

# IS SOCIETY CONVENIENTLY KILLING OUR KIDS?

There is no question about the toxicity of lead paint and the implications it has on human health. Parents were wise to return the Chinese made Mattel toys recently revealed to contain lead. But the headlong rush to keep their children safe from poisonous substances in toys calls into question just what parents are doing about the toxins and poisons they unknowingly expose their children to every day.

As our modern day society moves towards consuming more convenient type foods to keep pace with our busy lives, just what are we ingesting? And does convenience come at a cost to our health?

Fast paced living wearing synthetic clothes on bodies fuelled with a low fat, refined food diet contains a mine field of toxic chemicals if you don't know what to look out for.

We took a look at some foods, drinks, and products that feature in our daily lives to see just what lies beneath the surface.

1. **Salty snack foods, chips and takeaway food** can contain the flavour enhancer MSG, monosodium glutamate. MSG is a dangerous neurotoxin.
2. **Plastic Bottles** contain BPA, bisphenol A, an estrogen like compound used in plastic products like baby bottles, sports drink bottles and liners in tinned foods. BPA is associated with reproductive disorders.
3. **Phthalates** (pronounced "thalates"), are widely used industrial compounds used as plastic softeners and in hairsprays, perfumes, cosmetics, personal care products, toys, shower curtains, wood finishers, lubricants, baby mattresses and coverings and more. Even the much-loved "new car smell" is partly due to phthalates used in car manufacturing. Research shows that this chemical disrupts the endocrine system affecting reproductive development & growth. It also affects the respiratory system causing breathing difficulties. Keep a look out for these phthalate variations: DBP, DEP, DEHP, BBP. See chemical de-coder below. Animal studies on certain phthalates have shown the chemicals may cause a variety of problems, including reproductive and developmental harm, organ damage, immune suppression, endocrine disruption and cancer.
4. **Homogenised milk.** The fats in homogenized milk are modified so they stay in suspension unlike unhomogenised milk where the fat floats to the top. The molecules in homogenised milk are so small they are able to pass through the gut lining causing allergies and excessive mucous production. Homogenized milk also contains high levels of Xanthine Oxidase, a chemical that increases plaque build up in the arteries and tubes of the body by irritating the epithelial lining of these fine tubes, provoking a response that makes a sticky secretion allowing any fatty or sugary material in your blood to get sticky more easily. This considerably increases the long term risk of heart disease, stroke and myocardial infarct (heart attack). Not recommended if you want your children to grow to a ripe old age.

# FEED ME RIGHT

Share in Dee's  
passion for  
organic  
gardening,  
cooking and  
nutrition



Contact

Dee Pignéguy

dee@feedmeright.co.nz

www.feedmeright.co.nz

+64 9 444 9342

5. **Soft drinks** contain three main health hazards: sugar mentioned below, carbon dioxide (CO<sub>2</sub>) and phosphoric acid. Try this yourself and place a child's milk tooth in a glass of cola drink. Watch how many days it takes before it starts dissolving. One 333ml can of a cola drink can contain up to 9 teaspoons of sugar. This is a major health hazard as well as the fizz from carbon dioxide, which increases the level of metabolic acids in the blood, kidneys and liver stressing all these organs over time. CO<sub>2</sub> also negatively affects the beneficial flora of the intestines. And lastly phosphoric acids that strips the calcium out of growing bones creating bone density problems. Artificial Sweeteners are hidden in many every day products that advertise themselves as diet, low calorie, lite, or sugar free food & drinks. Artificial sweeteners like those used in fizzy drinks become toxins in the body that affect the nerve cells and neurons of the brain. Look out for names like Aspartame, Saccharin, Acesulphame K, and Sucralose. Artificial sweeteners are neurotoxic especially to the learning area of the brain and can affect a child's concentration and learning ability. Artificial sweeteners also interfere with normal blood sugar metabolism and are one of the main causes of diabetes & obesity in children later in life.
6. **Pasturised Low Fat Milk** - Removal of the beneficial fat from milk creates a problem with calcium assimilation. Growing bodies need good fats and plenty of calcium to grow well.
7. **Commercial Ice Cream** recipes often look like a chemical cocktail. Diethol Glucol is a chemical used in the place of eggs and can also be found in radiators as anti-freeze. Banana flavour is from Amyl Acetate—an oil paint solvent. Strawberry flavour from Benzyl Acetate a nitrate solvent. Vanilla flavour from Aldehyde-17 used to kill lice. Best to stick to making it yourself from good old eggs and cream!
8. **Air fresheners** are loaded with cancer causing chemicals that can be inhaled or absorbed through the skin.
9. **Preserved meats** of all descriptions. In the preserving as well as the 'smoking' process nitroamines are introduced which are grade 3 carcinogens. That means they are known to cause cancer in certain residual amounts. Processed meats, takeaway burgers, cheap meat pies and sausages are dripping with hydrogenated fats as well as sodium nitrite used to make meats appear red. Sodium nitrite which causes cancer. Eat more free-range meat & fish instead.
10. **Flouridated Water**
11. **Fast Food**, a toxic concoction of chemical additives, flavour enhancers, processed sugars and petrochemical food colourings.
12. **High Fructose Corn Syrup (HFCS)** the man made sugar that tricks the body into storing sugar as fat. Directly linked to Obesity in children and adults.

