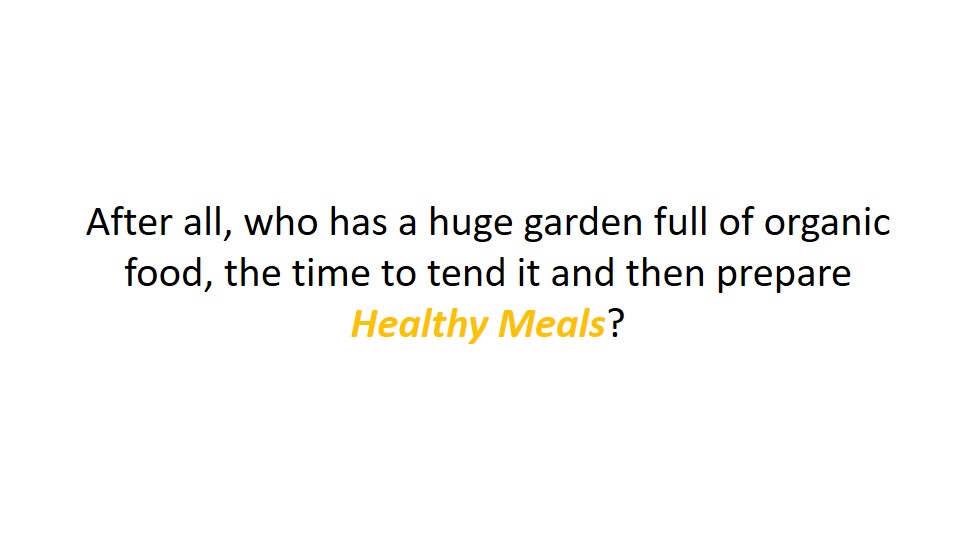
**Terrifying Facts Food Companies Don’t Want You To Know**



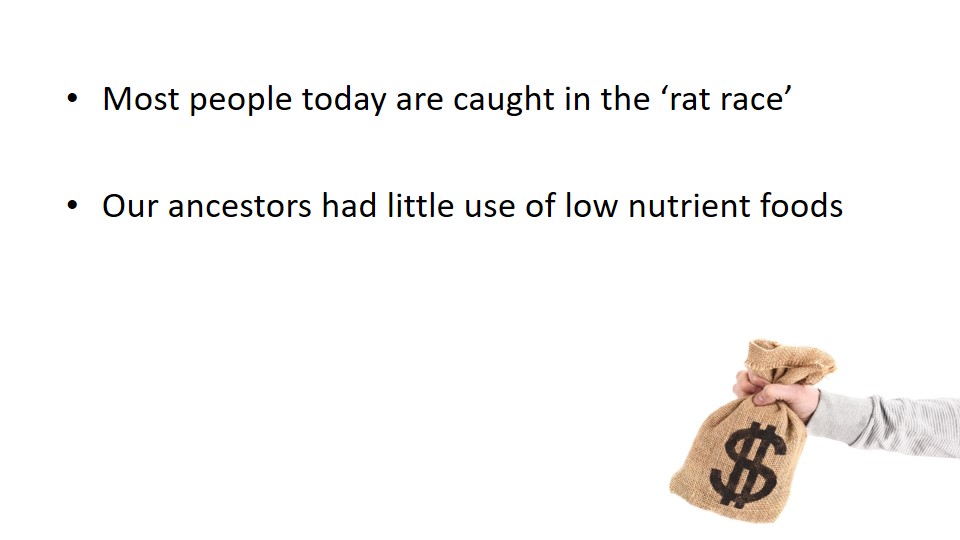
**S1**: In this video, we’ll talk about the terrifying facts food companies don’t want you to know



