



Toxic Additives & Wholefood Solutions

In today's fast-paced world, manufacturers strive to produce products that last longer on shelves, taste more appealing, and come in eye-catching colors. But these "improvements" come at a cost. Additives-chemicals added to processed foods and supplements to enhance flavor, appearance, lubrication, or shelf life-are increasingly prevalent in the U.S. food supply. Since the 1940s, we now have nearly 10,000 of them!

Unfortunately, many of these additives are linked to serious health concerns, including cancer, heart disease, hormonal, neurological and behavioral issues. In contrast, our ancestors consumed whole foods that were minimally processed, if at all. This article explores how some of the most common additives impact our health and why eating more whole foods, as our ancient ancestors did, is the key to unlocking a healthier life.

Understanding Food Additives and Their Role in Processed Foods

Additives can include preservatives to extend shelf life, flavor enhancers like monosodium glutamate (MSG), artificial colors to make foods look more appealing, and sweeteners to replace sugar in diet products. Many of these additives were created to address the challenges of modern food production, especially to meet the demand for convenience.

However, despite their functional benefits, some food additives are associated with health risks that are only now being fully understood. The U.S. Food and Drug Administration (FDA) does regulate food additives, and this loophole is often exploited. Some scientists and health advocates argue that many additives on the market have not undergone sufficient testing for long-term health effects.

Common Food Additives and Their Health Risks

Many additives used in American food products are banned or restricted in other countries due to their potential health risks! Some commonly known additives with adverse effects include:

- **Artificial Colors (Yellow #5, Red #40):** These colors, derived from petroleum, are found in everything from candy to cereal. Studies have linked artificial colors to hyperactivity in children and allergic reactions, and some studies suggest a

potential link to cancer in high doses. You can find these in American cereals and candies.

- **High-Fructose Corn Syrup (HFCS):** A common sweetener in sodas and snacks, HFCS has been linked to obesity, insulin resistance, and fatty liver disease. Unlike natural sugars, HFCS does not stimulate the hormones that signal fullness, leading to overeating. This is found in many soda beverages.
- **Monosodium Glutamate (MSG):** Often used as a flavor “enhancer,” MSG has been associated with symptoms such as headaches, sweating, and nausea. While the FDA classifies MSG as “generally recognized as safe” (GRAS), many people report sensitivity to it. It’s in many popular products like chips, soy sauce, and salad dressing.
- **Potassium Bromate:** This additive “strengthens” dough and allows bread to rise higher. However, animal studies have linked it to cancer, leading to bans in Europe, Canada, and other regions. It is still widely used in the U.S., so always opt for bread without this toxic component, especially since it’s an iodine antagonist and affects thyroid function!
- **Sodium Nitrate and Nitrite:** Are used to preserve meats and give them a pinkish color. Studies have shown that they can form carcinogenic compounds known as nitrosamines when heated to high temperatures. Beware of cheap deli meats and always read the labels.

Common Supplement Additives and Their Health Risks

1. Titanium Dioxide

- **Purpose:** Used as a whitening agent in supplements, especially capsules and tablets.
- **Risks:** Titanium dioxide has been linked to inflammatory responses, especially in the digestive tract, and is considered a potential carcinogen when inhaled. Some studies have raised concerns about its impact on immune function and its potential to cause DNA damage. Some mice studies indicate tumor growth in conjunction with titanium dioxide consumption.

2. Magnesium Stearate

- **Purpose:** Acts as a “flow agent” to prevent ingredients from sticking during manufacturing.
- **Risks:** While magnesium stearate is generally considered safe in small amounts, high doses may interfere with nutrient absorption. There’s also concern that it may negatively affect gut health, and some believe it could potentially suppress

the immune system, though more research is needed. This ingredient is in 99% of supplements!

3. Maltodextrin

- **Purpose:** Maltodextrin acts as a sweet filler, adding bulk and flavor to powdered supplements without significantly altering texture.
- **Risks:** Maltodextrin has a high glycemic index (GI), often between 85 and 105, meaning it can cause rapid spikes in blood sugar levels. This quick absorption can be problematic, especially for individuals with insulin resistance, diabetes, or those looking to maintain stable blood sugar levels. Also, corn is commonly the source, and GMO material is predominately utilized. Some studies suggest that maltodextrin may impair immune function by encouraging the growth of potentially harmful bacteria, such as *E. coli*, in the gut.

4. Artificial Sweeteners (Aspartame, Sucralose, Acesulfame Potassium)

- **Purpose:** Added to make supplements more palatable without added sugar.
- **Risks:** Artificial sweeteners have been linked to metabolic issues, including insulin resistance and weight gain. Some studies suggest that they can disrupt gut microbiome balance and may contribute to digestive issues and even headaches.

5. Carrageenan

- **Purpose:** A thickening and stabilizing agent often found in liquid supplements and protein powders.
- **Risks:** Carrageenan has been linked to gastrointestinal inflammation, and some animal studies suggest it could increase the risk of cancer. People with digestive issues, especially those with inflammatory bowel disease (IBD), may experience worsened symptoms when consuming carrageenan.

6. Hydrogenated Oils (such as Partially Hydrogenated Soybean Oil)

- **Purpose:** Used as a filler or to help ingredients mix better in certain supplements. They can be listed as “vegetable stearate.”
- **Risks:** Hydrogenated oils contain trans fats, which are associated with an increased risk of heart disease, inflammation, and metabolic syndrome. Even

trace amounts in supplements can add up when taken consistently. In the case of soybeans, it comes from a GMO source the majority of the time.

