

## **3 Food Additives Which May Cause Infertility**

by Iva Keene MRMed. ND. - Thursday, December 17, 2009

<https://natural-fertility-prescription.com/3-food-additives-infertility/>

Literally thousands of food additives are used in processed food all over the world. We often assume food additives are safe for our health and fertility as they are tested and approved for use.

### **Food additives and infertility**

The trouble with the testing and approval processes for conditions like infertility is that it's difficult to test for the impact of substances on chronic conditions (infertility is generally a chronic condition).

The testing and approval process can't easily reveal long term effects. Later when evidence emerges of a substance's dangerous health effects the law often protects companies more than individuals. Rich corporations are often able to use their influence to continue profitable activities long after it becomes clear that there are serious risks to human health. Cigarettes are the most obvious example but there are many, many others. There are many ethical companies, but the profit motive is strong and there are still some, very powerful corporations which will put the bottom line before your health and the health of the Planet. This is why we need to take control of our own health, not assume the government will protect us and question what we are consuming.

So if you are looking to improve your fertility prior to conceiving, dealing with infertility, or concerned about minimizing exposure to fertility destroying substances there are many food additives you should to avoid. The journal Environmental Health Perspectives, reported that food additives act as estrogens in the body. And while there are hundreds of food additives to be aware of I'll tell you about the 3 very common and very dangerous ones for your fertility you should stay away from.

### **Fertility Robbing Food Additives #1**

MSG (Monosodium L-Glutamate) often labeled as E621 or 621.

#### **What is it?**

MSG is a Flavor enhancer blamed for brain, nervous system and reproductive system disorders.

#### **Where is MSG commonly found?**

In soy sauce, sauces, gravies, low-fat and no-fat milk, candy, gum, processed food, flavored noodles, some potato chips, corn chips, tortillas, crisps, crackers, gelatin, packet soup and quick soup, malt extract, applied to non-organic fruit and vegetables as a wax or pesticide, some Asian takeaways (always ask the restaurant if they use it), still hidden in some baby food, some cosmetics, shampoos, soaps and conditioners.

#### **Effects on the body**

Male and female infertility, hyperactivity, asthma, irritability, depression, mood changes, celiac disease, migraine, convulsions, headache, abdominal discomfort and nausea!

A study published in Neurobehavioral Toxicology back in 1979, showed that MSG reduced pregnancy success. Before 1970, it was routinely added to baby food, until children started developing convulsions and the link was discovered. After 1970, MSG was banned from baby food, but conveniently added to many adult foods. Although some sources still report that MSG can be found hidden in some baby food.

As you can see even back in the seventies the negative side-effects of MSG were known, yet it was still used as food additives by unethical companies. One of the largest soup companies discovered that if they use MSG they only need a half of the ingredients to create the same taste. Half of ingredients less means producing twice as much soup for the same amount of money if MSG is used. And use it they did. I don't know if they still use it as I don't recommend or use any canned products so I can't tell you, but check the ingredients and look for E621 or 621.

#### **Fertility Robbing Food Additives #2**

E320 or 320 a.k.a. Butylated Hydroxyanisole (BHA) and  
E321 or 321 a.k.a. Butylated Hydroxytoluene (BHT)

#### **What is BHA and BHT?**

Food additives used for preserving fat and blamed for birth defects, infertility and cancer.

#### **Where can it be found?**

Bacon, foods containing artificial colors and flavors, baked goods, canned food, powdered soups, instant mashed potatoes, edible oil, margarine, gum, reduced fat spreads, baby oil and baby lotion, lipstick, eyeliner, shaving cream, plastic food wraps containing polyethylene.

#### **Effects on the body**

Fatigue, hyperactivity, asthma, cancer, birth defects, infertility, dermatitis, skin blistering, extreme weakness, eye irritation, weakened immune system, and allergic reactions in aspirin-sensitive people.

Like MSG this is a food additive which keeps finding its way into our food, cosmetics and personal care products in spite of the known health dangers.

#### **Fertility Destroying Food Additives #3**

E951 or 951 a.k.a. Aspartame (NutraSweet, Spoonful, Equal, Equal Measure)

#### **What is it?**

Aspartame is an artificial sweetener blamed for over 75% of adverse reactions to food additives reported to the FDA. Some of them include neurological disorders, poor brain development in unborn children, menstrual imbalances and impotence.

#### **Where can it be found?**

Diet sodas and drinks, low calorie foods and drinks, sugar-free gum, sugar-free candy, confectionery, brewed soft drinks, generally any 'sugar-free' product or 'without added sugar' (used in over 5'000 products).

#### **What are the effects on the body?**

Dr. Betty Martini, founder of Mission Possible Intl, is regarded as an aspartame world authority and expert. At a recent conference she listed the following symptoms as a sign of aspartame disease:

*"If you are using Aspartame [NutraSweet, Equal, Spoonful, etc.] and you suffer from Fibromyalgia symptoms, Spasms, Shooting Pains, Numbness in your Legs, Cramps, Vertigo, Dizziness, Headaches, Tinnitus, Joint Pain, Depression, Anxiety Attacks, Slurred Speech, Blurred Vision, or Memory loss, you probably have ASPARTAME DISEASE!"* Dr. Betty Martini.

Did you know that aspartame's approval was denied by the FDA eight times! Eventually G.D. Searle got aspartame approved through some convoluted ways, and now it's consumed by millions of people world wide.

Aspartame (contained in artificial sweeteners and diet products and drinks) is used by many men, women and children who are overweight or obese or who are on a 'diet'. What people don't realize is that aspartame turns into formaldehyde (a preservative used for preserving dead bodies for medical schools and used by funeral parlors). Formaldehyde preserves fat cells in the body making it impossible for the body to break them down. So not only do people who use aspartame not loose weight from using it as studies show aspartame keeps your constantly hungry, but it also preserves the fat they already have! This is atrocious!

#### **What to do?**

1. Stop eating and drinking all diet, low-fat, no-fat, sugar-free products.
2. As much as possible eat unprocessed home made food. Indulge 5% of the time but only in products/restaurants you know to use fresh raw, preservative free ingredients and preferably organic.
3. Get Bill Statham's 'The Chemical Maze'. This tiny booklet fits into every purse or jacket pocket. Make it your regular shopping companions and check the ingredients of each product you want to buy. This amazing little book will encode all the numbers and E's. You will soon know what to avoid.
4. Vote with your consumption choices. Refuse to support unethical companies which continue to shamelessly poison you with their products.
5. As a general rule try to buy more of your food from smaller businesses (they are less likely to

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contain additives) aim to buy from small local producers and preferably organic.