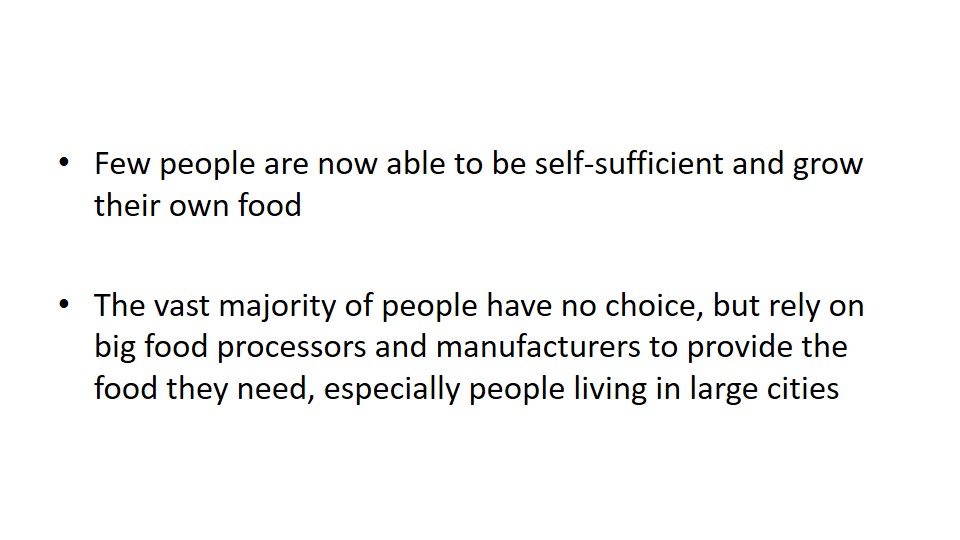
**S2**: It is not surprising that people are eating so much of the wrong types of foods these days.



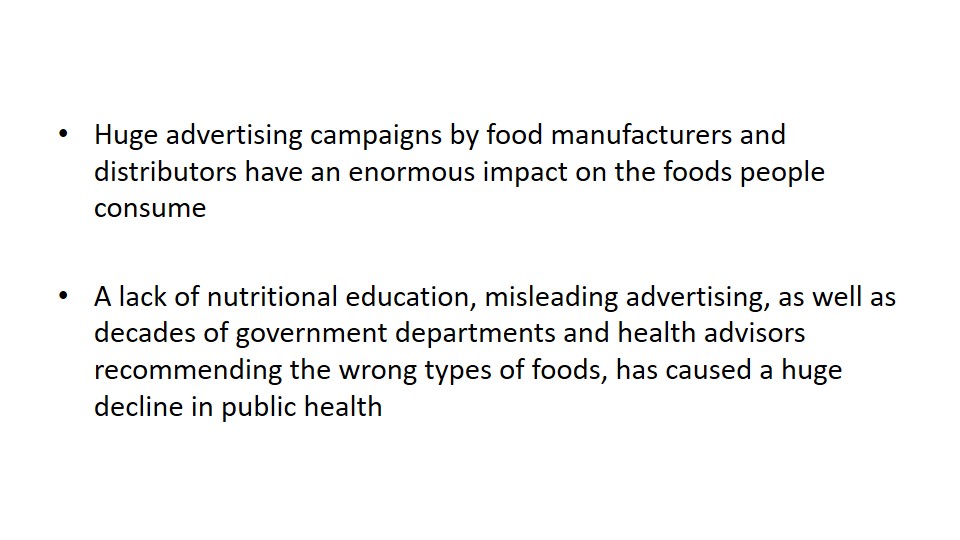
**S3:** After all, who has a huge garden full of organic food, the time to tend it and then prepare healthy meals?



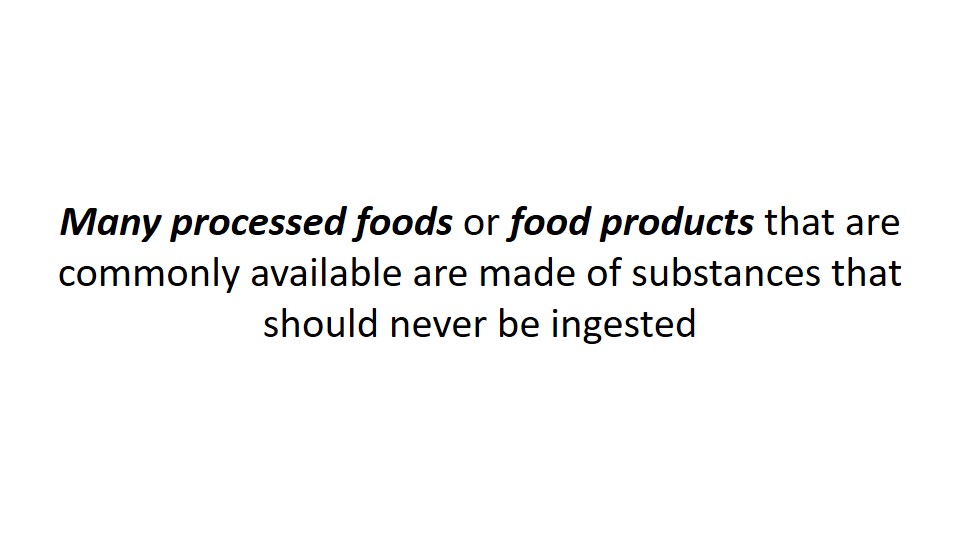
**S4**: Most people today are caught in the ‘rat race’. Our ancestors worked very hard to etch out a living, but their work was more directly related to their food production and living conditions, being largely hunters and gatherers. Any trading was done using things they had caught, killed or made rather than doing work that was unrelated to their basic survival. Our ancestors had little use of low nutrient foods.