7. Sodium Benzoate

- **Purpose:** Preservative used to extend shelf life.
- **Risks:** When combined with synthetic vitamin C (ascorbic acid) or citrus fruits, sodium benzoate can form benzene, a known carcinogen. Long-term exposure to benzene has been linked to an increased risk of cancer and immune system damage.

8. Propylene Glycol

- **Purpose:** Used as a solvent or to maintain moisture in supplements.
- **Risks:** Propylene glycol can cause allergic reactions and irritate the skin, eyes, and respiratory system. Long-term exposure to high levels may also impact the nervous system, especially in those sensitive to it. It is a key ingredient in Anti-Freeze!

9. Silicon Dioxide

- **Purpose:** Anti-caking agent used to prevent clumping in powdered supplements. Also used in desiccant packets. It is commonly used as a whitening and filler agent in many supplements.
- **Risks:** Excessive intake may contribute to kidney issues and disrupt gut health. Simply inhaling silicon dioxide can have disastrous effects on the respiratory system. There is growing concern about long-term exposure to silicon dioxide in supplements.

Note: While the FDA sets limits on the amount of each additive allowed in food, these regulations do not account for the cumulative effect of consuming multiple additives daily. Many of us consume processed foods with multiple additives every day, creating a “cocktail” effect that could exacerbate health risks over time.

Solution: Eating Whole Foods As Our Ancestors Did

Our ancestors ate diets rich in organic whole foods—fruits, vegetables, grains, nuts, and minimally processed meats. Whole foods contain fewer additives and provide a host of nutrients, antioxidants, and fiber that help protect against disease. Unlike processed

foods, whole foods nourish the body without exposing it to harmful additives. Let's take a closer look at the benefits of a whole-food diet:

- **Reduced Exposure to Harmful Chemicals:** Whole foods contain natural vitamins, minerals, and antioxidants that support health without the need for artificial ingredients. By eating whole foods, you reduce your intake of potentially harmful chemicals like preservatives, colorants, and sweeteners.
- **Better Digestive Health:** Whole foods are rich in fiber, which supports a healthy digestive system by promoting regular bowel movements and nurturing beneficial gut bacteria. Processed foods, on the other hand, often lack fiber and can disrupt gut health.
- **Balanced Blood Sugar Levels:** Many whole foods have a low glycemic index, which helps to maintain stable blood sugar levels. This is important for managing energy, mood, and reducing the risk of type 2 diabetes.
- **Improved Heart Health:** Whole foods are naturally low in unhealthy fats, sodium, and added sugars. Diets rich in fruits, vegetables, whole grains, and healthy fats from sources like nuts and fish have been shown to lower blood pressure, reduce inflammation, and improve cholesterol levels.
- **Enhanced Mental Well-Being:** Research increasingly links diet to mental health, with whole foods being shown to benefit mood and cognitive function. For example, diets rich in fruits, vegetables, and healthy fats have been associated with lower rates of depression and anxiety.

How to Transition to a Whole-Food Diet

Switching to a diet focused on whole foods doesn't have to be overwhelming. Here are some practical steps to help make the shift:

- **Start Slow:** Begin by substituting one processed food item per day with a whole-food option. For example, replace sugary cereal with oatmeal topped with fresh fruit.
- **Read Labels Carefully:** When buying packaged foods, check the ingredient list. Choose products with as few ingredients as possible, and avoid items with artificial colors, flavors, and preservatives.
- **Focus on Fresh Produce:** Aim to make fresh fruits and vegetables the centerpiece of your meals. These foods are nutrient-dense and free from harmful additives. Organic produce should contain fewer dangers from pesticides and herbicides.
- **Choose Whole Grains:** Instead of refined grains like white bread and pasta, choose whole grains like brown rice, quinoa, and oats. Whole grains are rich in fiber and nutrients that support heart health and digestion.

- **Cook at Home:** Preparing your meals at home allows you to control what goes into your food. Cooking from scratch can be simple and rewarding, especially when you have basic ingredients like fresh vegetables, lean proteins, and healthy fats.
- **Embrace Healthy Fats:** Include sources of healthy fats, such as olive oil, avocados, and nuts, in your diet. These fats are not only delicious but also support brain and heart health.

Conclusion:

Our ancient ancestors thrived on unprocessed, nutrient-dense foods, and their health reflects the benefits of such a diet. They experienced lower rates of chronic illnesses and had a balanced, natural relationship with the food they ate.

Read Labels Carefully: Toxic food additives are everywhere. Never rely on the front of the label. If an ingredient is unknown to you, get into the habit of simply google searching that ingredient and their side effects. For example, “Maltodextrin side effects.” This is a fast way to know for sure what you are putting your hard-earned dollars into and that you will not be subjected to any damage to your health.

Choose Whole Foods and Clean Supplements: Whole foods naturally contain fiber, complex carbs, and nutrients that benefit blood sugar control, satiety, and gut health.

Opt for “Additive-Free” Supplements: Physician’s Strength has ALWAYS prioritized clean labeling and offers products without fillers. We have done so for more than 30 years! Physician’s Strength supplements are concentrated nutrients from real food. Other supplements are synthetics and can contain petroleum derivatives, especially in the nutrition/vitamin space. **For body functions and composition to improve dramatically, real food nutrients must be supplied to the cells and tissues.** It’s that simple!

In an era where food is designed for convenience and profit rather than health, it’s crucial to take control of our diets and prioritize real healthy complete food. The additives in our modern diet pose health risks that our ancestors were fortunate to avoid. By eating like our ancestors—focusing on whole, unprocessed foods—we can enhance our overall health, and pave the way for a better quality of life.

Switching to a whole-food diet and supplement plan may seem challenging in today’s world, but **the health benefits are well worth it.** Small changes make a big difference, gradually we can reclaim our health and move toward a more sustainable, nourishing way of life.

