



# THE ROAD TO HEALTH & WELLNESS

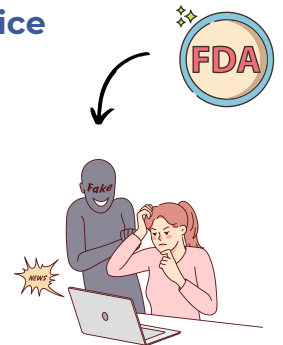


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### FDA: Fallacious Dietary Advice



#### Introduction

Welcome to our 3rd segment of our miniseries on the FDA. Last month we noted that the FDA focuses on drugs not food. It's easy to see why. Almost half their funding comes from pharmaceutical companies, so the FDA has incentives to approve drugs and to focus on medications, not food.

#### What Is the FDA's Record for Ensuring Drug Safety and Effectiveness?

Consumers have no way to determine if a prescribed medication is safe or effective. We are totally reliant on the FDA. How good is the FDA's oversight? The answer would hardly inspire confidence.

According to the FDA's own data, more than 14,000 drugs were recalled in the last 10 years! This statistic is staggering. When a drug is brought to the FDA it goes through a process to evaluate its safety and effectiveness. But essentially every day for the last decade, the FDA says... "Whoops. Sorry, our bad. Drug X is not safe or effective. We are removing it from the market. Hope that works out okay for you".



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SCAN ME

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Of course, human error exists, but given the enormous consequences and importance of FDA drug approval, I think we'd all like to see that figure to be about four drugs per year NOT an average of four drugs per day!



A private company that screwed up like this would be facing a plethora of lawsuits. And if you screwed up like this in your job, no doubt you'd face termination.

### **What is the FDA's record for allowing harmful chemicals into our food?**

It is difficult to adequately address this question in a newsletter. The information is so disturbing that it would take a PhD dissertation to do it justice.

The FDA's record in protecting food from harmful chemicals is about as good as its record with monitoring the safety and effectiveness of prescribed medications. Let's begin with the FDA's allowance of artificial flavors.

### **Artificial Flavoring**

Nearly 90% of Americans spend the bulk of their grocery budget on processed foods, so the dangers of artificial flavors are worth investigating. Today more than ever, we are exposed to fake flavorings in overwhelming numbers – over 3,000 to be exact. The question is: Are artificial flavors bad for your health?

Artificial flavors are created in a lab by flavor engineers who study consumer preferences and then manipulate compounds to produce the desired taste. According to the FDA, artificial flavors are not considered harmful in moderate amounts. They allow literally thousands of “non-harmful” chemicals into our food. However, the FDA's position is contrary to research and anecdotal evidence.



Here's just one of many disturbing examples. In 2018, a study published in the Brazilian Journal of Biology revealed the potential dangers of artificial flavors in an undeniable way. Researchers fed a group of mice 2 mL/kilogram of chocolate flavoring, 5 mL/kilogram of strawberry flavoring and 10 mL/kilograms of cookie flavoring. What was the result? 100% of the mice in the study that were fed these synthetic flavors died by day six, which resulted in the end of the study! Tissue samples of the mice revealed that the flavor additives had toxic effects on their genes and cells.



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Chemical combinations used to produce artificial flavors are known to cause:

- High blood pressure
- DNA mutations
- Obesity
- Infertility
- Hormonal dysregulation
- Nervous system dysfunction
- Migraines
- Allergies

Artificial flavors trick our brains into preferring their taste over that of whole foods. Neglecting nutrient-dense foods can lead to nutrient deficiencies and a host of health problems. Synthetic additives are addictive in nature, making us reach for yet another bag of chips instead of whole foods.

There are over 3000 artificial flavors recognized by the FDA. Let's review 10 of these "safe chemical additives":

### **1. MONOSODIUM GLUTAMATE (MSG)**

MSG is found in many processed meat products or foods that have a high degree of spicy or otherwise savory flavors associated with high amounts of salt. Millions have experienced immediate side effects from consuming MSG. Problems include headaches, sweating, nausea, fatigue and even rapid heartbeat.



### **2. BUTYLATED HYDROXYTOLUENE (BHT)**

BHT is a chemical that's used as a common flavor preservative. There is strong evidence that links BHT to development of cancer cells. It's also been indicated in developmental issues. BHT is commonly found in foods like chewing gum, cereals, crackers, cookies, sauces and more.



### **3. BUTYLATED HYDROXYANISOLE (BHA)**

Like BHT, BHA is a common flavor additive in chips and meats. Despite being allowed in our food, the International Agency for Research on Cancer says BHA can cause cancer. In addition, researchers believe it can interrupt proper hormone function.