**S5**: Few people are now able to be self-sufficient and grow their own food. The vast majority of people have no choice, but rely on big food processors and manufacturers to provide the food they need, especially people living in large cities.

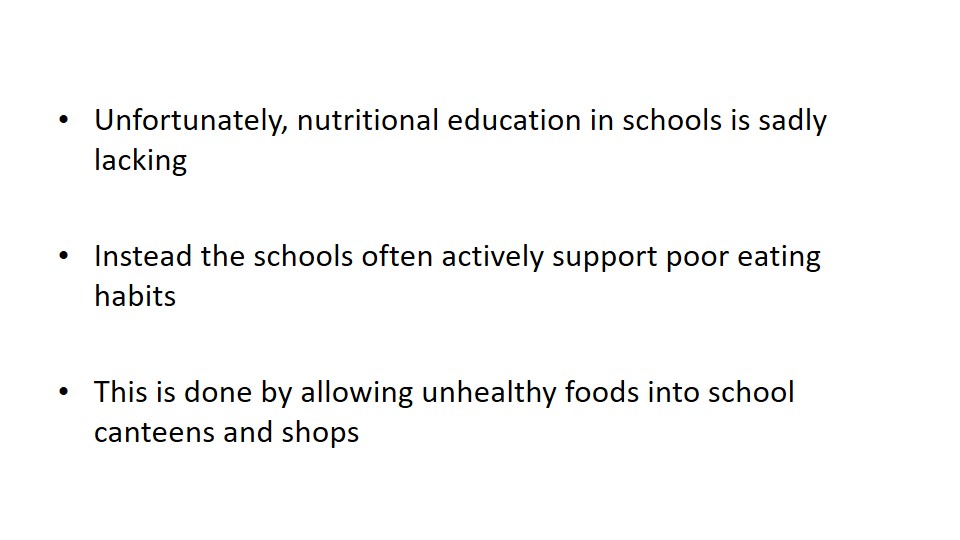


**S6**: Huge advertising campaigns by food manufacturers and distributors have an enormous impact on the foods people consume. A lack of nutritional education, misleading advertising, as well as decades of government departments and health advisors recommending the wrong types of foods, has caused a huge decline in public health.

