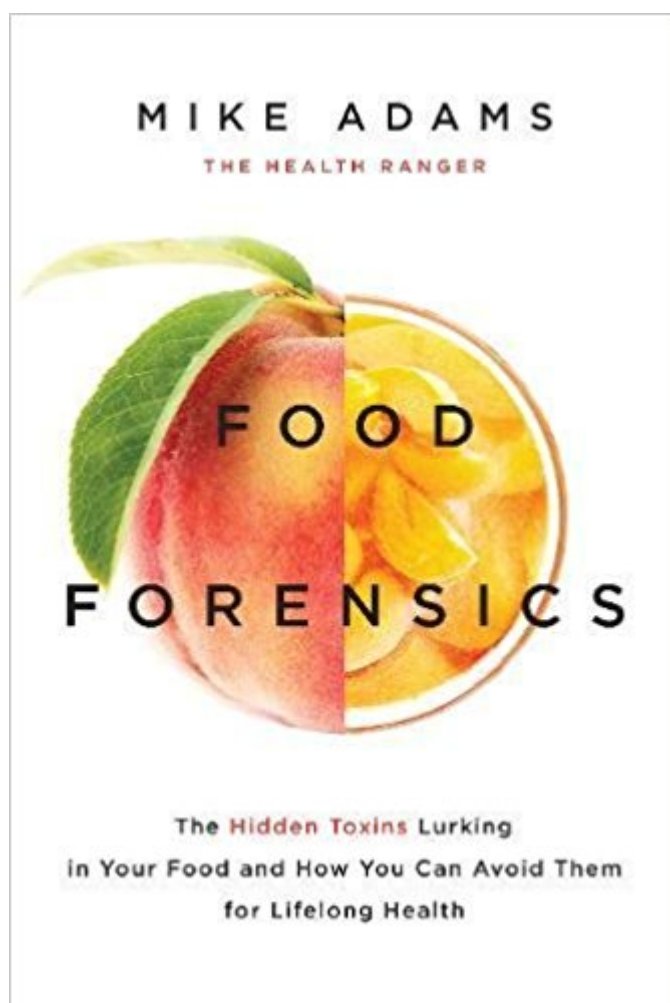


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# Food Forensics: The Hidden Toxins Lurking In Your Food And How You Can Avoid Them For Lifelong Health



## Synopsis

What's really in your 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: 392 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: 4.4 out of 5 stars 208 customer reviews

Best Sellers Rank: #27,998 in Books (See Top 100 in Books) #5 in Books > Politics & Social Sciences > Politics & Government > Public Affairs & Policy > Agriculture & Food Policy #29 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #30 in Books > Science & Math > Experiments, Instruments & Measurement > Methodology & Statistics

## Customer Reviews

"Food Forensics definitely is a 'must have' book for serious-minded researchers, healthcare practitioners and consumers, plus everyone who eats. . . . It's a virtual 'encyclopedia' about toxins we don't know about in our foods." #151;Activist Post "Impressively researched, exceptionally well written, thoroughly 'reader friendly' in organization and presentation, [it] is a consistently informed and informative read from beginning to end." #151;Midwest Book Review #147;Food Forensics is an incredible, ground-breaking book. Just buy it. And read it. You won't be sorry. It might be the best decision of your life." #151;Ty Bollinger, author and documentary film producer, TheTruthAboutCancer.com #147;Mike Adams has done a great service for all those who are concerned about the quality of what goes into their body. Food Forensics is an essential reality guide to food and water in the 21st century." #151;Robert Scott Bell, D.A. Hom. "Radical, irreverent, always provocative. Mike Adams new book, Food Forensics, should be required reading for all the Big Food, Big Biotech apologists who continue to poison and mislead us, as well as for activists and concerned consumers." #151;Ronnie Cummins, cofounder and international director of the Organic Consumers Association "I emphatically agree that this book is an important public record of scientific truth. An amazing job on so many levels and an absolute must-read." #151;Michael T. Murray, N.D., coauthor of The Encyclopedia of Natural Medicine #147;Mike Adams has done a real public service by exposing the deceit and arming consumers with the knowledge to make informed decisions about the food they eat. Food Forensics is a must read for anyone wanting not only to avoid disease, but to achieve optimal health and wellbeing." #151;Gretchen DuBeau, executive and legal director of the Alliance for Natural Health #147;It's not enough to just read the labels these days. In this book, Mike exposes some of the most prevalent, hidden dangers in your food that he's identified through years of research and scientific testing#151;you won't find any of these listed in the ingredients. But he doesn't just expose these toxic chemicals, he gives you roadmap to help you and your family avoid them to confidently live a healthy and happy life." #151;Kevin Gianni, author of Kale and Coffee: A Renegade's Approach to Health, Happiness and Longevity

