains magnesium, zinc, chloride, sodium and potassium. It costs less than one dollar per serving. It's tasteless and you can pour it into your favorite drink.

You can make our own soda with seltzer and fresh squeezed oranges or blended frozen organic fruits and low glycemic agave (less than five calories per serving).

**NOTE: ANGER AND VIOLENT BEHAVIOR MONSTER**

## The Artificial Sugar Monster



Artificial sugar feeds our addiction to sweet-tasting foods. It is not made from plants but is processed with chemicals, one of which is ammonia. It comes in blue, yellow, pink and green\* packets. It can often be found in sugar-free, low-calorie, low-fat, and fat-free processed foods.

Here is a list of symptoms and diseases being attributed to artificial sugar:

Obesity and diabetes (which can lead to heart disease), cancer and high blood pressure.

The addiction to “sweet taste” is not just isolated to just sugar, but extends to all non-caloric sweeteners as well. These sweeteners can actually make you hungrier and consume more calories, thus leading to weight gain and obesity.

Here are some names for artificial sugar: Aspartame, Sucralose and Saccharin and Stevia. Stevia\* comes from a tree but is also processed. Studies have shown that Stevia has many side effects, including leg cramps. See the References and Research section for more information.

### SUGGESTIONS:

Use the juice of organic, locally grown or home-grown fresh fruit to sweeten your drinks and foods. Low glycemic agave sold at organic food stores is also another alternative.

## The Artificial Colors and Flavors Monster



Artificial colors and flavors are used in food, drugs and cosmetics. Artificial colors are made from petroleum (which is used in diesel fuel and gasoline).

Artificial colors and flavors were inexpensive to manufacture and 15 million pounds of artificial colors are used in food every year. Obviously, the food manufacturers save money by using artificial colors and flavors.

Here is a list of the damage being attributed to artificial colors:

- |                                |  |
|--------------------------------|--|
| <b>Red 3</b>                   | Tumors, chromosome damage and behavior problems.   |
| <b>Red 40</b>                  | Chromosome damage, hyperactivity and lymphoma (cancer).  |
| <b>Citrus Red 2</b>            | Bladder tumors.  |
| <b>Blue 1/Blue 2</b>           | Chromosome damage and brain tumors (it's in chewing gum)   |
| <b>Green 3</b>                 | Bladder tumors – Banned in Europe.   |
| <b>Yellow 5 &amp; Yellow 6</b> | Used in many food products. Causes <b>hyperactivity, *aggression and violent behavior</b> , insomnia, asthma, chromosome damage, lymphoma and thyroid tumors.  |
| <b>Annatto or roucou</b> -     | A natural plant extract used to dye foods, textiles and personal care products. It is used to color foods red/orange. Its food additive number is E160b. It can cause allergic reactions in children with <b>autism</b> . It can also cause hyperactivity, headaches and head banging in young children, irritability, restlessness, inattention and sleep disturbance, arthritis, skin gastrointestinal, airway |

and central nervous system reactions. Reactions to annatto can occur the same day, but these reactions mostly show up much later, making annatto harder to identify as the cause.

**Artificial colors consumed in excess also contribute mood swings \*(anger and violent behavior).**

**Other flavoring additives:**

**MSG** - is a flavor enhancer used in ethnic food, soup, seasonings and other foods. MSG can cause obesity, eye damage, headaches, depression, numbness, tingling, chest pain and rapid heartbeat.

**Carrageenan** – Although it is not a flavor, color or preservative, it is an additive used to thicken food and is found in the following foods:

Yogurt, chocolate milk, almond milk, cream, ice cream and cottage cheese, veggie burgers, soy milk, beer.

Carrageenan can cause bloating, irritable bowel disease, inflammatory disease (lab animal tests), ulcerative colitis, intestinal lesions, and colon cancer.

Artificial flavors are added to processed foods to make food taste as close to a natural ingredient as possible. The problem is that the FDA does not require the disclosure of artificial ingredients in food products. Many of the chemicals and the recipes are undisclosed and kept secret by food manufacturers. However, research states that artificial flavors are made with petroleum.

Artificial flavors trick your brain when consumed. The brain associates certain flavors with their nutrients and your body will want more of the artificial flavor to see if it can receive those nutrients. This is why it's so hard to stop after a handful of something tasty. Your brain is playing tricks on you. This in turn causes you to overeat, which leads to weight gain and obesity. Also, inflammation is caused when the body tries to extract the nutrients and there are none. Unchecked inflammation leads to cancer and other diseases.

Side effects of artificial flavors:

Headaches, fatigue, chest pain, dizziness, nausea, seizures and an increased risk of cancer. Artificial flavors make asthma symptoms worse, increase hyperactivity and may affect the thyroid.

When a product label reads "natural flavors," beware. It does not mean that the product does not contain added chemicals. Since the manufacturer is not required to disclose where the chemicals come from, you don't know what you are consuming.

You can lower your intake of artificial flavors by drinking more water (not the flavored kind), making food at home and adding real fruit or real fruit juice for flavor to your water.

### **SUGGESTIONS:**

Look for food that has been colored and flavored with juice from organic fruits or vegetables. Look for ingredients like real vanilla extract, organic cinnamon, garlic, oregano, pepper, rosemary, thyme, sage, parsley and cayenne peppers. You can find these foods in most supermarkets.

Many food companies are now removing yellow no. 5 and no. 6 from their products.

Limit your daily intake of artificial colors and flavors. Many non-organic spices include fillers like sawdust. Research has found that fake cinnamon may harm your liver and raise the risk of cancer. See References and Research section.

Organic Blueberries, kale and garlic can suppress inflammation and prevent disease.

**\*NOTE: ANGER AND VIOLENT BEHAVIOR MONSTER**

## The Trans Fats (a/k/a Fake Oils) Monster



Trans fats are mostly found in processed foods in the form of oil or margarine, but can also be contained in cooking spray.

The chemical process to make oils was invented in the early 1900's and the seeds that are used to process the oils usually come from genetically engineered plants that are loaded with pesticides. Hydrogen is then added to these oils, which causes trans fats to be created. Trans fats can cause heart disease.

**Below is a list of oils processed in factories. If oils are not “cold pressed” then they are most likely manufactured as described above.**

**canola oil**  
**corn oil**  
**cottonseed oil**  
**grape seed oil**  
**palm oil\***  
**safflower oil**  
**soybean oil**  
**sunflower oil**  
**vegetable oil**  
**fake or mixed olive oil\*\***

Oils that contain trans fats also contain toxic acids, which are poisonous to the body. The oils also contain pesticides, petroleum and deodorant. (Deodorant is used because the oils produce a strong odor when they are manufactured). See the Pesticides Monster.

Trans fats are found in processed foods that come in cans, bottles, packages and boxes. Some foods that contain trans fats are margarine, bread, ice cream, donuts, whipped cream, coffee creamers, fast food, peanut butter and cake icing.