# FEED ME RIGHT

Share in Dee's  
passion for  
organic  
gardening,  
cooking and  
nutrition



Contact

Dee Pignégu

dee@feedmeright.co.nz

www.feedmeright.co.nz

+64 9 444 9342

13. **Packaged biscuits** containing trans fats that become toxic in the body and refined sugar with very little nourishment value.
14. **Potato Crisps or chippies** containing artificial flavouring such as MSG, as well as saturated fats and a salt overload.
15. **Teflon Coating & Food Wrappings.** DuPont Co. is the global leader in the manufacture of these chemicals used in making Teflon and food wrappings. The effect of hormone disruption is linked to PFOA (Perfluorooctanoate acids) & PFOS (perfluorooctane sulfonate).
16. **Clothes & Blankets** containing flame retardant chemicals that are linked with neurological disorders.
17. **Fabric Softeners** according to the United States EPA (Environmental Protection Agency) contain chemicals such as: benzyl acetate, benzyl alcohol, limonene (a known carcinogen), chloroform, A-Terpineol, pentane, & ethyl acetate. According to industry generated Material Safety Data Sheets (MSDS) these chemicals are found to cause problems in the Central Nervous System (brain & spine) and the Respiratory System. Symptoms from exposure to these chemicals include: headache, nausea, skin irritation, muscle twitching, breathing difficulties, drowsiness and dizziness.
18. **Refined Wheat Flour** contains high levels of the gluten protein phenolic that causes an agglutination reaction in the small intestines, coating the villi with a thick mucous like layer that blocks the absorption of certain micro-nutrient vitamins and minerals. Continual use of commercial wheat products, especially on a daily basis, will cause nutrient deficiencies medium to long term. O blood groups do react to wheat products more strongly as do those suffering Irritable Bowel Syndrome, Irritable Bowel Disorder and Crohns disease which are all disorders of the intestines. Eat less wheat bread and eat more alternative grains like rice, corn, rye, millet, amaranth, quinoa, buckwheat & spelt
19. **Commercially raised Chicken** - is a real health hazard due to the battery farming process. Battery chicken contains excessive levels of antibiotics, steroids, growth hormones and genetically engineered soy and grain products in their feeds.



# FEED ME RIGHT

Share in Dee's  
passion for  
organic  
gardening,  
cooking and  
nutrition



Contact

Dee Pignéguay

dee@feedmeright.co.nz

www.feedmeright.co.nz

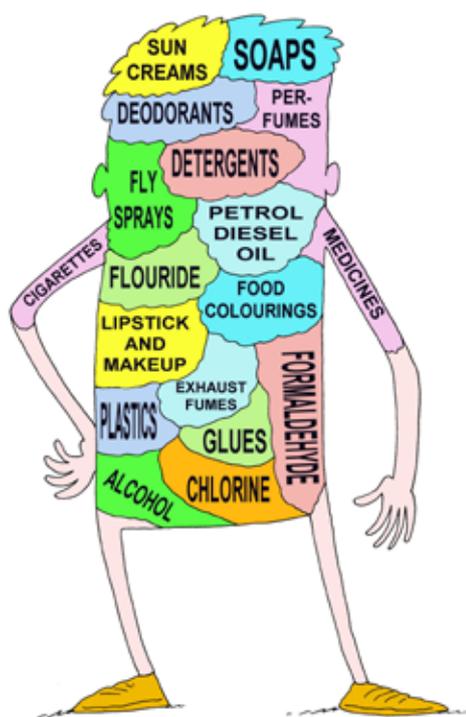
+64 9 444 9342

The major concern is that, as these chemicals are so ubiquitous in our environment, no one knows for sure what the long-term exposure, even in small doses, may be doing to humans, and particularly developing infants and children.

In our modern technological society many foods are now actually considered a health hazard due to the level of processing, spraying, chemicalization, heating, preserving or cooking during their preparation. Some of these foods may surprise you.

It is recommended that you attempt to remove these foods one by one out of your regular diet as they erode health and steadily remove a strong nutritional foundation for life long health if eaten on a regular basis.

The key to making any changes in your diet is to do it SLOWLY. We hold food very close to our hearts and to suddenly make changes at any age can be difficult. Best to make one change a week, then by the end of the year you will have made over 50 life changing habits. At this level of change your new nutrition choices are sustainable and you will keep them long term as a part of your lifestyle.



# FEED ME RIGHT

Share in Dee's passion for organic gardening, cooking and nutrition



## De-Coding the Chemicals

**Phthalates** - BBP butylbenzyl phthalate, DBP dibutyl phthalate, DEHP diethyl hexyl phthalate, DEP diethyl phthalate.

**MSG**- mono sodium glutamate 621, flavour enhancer

**HFCS**- High Fructose Corn Syrup, a sweetener that disrupts the body's glucose metabolism

**Artificial Sweeteners** - 950 Acesulphame K/Sunnet, 951 Aspartame, 955 Sucralose

Contact

Dee Pignégy

dee@feedmeright.co.nz

www.feedmeright.co.nz

+64 9 444 9342