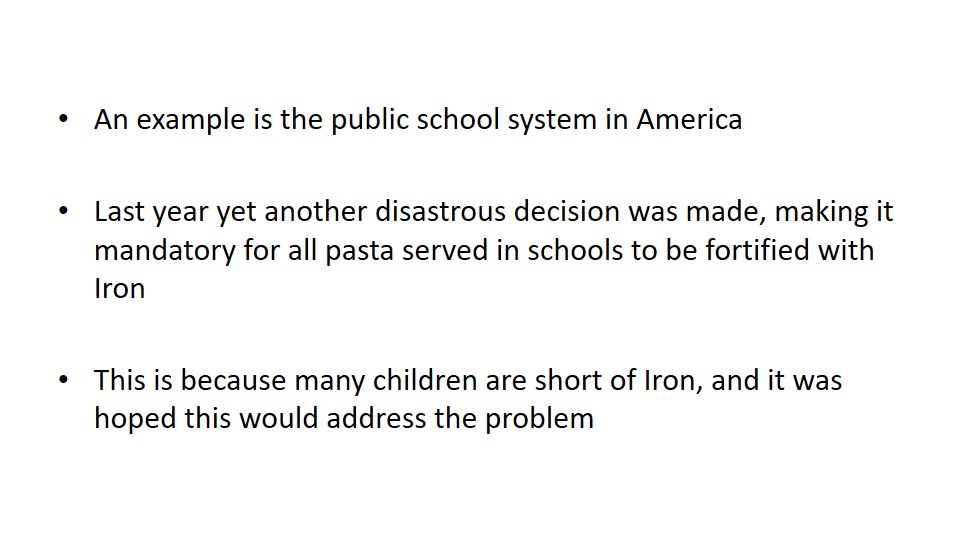


**S7**: Many processed foods or food products that are commonly available are made of substances that should never be ingested. When you go into a supermarket or a convenience store, you will find aisles and shelves packed full of food products that claim to be healthy and/or help you lose weight.

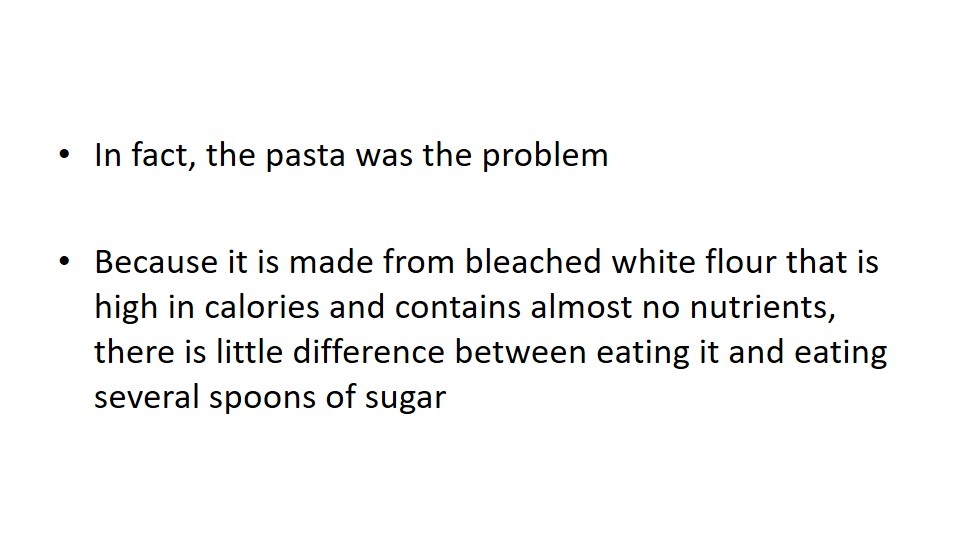
They all have bright, inviting pictures, often of thin, smiling, healthy, young people or wording to suggest they are delicious and also organic or healthy. These are all created by companies that specialize in promoting products and advertising to get you to buy them.



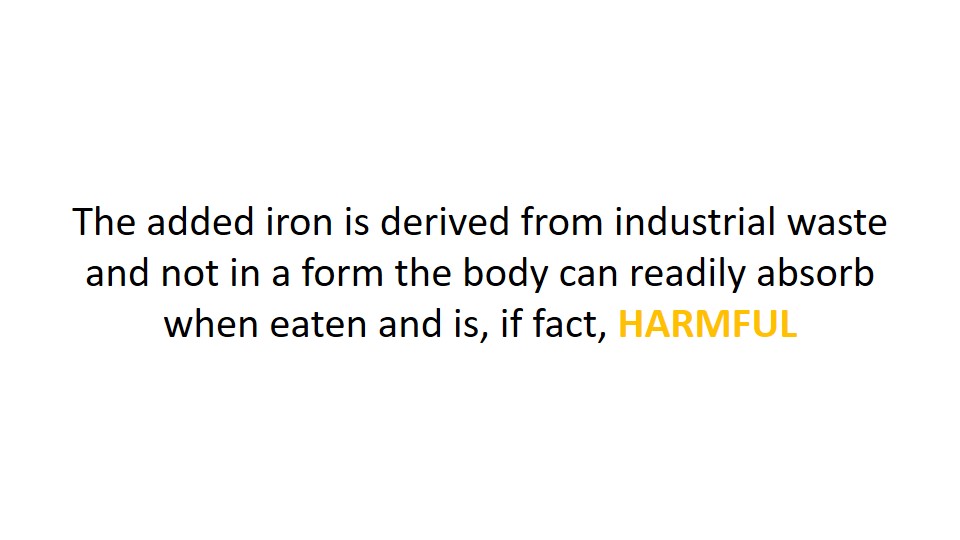
**S8**: Unfortunately, nutritional education in schools is sadly lacking. Instead the schools often actively support poor eating habits. This is done by allowing unhealthy foods into school canteens and shops.



