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Los aditivos alimentarios corinne gouget pdf

This book makes us aware of the damage supplements can cause to our health: This website uses cookies to give you the best user experience. If you continue browsing, you give your consent to accepting the aforementioned cookies and adopting our cookie policy, click on the link for more information. ACCEPT Cookie Notice What is a food supplement? This is a question posed by thousands of consumers who, when shopping, would like to read food labels and understand all the details, sometimes mysterious, like the code E951. After more than twelve years of experience in the toxicity of dietary supplements, two of the latest, dedicated to a comparative compilation of numerous international studies on the subject, Corinne Gouget finally offers us the opportunity to learn that we are going ingest. Through this easy-to-use guide, we will be able to find out what really lies behind most of the ingredients whose names appear on the packaging and packaging labels in order to consciously decide whether to buy or consume certain products. It is becoming increasingly difficult to know exactly what substances contain the products we will be eating, but thanks to this book the task will no longer be so difficult. What is a dietary supplement? This is a question posed by thousands of consumers who, when shopping, would like to read the food labels and ... Read more FOOD ADDITIVES, LOS., with isbn 978-84-9777-492-5, is Corinne Guget, translator of her original language of this book By Lydia del Alamo Matej, this publication has a hundred and twenty-eight pages. FOOD ADDIDIA, LOS. is part of the catalog EDICIONES OBELISCO S.L. Its inception in the publishing world dates back to 1981 and is now located in Catalonia. The catalogue has more than 1000 books. This publishing house specializes in naturism, alternative therapy, astrology, Juguana psychology, martial arts and others. The editorial fund EDICIONES OBELISCO S.L. is distributed in collections such as audiobooks, magic and occultism, esoteric library, psychology, psychology and self-help among others. The titles that make up the catalog of this publishing house come from famous authors such as Robert Young, Susan Ross, Rosana Lara, Shelley Young, Alma Rodriguez ... encourages literary creativity by organizing awards as a fairytale contest for new talent. Binding: SoftcoverTraductor: LIDIA DEL ALAMO MATEY Every time the tests are more irrefutable and overwhelming, that what we take in the mouth is not products but edible foods that gradually undermine our health and health We recently announced the French documentary Our Children will accuse us of children exposed to toxic substances, especially through food that for the first time in history will live less than its parents, we now repeat this recently published book in Spanish . Food additives. The Danger of Corinne Gouget edited by Obelisco is a book that reveals what is behind the mysterious names like E-951 and that in many cases are really harmful, but legal, concepts that do not always go hand in hand in the world in which we live, in which the FDA and food safety agencies can be controlled (to put it mildly) by the manufacturers themselves. This is the case with E-951 aspartame, whose FDA approval has been highly controversial because it has had scientific reports against affected associations and thousands of documented cases of neurological disorders, but Monsanto and Donald Rumsfeld have been behind. We will talk a lot on this blog about this topic. Corinne Guje, author of The Book of Nutritional Supplements. Danger has already sold 61,000 copies with the French version and in this 128-page book offers us his experience over 12 years in the field of toxicity of food additives and the last 2 collection and comparison of numerous international studies on the subject. The price is about 9 euros. Here are the first 14 pages from which I have extracted these statements to reflect: You should know that while in France there are several media outlets that dare to talk about the outrageous effects of food additives such as aspartame or sodium glutamate among many others, 2007 was full of information on this topic, especially regarding aspartame, sodium glutam and some dyes. They will have the honor of knowing, for example, that on July 28, 2008, EFSA (European Food Safety Authority) banned Red ZG (E128) from being potentially carcinogenic. The previous toxicology assessment was carried out more than 30 years ago. In the meantime, I advise you not to let your guard down as far as your diet is concerned. As for the upcoming results of this reassessment, you can see the press conference proposed by EFSA on 5 May 2006 on the latest aspartame studies conducted by Dr. Solfritti in Italy: yonhewall.com/FlyBroadcast/efsa.eu.int/AspartamePressConference/. You will be able to judge for yourself the seriousness and rigor of these specialists. I encourage all aspartame victims to watch and listen to this press conference in general and calmly without pulling their hair. In this seventh edition, I advise you to discover new research that confirms the toxicity of aspartame and sodium glut in their chapters and encourage their children and grandchildren to lovingly cook rich foods from natural foods like possible. Do you know how many supplements you consume per day? It is estimated that a child can consume up to 100 different each day. . Low-fat products are fashionable and are sold in more than 100 countries around the world. Since these products are licensed and over-the-counter, and as they are also everywhere, you can