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***Food Preservatives Nitrates & Natural -Organic Products***

A very eye opening article appeared in the NY Times on 7/1/11 titled “What’s Inside The Bun? This article brought to light how labeling on food can be very deceptive, but not necessarily on the part of the manufacture. I have fallen prey to this as many of you might have. I am always interested the maintenances of my and my family’s health and the prevention of disease by eating properly. So it would be reasonable to try to buy and eat foods that are “natural” and “organic”. However some of the arcane federal rules of the U.S.D.A., labeling allow the manufactures of food such as hot dogs, bacon and other lunch meats to be labeled as “Uncured” and “No nitrates or nitrites added”, as long as no artificial chemicals have been added.

This has occurred in products from beef, pork, turkey and chicken that may go into different luncheon meats and hot dogs that are being advertised as free of preservatives and nitrates. These type of meats that contain nitrates when cook on high heat can produce a byproduct of nitrosamines that are possible carcinogenic agents linked to colon cancer and should be avoid or limited in our diet. So what can we do, stop eating these products or learn how to combine other nutrients that will neutralize nitrosamines. I know that we all should be able to enjoy a good hot dog once in a while without worrying about the consequences, does that seem reasonable?

Like most of us I have spent extra money for organic and nitrate free products thinking I was doing a good thing such as buying meat products such as Applegate Farms a leading brand producer of natural and organic processed meats. What this and other companies use to preserve their meats products, which is necessary to prevent botulism is celery powder or celery juice, which are high in nitrates. These are the cousins to the synthetic sodium or potassium nitrates used by the old-fashioned Oscar Mayer wiener and actually my have as much or even more nitrates. So what are we to do?

The answer to this question is simply be more aware, read product labels more carefully and learn more about nutrition and how your body works. Either synthetic or natural Nitrite which is (NO<sub>2</sub>) and this is also broken down in your body to Nitric Oxide (NO). In your body nitric oxide is released by the cells that line your arteries and this reduced your blood pressure and its effects in males ability to have an erection. It is also what your white blood cells release to kill bacteria and virus. So not all thing that nitrate produce are always harmful there is benefits in healthy functioning of the cardiovascular and immune systems.

The idea that things that are natural and organic are always good for you may not always be true. We spend extra on fruits and vegetables that are organic raised which should

mean that not chemical fertilizers or insecticides were use in the production. We see more supermarkets have these products available and food chains such as Whole Food also know as “Whole Paycheck” carry these lines. But are they worth the expense? In some instances the answer is yes in other the answer in no. Fruits and vegetable that have thin skin it better to buy organic, but those with thick skins such as avocado, bananas, and pineapple it doesn't pay.

What you can do in your daily living habits is to included certain supplements that will guard against the effect of cooking of meats that produce nitrosamines, another toxin that can be easily blocked is one formed by fungus that grow on grain products. This is known as Aflatoxin B and can lead to liver failure or cancer in this organ.

The two supplements that block nitrosamines are Vitamin C and Chlorophyll and both should be used daily in your diet. These are relatively inexpensive and should be taken twice daily. As far as Vitamin C a natural form is better utilized than synthetic ascorbic acid and at least 1000 mg. should be used. Chlorophyll usually comes in about 60 mg. in most brands and you will find it in three forms dried powered, liquid, and finally oil based. Since chlorophyll is only oil soluble the form that come in gelatin perles are usually the best form. I recommend these and have used for myself and my family for more then 35 years Standard Process Labs. (chlorophyll complex) and Moss Nutrition chlorophyll. You can order either from our office at a discounted price. Just call us today.

Another benefit for supplementing with chlorophyll is it reduces the formation of guanidine which come from the metabolism of protein in our diet. If this is too high it can cause or aggravate arthritis. It also blocks polycyclic aromatic hydrocarbons such as the formed in smoking and from other hormonal changes, making chlorophyll one of the best cancer preventatives we can have in our diet. Obviously we get this by eating green vegetables, but supplementation makes good sense. These fact can be checked out further at the Linus Pauling Institute, Oregon State University ([lpi.oregonstate.edu](http://lpi.oregonstate.edu)).

Looking forward to helping you, your family and friends to maintain your help and live pain free.