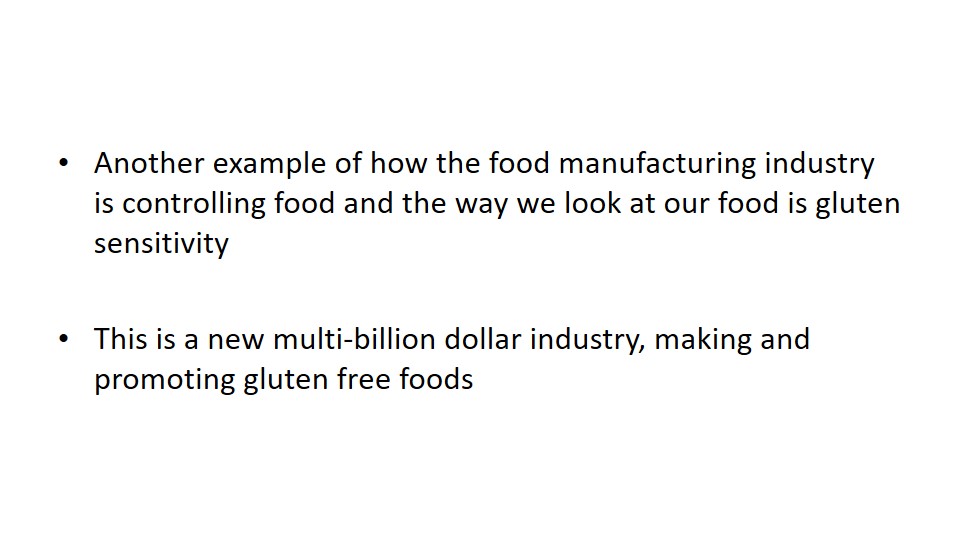
**S9**: An example is the public school system in America. Last year yet another disastrous decision was made, making it mandatory for all pasta served in schools to be fortified with Iron. This is because many children are short of Iron, and it was hoped this would address the problem.



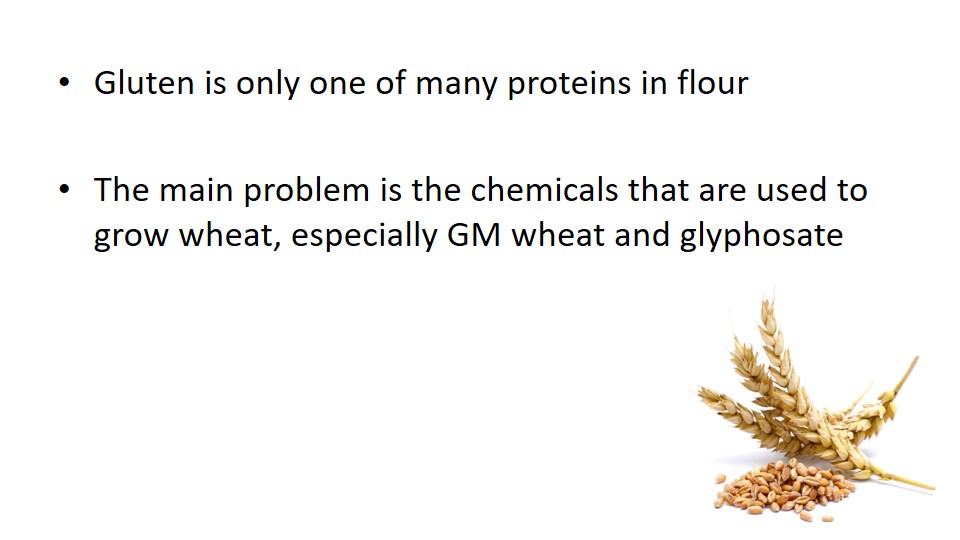
**S10**: In fact, the pasta was the problem. Because it is made from bleached white flour that is high in calories and contains almost no nutrients, there is little difference between eating it and eating several spoons of sugar.



