



# Additives Ruining Our Gut and Our Lives

**Quick, convenient, and destructive to our intestinal walls**



It should come as no surprise that processed junk food comes with a whole load of additives that are questionable. But you might not realize what some of these additives are doing to your health.

1. **Artificial Sweeteners:** Artificial sweeteners are a direct cause of metabolic issues, such as insulin resistance and weight gain. They also disrupt the balance of gut bacteria, which leads to digestive problems.
2. **High Fructose Corn Syrup (HFCS):** Consumption of HFCS has been linked to obesity, type 2 diabetes, and metabolic syndrome. This additive contributes to liver damage and increases the risk of heart disease.

3. **Vegetable oils (seed oils):** You will find vegetable oils (like canola and soybean oil) on the back of every processed food. These oils are high in an omega-6 fatty acid called linoleic acid. Linoleic acid is directly linked to chronic inflammation, insulin resistance, heart disease, type 2 diabetes, and cell damage.
4. **Monosodium Glutamate (MSG):** Used to intensify the flavoring of processed foods, MSG has been directly linked to neurological disorders and obesity.
5. **Artificial Food Coloring (e.g., Red 40, Yellow 5, Blue 1):** Artificial food colorings have been linked to hyperactivity and behavioral issues in children. They also pose a risk of allergic reactions and potentially increase the risk of certain cancers.
6. **Carrageenan:** Carrageenan is a thickening agent derived from seaweed and is commonly used in dairy products, plant-based milk alternatives, and processed foods. Carrageenan contributes to gastrointestinal inflammation and digestive issues. There are other thickeners (like guar gum) that have also been linked to intestinal inflammation in IBD patients.

Food made by man versus food made by God. None of these additives belong in our “food products.” It might be inconvenient to cook or prepare meals, but your future self will thank you. Improve your diet and improve your vitality.

**Join us for our Gut Health Talk on May 20th at 6:15 PM**