



The objective of this book is to make you aware of FIVE harmful products that are being added to your foods.

To let you come to the understanding of the terrible health effects that these five products are having on your body.

To show you simple easy solutions that you can implement to give you back your health, help you lose weight and maybe even save your life.

A Fictitious Story

There was a company that produced frozen cakes.

Their quality control found out that somehow one of their production runs was laced with cleaning detergent.

They gave orders to have the entire production of tainted cakes destroyed.

An enterprising evil employee somehow faked the destruction of the cakes and had them shipped out overseas to put some quick money in his pocket.

People that purchased these cakes were getting sick and destroying their health without even knowing the reason.

The True Story

Right now this very second people are eating different foods that are destroying their health and causing huge weight gains without them even realizing that it is coming from the foods that they love and enjoy to eat.

If you want to lose weight and feel better then reading this book can be a gigantic step for you to take on your journey to lose weight and restore your health.

Is someone you care about suffering from puzzling chronic conditions such as headaches, stomach disorders, fatigue, depression, and many other problems?

Have tests have come up negative and you want some answers?

This report will most likely be the missing piece of the puzzle.

Would you like to discover the solution that has helped thousands of people?

You might think that it's too simple an explanation that people are suffering needlessly because of the stuff that is added into our foods.

People don't correlate their medical problems to the foods that they are eating.

Why Did I Write This Book?

In 2007 I wrote a book called “THE OPTIMAL HEALTH SYSTEM” that was based on the premise that if you take care of your digestive system properly your weight and health will stabilize.

By following some simple directives, a person could lose weight and the body could be given the tools it needs to heal.

The book also contained some of the most advanced coaching techniques.

However, the problem that I ran up against was that when the doctor that developed this extraordinary method to take care of a person’s health, all the man made synthetic chemicals and additives to foods were not even dreamed of yet.

For a person to get the full weight loss and healing benefits of the “THE OPTIMAL HEALTH SYSTEM,” they needed to stop poisoning themselves with all the dangerous stuff that were being added to their foods.

Now you can understand another reason why I wrote

FIVE DANGEROUS FOODS AND HOW TO PROTECT YOURSELF.

It is my belief that if you implement the suggestions and ideas that are written in this report that your entire life will improve by leaps and bounds.

The First Dangerous Food Product

Do you suffer from any of these commonly reported symptoms and disorders?

- Severe headache
- Shortness of breath, chest pains, asthma
- Slowed speech
- Nausea, diarrhea, vomiting
- Swelling, pain, or numbness of hands, feet, jaw
- Chronic bronchitis-like symptoms, allergy reactions, dry cough, hoarseness or sore throat
- Irregular heart beat or blood pressure, racing heart
- Pain in joints or bones
- Heavy, weak feeling in arms and legs
- Depression or mood change
- Flushing or tingling in face, chest, pressure behind eyes
- Irritable bowel or colitis
- Abdominal pain, cramps, bloating, colitis, IBS
- Gagging reflex or difficulty swallowing
- Attention deficit disorder, anxiety attacks, rage, panic attacks
- Balance problems, dizziness, or seizures, mini-strokes
- Hyperactivity, behavioral problems
- Neurological disorders such as Alzheimer's, fibromyalgia, MS, Parkinson's
- Tenderness in localized areas, neck, back, etc.
- Chronic post-nasal drip
- Pressure behind eyes or on head, neck, shoulders
- Sleep disorders
- Skin rash, itching, hives
- ADD, ADHD, Rage Disorder
- Blurred vision or difficulty breathing
- Bloated face, dark circles under strained eyes
- Asthma
- Chronic fatigue or sleepiness
- Extreme thirst or dry mouth
- Weight problems, obesity, hypoglycemia
- Excessive perspiring or shuddering and chills

- Difficulty concentrating and poor memory

Is Monosodium Glutamate in your food?

Food manufacturers add Monosodium Glutamate (MSG) to their food products to enhance flavor and therefore encourage consumers to eat more and then buy more of their foods.

