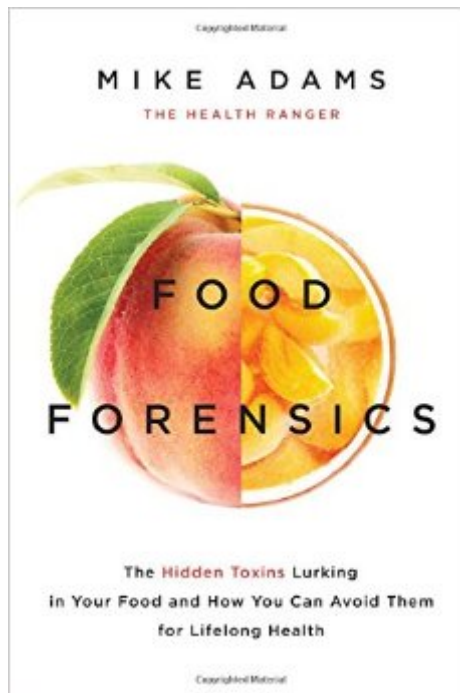


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# Food Forensics: The Hidden Toxins Lurking In Your Food And How You Can Avoid Them For Lifelong Health



## Synopsis

What's really in our food? Award-winning investigative journalist and clean food activist Mike Adams, the "Health Ranger," is founder and editor of NaturalNews.com, one of the top health news websites in the world, reaching millions of readers each month. Now, in *Food Forensics*, Adams meticulously tests groceries, fast foods, dietary supplements, spices, and protein powders for heavy metals and toxic elements that could be jeopardizing your health. To conduct this extensive research, Adams built a state-of-the-art laboratory with cutting-edge scientific instruments. Publishing results of metal concentrations for more than 800 different foods, *Food Forensics* is doing the job the FDA refuses to do: testing off-the-shelf foods and sharing the findings so the public can make informed decisions about what they consume or avoid. In *Food Forensics*, you'll discover little-known truths about other toxic food ingredients such as polysorbate 80, MSG, sodium nitrite, pesticides, and weed killers such as glyphosate. Adams reveals stunning, never-before-reported details of heavy metals found in recycled human waste used on crops and in parks, and he explains how industrial pollution causes mercury, lead, and cadmium to end up in your favorite protein powders. This book will forever change your view of food safety, regulation, and manufacturing. When you know what's really in your food, you can start making changes to protect yourself against serious diseases like cancer, all while maximizing your natural immune defenses against infection and disease.

## Book Information

Paperback: 320 pages

Publisher: BenBella Books (July 26, 2016)

Language: English

ISBN-10: 1940363284

ISBN-13: 978-1940363288

Product Dimensions: 5.9 x 1.2 x 8.9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (92 customer reviews)

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## Customer Reviews

First off, I must applaud Mike Adams for his book, no matter how long it took to write - I suspect he may even get death threats over publishing this and it is completely possible that it may pull it off the shelves eventually. I purchased this book directly from Mike's store so that I could get it before it could. This is information that people need to KNOW about store-bought food (and herbs and spices), but are not aware of. This is information that can save you lots of pain and suffering, as well as inform you about what you are feeding your children and families. (I have been aware for some time now, but I always look for more information and Mike and NaturalNews.com is a GREAT source of reliable info). I like how Mike explains each toxin and overviews what it can do to the human body. I like that there is a database of foods he has tested, that lets you know what you might expect to be lurking in your cinnamon or tea. I LOVE that Mike lists fast food items that he has tested also. It's so bad, so toxic that you should STOP eating McDonald's, Burger King, Taco Bell and all the others as well IMMEDIATELY. I also like that all of his information is WELL DOCUMENTED ---so if you want to fact check some of the things he talks about, you can do it yourself---and I do recommend you look at this stuff for yourself. Things I feel need to be added: Distill your own drinking water rather than filter.....and grow your own food whenever possible, keeping in mind that these toxins are put into store-bought soils also - like miracle grow. Also, be careful what you compost for your garden, as toxins will leech into your own soil. Garbage in, garbage out. Also keep in mind what "air pollutants" are being sprayed --- even collected rainwater needs to be distilled. I am buying this book for everyone in my family for Christmas. The only gift I want in return is that they read it and become better informed, taking control and responsibility for their own health. Perhaps when everyone's eyes are open, Monsanto and the other GMO pushers will finally be done away with in the United States, as they have been in many other parts of the world.

While I think this is a good book for those who would like information on the different toxins, most of the results included do not include any brand names. It will just say "multivitamin" or "chlorella." I bought this book hoping for specific results or grades on different brands. I guess I will just have to rely on Consumer Lab for that. Most of the information in this book was pretty much information already known and talked about on Natural News and Dr Mercola's site. Overall not a terrible book but was definitely hoping for more!

There are two reasons Food Forensics is a scary book. The obvious one comes second: it is unbelievable how widespread toxic, fatal chemicals are. The first reason is that Mike Adams had to

purchase his own ICP-MS lab equipment and have it professionally calibrated so that he could see how much of these toxic chemicals and metals are present in food, makeup, cans, bottles and plastic products. His lab is ISO-accredited. He did this because the information is not available anywhere else. He says we might find it bizarre the US government does not do this, and that he is the only reliable source. It is bizarre, period. In his lab, Adams has been analyzing thousands of products. He determines how much lead, mercury, cadmium, and arsenic they contain. Far too often, the answer is far too much. Thousands of times the legal maximums. But since no one is required to report those facts on labels, no one bothers to take the measurements. Ignorance is legal bliss. Things are so bad that cognitive deterioration is the new baseline, the new normal just for the living in the Anthropocene Era-The FDA used to be renowned for banning any chemical in food that might cause cancer. Now it rates how much of each carcinogen to allow in food.-“USDA Certified Organic” and “All Natural” permit the inclusion of hexane and acetone-Tests of 400 lipsticks showed lead in every single one-We are so used to lead poisoning our brains we consider cognitive decline in our older years normal-Arsenic pesticides in Washington state so saturated the soil that apple juice is loaded with it, 30 years after they stopped using it.-The majority of mercury pollution in the world comes from dental applications. Even cremating bodies releases mercury back into the biosphere.-Monsanto requested and received approval for up to 6000 ppm of Glyphosate (Roundup) in potatoes, and neither USDA nor FDA bother to test for it.-For FDA rules, half a gram of trans fats rounds DOWN to zero (“Contains no trans fats!”) for labeling purposes.-People with many chronic conditions showed improvement within two days of ending their intake of aspartame.-Children have far fewer ADHD issues when artificial food colorings are eliminated.-BioSolids “recycled excrement” - allows rejected toxins to re-enter plants and animals. The book is divided into sections, detailing the stories behind metals, and chemical compounds we live in. The last section of the book is actual test results, with large, worrying numbers. Unfortunately, Adams has chosen to hide brand names, so there might be ten examples of test results of the same product, but you have no idea what brands they might be. I would very much like to see his analysis of bottled waters, and am surprised he has no data to present. It looks more and more that Jack Lalanne was right: If Man made it, don’t take it. David Wineberg

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