Although fat is needed to build cells and promote healthy hormonal health, trans fats are dangerous. You can find good fats in nuts, seeds, olives, avocados and coconuts. Be aware that many nuts and seeds contain pesticides. Choose organic when possible.

Here is a list of symptoms and diseases being attributed to trans fats:

Damage to the fatty acids in blood cells, chronic inflammation. Also, studies have shown a link to cancer.

Studies have also shown a link to moodiness and \*anger or violent behavior.

The production of palm oil is destroying the environment as the trees are being cut down in the rainforests of Indonesia and Malaysia. This adds to global warming, which is a serious environmental problem today. See References and Research section about global warming.

\*\*Olive oil can be mixed with other oils, it can be old and it can come from spoiled olives. Supermarket oils can be sketchy. Specialty shop olive oils will most likely be better. Also, olive oil is not heavily regulated by the FDA, but that may change very soon. See the References and Research section for information.

Limit your consumption of any type of fat or oil even if it is healthy because of the caloric content. Look for foods made with organic butter and ghee (a clarified type of butter) and the following cold-pressed oils known as “good fats”: avocado oil, coconut oil, olive oil and sesame oil. Olive oil should be used to saute foods and since coconut oil can take higher heat, it can be used to cook foods. Most oils that are labeled “cold-pressed” are also deemed better for you. Also, organic sesame oil has been touted to have many health benefits. Nuts and seeds are also very good sources of “good fat.”

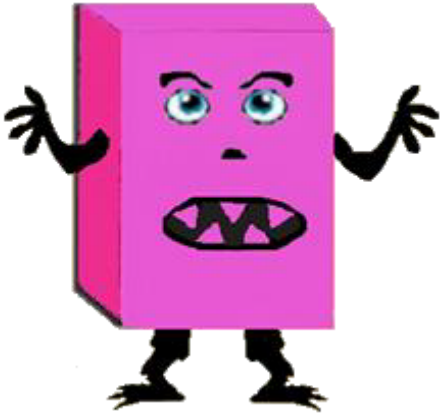
**Studies have shown that soybean oil is causing diabetes at a faster rate than sugar or HFCS. Soybean oil and soy lecithin are present in almost every processed food. Almost all soy is GMO and the seeds are owned by one company. See References and Research section.**

The FDA passed a law in June 2018 banning trans fats.



**\*NOTE: ANGER AND VIOLENT BEHAVIOR MONSTER**

## The Preservatives Monster



Some of the most common preservatives are **BHT and BHA**, which are found in a lot of processed foods. These are known as antioxidants because they prevent food from spoiling. These preservatives are also sprayed into the linings of processed food packages and are made from coal, tar or petroleum.

Here are some of the symptoms and diseases that are being attributed to preservatives:

Nausea, hallucinations, hyperactivity, asthma, birth defects, skin problems, hormone problems in unborn babies, altered brain chemistry.

Many preservatives have been banned in California because studies have shown they cause cancer and even the World Health Organization has stated that preservatives can cause cancer.

You can find these preservatives in **breakfast cereal**, frozen dinners, cakes, **chewing gum**, beer and some fruit drinks.

**TBHQ** is another preservative, which is added to food. It is very similar to lighter fluid and a byproduct of petroleum.

You can find TBHQ in chicken nuggets and in fast food cartons, French fries, crackers, chocolate and peanut butter cups, popcorn, cooking spray, frozen waffles, cereals, beans, taco shells, graham crackers, frozen pizza, cookies, cakes, toaster pastries, scout cookies, soy milk, bread, pet foods, cosmetics, baby products, hair

dyes, makeup, croutons, noodles, gum, nutty bars and fast food fried chicken.

Here is a list of symptoms and diseases that are being attributed to TBHQ:

Attention Deficit Disorder (ADD), anxiety, night terrors, asthma and rashes.

**Nitrates and Nitrites that are used in processed meats are also preservatives. See the Nitrosamines Monster.**

**Try to choose foods with five or fewer ingredients. This is known as the "five-limit rule."**

**\*Not all antioxidants are bad for you. See the Heavy Metals Monster.**

## The BPA and Microplastics Monster



Bisphenol-A or BPA, is used to make reusable plastic bottles, CDs, drink containers, auto parts, toys, glasses and food cans. BPA can also be found on the shiny receipts you get from the stores after making a purchase. Throw them out and wash your hands afterwards. Japan has eliminated the use of BPA receipts after much research.

Drinking water from BPA plastic bottles and storing plastic bottles in extreme cold or heat is not safe. Plastic bottles are bad for the environment because they take 450 years to disintegrate.

Here is a list of symptoms and diseases that are being attributed to BPA:

BPA causes your body to produce estrogen, which is a hormone in your body and too much estrogen can cause cancer and other illnesses.

Studies have shown that BPA causes teeth to become brittle and that even low levels of BPA in your body can cause cancer and obesity because of the increased estrogen levels it produces..

Some bottled water companies are claiming that their plastic bottles are BPA free. Studies have shown that BPS (Bisphenol-S) used in “BPA Free” plastic also produces estrogen and may be harmful to your body. Plastic is still definitely harmful to the environment.

Recycled pizza boxes are a source of BPA that comes in contact with your food. Yep, all those recycled receipts helped make that pizza box.

Recycled newspapers contain BPA from the ink. Recycled toilet paper also contains BPA.

Plastic bottles and all types of plastic containing BPA or not wind up in the ocean and break up into very small particles. These particles are called microplastics. Fish, other ocean life and birds often mistake microplastics for food and are dying because of this.

Microplastics are in the air and our body. These tiny particles have been found in the gut, the tissues of the kidney, liver and brain. They can be found in the ocean, animals, plants, tap water and bottled water.

Here is a list of symptoms and diseases that are being attributed to microplastics:

Kidney, liver and brain damage. Damage to the microbiome.

### **SUGGESTIONS:**

Drink liquids from a glass whenever possible and buy a portable glass bottle that you can refill. Purchase food that comes in glass jars, not cans or plastic bottles. See References and Research section for more info.

Purchase clothing made of 100% non GMO cotton.

Glass is also non-biodegradable. You can search for a recycling center online or buy a kit that allows you to create drinking glasses from used bottles and jars.

## The Salt Monster



Salt is known as sodium and is an important electrolyte in the body. Sodium is needed for cells, muscles and nerves to function, but can turn into a Monster when you eat too many processed foods.

Here are some of the symptoms and diseases that are being attributed to consuming too much salt.

Water retention, high blood pressure, strain on the heart, kidney and brain. Stroke or heart attack.

Depending on a person's age, 1,000, to 1,500 milligrams of salt is the daily limit.

Limit your salt intake by eating fresh fruits and vegetables, fresh farm-raised, grass fed meat and free-range, non-corn-fed chicken. Learn to cook food from scratch using fresh and natural ingredients. Grow a garden and use fresh herbs or buy fresh herbs at the store.

