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ADDITIVES UNCOVERED: What's In Your Food And How It Affects You



Synopsis

Our food is our life-blood, and can even be our medicine, we owe it to ourselves to make better choices with regards to what we eat."ADDITIVES UNCOVERED: What's in your food and how it affects you" can provide you with everything you always wanted to know about food additives in a way that is easy to understand and quick to use as your reference book on a daily basis. And because we're all different, each with our own issues and personal circumstances, it also offers lists, tips and suggestions to cater for many different health problems, dietary concerns, children, beliefs and more.ADDITIVES UNCOVERED: What's in your food and how it affects you:-Deals comprehensively with all food additives in use throughout the USA, Europe, Australia and New Zealand.-Has an easy to use system that allows you to see at a glance whether each additive poses a potential threat to you, your children, or is against your beliefs.-Lists and cross-references the multiple names for each additive to make it easy to quickly identify any additive no matter where you live.-Examines every single additive in detail and provides recommendations to meet the needs of all consumers. Youâ™™ discover what products are likely to contain certain additives as well as easy to remember guidelines to make shopping easier.-Offers lists, tips and suggestions to cater for many different health problems, dietary concerns, children, beliefs and more.-Allows you to increase the power you have over food marketers as well as your own health.-Is packed full of interesting anecdotal snippets as well so it is not only informative but also fun to use.

Book Information

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Customer Reviews

ADDITIVES UNCOVERED: What's in your food and how it affects you -This is the most informative and useful book on food additives I've seen. As several of us at home have conditions that need watching, I'm finding it really helpful to know what we should be avoiding and also I've discovered a lot of things that I didn't know about before. The layout of the book really makes it easy to find what I need when I need it, while the contents are clear and informative without being technical. Not only that, but helping to keep it an interesting read, there are also frequent anecdotes and bits of trivia dotted around the book that have had me raise an eyebrow in amazement a few times. As far as I am concerned, this is certainly THE book on additives and I would recommend it to anyone who is interested to know just what goes into their food and most importantly what steps to take towards healthier eating. Two thumbs up!

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