

2. TOXINS 1

- * The **TOXINS** we can't avoid daily - are **synthetic chemicals in all the food we buy at supermarkets.**
 - * All beef, including mince is saturated with **preservatives** so it is unlikely to go off. Raw chicken has deadly **bacteria**, so bench space needs to be thoroughly cleaned before placing anything on it after chicken has been there.
 - * Most **synthetic chemicals** in food has never been tested for their effect on health, and it is just assumed that for the amount we eat in one meal, it is safe enough.
 - * I once ate half a jar of apricot jam by itself and **got ill** straight after. I could eat fresh apricots until the cows came home, and would never get sick. I must have ingested too much of whatever **Toxic chemical** was in the jam. All chemicals are never stated on labels, and even if they did, you are unlikely to find any actual health testing of it.
 - * One day i soaked my hand in a cup of water with a tablespoon of **dishwashing detergent**, hoping to get off some superglue I had spilt on the back of my hand. I let it dry, and then for the next few days, strips of my **top layer of skin peeled off**. What other internal damage may I have got? Did any of whatever **Toxic chemical** get to my brain? The label stated not tested on animals - just as well, and dermatologically tested - LIES.
 - * The **synthetic chemical** content in food can vary from 5% to 95% and the actual toxicity is probably of most concern when it disturbs the function of the **Hypothalamus Master Gland** in the brain. Individual case studies, such as allergies in children, have traced a specific chemical in food to the Hypothalamus.
 - * **Preservatives** are prevalent in all food products to prevent deterioration and extend shelf life, but we don't know what effect it might have on our health. **Artificial sweetener** is commonly used for taste and is much sweeter and cheaper than real sugar. It also seems to have an addictive effect, by wanting more sweet food and carbs - when maybe the body just wants a little real sugar. All the cells in our body need **real sugar** for energy, but artificial sweeteners don't provide that.
 - * The classic case is when doctors operated on the brains of **Obese** accident trauma patients - and found that all had an **Inflamed Hypothalamus**.
 - * The next ones to get their brains operated and all show **Inflamed Hypothalamus** - was Lab Rats who had been fattened up on supermarket food. So the link was established between **Obesity and synthetic chemicals in food**.
- practical tip 1** - try to balance out your diet by including fresh fruit and vegetables, and not just supermarket food or prepared hot meals, and don't feel guilty about being overweight - you didn't put the synthetic chemicals in the food.