## The GMO Monster



GMO or genetically modified organism, which means that the DNA of the seed has been altered by genes from other plants, animals, viruses or bacteria. GMOs can be found in processed foods. It is estimated that up to 70% of the processed foods in the supermarket contain GMOs. Most corn and soy are GMO and contain a lot of pesticides. This is dangerous to the human body and destructive to the environment.

The GMO seed is owned and patented by one company, along with a patented herbicide. There are two concerns about the effects of GMO: (1) effects on humans from the actual crop and (2) effects on humans from the herbicide used to kill the weeds.

Here are some of the symptoms and diseases being attributed to GMOs:

Allergies and organ damage (heart, liver, lungs, kidneys, and pancreas).

The FDA (Food and Drug Administration) does not require food companies to label the packages that contain GMOs.

### **Below is a list of common GMO foods:**

**Corn** - Corn is the number one food used to feed animals that are raised for human consumption. \*Corn oil is used for cooking.

**Soy** - Soy is used to make \*cooking oil and hides under different names on your food labels like \*hydrogenated oils, lecithin, emulsifiers and tocopherol. Soy lecithin is contained in almost all processed foods.

**Cottonseed** - \*Cottonseed is used to make vegetable oil and margarine. Most cottonseed is GMO.

**Alfalfa** - Alfalfa is used to feed cows. There may be GMOs in your milk, cheese, butter, yogurt and meat.

**Papaya** - Papaya is a fruit grown in Hawaii and comes from a GMO seed.

**Canola** - \*Canola cooking oil contains GMOs, petroleum and deodorant.

**Sugar Beets** - These beets are used to make a lot of the sugar you eat.\*

**Tobacco** - 90 % of the tobacco grown in the United States is GMO. Cigarettes contain 4000 chemicals, including pesticides.

Purchase fruits and vegetables from your local farmers' markets that are organic and non-GMO.

**\*NOTE: ANGER AND VIOLENT BEHAVIOR WHEN ASSOCIATED WITH PROCESSED OILS AND SUGAR.**



## The Pesticide/Herbicide Monster



Pesticides are chemicals used to keep bugs away from crops and plants and there are more than 165 different types of pesticides used on the fruits and vegetables that are grown in the USA. There are especially high amounts of pesticides in GMO plants.

Below is a list of foods believed to contain the highest amount of pesticides and herbicides (The Dirty Dozen (™)):

1. Strawberries
2. Spinach
3. Kale, collard, and mustard greens
4. Peaches
5. Pears
6. Nectarines
7. Apples
8. Grapes
9. Bell & Hot Peppers
10. Cherries
11. Blueberries
12. Green Beans

These foods tested to contain the least amount of pesticides (The Clean 15 (™):

1. Avocados
2. Sweet corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet peas (frozen)
7. Asparagus
8. Honeydew melon
9. Kiwi
10. Cabbage
11. Mushrooms
12. Mangoes
13. Sweet Potatoes
14. Watermelon
15. Carrots

These lists are not exhaustive and change slightly every year. The lists are from 2023.

The 501(c)(3) nonprofit Environmental Working Group owns the trademarks to the terms Dirty Dozen and Clean 15.

A word about bananas. The bananas we eat today are a genetic accident from nature. Bananas are not on the dirty dozen list, but the crops are intensively sprayed with pesticides and fungicides. It estimated that 35 pounds of pesticides per acre are used on banana crops. Purchase organic bananas when possible.

Always wash vegetables and fruits several times before consuming. Coffee plants are also sprayed with a lot of pesticides. Young children should never drink coffee because of the caffeine. **See the Soda and Soft Drink Monster.**

Here are some of the symptoms and diseases that are being attributed to pesticides:

Damage to the nervous system, headaches, blurry vision, stomach pain, vomiting, weak immune system, blood and liver disease, depression, asthma and nerve damage and makes livestock and other animals sick. Pesticides can produce flu-like symptoms and the damage from pesticides can take years to show up in your body.

Studies have proven that babies today are born with pesticides in their systems.

The use of pesticides is being attributed to the decrease in the honeybee population. If all the bees die off, there will be no more almonds, peaches and chocolate.

The male frog population is decreasing due to the hormone disruption caused by pesticides.

The fruit bat population is also declining and that is harmful for the environment because they play an essential role in pest control, pollinating plants and dispersing seeds. Some bats eat insects, others provide pollination for peaches, cloves and bananas. They are the sole pollinator for the agave plant and disperse 95% of the seed for the growth of rain forests.

Pesticides are basically very destructive to the environment and wind up in the rivers, streams and our drinking water supply.

Herbicides are chemicals that are used to kill weeds. Herbicides can be harmful when they wind up in the ground and run off into rivers and streams that provide our drinking water. Sometimes weeds become resistant to herbicides and become "super weeds". This leads to the use of stronger and even more dangerous chemicals to kill the weeds.

Glyphosate is a chemical in weed killers. Weed killers actually have other chemicals that are considered a trade secret and kept from the public. So who knows what else is used in weed killers that is harmful to humans. Glyphosate has been linked to cancer. The symptoms of glyphosate poisoning have been found to be very similar to gluten intolerance, which has risen over years. Below are the symptoms of glyphosate:

Irritation in the nose and throat and increased saliva if swallowed. Fatalities have been reported in cases of intentional ingestion.

Can cause burns in the mouth and throat, nausea, vomiting, and diarrhea. Atrazine is a herbicide that is used on corn, sorghum, sugarcane, lawns and golf

courses. It is also found in drinking water.

Here is a list of symptoms and diseases being attributed to atrazine:

Endocrine and hormone disruption, reproductive problems, miscarriage, low male fertility, delays puberty, low birth weight, birth defects, abdominal defects, breast and prostate cancer. Research shows that low levels of exposure may interfere with healthy fetal development during the third trimester of pregnancy.

**The EPA (Environmental Protection Agency) is the governmental agency that makes the rules concerning pesticides, however they do not regulate how much pesticide gets into the water supply. Email [info@epa.nsw.gov.au](mailto:info@epa.nsw.gov.au)**

#### **SOLUTIONS:**

**One way to avoid overconsumption of pesticides and herbicides is to start your own organic vegetable garden. You don't have to have a lot of land and there are even vegetables you can grow indoors. For more information, check out these links:**

<https://www.thespruce.com/beginners-guide-to-hydroponics-1939215>

[http://www.kiddiegardens.com/growing\\_vegetables.html](http://www.kiddiegardens.com/growing_vegetables.html)

[http://www.gardensalive.com/product/ladybugs-and-other-beneficial-insects-get-good-bugs-to-eat-your-bad-bugs/you\\_bet\\_your\\_garden](http://www.gardensalive.com/product/ladybugs-and-other-beneficial-insects-get-good-bugs-to-eat-your-bad-bugs/you_bet_your_garden)

<http://www.rodalorganiclife.com/garden/top-10-beneficial-insects-garden>

## The Heavy Metals Monster



Metal poisoning is caused by a toxic buildup of metals in the body's tissues. Metals are sometimes found in the soil, along with antibiotics. The food industry uses antibiotics to prevent disease in the animals they are raising as food for human consumption. Scientists are finding antibiotics in the soil and water while they are searching for metals. You can also find metals in fish, vaccinations, household products and water.