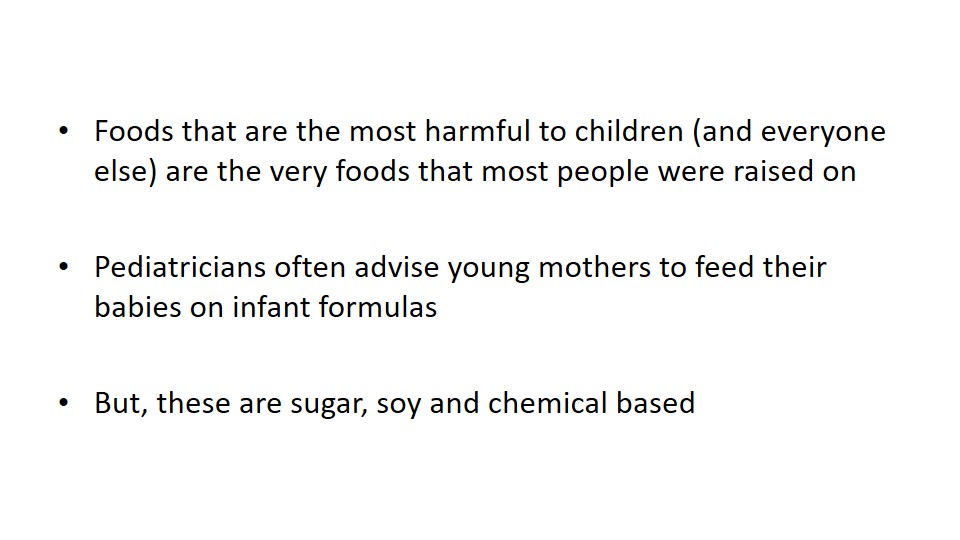
**S11:** The added iron is derived from industrial waste and not in a form the body can readily absorb when eaten and is, in fact, harmful. When this is washed down with soda, fruit juice or flavored milk, all of which contain huge amounts of sugar, it is understandable why people are putting on a lot of weight. In the western world, many people, including children, are becoming obese.



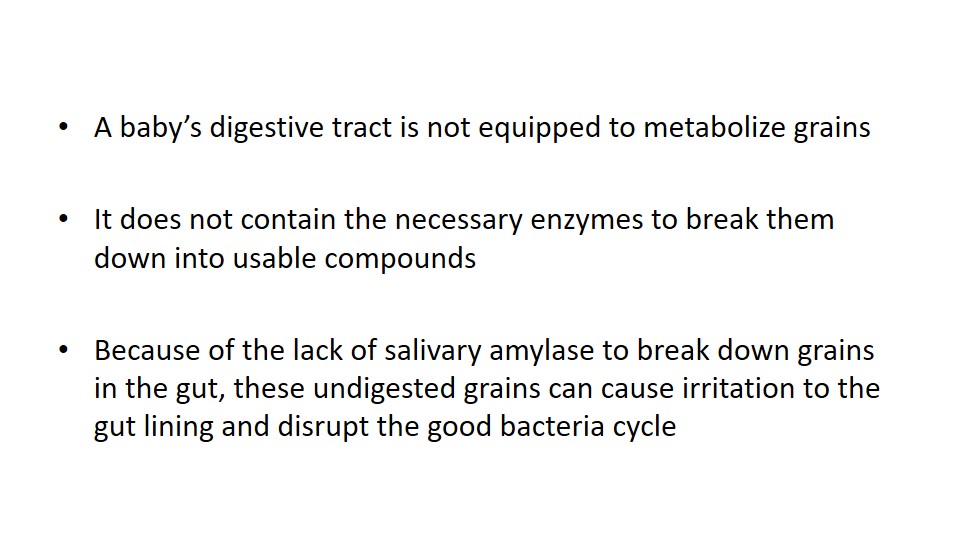
**S12**: Another example of how the food manufacturing industry is controlling food and the way we look at our food is gluten sensitivity. This is a new multi-billion dollar industry, making and promoting gluten free foods.



