

Hidden Carcinogens found in Treats included are the 9 Most Popular

We have a nation full of obese children and adults that suffer from fatty liver, diabetes and cancers that are caused from sugar's debilitating side effects. We are not alone when we celebrate and condone with millions of other American parents the chemical dependency addiction day, Halloween. (now called happy candy day)

However, if we want to understand the real truth, this national candy day represents physical and emotional abuse that is linked to pain and inflammation within all organs of the body.

Candy is used not only one day a year, but on several holiday's, birthdays or whatever day we feel the urge to reward ourselves. Unbeknownst to most, candies with artificial hidden chemicals, heavy metals and dyes are not designed to provide us with intelligence!! These seemingly harmless treats compromise our brain and gut health for future generations to come.

Here are some ingredients found in the 9 most popular candies that children seem to love.

Candy Corn is made from refined sugar, HFCS , confectioner's wax a food-grade shellac (1) artificial colors, dyes and binders.

The shellac coating is insoluble in stomach acid and may make the tablet difficult for the body to break down or assimilate. Mercury found in HFCS is a neurodevelopment toxicity.

Tootsie Roll is made from refined sugar, HFCS, partially hydrogenated soybean oil, condensed skim milk, cocoa, whey, soy lecithin, and natural and artificial flavors.

In one tootsie roll there are GMO ingredients from milk, HFCS, soy and sugars. Plus, trans-fats from oils, and MSG from artificial flavors. GMO Roundup TMGlyphosate pesticides impairs digestion and is linked to cancer.

Kit Kat is made from refined sugar and wheat, milk, yeast, salt, chocolate, cocoa butter, artificial flavors, refined palm kernel oil, soy lecithin, sodium bicarbonate, and PGPR. (more GMO soy)

“In 2007, the Chocolate Manufacturers Association, of which Hershey’s is a member, petitioned the FDA to change the legal definition of chocolate to enable producers to use partially hydrogenated vegetable oils in their products in place of cocoa butter.”(5) PGPR is said to decrease the quality of chocolate.

Milky Way is made from refined sugar, cocoa butter, skim milk,(more sugar) chocolate, lactose, milkfat, soy lecithin,(GMO) artificial flavor, HFCS, hydrogenated palm kernel oil, cocoa powder processed with alkali, malted barley, salt, egg whites, and artificial flavors.

Refined sugars increases risk of colorectal cancer. (7) Be aware: dried processed egg whites are not a whole food and unfortunately some dried egg products can come from China, posing risk.

Twizzlers are made from HFCS, enriched wheat flour (flour with added synthetic vitamins) refined sugar, cornstarch; palm oil; salt; artificial flavor, mono and diglycerides; citric acid, potassium sorbate (a preservative); artificial color red 40, mineral oil, soy lecithin, and glycerin. Mineral oil is a petroleum product.

“*Indirect* additives from synthetics in food include: pesticides, solvents, and packaging-derived chemicals.”(9) Artificial Red Dye 40 can cause allergic reactions and is contaminated with known carcinogens.(10)

Twix are made from refined sugar, cocoa butter, chocolate, skim milk, lactose, milkfat, soy lecithin, PGPR, Enriched Wheat Flour, Hydrogenated Palm Kernel Oil and/or Palm Oil, HFCS, Skim Milk, Dextrose, Salt, Cocoa Powder, Baking Soda, Soy Lecithin, Artificial Flavor.(11)

Trans-fats are artificially produced, can damage heart health, are linked to Alzheimer's and can pass the blood brain barrier. Enriched wheat flour is a processed food devoid of nutrients, is known to disrupt good gut bacteria, and has a hidden connection to brain fog and Alzheimer's. (12)

Skittles are made from refined sugar, HFCS, hydrogenated palm kernel oil, citric acid, tapioca dextrin, modified corn starch, natural and artificial flavors, colors (red 40 lake, titanium dioxide, red 40, yellow 5 lake, yellow 5, yellow 6 lake, yellow 6, blue 2 lake, blue 1, blue 1 lake), sodium citrate and carnauba wax.(13)

Tapioca dextrin is a GMO sweetener. Caution: there are huge amounts of toxic colors and dyes here. Titanium dioxide poses a cause for concern because it can be hazardous to our central nervous system. (14)

Whoppers Malted Milk Balls are made from refined sugar, HFCS, partially hydrogenated palm kernel oil, whey, malted milk (barley malt, wheat flour, milk, salt, sodium bicarbonate), cocoa, resinous glaze, sorbitan tristearate, soy lecithin, salt, natural and artificial flavors, calcium carbonate, tapioca dextrin. (15)

Sorbitan tristearate, a wax and may be harmful to the liver in high doses. Calcium carbonate is found in antacids and can disrupt magnesium levels.

Reese's Peanut Butter Cups are made from milk, chocolate, refined sugar, cocoa butter, chocolate, no fat milk, milk fat, lactose, soy lecithin, PGPR, peanuts, dextrose, salt, TBHQ and citric acid.(16)

TBHQ is a product derived from petroleum.

As you can see, there are no quality nutrients found in these candies, **but** the major concern is found in the chemicals, trans-fats, HFCS, synthetics, pesticides, refined sugars, GMO's, dyes, wax, petroleum products and carcinogens that can harm our health.

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footnotes:

1-Shellac- https://en.wikipedia.org/wiki/Pharmaceutical_glaze

2- Mercury- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2773803/>

3- Tootsie Roll- https://en.wikipedia.org/wiki/Tootsie_Roll#cite_note-13

4-Kit Kat- https://en.wikipedia.org/wiki/Kit_Kat#Ingredients

- 5- PGRA- <http://www.progressive-charlestown.com/2012/02/things-you-probably-dont-want-to-know.html>
- 6- Milky Way- <http://whatisthatingredient.com/product.php?id=12>
- 7- Refined sugar - <https://www.ncbi.nlm.nih.gov/pubmed/8375922>
- 8- Twizzlers- <http://www.care2.com/greenliving/what-exactly-are-twizzlers-made-of.html>
- 9- <https://www.ncbi.nlm.nih.gov/books/NBK232618/>
- 10-Red Dye 40- <https://cspinet.org/new/201006291.html>
- 11-TWIX- <http://www.fooducate.com/app#!page=product&id=B51818E4-E109-11DF-A102-FEFD45A4D471>
- 12- Wheat- <http://amazingdiscoveries.org/ad-magazine-archive-winter-2012-1>
- 13- Skittles- <https://www.reference.com/food/ingredients-skittles-8fde815ac8e19c#>
- 14- Harmful to brain- <https://www.ncbi.nlm.nih.gov/pubmed/26274697>
- 15- Whoppers- <https://en.wikipedia.org/wiki/Whoppers#Ingredients>
- 16- Reese's- <http://livingtraditionally.com/reeses-peanut-butter-cups-too-cheap-and-full-of-toxic-chemicals/>
- 17- Food from China- <http://chinadigitaltimes.net/2008/09/list-of-toxic-foods-you-got-to-know/> see also Mars opened in China <http://www.mars.com/china/en/brands/chocolate.aspx>