trust: if it were dangerous, it would be known and my doctor would tell me. Thus, everyone ends up consuming them and sometimes even the families of their doctors. All this without believing anything. I've met many of you in France. Then you chewed sugar-free gum (up to 20 a day!) or light drinks (up to 5 liters per day), ignoring what aspartame or E951 was... A large number of young people suffered from several of the following symptoms: migraine, dark circles, insomnia problems, skin diseases, various allergies, recurring infections (such as bronchitis), weight loss, anorexia, bulimia, back pain, knees (also sometimes joints, shoulders and fingers); In addition to foot binding, hair loss, depression, unexplained anger, learning delays, epileptic seizures, reduced blood platelets, brain spots, brain tumors, etc. almost 40 years ago Dr. John Olney predicted that if E621 would continue to be self-promotion, there would be a global epidemic of diabetes and obesity. Authorities ignored his warning, but Dr John Olney was right, as revealed today. Via: Obelisk Editions Online Store: CORINNE GOUGET OBELISCO Book Garden 1 9788497774925 There are many reasons why the word supplement generates rejection among the population. One reason for recruiting to them, according to nutritionist and food technologist Beatrice Robles, is a large lifter that spread in 1976 when the list of E-numbers that were divided between carcinogenic, suspicious and harmless, is published, a document known as the viliejuf brochure. It was once reported that there was no scientific rigor on the list, and that it was apparently published anonymously by an employee of a soft drink and mustard packaging factory in Villailf, near Paris, to harm his company. It's an example of brutal misinformation that, however, has remained in our imaginary for more than 40 years, Says Robles. erierika / GettyThe supplements are those substances added to foods for technological purposes such as example join the emulsion, provide flavor or color, enhance the taste and above all, the most important function: maintaining food security and extend the shelf life of products . explains Mario Sanchez, food technologist and creator of the blog Seffood.es. According to Sanchez, the global rejection of supplements is framed as part of an ideological trend known as chemophobia, and explains this by the fact that almost always insane foods that are ultra-processed are loaded with additives. Robles agrees: The bad thing about ultra-processors is not supplements, but their nutritional profile, since they usually contain refined flour, sugar, unhealthy insane fats, salt and other combined ingredients to make an irresistible and unhealthy mixture. According to Robles, supplements are safe because for supplements to be on the list of those authorized by the European Food Safety Authority (EFSA) must be behind strong scientific evidence that cannot be misleading: lists are super-tuned. Robles knows, however, that organizations such as EFSA may be under suspicion at certain times when there has been a conflict of interest with the food industry, but it should be noted that EFSA is also made up of prestigious independent scientists belonging to government organizations, have nothing to do with the industry and are dedicated to evaluating the most reliable scientific evidence to date. gopixa/GettyFor, for his part, Sanchez adds that lists of authorized supplements are constantly reviewed and updated and adapt their ADI (acceptable daily consumption) to new scientific reviews. The expert attributes the distrust of most of the population to the misinformation that the consumer, often amplified by the media, suffers from, and others from the food companies themselves, which use some not too honest marketing methods. He is interrogated, in particular, by French nutritionist Corinne Gouget in his book Nutritional Supplements. Danger (Obelisk, 2008): In order to measure the toxicity of additives, studies are usually conducted in laboratory animals (which do not react in the same way as humans), to which only one supplement is administered at a time. And there are species that are not usually laboratory tested and which is the only one that consumes a lot of additives, up to 7 kg per year and per person: human species. In the same line, Naria Coll, director of portals for healthy eating Eiselquemenges, cat and Soycomocomo.es states that you should take into account that supplements are evaluated one by one, but who evaluates the cocktail? Seems to think that the amount of all the toxic substances that we consume can have health consequences, although he says that it is not about demonizing all the block of supplements, as many of them are absolutely necessary to make food safe. There are different types of additives on the market, from acidulants to dyes, emulgenes, flavor enhancers or preservatives, some of which are present in many products. Some serve to change the sensory properties of the product, and here we could discuss whether it is necessary, although this is what is being done to increase the degree of acceptability on the part of the consumer. JoeCologne/Getty Others simply serve to make them safe, albeit always under three fundamental assumptions set by European authorities: that they have no security problems based on scientific evidence, that there is a real technological need and that the use of supplements does not lead to a consumer error, explains Robles. In recent years, we've seen how many companies in the food industry have changed the famous E numbers by the real name of the supplement, which, according to Oakes, seems less scary when in fact it's