

the Daily Bliss

A LIFESTYLE GAZETTE
BIMONTHLY ISSUES

BEE BLISS
LINDSEY SMITH



THE TRUTH ABOUT NATURAL FLAVORS



Hi !

The FDA defines a natural flavour as "*The essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring*

hydrolysis, distillation, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional. Yes, the FDA does require that all ingredients listed under "natural flavor" must be derived from "real food", but that's a broad term in itself.

Unfortunately in the food industry, the term "all natural" is poorly regulated, and often leads people to believe that what they are consuming is nutritious, when in reality, they're consuming chemicals and preservatives. Many of the chemicals that make up natural flavors fall under the category called "generally recognised as safe" (GRAS). There's approximately 3,000 chemical food additives under this category. Some of these ingredients aren't even approved by the FDA, yet are still put in natural flavors. When an ingredient label says "natural flavor," you'll never really know exactly what you're consuming, unless you call the brand and ask them to disclose that information. A single natural flavors can contain up to 100 ingredients, so you really don't know what you're putting into your body. So when you see "natural flavor" on an ingredient list, it is made up of several sub-ingredients. Now maybe you're wondering what the difference is between a natural and artificial flavor. Natural flavors are derived from a natural plant or substance, whereas artificial flavors are derived from petroleum products. However, they are both manufactured in labs with the purpose of "enhancing flavor" and making you addicted to their product. Scientists have actually even admitted that natural flavors are designed to be addictive! It's insane!

One of the most common sources of natural flavoring is castoreum, which is the discharge from the sex glands of beavers. Castoreum has been used to flavour food for years and is FDA approved. Since this substance derives from nature (beavers), it can be hidden under the label "natural flavor." Thus, when food products advertise as being "all natural", it doesn't really mean anything. I mean, do you really want to be consuming that? I know I don't. It's also important to note that animal derived products, such as castoreum, won't be in a natural flavor if the product is labeled vegan.

Besides the origin of natural flavors, the ingredients that can be categorised under a natural flavor have been linked to a wide range of health issues including chronic pain

and inflammation. Early on in my own journey to heal my gut, I found that food products that had completely clean ingredients, except for natural flavors, really upset my digestion and threw it off balance. When I switched over to 100% clean ingredients foods free from natural flavours, I noticed that the cramping I used to have with these foods (ie. tea, almond milk), no longer existed. I've met several other people who have also experienced these symptoms when ingesting natural flavour.

All this to say that there are many "loopholes" when it comes to natural flavors, and it's hard to know what makes up each one, as it varies for each product. When I created bee bliss, I wanted it to be accessible to everyone and not make people wonder what they're putting into their bodies. Transparency is especially important when it comes to having a variety of food allergies. We believe that food can either be healing or detrimental, which is why we are committed to never using natural flavors or any other additives in our tea blends. We keep it pure, clean, and simple so you can feel your best when you drink our tea!

MYLKS FREE FROM NATURAL FLAVORS

01



MALK ORGANICS

Unsweetened Almond Milk

The perfect unseated plant-based milk! The only ingredients are filtered water, organic sprouted almonds, and Himalayan salt!

SHOP

THREE TREES

Vanilla Bean Almond Milk

This is the only vanilla almond milk I will buy, as the other ones I have found contain "natural vanilla flavour." The ingredients are filtered water, organic almonds, organic vanilla extract, and organic vanilla beans.

SHOP

02



03



THAI KITCHEN

Unsweetened Coconut Milk

One of the few coconut milks I have found to be free of gums and natural flavors. The only ingredients are coconut and water! There's a light option too (same ingredients just lower concentration of coconut and higher concentration of water). It's a great AIP option too!

SHOP



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PS. I love hearing back from you! If you have any topics you are interested in me discussing in the future regarding healthy living, sustainability, mindset change, digestive health, etc. let me know! I'm here to help and serve you!

WITH LOVE AND BLISS,



Lindsey Smith

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