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#### 4. SODIUM BENZOATE

Sodium benzoate on its own isn't so bad until it reacts with citric acid and other forms of acid used in mass production of packaged foods. Then it has a cancerous effect on the body. It has been linked to blood cancers like leukemia.

#### 5. PROPYLENE GLYCOL

Propylene glycol is a common food additive produced chiefly from petroleum. If that doesn't put you off, you should know that it has been linked to the development of abnormal kidney and liver functions that can lead to fatigue, confusion and nausea.

#### 6. PARTIALLY HYDROGENATED VEGETABLE OIL (PHVO)

Also known as trans fats, hydrogenated oils are derived from vegetable oils that have been chemically altered to last longer. These mutant oils increase bad cholesterol, lower good cholesterol and promote inflammation.



#### 7. HIGH FRUCTOSE CORN SYRUP (HFCS)

While this may sound innocent, the way high fructose corn syrup is produced is anything but. HFCS is basically made up of cornstarch and 3 different kinds of bacteria. It is made by fermenting corn starch several times to produce an unnatural mixture of glucose, fructose and other forms of sugar that are associated with diabetes and obesity. HFCS is found in sodas and packaged food products.



#### 8. PROPYL GALLATE

Propyl gallate is a leading flavor additive in fatty foods like sausage and other fatty or oily meats. It's been indicated in severe asthma attacks and has been shown to induce liver and kidney damage.

#### 9. ARTIFICIAL SWEETENERS

Artificial sweeteners were created to reduce people's sugar intake without having to actually give up sweets. The dangers of these artificial flavors are just now surfacing and include:

- Depression
- Anxiety
- Seizures
- Brain tumors
- Obesity
- Metabolic disorders



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Sucralose is a popular artificial sweetener that has been linked to cancer and high blood sugar levels that lead to diabetes. It's found in energy drinks and other beverages as a way of intensifying sweetness. Other common artificial sweeteners include aspartame, sorbitol, saccharin, and acesulfame K.



## 10. VANILLIN

This one isn't as dangerous, but it's certainly disgusting. Vanillin is the compound responsible for the lovely taste of vanilla. When found in nature, it is extracted from an orchid plant found in Mexico. But the extraction process is too complicated and expensive for most manufacturers, so they use a synthetic version.

### Here's where it gets disgusting.

In 2007, a researcher named Mayu Yamamoto set out to discover a way to create vanillin as cheaply as possible. **She found her answer when she successfully extracted vanillin from cow feces.** Instead of being dismissed for even thinking of such a thing, she was given the Ig Nobel Prize from Harvard!



The FDA, charged with protecting our food from unsafe chemicals, hasn't been doing the job Congress intended when it passed the Food Additives Amendment in 1958.

**Artificial flavoring is just the tip of the iceberg! Stay tuned for next month's discussion on further FDA derelictions.**

## Research Shows



More good news about omega 3's! The omega-3 fatty acid EPA has shown benefits for people with depression, a study in Neuropsychopharmacology reported.

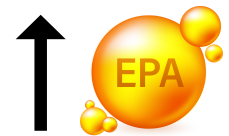
Chronic inflammation has been linked to the pathophysiology of depressive disorders. The study included 45 people with major depressive disorder and elevated C-reactive protein levels [a marker for inflammation]. Depression symptoms were assessed using the IDS - C 30 scale.

Participants received either one, two or 4 g of EPA or a placebo and were assessed before and after a 12-week treatment.

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After 12 weeks there was a 50% reduction in depression score in the group that received 4 g of EPA, compared to a low dose or placebo. Additionally, the high-dose group had significant reductions in C-reactive protein blood levels.




The authors concluded, "when treating patients with depression, physicians should consider ordering C-reactive protein blood tests to identify those most in need of higher dose omega-three intake".




## Did You Know...








In last month's newsletter we discussed reducing sodium intake while increasing potassium intake. But what foods are high in potassium and sodium?

Here is a list of the top 10 foods that have the highest potassium [you want to eat these] and sodium [you want to minimize these] content.

