

# Your 'Diet' Is Killing You

**Aspartame** (Sugar free or Diet items)

- cancer, birth defects, seizures

**MSG** (Flavoring, yeast extract, gelatin)

- hypothalamus and liver damage, Alzheimer's

**GMO Corn** (HFCS)

- cancer, sterility

**Dimethyl**

**Polysiloxane**

(1% formaldehyde)

Chicken Nuggets,  
Fountain Drinks

**rBGH** (dairy)

- cancer, birth defects,  
early puberty

**Sodium Fluoride** (toothpaste)

- sterility, reduced IQ, bone cancer

**TBHQ** (Cracker and bread snacks)

- cancer, birth defects, ADHD, asthma



**Bacteriophage Prep**

(Packaged Cold Cuts)

- gastro intestinal  
disorders

**BPA** (Plastic bottles and  
containers)

- cancer, birth defects,  
impotency, autism,  
childhood obesity

Follow the Links to explore details about each additive that may be present in your food.

Buy Organic when possible, always for porous or skinless fruits and vegetables.

Plan your food consumption, hunger comes daily.