the same. This gesture, which Sanchez said doesn't make much sense, as the letter E ensures that the supplement is perfectly approved for use in the European Union. However, many anti-additive campaigns, run by food companies, have made the consumer feel terrible by simply reading E, although both options are actually taken: E and general name supplements. Here are some of the most common: Carmine red dye It is derived from pigment extracted from crushed insect shells Dactylopius coccus, explains Sanchez. The last time it was overrated was in 2015, and its biggest problem, Robles notes, is that it may contain some impurities from heavy metals such as cadmium, mercury, arsenic or lead. The technologist assures, however, that the amount allowed by EFSA ensures that we could consume it every day of our lives without any negative effects appearing as the margin of safety set in the supplement lists is very high. It is one of the most common, and is found in dairy desserts, ice cream and many products that have pink or red coloring. ToprakBeyBetmen / GettyTartrazine Another controversial additive is this artificial dye that belongs to a family of so-called azo dyes derived from oil derivatives. The controversy comes from a time that for a while it has been due to childhood hyperactivity, although EFSA notes that these reports have little consistency, says Robles. European Parliament however, it requested that the warning be included in the tetrasin-containing products against the EFSA approach, which had provided it with insufficient evidence. It is found in many products, including paella dyes. Monosodium Glutamate Only the name of this usual flavor enhancer in ultra-processed foods is loaded with negative connotations, though, explains Sanchez, is naturally present in many foods such as cured cheeses, tomatoes and some meats. It is found in almost all ultra-processed snacks, in envelope soups, pre-cooked in general and in some pieces of industrial pastry. For one time, it is associated with the much-known Chinese restaurant syndrome, which consisted of a number of symptoms ranging from headache to hives, seizures and rapid heartbeat, although again scientific evidence does not recognize it, Robles explains. MarkGillow/GettyPrecisally for its spores, sodium glutamate has been overestimated on numerous occasions, the latter in 2017. The technologist insists that a diet rich in sodium glutamate, by definition, would be a bad, more than a supplement, because it tells us that we eat a lot of ultra-processed. In this sense, Coll also emphasizes the addictive nature of this flavor enhancer: When we eat a bag of potatoes it is impossible to stop eating, which causes us to end up eating an entire bag, something harmful from all angles. Nitrates and nitrites, very present in processed meat, are used as preservatives because they inhibit the growth of a very dangerous bacterium, cause botulism, and correct color by being responsible for this intense red hue by pulling some meat and sausages purple, explains Robles. It is naturally found in plants such as beetroot, and its high consumption can produce nitrosamines that are carcinogenic, says the expert, who says we shouldn't be concerned because the EU has maximum limits set and, if exceeded, food cannot be marketed. In this sense, we should not look at both additives and food, and always rely on the consumption of seasonal products and proximity, with a special fame of fruits and vegetables. Call emphasizes the need to change the chip when it comes to feeding and failing the industry's interests. Ideally, we should all go to the market, buy local fruits, vegetables, legumes, meat and fish, and have no need to resort to processed products and therefore are loaded with additives, and say: the industry wants to grow on an additive basis, an unsurpassed fact that Coll says it is not more to the issue also from an ethical and economic point of view. Sweeteners have been circulating for decades on the carcinogenic effects of sucrose, after a study linking the substance to a higher incidence of bladder cancer in mice, Robles explains. Shortly thereafter it was shown that this study has methodological failures as sweeteners, from sucrose to aspartame or cyclamate, have been evaluated and overestimated by European authorities and are safe, in January 2019. The British Medical Journal published a meta-analysis that requested a link between the consumption of sweeteners and not to do so, and concluded that there is no difference between a group that has been exposed to sweeteners and a group that has not been exposed to sweeteners. For Coll, it is curious that all nutritionists agree that sugar is harmful, given that it is also an additive, and yet sweeteners are allowed when aspartame is, along with sodium glutamate, one of the most important issues from different fronts. Carrogens are natural additives, made from red algae, which are used as thickeners in numerous foods. Robles jokes: There has never been a controversy around him, for the disgust of producing a name. Sulfitos While it is true that sulfitos, present in a lot of food and major characters in the wine world recently, can produce allergic reactions in asthmatic people, for the general population they do not have serious problems, explains Robles. Steve Debenport/GettyLectine used as an emulsifier to achieve a stable and consistent blend between a lipid or fat and an aqueous base, explains Robles, who explains that lecithin has never been controversial as it is naturally found in an egg or soy. Soy. los aditivos alimentarios corinne gouget pdf

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