Here is a list of symptoms and diseases being attributed to metals.

### **Mercury**

Found in fish. Created by coal used by power plants (72% of all toxic mercury is created by power plants) which creates air pollution which eventually gets into lakes, streams, rivers and oceans contaminating fish.

Found in dental fillings. Hot liquids and chewing gum can release mercury from fillings into your body.  
Found in thimerosal, which is used for vaccines.

Attributed to mood swings, nervousness, irritability, insomnia, headache, abnormal sensations, muscle twitching, tremors, weakness, muscle atrophy and decreased cognitive functions. Damage to the nervous system.

Large fish contain more mercury. Consume smaller fish such as Skipjack tuna, smelts and sardines.  
Warning: the cans may be lined with BPA.

**Lead** Found in paint, gasoline, contaminated water, batteries, rubber products and glass.

Attributed to brain problems, learning problems, personality changes, hypertension and kidney disease.

**Aluminum** Found in antiperspirants, contaminated water, pots and pans, foil, baking powder, processed foods, alt and cheese.

Attributed to confusion, muscle weakness, bone pain, deformities, and fractures, seizures, speech problems, slow growth in children.

**Arsenic** Found in pesticides. Found in well water, white and brown rice. Used to preserve wood.

Attributed to cancer of the bladder, lungs, skin, kidney, nose(nasal passages), liver and prostate.

**Cadmium** Found in food, water and cigarette smoke.

Attributed to cancer, DNA disturbances, kidney disease, lung damage and fragile bones.

When tested on mice shown to cause liver disease, high blood pressure and nerve or brain damage.

**Fluoride** Found in water and toothpaste.

**(similar to metals**

**contains**

**oxygen as**

**an element)**

Attributed to lowering I.Q. and disrupting the immune system. Causes **hyperactivity** and bone cancer.

**\*NOTE: ANGER AND VIOLENT BEHAVIOR MONSTER**

The **EPA (Environmental Protection Agency) and FDA (Food and Drug Administration)** have issued warnings about fish and mercury poisoning.

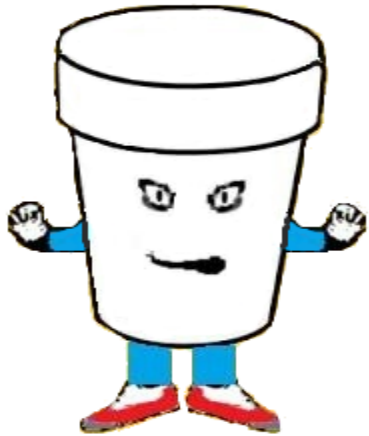
It is believed that autism and Attention Deficit Disorder have increased because of thimerosal in vaccines. Some flu shots may contain thimerosal. See References and Research section.

Chlorella, spirulina, cilantro, and wheatgrass are greens that can help remove metals from your body. They are called Super Greens.

<https://naturalsociety.com/proper-heavy-metal-chelation-cilantro-chlorella/>

\*Good antioxidants: Green and black tea have antioxidants that are good for you. <https://minimalistbaker.com/green-tea-coconut-ice-cream>

## The Polystyrene Monster



Polystyrene foam is known as Styrofoam®. It is used to make food and drink containers, insulation, packing peanuts and arts and crafts supplies.

Polystyrene contains two toxic chemicals called styrene and benzene. These chemicals leach into your food or drinks from the containers. Hot foods, alcohol, oils, and certain acidic foods break down styrene, making it easier to be absorbed into your bloodstream.

Polystyrene should never be heated in a microwave.

Polystyrene is not biodegradable, as it never dissolves or breaks down. Polystyrene also takes up more space than most trash in landfills and eventually winds up in the environment when there are heavy rains or floods. Eventually, the polystyrene pieces wind up in the rivers and oceans, where fish and other sea animals can choke on the pieces or even swallow them, causing the destruction of their digestive systems.

Here is a list of symptoms and diseases being attributed to Polystyrene:

Irritation of the eyes, skin and upper respiratory tract, stomach aches, headaches, tiredness, depression and feelings of weakness.

Polystyrene has been classified as a possible carcinogen by the Environmental Protection Agency and the International Agency for Research on Cancer.



Substitute Polystyrene with paper products that are biodegradable (break down easily into the environment).

Polystyrene food and drink containers have been banned in Maryland and Washington, D.C. Currently, there are organizations in Pennsylvania that are lobbying to have the polystyrene food and beverage containers banned.

## The Processed Cheese Monster



In the United States, people eat about 30 pounds of cheese per year. Although cheese contains protein and calcium, which is good for the bones, it is very fattening.

Processed cheese is not 100% cheese. Processed cheese is real cheese (usually old cheese) infused with artificial colors, annatto, salt, food dyes, preservatives, emulsifiers, or other artificial ingredients. See Artificial Colors and Flavors Monster for symptoms attributed to artificial colors and annatto. See Salt Monster and Preservative Monster also.

Natural **cheese** has the whey (watery part of the milk) pressed out of it and processed cheese does not. Processed cheese has a longer shelf life.

Some vegetarian cheese and milk cheese contain rennet, which is made from an enzyme that comes from the calf's (young cow) stomach lining.

Cheese (and milk) can come from cows that are housed in factory farms that are treated with antibiotics and hormones and fed GMO corn.

Cellulose (wood) is used as a filler in most powdered mozzarella cheese.

Here is a list of symptoms and diseases being attributed to too much cheese that is high in fat and/or processed.:

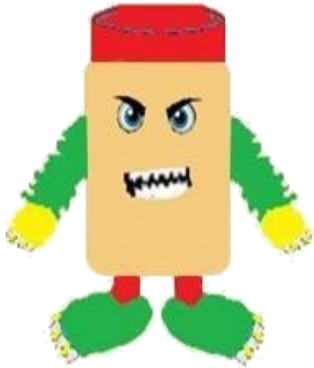
Obesity, high cholesterol, heart disease. Other symptoms like hyperactivity, headaches, head banging in young children, irritability, restlessness, inattention and sleep disturbance, arthritis, skin, gastrointestinal, airways and central nervous

system reactions attributed to annatto. Reactions to annatto can occur the same day but are more likely to be delayed.

Use of antibiotics and hormones can cause diabetes, heart disease and cancer. Cheese can be addictive and is very high in saturated fat. **Try to eat cheese that has not been treated with antibiotics or added hormones. Organic cheese from grass fed cows can be found at farmer's markets and stores that sell organic food.**

**Note: May cause hyperactivity and head banging.**

## The Peanut Spread Monster



Peanut spread is almost always labeled as peanut butter, but is not pure peanut butter. It may contain peanuts but usually contains other oils like palm or cottonseed oil, which contain trans fats and GMO. Peanut spread also contains added sugar and/or high-fructose corn syrup for flavor. There can be a lot of monsters in peanut spreads.

