

The Real Weapons of Mass Destruction

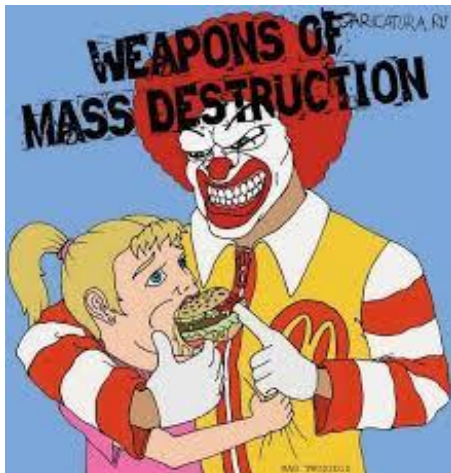
Day 4 Summary: The Real Weapons of Mass Destruction

Verses: HOSEA 4:6 – MY PEOPLE ARE DESTROYED FOR LACK OF KNOWLEDGE: BECAUSE THOU HAST REJECTED KNOWLEDGE, I WILL ALSO REJECT THEE, THAT THOU SHALT BE NO PRIEST TO ME: SEEING THOU HAST FORGOTTEN THE LAW OF THY GOD, I WILL ALSO FORGET THY CHILDREN.

Because the food industry is profit led, nutrition is not important to the food producers. Costs are cut, cheap synthetic ingredients used and important nutrients stripped from foods to make managing, packaging and transportation easier, shelf life longer and profits higher.

Refined processed poor quality food is causing more illness and malnutrition in humans than any other factor and is responsible for the steep rise in many conditions such as [ASTHMA](#), [OBESITY](#), [DIABETES](#), [HEART DISEASE](#), [BONE](#), [SKIN](#) and [BLOOD DISORDERS](#), REDUCED IMMUNITY TO [BACTERIA](#), [VIRUS](#) and [FUNGAL INFECTIONS](#) and [CANCER](#).

Dangers for Children - Unfortunately, bright synthetic colours make food attractive to children and it is these colours that can adversely affect children's health the most.



SIGNS THAT A CHILD IS BEING AFFECTED BY E NUMBERS IN FOODS ARE:

- IRRITABILITY
- HYPERACTIVITY
- TEMPER TANTRUMS
- OPPOSITIONAL DEFIANCE
- RESTLESSNESS OR DIFFICULTY FALLING ASLEEP
- ANXIETY/DEPRESSION
- CONCENTRATION ISSUES

LIST OF ADDITIVES IN FOOD (DO NOT EAT FOOD THAT CONTAINS THE ITEMS LISTED BELOW; READ THE INGREDIENTS)

COLOURS

E100 Curcumin	Can cause, hives, skin rashes, increased risk of bleeding to those taking anticoagulants or women who are pregnant .
E102 Tartrazine	A bright yellow/orange colouring. Banned in Norway and Austria. Can cause hyperactivity, behavioural issues, skin rashes, migraines,

	chromosomal damage to the foetus, thyroid cancer, blurred vision , anxiety , depression and asthma . Can adversely affect those that are allergic to aspirin.
E103 Alkanet, Alkannin	Yellow/orange colour. Forbidden in some parts of the western world. May increase hyperactivity in affected children. Asthmatics sometimes react badly. Can adversely affect those that are sensitive to aspirin.
E104 Quinoline yellow	Side effects include hyperactivity (ADHD) in children and eye damage, blindness, tumours and cancer. When used in cosmetics it can cause dermatitis . Banned in Australia, USA, Japan and Norway.
E110 Sunset Yellow FCF; Orange Yellow S	Can cause urticaria (hives), rhinitis (runny nose), nasal congestion, eye damage, blindness, allergies, hyperactivity, kidney tumours , chromosomal damage, abdominal pain, indigestion , nausea , vomiting , distaste for food and an increased incidence of tumours in animals.
E120 Cochineal; Carminic acid; Carmines	Red colour made from insects and banned in USA. Hyperactives, rhinitis sufferers, urticaria, asthmatics and aspirin sensitives should avoid it. May increase hyperactivity in affected children. It is a natural red colour obtained by crushing of the female <i>Dactilopius coccus</i> , a cactus-dwelling insect indigenous to Central America. Typical products include alcoholic beverages, dyed cheeses, puddings, icings, sweets, sauces, fizzy drinks, cakes, soups and pie fillings.

