



What's in Your Food?: The Truth About Food Additives from Aspartame to Xanthan Gum, Bill Statham, Running Press Book Publishers, 2007, 0762429631, 9780762429639, 250 pages. With almost daily reports in the media about the questionable safety of chemicals and additives in food and cosmetics, buying organic is moving from cult status to the mainstream. The proof? Wal-Mart is going green, introducing organic foods chainwide. Label reading is way up-but how do you make sense of the information, particularly when ingredients have unpronounceable names and effects that can't be easily researched by ordinary people? What's in Your Food? includes all of the additives used in foods and cosmetics distributed in America. It's formatted alphabetically by ingredient with easy-to-read tables that tell at a glance the health risks posed by each one. A column with smiley faces that are happy, sad, or neutral gives an instant reading of the author's conclusions. Our edition includes a glossary, appendix, and other helpful info thoroughly researched and easy to understand. A bonus section on additives found in health and beauty items rounds out the comprehensive approach. Although rich in the details needed to make wise buying decisions, the book is purposely compact to fit easily into pocket or purse, so it's always handy for a trip to the market..

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Food additives, nutrients & supplements A-to-Z a shopper's guide, Eileen Renders, 1999, Medical, 273 pages. This unique and easy-to-use layman's reference takes the mystery out of the bewildering array of health and labeling information that faces us every time we go to a grocery or

The Hundred-Year Lie How to Protect Yourself from the Chemicals That Are Destroying Your Health, Randall Fitzgerald, 2007, Health & Fitness, 292 pages. A critical exposé of the health consequences of everyday chemicals contends that human beings are now one of the most polluted species on the planet, linking common products to

Food additives , United States. Congress. House. Interstate and Foreign Commerce, 1961, Technology & Engineering, 51 pages. .

Sweet Poison How the World's Most Popular Sweetner Is Killing Us. My Story by Janet Starr Hull, Janet Starr Hull, 1999, , 300 pages. An expose adduces hundreds of documents, and the author's own experiences, to show the potentially lethal effects of the chemical sweetener aspartame--found in Nutrasweet and

The Protein Counter 3rd Edition, Karen J Nolan, Jo-Ann Heslin, Dec 28, 2010, Health & Fitness, 608 pages. This newly revised and updated third edition features the protein, fat, carbohydrate, and calorie counts for more than 15,000 brand-name and generic foods, including energy

What's in a Name? , Ellen Wittlinger, 2000, Juvenile Fiction, 146 pages. Each of ten teenagers living in Scrub Harbor, Massachusetts, explores his or her identity at the same time that the local residents consider changing the name of their town..

Estimating consumer exposure to food additives and monitoring trends in use , Institute of Medicine (U.S.). Food Additives Survey Committee, 1992, Technology & Engineering, 39 pages. .

The Corinne T. Netzer Carbohydrate Counter , Corinne T. Netzer, Sep 4, 2001, Health & Fitness, 496 pages. Whether working out, training for a sport, dieting, bodybuilding, or following a doctor's weight-watching program, this updated nutritional guide contains all of the

Food Rules: The Stuff You Munch, Its Crunch, Its Punch and Why You Someti Stuff You Munch, Its Crunch, Its Punch, and Why You Sometimes Lose Your Lunch, Bill Haduch, Mar 1, 2001, , 106 pages. A comprehensive book on food and nutrition includes mouthwatering stories, jokes, recipes, rumors, silly facts, and zany illustrations to make the science of food fun

Food Additives A Shopper's Guide to What's Safe & What's Not, Christine Hoza Farlow, Jul 20, 2007, , 126 pages. Lists common food additives and offers information about possible side effects and safety concerns to consider when selecting healthy food..

Excitotoxins The Taste that Kills, Russell L. Blaylock, Dec 1, 1996, Health & Fitness, 297 pages. "Nutrasweet (Aspartame) has been scientifically linked to brain tumors, brain cell damage and neurological conditions such as Alzheimer's and Parkinson's disease. According to

Eating may be hazardous to your health how your government fails to protect you from the dangers in your food, Jacqueline Verrett, Jean Carper, 1974, Technology & Engineering, 256 pages. .

What Are You Really Eating? How to Become Label Savvy, Amanda Ursell, Nov 15, 2005, Health & Fitness, 207 pages. .

Dr. Earl Mindell's Unsafe at Any Meal: How to Avoid Hidden Toxins in Your Food , Earl Mindell, Hester Mundis, May 24, 2002, Health & Fitness, 240 pages. Mindell's "Unsafe at Any Meal, " a bestseller in its previous edition, is the consumer's best weapon against the hidden hazards in food, drink, herbs, and medicines. This

A consumer's dictionary of cosmetic ingredients , Ruth Winter, Oct 1, 1994, , 410 pages. Reports on the origin, function, and possible effects of specific preservatives, acids, buffers, humectants, colorings, flavorings, and processing agents.