Peanuts aren't actually nuts, they are legumes. Other legumes are beans, peas and lentils.

Peanuts are also heavily sprayed with pesticides and the oils used to make the spread are processed and contain pesticides.

Peanuts are high in omega-6 fatty acids and can cause inflammation. They also contain 25 different fungi and produce aflatoxins, which research has linked to liver cancer.

Here is a list of symptoms and diseases being attributed to peanut spreads:

Allergic reactions. Many people think they are allergic to peanuts, but they are actually allergic to the mold and not the peanut. May cause liver damage due to the mold aflatoxin.

Other nuts and seeds can contain pesticides and tree nuts, cocoa beans and other dried foods and spices can contain aflatoxins because of fungal contamination before and after harvest. Solution: grow your own herbs and spices and cut back on nuts and seeds.

## The Nitrosamines Monster



Nitrosamines develop from nitrates and nitrites. Nitrates naturally occur in fruits, vegetables and grains, however the Vitamin C in these types of foods prevents the formation of nitrosamines. However, nitrosamines can get into your food from the fertilizers in the soil. The USDA limits the use of nitrites to 200 parts per million and food manufacturers add ascorbic acid (Vitamin C) to the food products to reduce the formation of nitrosamines. Nitrosamines can also develop when you cook or fry food and also when broken down in the stomach. This can cause cancer in young children and pregnant women.

Nitrosamines are used as a preservative for hot dogs, sausages, bacon and lunch meats. Studies have shown that nitrates found in these foods are linked to cancer.

Here is a list of symptoms and diseases being attributed to Nitrosamines:

Diabetes, stroke, heart disease, brain tumors, leukemia, stomach cancer, pancreatic cancer, Alzheimer's disease, diabetes and colon cancer and "blue baby syndrome" which can be fatal.

**Some food manufacturers use celery instead of as a preservative in their food products. Choose organic products and limit your consumption of these types of foods.**

## What was on your plate today?

<b>Food</b>	<b>Monster</b>	<b>Better Choice</b>
Juice Box, Energy Drink, Milk, Soda	Sugar, High-Fructose Corn Syrup, Artificial Colors and Flavors, Preservatives, Trans Fats, BPA, GMO, Soda	Filtered water, grass fed milk, homemade iced tea or lemonade, homemade fruit and veggie smoothies.
Peanut Butter	Peanut Butter Spread, Sugar, Trans Fats, Salt, Preservatives, BPA, GMO, Pesticides and Herbicides	Organic sunflower seed or almond butter, organic nuts and seeds. Plant a sunflower. Eat the seeds.
Breakfast Cereal made from wheat or corn. Oatmeal. Also wheat products like bread and pasta. Macaroni and Cheese	Sugar, High-Fructose Corn Syrup, Trans Fats, Preservatives, Artificial Colors and Flavors, Salt, GMO, Herbicides and Pesticides	Organic oatmeal, organic wheat cereal, sprouted or organic bread.
Sugar Free Anything	Artificial Sugar, Artificial Colors and Flavors, BPA, Trans Fats, Preservatives, GMO (from fruit)	Food with real fruit, food you can add your own condiments to.
	Trans Fats, Preservatives, GMO, Herbicides and Pesticides	
Dairy (Milk, cheese, yogurt and butter)	Sugar, High-Fructose Corn Syrup, Trans Fats, GMO, Artificial Colors and Flavors, Salt, Processed Cheese, Pesticides and Herbicides, Heavy Metals	Grass fed milk, cheese, yogurt and butter.
Rice	Heavy Metals, Pesticides and Herbicides	Organic quinoa, millet, and rice.

Fast Food  French fries, burgers, hoagies, steaks, subs, fried chicken, tacos, burritos, ketchup, asian rice, dumplings, egg rolls, hot dogs, lunch meat	High-Fructose Corn Syrup, GMO, Artificial Colors and Flavors, Salt, Pesticides, Heavy Metals, Preservatives	Homemade food
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**These “Monsters” have been attributed to anger and violent behavior in children:**

**The Sugar Monster**

**The High Fructose Corn Syrup Monster**

**The Soda Monster**

**The Artificial Colors and Flavors Monster**

**The Trans Fats Monster a/k/a Fake Oils Monster**

**The GMO Monster**

**The Heavy Metals Monster**

**Learn to read labels. Below is a typical processed food label.**

## **Ingredients**

Enriched Bleached Wheat Flour [Flour, Reduced Iron, B Vitamins (Niacin, Thiamine Mononitrate (B1), Riboflavin (B2), Folic Acid)], Corn Syrup, Sugar, High Fructose Corn Syrup, Water, Partially Hydrogenated Vegetable and/or Animal Shortening (Soybean, Cottonseed and/or Canola Oil, Beef Fat), Whole Eggs, Dextrose. Contains 2% or Less of: Modified Corn Starch, Glucose, Leavenings (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Sweet Dairy Whey, Soy Protein Isolate, Calcium And Sodium Caseinate, Salt, Mono and Diglycerides, Polysorbate 60, Soy Lecithin, Soy Flour, Cornstarch, Cellulose Gum, Sodium Stearoyl Lactylate, Natural and Artificial Flavors, Sorbic Acid (to Retain Freshness), Yellow 5, Red 40.

**How many Monsters can you identify?**

Most of the ingredients on the above label are not healthy. Can you identify the Sugar Monster, the High Fructose Corn Syrup Monster, the Trans Fats Monster, the Preservatives Monster, the Salt Monster, the GMO Monster, the Pesticides Monster, the Heavy Metals Monster and the Artificial Flavors and Colors Monster?

Below is another part of a food label. Most food labels contain words that are hard to pronounce and most of those ingredients are bad for you - but there are certain good ingredients that everyone should learn to recognize on food labels. Below is a label that describes vitamins and minerals and their scientific names.

Vitamins and Minerals: Iron (ferrous fumarate), Vitamin C (sodium ascorbate, ascorbic acid) iron ferrous fumarate), Vitamin A (palmitate), Vitamin E (acetate), Zinc (zinc oxide), Niacinamide, Vitamin B1 (thiamine mononitrate), Vitamin B6 (pyridoxine hydrochloride), Vitamin D (cholecalciferol) Vitamin B2 (Riboflavin), Folic Acid, Vitamin B12 (cyanocobalamin)



## References and Research

This section of the book contains all of the research and references that we used to create *What's Eating You Kid?* This book is backed up by science and facts. The changes we can make in our health depend on whether we choose to embrace or ignore the evidence presented here.

NOTE: Just “Control and Click” on the links or copy and paste the links to your web browser.