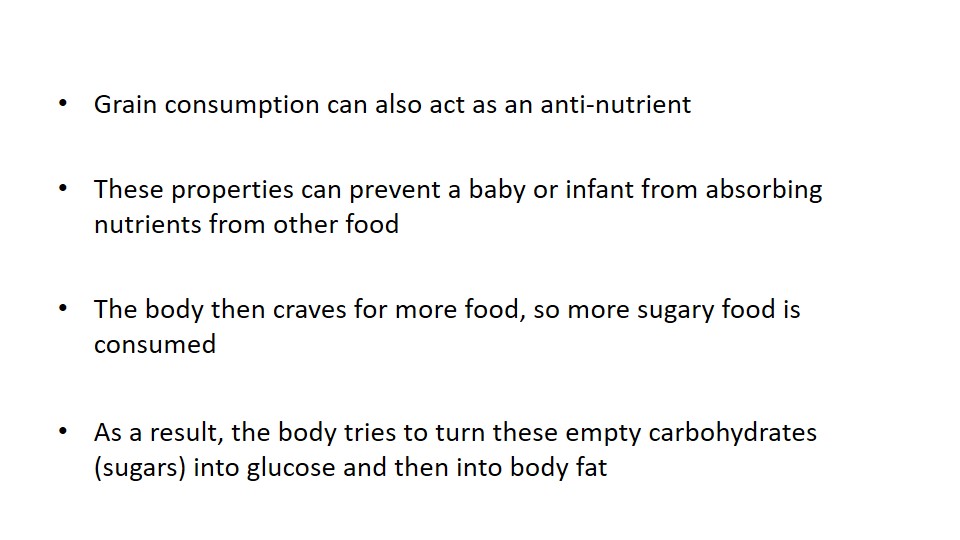
**S13:** Gluten is only one of many proteins in flour. In fact, it is really a minor problem. The main problem is the chemicals that are used to grow wheat, especially GM wheat and glyphosate.



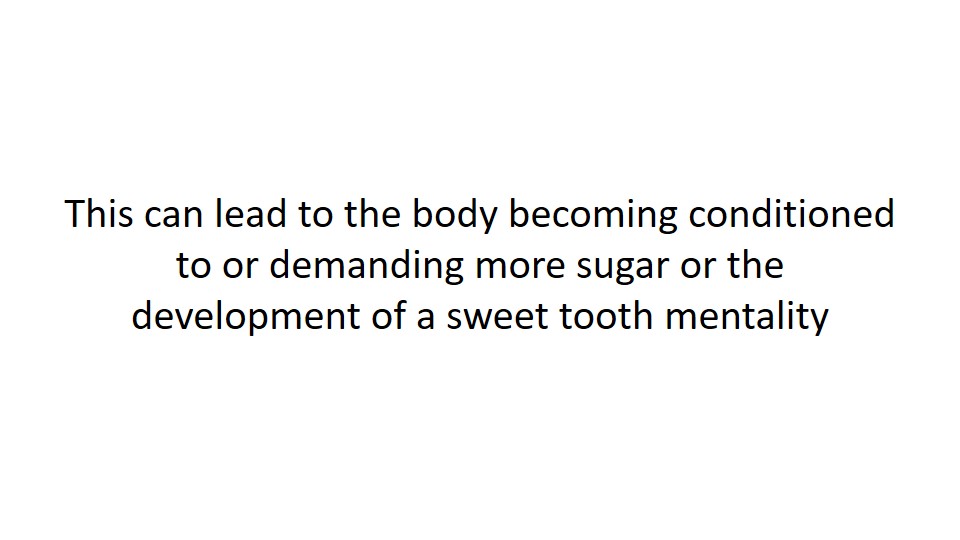
**S14**: ­­­­­ Little did they know is that foods that are the most harmful to children (and everyone else) are the very foods that most people were raised on. Pediatricians often advise young mothers to feed their babies on infant formulas. But these are sugar, soy and chemical based.



**S15**: A baby’s digestive tract is not equipped to metabolize grains. It does not contain the necessary enzymes to break them down into usable compounds. Because of the lack of salivary amylase to break down grains in the gut, these undigested grains can cause irritation to the gut lining and disrupt the good bacteria cycle. This is known to lead to grain and other food allergies later on.



**S16:** Grain consumption can also act as an anti-nutrient. These properties can prevent a baby or infant from absorbing nutrients from other food. The body then craves for more food, so more sugary food is consumed. As a result, he body tries to turn these empty carbohydrates (sugars) into glucose and then into body fat.



**S17:** This can lead to the body becoming conditioned to or demanding more sugar or the development of a sweet tooth mentality.