

## Dangers of Food Coloring

### **BIBLE:**

**3 John 2** – “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

**Psalms 103:4-5** – “Who redeemeth thy life from destruction...Who satisfieth thy mouth with good things...”

**Isaiah 55:2** – “...eat ye that which is good...”

\*The word **GOOD** here from the Hebrew section of the Strong's Concordance comes from #2896 = **Best, Pleasant, Prosperity, Welfare (which also means Beneficial)**

**Proverbs 26:2** – “...so the curse causeless shall not come.”

**Job 29:16** – “...the cause which I knew not I searched out.”

### **SOP:**

“When the abuse of health is carried so far that sickness results, the sufferer can often do for himself what no one else can do for him. The first thing to be done is to ascertain the true character of the sickness and then go to work intelligently to remove the cause...” (MH 235.1)

“Be sure that as a rational Christian sentinel you guard the door of your stomach, allowing nothing to pass your lips that will be an enemy to your health and life.” {CD 102.1}

“Our food should be plain and free from all objectionable elements, but let us be careful that it is always palatable and good.” {LLM 545.3}

“Abstinence from all hurtful food and drink is the fruit of true religion.” (9T 113) (CD 457.1)

“The idea SHOULD NEVER BE GIVEN that it is of but little consequence what we eat...” (CD 198.4)(CH 151.1)

### **MEDICAL SCIENCE:**

#### **THE CONSUMPTION OF FOOD COLORING RELATED TO MANY DISEASES SUCH AS:**

- Abdominal pain
- ADD
- ADHD
- Allergies
- Asthma Attacks
- Bladder Tumors
- Brain Tumors
- Breathing Difficulties
- Cancer
- Chest Heaviness
- Chromosomal Damage Dermatitis
- Distaste for Food

- Genetic Damage
- Hives
- Immune Problems
- Kidney Problems
- Nervous System Malfunctioning
- Rashes
- Sterilization
- Thyroid Tumors

#### **FOOD COLORING IS FOUND IN:**

- Alcohol
- Breath mints
- Cake mixes
- Cakes
- Candy gel for writing on cakes
- Candy sprinkles that go on cupcakes
- Canned fruit
- Canned meats
- Chips (Hot Fries, Doritos, etc.)
- Cookie dough
- Cream cheese flavored spreads
- Desserts
- Donuts
- Fast food
- Frostings
- Goobers
- Gum\*food flavorings
- Hard candies
- Hi-C
- Ice cream
- Jam
- Jellies
- Kool-Aid
- Licorice
- Maraschino cherries
- Meat
- Pies
- Pop tarts
- Punch
- Soda
- Some juices
- Syrups to make icees
- Syrups to make snow cones
- Toothpaste
- Wine
- Yogurt
- And much, much, more

**Natural food coloring can be found in health food stores nationwide.** However, because of the increased price, very few manufacturers use natural food colorings for their products.

### **HOW TO MAKE RED, YELLOW, BLUE, AND GREEN FOOD COLORING NATURALLY**

[http://www.ehow.com/how\\_5070273\\_make-food-coloringscratch.html](http://www.ehow.com/how_5070273_make-food-coloringscratch.html)

**Red** = Beets

**Yellow** = Turmeric

**Blue** = Blueberries

**Green** = Spinach

### **LINKS TO LEARN MORE ABOUT FOOD COLORING:**

[http://science-news.org/artificial-food-coloring/artificial-foodcoloring\\_dangers/](http://science-news.org/artificial-food-coloring/artificial-foodcoloring_dangers/)

<http://drbenkim.com/node/114>

<http://www.home-remedies-for-you.com/blog/food-color-sideeffects.html>

<http://www.feingold.org/effects.html>

**Read more: The Effects of Food Coloring on Health | eHow.com**

[http://www.ehow.com/facts\\_5600596\\_effects-food-coloringhealth.html#ixzz1Hg8ZN5OV](http://www.ehow.com/facts_5600596_effects-food-coloringhealth.html#ixzz1Hg8ZN5OV)

**8MR** = 8 Manuscript Release

**9T** = Testimonies to the Churches, Volume 9

**CD** = Counsels on Diets and Foods

**CH** = Counsels on Health

**LLM** = Loma Linda Messages

**MH** = Ministry of Healing

**FLAVOR SUBSTITUTE** – Substitute Whole Wheat Flour in place of the Nutritional Yeast Flakes **IN SOME RECIPES.**

**Link to my blog:**

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/12/food-coloring-dangers.html>