**Note:** It is possible that some links may have been removed from the Internet since the publication of this book.

<https://circ.ahajournals.org/content/127/2/260>

“The main purpose of this statement is to evaluate the role of social networks and social media in relation to childhood obesity. We build on a recent statement by the American Heart Association directed at the management of adult weight management strategies in the ambulatory setting that focused on the use of Internet-based and other related technologies.<sup>14</sup> In this statement, we provide an overview of social networks and their relationship to health and obesity and describe social network–based interventions.”

<https://minimalistbaker.com>

### POLLUTION

“Of the 287 chemicals we detected in **umbilical cord blood**, we know that 180 cause cancers in humans or animals, 217 are toxic to the brain and nervous system, and 208 cause birth defects or abnormal development in animal tests. The dangers of pre- or post-natal exposure to this complex mixture of carcinogens, developmental toxins and neurotoxins have never been studied.”

<https://www.ewg.org/research/body-burden-pollution-newborns>

[https://www.miwaterstewardship.org/youthstewards/factsaboutwater/testyourk  
now\\_ledge/householdwastethatsgarbage](https://www.miwaterstewardship.org/youthstewards/factsaboutwater/testyourk<br/>now_ledge/householdwastethatsgarbage)

**What’s the first thing you think of when you hear the word “garbage”?**

*Smelly? Gross? Disgusting? It Stinks!*

Garbage isn’t a very nice thing to have around. That’s why we make sure to put our garbage in the trash can where it belongs. But did you ever think about what happens to garbage after you throw it away?

Garbage trucks take our trash to **landfills**, where it is buried under layers of soil. But just because you can’t see your trash anymore doesn’t mean that it disappears.

Over time, some kinds of trash will rot away (**decompose**) but this can take many years. For example, a banana peel can break down in less than a month, but a plastic pop bottle takes much longer.

How long do you think it takes for a plastic pop bottle to decompose after you throw it away?

**Compassionate Eating for Life, Health, and Environmental Balance, written Frank Sabatino, D.C., Ph.D.**

<https://www.drfsabatino.com/pdf/CompEating.pdf>

## **OBESITY**

**The Chemical Strait-Jacket Destroying Our Children, written by Frank Sabatino, D.C., Ph.D. <https://www.drfsabatino.com/pdf/DestroyingChildren.pdf>**

<https://www.cdc.gov/nchs/fastats/obesity-overweight.htm>

<https://www.obesityaction.org/understanding-obesity/obesity>

<https://scienceline.ucsb.edu/getkey.php?key=37> body fat

<https://articles.mercola.com/sites/articles/archive/2015/01/07/obesity-related-cancer.aspx>

<https://en.wikipedia.org/wiki/Obesogen>

**The New American Diet**

<https://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/the-moore-institute/about/message-22912.cfm>

## **SUGAR**

**“By two years of age, almost 25 percent of all babies in America are consuming some form of junk food (candy, sweetened soft drinks, French fries, hot dogs) at least once per day. This assault on body and brain already begins to establish patterns of craving, addiction, blood sugar instability, and the foundation for psychological disturbances in infancy!”. Dr. Frank Sabatino**

<https://www.drfsabatino.com/pdf/DestroyingChildren.pdf>

<https://www.harvestpublicmedia.org/post/sugar-beet-farmers-caught-gmo-debate-wait-usda-labeling-decision>

<https://articles.mercola.com/sites/articles/archive/2011/10/14/why-this-sugar-make-you-and-most-others-fat.aspx>

<https://www.foxnews.com/health/2014/08/17/4-shocking-ways-sugar-affects-your-kids-health/>

[Kids and added sugars: How much is too much? | American Heart Association](https://bamboocorefitness.com/not-so-sweet-the-average-american-consumes-150-170-pounds-of-sugar-each-year/)  
<https://bamboocorefitness.com/not-so-sweet-the-average-american-consumes-150-170-pounds-of-sugar-each-year/>  
<https://healthyeating.sfgate.com/maximum-amount-sugar-day-children-8982.html>  
<https://thechart.blogs.cnn.com/2014/02/03/sugar-not-only-makes-you-fat-it-may-make-you-sick/>

Fake cinnamon causes liver damage!

<https://www.theprairiehomestead.com/2013/11/will-the-real-cinnamon-please-stand-up.html>

<https://www.webmd.com/vitamins-and-supplements/lifestyle-guide-11/supplement-guide-cinnamon>

<https://fitnessfortravel.com/is-maltodextrin-bad-for-you/>

<https://www.beyondpesticides.org/resources/eating-with-a-conscience/choose-a-crop?foodid=66>

## HIGH-FRUCTOSE CORN SYRUP

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<https://drhyman.com/blog/2011/05/13/5-reasons-high-fructose-corn-syrup-will-kill-you/>

<https://www.lifeextension.com/magazine/2008/12/metabolic-dangers-of-high-fructose-corn-syrup/Page-01?checked=1>

<https://naturalsociety.com/watch-corporations-renamed-high-fructose-corn-syrup/>

[https://well.blogs.nytimes.com/2010/09/14/a-new-name-for-high-fructose-corn-syrup/?\\_r=0](https://well.blogs.nytimes.com/2010/09/14/a-new-name-for-high-fructose-corn-syrup/?_r=0)

Who Invented HFCS? (includes a very educational chart)

<https://www.visionlaunch.com/who-invented-high-fructose-corn-syrup/>

High-Fructose Corn Syrup – The Fattening of a Nation

<https://www.the-healthy-diet-paradise.com/HFCS.html>

## SODA AND SOFT DRINKS

<https://www.livescience.com/36164-caffeine-bad-kids.html>

<https://www.drfsabatino.com/pdf/DestroyingChildren.pdf>

Jacobson MF. Liquid Candy: How soft drinks are harming Americans' health

[https://www.cspinet.org/sodapop/liquid\\_candy.htm](https://www.cspinet.org/sodapop/liquid_candy.htm)

[https://ezinearticles.com/?5-Reasons-Why-Soda-Is-Bad-for-Your-Health&id=6378275"&HYPERLINK](https://ezinearticles.com/?5-Reasons-Why-Soda-Is-Bad-for-Your-Health&id=6378275)

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## **Caffeine Allergy**

Whalen R. Welcome to the dance: caffeine allergy, a masked cerebral allergy and progressive toxic dementia. Trafford Publishing, 2005. ISBN-10: 1412050006; ISBN-13: 978-1412050005. Reviewed in J Orthomolecular Med, 2005. Vol 20, No 3, p 215-217 and at

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## **ARTIFICIAL SUGAR**

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## **ARTIFICIAL COLORS AND FLAVORS**

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**Feingold BF.** Why Your Child is Hyperactive. NY: Random House, 1985. ISBN: 0394734262. List of Dr. Feingold's publications:

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ng/

### Trans-Fats

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<https://bread.com/content/trans-fat>

<https://www.vegetariantimes.com/article/how-to-buy-healthy-bread/>

**Eat sprouted bread instead of breads that contain trans fats.** “When grains are sprouted,” Reinhart explains, “starches and proteins are converted into smaller molecules that are easier to digest.” That means sprouted breads offer more essential amino acids, minerals, and B vitamins than standard whole-grain varieties. Aronson adds that the amount of usable iron is higher in sprouted breads, thanks to phytase, an enzyme activated during the sprouting process that breaks down a powerful iron blocker found in intact grains. “Ounce for ounce, sprouts are the most nutritious of all foods,” Reinhart says. “A sprouted grain has become, in effect, a vegetable.”