PRESERVATIVES

Sorbates	are added to margarine, dips, cakes, fruit products
E200 Sorbic acid	Can cause headaches and intestine upset.
E202 Potassium sorbate	Can cause headaches and intestine upset.
E203 Calcium sorbate	Can cause headaches and intestine upset.
Benzoates	are added to juices, soft drinks, cordials, syrups, medications etc.
E210 Benzoic acid	
E211 Sodium benzoate	
E212 Potassium benzoate	
E213 Calcium benzoate	
E214 Ethyl p-hydroxybenzoate	
E215 Sodium ethyl p-hydroxybenzoate	
E216 Propyl p-hydroxybenzoate	
E217 Sodium propyl p-hydroxybenzoate	

E218 Methyl p-hydroxybenzoate	
E219 Sodium methyl p-hydroxybenzoate	
Sulphites	
	are added to dried fruit, fruit drinks, sausages and many other foods.
E220 Sulphur dioxide	
E221 Sodium sulphite	
E222 Sodium hydrogen sulphite	
E223 Sodium metabisulphite	
E224 Potassium metabisulphite	
E225 Potassium sulphite	
E226 Calcium sulphite	
E227 Calcium hydrogen sulphite	
E228 Potassium hydrogen sulphite	
E230 - E262 can cause headaches, skin disorders and intestinal upsets.	
Nitrites	
	are added to processed meats like bacon, sausages, ham, frozen meals, frozen pizzas, pepperoni, hot dogs, canned soups with meat, ravioli meat dishes etc.
E249 Potassium nitrite	Upsets the blood pressure.
E250 Sodium nitrite	Sodium Nitrate has been strongly linked to the formation of cancer-causing nitrosamines in the human body, leading to a sharp increase in the risk of cancer for those consuming them.
Propionates	
	are added to bread, crumpets, bakery products etc.
E280 Propionic acid	
E281 Sodium propionate	
E282 Calcium propionate	
E283 Potassium propionate	
E284 Boric acid	
E285 Sodium tetraborate; borax	
E290 Carbon dioxide	Can cause stomach upsets.
E296 Malic acid	
E297 Fumaric acid	
E1105 Lysozyme	

ANTIOXIDANTS

Synthetic Antioxidants	are added to margarines, vegetable oils, fried foods, snacks, biscuits etc
E310 Propyl gallate	
E311 Octyl gallate	Can cause eczema
E312 Dodecyl gallate	Can cause eczema
E315 Erythorbic acid	

E316 Sodium erythorbate	
E319 Tert-ButylHydroQuinone	
E320 Butylated hydroxyanisole (BHA)	May increase hyperactivity in affected children.
E321 Butylated hydroxytoluene (BHT)	May increase hyperactivity in affected children.

SWEETENERS

E420 (i) Sorbitol (ii) Sorbitol syrup	
E421 Mannitol	
E950 Acesulfame K	
E951 Aspartame	Products that contain aspartame are: Coca Cola and Pepsi drinks, Children's Tylenol Chewable Tablets, Flintstones Complete Children's Chewable Vitamins, Metamucil Sugarfree, Breath Savers, Wrigley's Extra Sugar Free Gum, Kellogg's All Bran, Chewable Vitamin D supplements, Twin Labs Endurance Quick fix Powder, Calcilyte.
E967 Xylitol	Xylitol, often found in chewing gum and breath mints is toxic to dogs
E621 Monosodium glutamate	Monosodium glutamate (MSG) is a dangerous chemical found in virtually all processed meat products.
E622 Monopotassium glutamate	
E623 Calcium diglutamate	

**McDonald's French Fries
Contain 17 Ingredients**



Potatoes, canola oil, hydrogenated soybean oil, safflower oil, natural flavour (vegetable source), dextrose, sodium acid pyrophosphate (maintain colour), citric acid (preservative), dimethylpolysiloxane (antifoaming agent) and cooked in vegetable oil (Canola oil, corn oil, soybean oil, hydrogenated soybean oil with TBHQ, citric acid and dimethylpolysiloxane) and salt (silicoaluminate, dextrose, potassium iodide).