<b>Highest in Potassium Top 10 Foods</b> <b>4700 mg of potassium = 100% of the Daily Value</b>	<b>Highest in Sodium Top 10 Foods</b> <b>2300 mg of sodium = 100% of the Daily Value</b>
 Beet greens 28% DV (1309 mg) per cup - 39 cal	Table salt 101% DV (2325 mg) per teaspoon - 0 cal
Salmon 23% DV (1068 mg) per 6-ounce fillet - 309 cal	Cured ham 91% DV (2100 mg) per cup - 240 cal
 White beans 21% DV (1004 mg) per cup - 249 cal	 Ham and egg biscuit 86% DV (1989 telegrams) - 424 cal

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 <p>Avocados 21% DV (nine or 75 mg) per avocado - 322 cal</p>	<p>Pickled cucumber 81% DV (1872 mg) per cup - 17 cal</p>
<p>Potatoes 20% DV (926 mg) medium potato - 161 cal</p>	<p>Dry roasted sunflower seeds 74% DV (1706 mg) per ounce - 155 cal</p>
 <p>Acorn squash 19% DV (896 mg) per cup - 115 cal</p>	 <p>Clams - 44% DV (1022 mg) per 3 ounce serving - 126 cal</p>
<p>Milk 16% DV (732 mg) per 16-ounce glass - 25 cal</p>	<p>Canned beans (with added salt) 38% DV (880 mg) per cup - 296 cal</p>
 <p>White mushrooms 12% DV (555 mg) per cup - 44 cal</p>	 <p>French bread 36% DV (837 mg) per slice 378 cal</p>
<p>Bananas 11% DV (537 mg) - 134 cal</p>	<p>Teriyaki sauce 28% DV (640 mg) tablespoon - 32 cal</p>
 <p>Tomato 11% DV (523 mg) per cup - 43 cal</p>	 <p>Grated parmesan 22% DV (512 mg) per ounce - 119 cal</p>

**To Be Continued On The Next Page...**

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## Food For Thought: The Scoop on Nuts

When focusing on healthy snacks, nuts are an obvious choice. Grocery store shelves are filled with mixes, portioned packs, and flavored options.

Nuts have a hard outer shell that protects the inner seed. Botanically, nuts are classified as hard, one-seeded dried fruits. Nuts provide nutrients that promote cardiovascular health and provide powerful antioxidants to reduce inflammation and disease.

Did you know there are over 20 varieties of edible nuts around the world? The major varieties are almonds, Brazil nuts, cashews, chestnuts, coconut, hazelnuts, peanuts, pecans, pine nuts, pistachios, and walnuts.

Beneficial nutrients include protein, vitamins E and K, magnesium, potassium, other minerals, fiber, MUFAs and PUFAs (mono and polyunsaturated fats), carotenoids, phytosterols, and other phytonutrients.

But EPT, how do I know what to choose? The answer is that it depends on your taste as well as what you're looking for. Here's the scoop in a (pardon the pun) nutshell:



<b>Highest Protein</b>	Peanuts
<b>Less Lipids</b>	Chestnuts
<b>More Fiber</b>	Almonds, Pistachios
<b>More Magnesium</b>	Almonds, Cashews, Pine Nuts
<b>More Zinc &amp; Iron</b>	Almonds, Cashews, Pine Nuts



Don't go nuts about nuts. There are no hard and fast rules, so pick what you like!

### EPT Pro Tip

Nuts are nutritionally dense, but they are also calorie dense. Nuts are small and easy to eat, but go easy. A handful is enough. Just like anything, too much is not a good thing.

While EPT does not support calorie counting, we do advocate portion control and awareness of what you are eating holistically. Avoid any complicated mixes with flavorings, additives, and processed inclusions (think Chex mix).

This article was contributed by Lynette Jernigan, Director of Business Development/ Certified Personal Trainer / Certified Functional Nutritionist

## EPT RECIPES

### HERITAGE BRUSCHETTA

#### INGREDIENTS

- 8 tomatoes, diced
- 1/3 cup fresh basil, chopped
- 4 cloves of garlic, minced
- 1T extra virgin olive oil
- Salt and pepper to taste
- 2 oz cheese (Parmesan or fresh mozzarella)



#### DIRECTIONS

- In a large bowl: Combine **tomatoes, basil, garlic, olive oil, salt** and **pepper**.
- Mix to combine and let sit for 2 hours to overnight.
- Top with cheese of choice and enjoy!

#### FUN FACTS & TIPS

- Use on: salad, toasted Italian bread, roast chicken or pork.
- Go for local organic produce. Tomatoes are in season, more delicious and nutritious.
- **Try roasted garlic:** Cut the top off of a whole garlic bulb, drizzle with olive oil, wrap in aluminum foil and roast in the oven at 400°F for 30 minutes. The caramelization of the garlic mellows out the pungency of the garlic.

- Check out our 8/14 Weekly Health Topic on tomatoes! **SCAN TO READ:**