<https://www.3fatchicks.com/10-foods-to-avoid-that-contain-hydrogenated-oils/>

<https://www.bantransfats.com/abouttransfat.html>

**If the label says zero trans fats, don't believe it. If the words "partially hydrogenated" or "shortening" are in the ingredients list, it DOES contain trans fats.**

Under FDA regulations in effect in the United States, "if the serving contains less than 0.5 gram [of trans fats], the content, when declared, shall be expressed as zero." Suppose a product contains 0.4 grams per serving and you eat four servings (which is not uncommon). You have just consumed 1.6 grams of trans fats, despite the fact that the package claims that the product contains zero grams of trans fats per serving.

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<https://www.foodandwine.com/news/fda-olive-oil-standards-petition>

## PRESERVATIVES

Antioxidants - The truth about BHA, BHT, TBHQ and other antioxidants used as food additives. Food Can Make You Ill. (BHA causes undescended testes in male infants)

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Male Reproductive Health and Environmental Xenoestrogens

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1469672/pdf/envhper00347-0052.pdf>

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<https://miami-water.com/blog/1812/list-of-tbhq-products-petroleum-foods-are-toxic/>

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## BPA and Microplastics

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<https://www.livescience.com/36424-food-additive-bha-butylated-hydroxyanisole.html>

<https://experiencelife.lifetime.life/article/how-long-does-it-take-a-plastic-bottle-to-decompose/>

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<https://www.foodandwine.com/blogs/latest-bpa-warning-it-could-damage-kids-teeth-life>

[What's lurking in your body? Mayo probes health risks of tiny plastic particles - Mayo Clinic News Network](#)

[Human Exposure to Microplastics and Its Associated Health Risks | Environment & Health \(acs.org\)](#)

[Microplastics and human health - PubMed \(nih.gov\)](#)

## **SALT**

<https://www.cdc.gov/vitalsigns/children-sodium/index.html>

[healthyeating.sfgate.com](http://healthyeating.sfgate.com)

How much Sodium Does a Child Require

<https://www.cdc.gov/vitalsigns/children-sodium/infographic.html#infographica>

<https://sodiumbreakup.heart.org/sodium-411/sodium-kids/>

## **GMO**

<https://gmoinside.org/about/>

[https://www.huffingtonpost.com/margie-kelly/genetically-modified-food\\_b\\_2039455.html](https://www.huffingtonpost.com/margie-kelly/genetically-modified-food_b_2039455.html)

“What is the TRUE driving force of the cigarette addiction? Could it possibly be that the 4,000-plus chemicals, which are comprised of pesticide and different super strength herbicides, cause a "hangover" which beckons for relief?”

[https://www.naturalnews.com/040703\\_GMO\\_tobacco\\_chemicals\\_in\\_cigarettes.htm](https://www.naturalnews.com/040703_GMO_tobacco_chemicals_in_cigarettes.htm)

Former GMO scientist speaks out about the dangers of GMO

<https://foodrevolution.org/blog/former-pro-gmo-scientist/>

The American Academy of Environmental Medicine (AAEM) urges doctors to prescribe non-GMO diets for all patients. They cite animal studies showing organ damage, gastrointestinal and immune system disorders, accelerated aging, and infertility. Human studies show how genetically modified (GM) food can leave material behind inside us, possibly causing long-term problems. Genes inserted

and that the toxic insecticide produced by GM corn was found in the blood of



**pregnant women and their unborn fetuses.**

**<https://articles.mercola.com/sites/articles/archive/2013/08/06/genetic-modification.aspx>**

**<https://www.livestrong.com/article/216714-dangers-of-gmo-foods/>**

Health Consequences

The rise in autoimmune diseases, infertility, gastrointestinal problems and chronic diseases may be associated with the introduction of GM foods. In a position paper by the American Academy of Environmental Medicine, the authors ask all physicians to consider the role of GM foods in the nation's health crisis, and advise their patients to avoid all GM foods whenever possible. The Academy also recommends a moratorium on GM seeds and calls for immediate independent safety testing and the labeling of all food items containing genetically modified products. As of 2010, the U.S. does not require food manufacturers to identify foodstuffs produced with genetically modified crops.

Oppose the Dark Act! Big Food industry lobbyists - including the front group The Coalition for Safe Affordable Food - are once again trying to gain Congressional support in favor of a reprehensible anti-labeling bill.

The Deny Americans the Right to Know - or DARK - Act would block states from requiring GE labels.

**[https://action.ewg.org/p/dia/action3/common/public/?action\\_KEY=2075&tag=201404GELegResendGmail&utm\\_source=201404gelegresendgmail&utm\\_medium=email&utm\\_content=second-link&utm\\_campaign=food](https://action.ewg.org/p/dia/action3/common/public/?action_KEY=2075&tag=201404GELegResendGmail&utm_source=201404gelegresendgmail&utm_medium=email&utm_content=second-link&utm_campaign=food)**

**<https://seedsofdeception.com/what-is-gmo/>**

**A GMO (genetically modified organism) is the result of a laboratory process where genes from the DNA of one species are extracted and artificially forced into the genes of an unrelated plant or animal. The foreign genes may come from bacteria, viruses, insects, animals or even humans. Because this involves the transfer of genes, GMOs are also known as "transgenic" organisms. [https://www.livinghistoryfarm.org/farminginthe70s/pests\\_08.html](https://www.livinghistoryfarm.org/farminginthe70s/pests_08.html)**

## **PESTICIDES**

**<https://www.pesticidereform.org/pesticides-human-health/>**

**<https://food.allwomenstalk.com/fruits-and-vegetables-that-are-not-on-the-dirty-dozen-list-that-you-should-try-to-buy-organic/>**

**<https://www.havahart.com/why-organic-harmful-effects-of-chemical-pesticides>**

**<https://articles.mercola.com/sites/articles/archive/2009/10/13/Fruit-and-Vegetab>**

**les- Have-Unacceptable-Levels-of-Pesticides.aspx**

**<https://www.havahart.com/why-organic-harmful-effects-of-chemical-pesticides>**

**<https://articles.mercola.com/sites/articles/archive/2013/05/08/ewg-pesticide-guide.aspx>**

Know your environment. Protect your health. **<https://www.ewg.org/>**

Write to the U.S. Environmental Protection Agency

**<https://www2.epa.gov/aboutepa/mailing-addresses-and-phone-numbers#HQ>**

**Pesticide atrazine can turn male frogs into female. Use of atrazine in by corn growers. See:**

**<https://www.visionlaunch.com/who-invented-high-fructose-corn-syrup/>**

### **BODY BURDEN: THE POLLUTION IN NEWBORNS**

“In a study spearheaded by the Environmental Working Group (EWG) in collaboration with Commonweal, researchers at two major laboratories found an average of 200 industrial chemicals and pollutants in umbilical cord blood from 10 babies born in August and September of 2004 in U.S. hospitals. Tests revealed a total of 287 chemicals in the group. The umbilical cord blood of these 10 children, collected by Red Cross after the cord was cut, harbored pesticides, consumer product ingredients, and wastes from burning coal, gasoline, and garbage.”