Mike Adams, known as the "Health Ranger," is an outspoken consumer health advocate, award-winning investigative journalist, internet activist, and science lab director. He is the founder and editor of NaturalNews.com, the internet's most-trafficked natural health news website. He is also the creator of CounterThink.com, FoodInvestigations.com, HealingFoodReference.com, HonestFoodGuide.org, and several other websites covering natural health topics. Adams is a prolific writer and has been called "the best health and natural products writer on the scene today,"

by Ronnie Cummins, founder, Organic Consumers Association. He has received accolades and testimonials from several key influencers in the natural health space, including Dr. Michael T. Murray and raw food pioneer David Wolfe.

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

A good resource, and very interesting. I haven't read the entire book yet, just certain sections. But I have glanced through most of it and it looks to be a good resource for information on toxic substances, and the specific foods, vitamins and supplements they are used on and in, and how they adversely affect our bodies. It also exposes supplement manufacturers who lie about the effectiveness and healthfulness of their products. I am impressed that Mike Adams (The Health Ranger) did this research and put together the laboratory necessary for testing off-the-shelf supplements and foods (if "food" is what you want to call much of it). I truly hope this book is a huge best seller, as was Kevin Trudeau's "NATURAL CURES They Don't Want You to Know About," which I also highly recommend reading. If it is a huge best seller, Mike Adams may be able to recoup some of the money he has spent on the state-of-the-art laboratory and equipment in order to write this book. I am confident it will be as instrumental in helping people with their health challenges as was Trudeau's "Natural Cures" book. If it weren't for Trudeau's book, I would still be a stupid idiot believing in my government, and that it was doing the job of helping to protect my health from unscrupulous corporate entities. Kevin Trudeau was a life saver for me, because before reading his book, I was beginning to develop debilitating, chronic illness from the foods, liquids and substances I put on and in my body, which included showering in unfiltered water and using soaps made from man-made chemicals. I did only one thing Trudeau suggested in his book, and that was to be aware what I was putting in and on my body. He suggested I stop eating canned, boxed, and prepared foods, including artificial sweeteners and replaced them with organic and whole foods as well as drinking and bathing in purified water. Within a matter of weeks, I was free of pain in my shoulder and hip and was no longer lethargic and too tired to do anything. In fact, I had more energy than I knew what to do with. I remember also that for many years, I had no initiative to learn anything, and I now know that was caused from artificial sweeteners. That was 10-15 years ago and from that time until now, I have suffered NO pain or lethargy, or any other debilitating diseases, like arthritis, fibromyalgia, or the like, that so many people my age, and even younger, suffer from. I learned from Kevin Trudeau that so much of the food and meats sold in the supermarkets are poisoning and debilitating for us. Thanks to the primarily whole foods, organic meats, fruits and vegetables that I consume, I am a healthy, energetic, pain-free and young-looking 65 year-old woman. That seems

pretty old, even to me, and I hardly can believe it's true. I know most people are shocked when I tell them. I believe this book, "Food Forensics," will go a long way to further our knowledge about what is sickening us and how to prevent it.

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!

Lots of good information but very technical. I was glad to read about the food industry and how it is affecting our lives and health so I am able to protect my family. But, took a long time to read as it was not written for the average person.

This is a great read for anyone wanting to know just what exactly is in our food. It can be a bit technical, but it's worth pushing yourself to understand. Don't be intimidated by the technical jargon- it's very understandable in the way the author breaks it down. I was shocked, angered, and inspired by the information in this book. I have already recommended it to several friends and family, and even shared some of the information I learned.

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