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A FORMER FDA INVESTIGATOR REVEALS HOW HEAVY METALS
FOUND IN OUR FOODS ENDANGER YOU AND YOUR FAMILY,
AND WHAT YOU NEED TO KNOW TO SURVIVE AND THRIVE

UNSAFE AT ANY MEAL

What the FDA Does Not Want You
To Know About the Foods You Eat



DR. RENEE JOY DUFAULT

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Dr. Renee Joy Dufault

Unsafe at Any Meal: What the FDA Does Not Want You to Know About the Foods You Eat



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* A TOP "SUMMER READS" Name - Environmental Health News (EHN) Every year, Americans consume hundreds of food products that contain truly dangerous compounds, including large metals, pesticides, and various other harmful additives?with the blessing of the FDA. Upon further exam, she discovered that the same mercury was also obvious in several processed foods commonly marketed in supermarkets. In *Unsafe at Any Meal*, Dr. Dufault after that devoted her energy to producing the public aware of the insidious risks that contaminate our meals. While at the FDA, Dr. Dufault found that mercury? a highly toxic metallic? was contaminating the plumbing systems of many food manufacturing plants. How come this happening and just why haven't you heard about it? When Dr. Also included is a useful guide to reading meals labels, recognizing misleading marketing strategies, and knowing what to look for? and what to watch out for? in the aisles of your supermarket. Her continued efforts to raise the issue often met with a lifeless end, so she thought we would take an early retirement from the FDA. It then describes the various toxic substances that are mostly within our food supply, and explains how they impact your genes, health, and the surrounding environment. Renee Dufault, former meals investigator for the meals and Drug Administration, supplies the startling answers. This year 2010, she founded an organization of scientists to study the scope of the issue and has published many research articles on this issue with small fanfare. To expose what still seems to be a well-kept key by the FDA, she has written *Unsafe at Any Meal* to supply consumers with the information they need to understand. It further shows how contact with these heavy metals can donate to conditions such as for example ADHD or autism. Dr. Over fifty years ago, Rachel Carson's book *Silent Springtime* exposed the dangers of DDT inside our food source. The book begins with the author's story before the creation of the work. Dufault revealed these disturbing results to her superiors, she was informed to stop her investigation. After examining the Standard American Diet plan, which is sorely lacking in disease-preventing nutrition, it discusses the nation's trend toward eating a skyrocketing quantity of things that can contain heavy metals. Unfortunately, it appears that the problem of food contamination has actually become even worse. Backed by research and first-hand knowledge, Dr. Dufault reveals how the FDA has failed us, and outlines ways to protect yourself as well as your family by knowing what things to avoid and by filling your kitchen with meals that is clear of toxins.



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surprised to discover supplements have toxins read this reserve looking for new sources of toxins I would not find out about. The chapter on heavy metals was especially useful containing details on impurity degrees of food shades and additives. I would have thought having FDA put into action a ban could have been difficult until I discovered that in 2013 the FDA identified that artificial trans body fat ought to be removed from the food supply. No question the incidence of liver disease linked to supplements is increasing. These metals displace zinc from the metal carrier protein metallothionein and result in zinc loss in your body resulting in irritation at many sites. Zara Berg Five Stars Great reserve! One of the more prominent illustrations from the book may be the potential actions of basically banning the usage of food elements or processing aids known to contain large metals. I was interested to find that there are activities the FDA can take to improve community health. For example, vitamins and supplements contain titanium dioxide with the allowable impurities of arsenic, lead and mercury. I came across the suggestion encouraging since it offered me a ray of wish. Important read I highly recommend this well crafted, extremely informative. Generally, the book was uplifting instead of discouraging. It offered me suggestions about how to improve my own diet and hope for the continuing future of public health. Taught me something or two. Raquel Crider, Ph.D. a 30 season veteran of the US Public Health Service, retired. Harry Burns Five Stars I really like this book. It will change the manner in which you eat, and for the better. taught know everything me something or two one very interesting publication filled up with facts every ill or healthy person ought to know. . If the FDA can do that additionally, it may ban ingredients with heavy metals. a dam shame every pregnant woman did not read this years ago. She backs up what she says with many references but much of what she says is very common seance It's a great read! She brings food consumer recognition to the public about our meals supply and how meals public policy regulations work. Dufault's research for a long time. I have been maintaining Dr.!! It's a great browse! Dr. Low zinc status has been connected with Alzheimer's, autism, and type 2 diabetes. Must-Know Information for Parents Dr. This book ought to be examine by everyone who cares about their health Five Stars Very informative. Dufault blows the whistle on the FDA's failing to alert the public about the toxins, chemicals and other chemicals within today's fast food, highly processed and convenience food diet and have a wide-ranging examination of how it affects the health of every member of the family. That is valuable information for individuals of any age group to know about in order to make smarter food and menu options, but specifically for parents raising children to help avoid unwanted wellness consequences. If it's true that food is your medication, you borrowed from it yourself to ensure that what you are serving on your plate isn't poison rather!



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