**<https://www.ewg.org/research/body-burden-pollution-newborns>**

**<https://newscenter.berkeley.edu/2010/03/01/frogs/>**

**More and more research, however, is showing that atrazine interferes with endocrine hormones, such as estrogen and testosterone – in fish, amphibians, birds, reptiles, laboratory rodents and even human cell lines at levels of parts per billion. Recent studies also found a possible link between human birth defects and low birth weight and atrazine exposure in the womb.**

### **Coffee and Pesticides**

**<https://www.drmercola.com/caffeine-2/8-reasons-why-you-should-avoid-drinking-coffee/>**

**<https://www.healthyorganicwoman.com/sipping-pesticides-in-your-morning-coffee/>**

**<https://universityhealthnews.com/daily/depression/3-toxic-chemicals-tied-to->**

[depression-symptoms-you-need-to-recognize-part-2-of-3](#)

<https://www.naturescountrystore.com/pesticidesandpanicattacks/>

<https://sunwarrior.com/healthhub/anxiety-disorders-are-on-the-rise-are-pesticides-to-blame>

<https://www.webmd.com/food-recipes/antioxidants-in-green-and-black-tea>

<https://minimalistbaker.com/green-tea-coconut-ice-cream/>

## **METALS**

<https://www.ewg.org/research/body-burden-pollution-newborns>

<https://articles.mercola.com/sites/articles/archive/2003/12/27/toxic-metals-part-one.aspx>

<https://articles.mercola.com/sites/articles/archive/2000/07/02/spirulina-arsenic.aspx>

<https://articles.mercola.com/sites/articles/archive/2008/01/02/arsenic-in-water.aspx> <https://www.consumerreports.org/cro/magazine/2012/11/arsenic-in-your-food/index.htm>

<https://www.nomeatathlete.com/arsenic-in-rice/>

<https://articles.mercola.com/sites/articles/archive/2014/12/13/fluoride-deception.aspx>

The Truth About 'Fluoride' (or what every Mother should know) by A. True Ott

<https://www.greaterthings.com/Lexicon/F/Fluoride.htm>

<https://articles.mercola.com/sites/articles/archive/2012/06/12/the-hard-to-swallow-truth-documentary.aspx>

[https://www.naturalnews.com/031547\\_fluoride\\_industrial\\_waste.html](https://www.naturalnews.com/031547_fluoride_industrial_waste.html) New mini documentary exposes the truth about fluoride: Industrial waste chemicals passed off as medicine.

<https://articles.mercola.com/sites/articles/archive/2008/07/22/toxic-metals-the-reason-you-still-feel-sick.asp>

<https://www.cdc.gov/vaccines/hcp/conversations/downloads/vacsafe-thimerosal-color-office.pdf>

<https://www.11alive.com/article/news/verify/no-metals-in-the-covid-vaccine/85-89889dab-1bbe-49d3-bb0b-4281a96db29f>

## **POLYSTYRENE**

[https://www.ehow.com/facts\\_6868559\\_dangers-reusing-styrofoam-cups\\_.html](https://www.ehow.com/facts_6868559_dangers-reusing-styrofoam-cups_.html)

<https://www.earthresource.org/campaigns/capp/capp-styrofoam.html>

<https://mamashealth.com/environmentalhealth/styrofoam.asp>

<https://bottomlineinc.com/styrofoam-really-is-bad-for-your-health/>

## **CHEESE**

<https://www.medicalnewstoday.com/articles/299147#when-is-cheese-bad-for-you>

<https://www.latimes.com/food/dailydish/la-dd-cheese-addictive-drugs-20151022-story.html>

<https://www.onegreenplanet.org/vegan-food/5-alarming-facts-about-cheese-and-your-health/>

<https://products.mercola.com/produce/cheese/>

## **PEANUT SPREAD**

<https://www.foods4betterhealth.com/6-reasons-you-should-never-eat-peanut-butter-7037>

<https://www.lahealthyliving.com/health/case-peanut-butter-even-organic-peanut-butter-bad/>

<https://trainer-kim.com/the-ugly-truth-about-peanut-butter-3-reasons-you-shouldnt-eat-it/>

[\*\*Warning Signs You're Eating Too Much Peanut Butter — Eat This Not That\*\*](#)

## **NITROSAMINES**

<https://www.livescience.com/36057-truth-nitrites-lunch-meat-preservatives.htm>

[\*\*Nitrosamines: What are They and Why are They Bad For You? | cytoxblog \(wordpress.com\)\*\*](#)

[\*\*Nitrosamines health danger, risks \(raysahelian.com\)\*\*](#)

[\*\*5 Food Additives You Should Avoid – Cleveland Clinic\*\*](#)

<https://www.livestrong.com/article/283850-why-is-sodium-nitrate-bad-for-you/>

<https://www.healthychild.org/how-to-avoid-added-nitrates-and-nitrites-in-your-food/>

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/sodium-nitrate/faq-20057848>

## **FOOD ADDICTION**

<https://drhyman.com/blog/2011/02/04/food-addiction-could-it-explain-why-70-percent-of-america-is-fat/>

# What's Eating You Kid?

<https://whatseatingyoukid.club>

The FDA says a “little bit” won't hurt, but we are encountering more than just a “little bit” of these 16 Monsters on a daily basis.

What's Eating You Kid? reveals where these Monsters are hiding.

Use this Monster Tracker to keep track of your progress.

## Mash those Monsters!

(Enter today's date and save)

TODAY'S DATE :

DATE :

<https://whatseatingyoukid.club>

**Breakfast**

Lunch

Dinner

Snack

Water

Exercise

DATE :

<https://whatseatingyoukid.club>

Breakfast

Lunch

Dinner

Snack

Water

Exercise

DATE :

<https://whatseatingyoukid.club>

Breakfast

Lunch

Dinner

Snack

Water

Exercise



DATE :

<https://whatseatingyoukid.club>

Breakfast

Lunch

Dinner

Snack

Water

Exercise

DATE :

<https://whatseatingyoukid.club>

Breakfast

Lunch

Dinner

Snack

Water

Exercise

HOW MANY 8 OZ GLASSES OF WATER DID YOU DRINK TODAY?

DATE :

<https://whatseatingyoukid.club>

Breakfast

Lunch

Dinner

Snack

Water

Exercise

HOW MANY MINUTES DID YOU EXERCISE TODAY?