In a nutshell Monosodium Glutamate (MSG) enhances people's need for overeating.

The author of "The Slow Poisoning Of America," John Erb, says, **"that human studies indicate that people eat more and eat more quickly when food is laced with MSG."**

How does MSG do this?

MSG stimulates the pancreas to overproduce insulin, which is a factor in diabetic illness.

After ingesting MSG, the insulin stores available sugar in the body as fat, blood sugar levels drop, and the person who ate it becomes hungry, tired and ready to eat again.

MSG is also known to damage the hypothalamus (a gland in the brain that controls hunger.)

MSG not only spikes insulin but also lowers hormones that ward off obesity, premature aging and diabetes. If that's not enough to scare you, it can be damaging to brain cells too.

Someone once told me that if he eats any food product containing MSG, he goes spastic. Another person told me that it makes him go crazy.

If you want to live a healthy life and be slim then you must be alert to the MSG fat traps.

Let's take a pause here.

Do you believe what you just read about MSG to be true?

Do you believe that it can destroy your health?

If you don't believe what you just read, then you don't have any reason to read anymore.

You aren't going to believe anything else about the other four dangerous products and you are not going to take any of the recommendations seriously that are put forward in the remainder of this book.

My suggestion is that you save yourself some time and stop reading now!

However, if you do believe that there is truth about the dangerous ingredients that are being put into our foods and you are going to seriously consider the book's recommendations then keep reading.

What can you do to protect yourself from MSG?

Here are some action steps that you can take.

Next time you go to a restaurant tell them that you have an allergic reaction to MSG and ask them if they use it in any of their food products?

If they say yes, get up and leave.

If they are using MSG, not only is the MSG dangerous, but they may also be adding other dangerous chemicals and ingredients to your food.

It was shocking to find out how many fine eating establishments were using MSG.

Do you want to be healthy?

Do you want to be slim?

As a Health Coach my question to you is:

Are you ready to make a commitment not to eat anything with MSG in it?

How about some homework?

Let me suggest the following.

Take all the food products that have a label on them that are in your refrigerator, freezer or on your shelves and place them on the table.

Your next step is to read the ingredients of every label and to determine if MSG is in that product.

MSG has several aliases that you should be on the lookout for:

- Hydrolyzed vegetable protein
- Hydrolyzed protein
- Hydrolyzed plant protein
- Plant protein extract
- Sodium caseinate
- Calcium caseinate
- Yeast extract
- Textured protein
- Autolyzed yeast
- Hydrolyzed oat flour

All these products are MSG just under a different name.

Now throw the food containing MSG into the garbage can where it belongs.

If you are committed to avoiding eating the chemicals and ingredients that can damage your health, then can you refrain

from using any of them immediately?

Is your health commitment to yourself strong enough that you can toss the products containing MSG into your trashcan right now?

As you go shopping you can slowly and progressively replace new food products that are free from MSG?

Are you going to be able to do this?

Do you realize the health benefits that you are giving yourself by taking this incredible action step?

Our Next Food Topic

There is another ingredient that is deliberately being added to the human food supply that is slowly poisoning the United States population!

The World Health Organization tried to outlaw this ingredient decades ago.

Hundreds of doctors, researchers and scientists are blatantly warning us about the detrimental health effects of this ingredient.

This substance causes cancer, birth defects, heart disease, diabetes and many other fatal diseases.

In fact, this substance causes a cell-by-cell failure of the human body by destroying the porosity and flexibility of healthy cell membranes. It's like tearing your body down from the inside out.

It lets the bad guys into the cells and keeps the good guys out.

What ingredient am I talking about?

Sorry but that concludes the book preview.

The remainder of the book will cover the other four dangerous food products.

You will find out how the other four dangerous food products are destroying your health.

How they are causing obesity in people.

You will be presented with action steps that you can implement to protect your health.

You will also be given other solutions to have great health and to lose weight.

You will feel great!

You will look good!

Most of all, you will always wonder what would have happened to your health if you never would have read

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And
How To Protect Yourself!**

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