

From the editors of NaturalNews.com

25 AMAZING FACTS ABOUT FOOD

Startling things you never knew about
the stuff you swallow.

MIKE ADAMS & DAVID GUITERREZ

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AMAZING FACT #1

The most expensive coffee in the world is brewed from beans partially digested and defecated by the Asian palm civet.

The world's most expensive coffee, kopi luwak (literally, "civet coffee") is brewed from coffee beans that have been eaten and partially digested by the Asian palm civet, a catlike wild animal. The beans are harvested from the droppings of the civet and washed, and can be brewed into an aromatic coffee renowned for its low bitterness and excellent flavor.

According to coffee critic Chris Rubin, "The aroma is rich and strong, and the coffee is incredibly full bodied, almost syrupy. It's thick with a hint of chocolate, and lingers on the tongue with a long, clean aftertaste." A pound of kopi luwak can cost anywhere from \$100 to \$3,000, and a single cup may cost as much as \$80.



Traditionally, the coffee was so rare because harvesters had to scour the rainforest floor looking for civet droppings that contained coffee beans. In recent years, some people have started caging wild civets and feeding them the beans directly.

Sources:

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AMAZING FACT #2

Common bananas are all genetically identical, because they come from trees that have been cloned for decades.

Have you ever noticed that while there are a plethora of varieties of nearly all common fruits such as apples, oranges and peaches, each banana seems identical to every other? When someone says "banana," you probably think of a large fruit with yellow skin and a soft, pale middle.

That's because only bananas of the "Cavendish" variety are sold in stores. And while there are indeed many species in the banana genus "Musa," those species are drastically different

from the "banana" in taste and texture. Fruit corporations long ago decided that it would best serve their profits to train consumers to expect all bananas to be identical.

In order to preserve their distinctive properties, Cavendish bananas are never allowed to reproduce sexually. That means they all have the exact same genetic code as the first Cavendish tree selected by United Fruit Corporation in the 1950s to replace the Gros Michael banana.

The Gros Michael banana—another genetically identical cultivar—was so devastated by disease that it could no longer be supplied to the global market in any quantity. Now the same disease is targeting the Cavendish variety, exposing yet again the folly and non-sustainability of monoculture.

Sources:

http://www.naturalnews.com/023339_banana_bananas_Colombia.html

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<http://en.wikipedia.org/wiki/Banana>

AMAZING FACT #3

U.S. law grants the Coca-Cola company a unique exemption to import coca leaves while prohibiting anyone else from importing what might otherwise become a popular superfood.

Coca leaves have been chewed and consumed as tea for thousands of years in the high Andes. They are rich in many essential nutrients; they ease respiratory and digestive distress and are a natural stimulant and painkiller. Indigenous tradition and scientific studies have both confirmed that in their natural form, the leaves are completely safe and non-addictive—it takes intensive processing and toxic chemical ingredients to produce cocaine. That's why more and more coca-containing products have started to hit the market in Andean countries in the past few years.

Yet the United States still aggressively pursues an eradication policy that encourages Andean governments to spray their forests with toxic chemicals to eliminate this medicinal crop. It is illegal to import or possess the leaves under U.S. law—unless you're the Coca-Cola company. In an effort to preserve the traditional flavor of the best-selling drink, the company long ago convinced the U.S. government to exempt it from the law. But don't worry: the chemicals that can be used to make cocaine—and that provide many of the leaves' benefits—have all been removed from Coca-Cola.

Coca-Cola, by the way, used to literally contain cocaine in its original formula. The practice was halted in 1903, but the name persisted. The "coca" part of "coca-cola" is derived from the coca plant, and the "kola" comes from the kola nut which also flavored the original beverage.

Sources:

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<http://www.mindfully.org/Food/2004/Kdrink-Coca-Drink19apr04.htm>

<http://query.nytimes.com/gst/fullpage.html?res=940DE6D7123BF932A35754C0A96E948260&pagewanted=all>

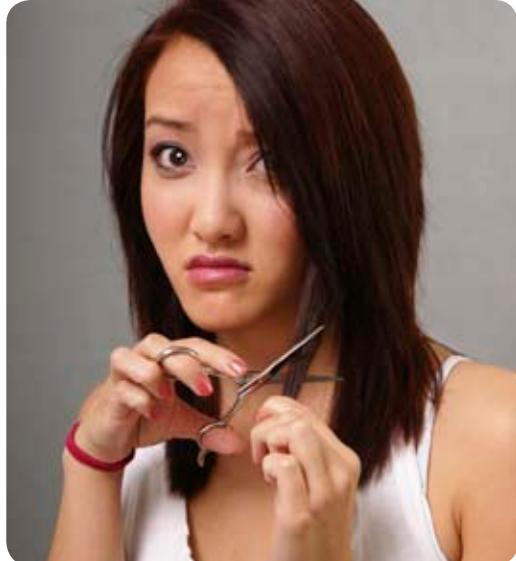


AMAZING FACT #4

The common bread ingredient L-cysteine is derived from human hair.

If you read the ingredients label on a loaf of bread, you will usually find an ingredient named L-cysteine. It is a non-essential amino acid added to many baked goods as a dough conditioner in order to speed industrial processing. It's usually not added directly to flour intended for home use. While some L-cysteine is directly synthesized in laboratories, most of it is extracted from a cheap and abundant natural protein source: human hair. The hair is dissolved in acid and L-cysteine is isolated through a chemical process. Other sources of L-cysteine include chicken feathers, duck feathers, cow horns and petroleum byproducts.

While the thought of eating dissolved hair might make some people uneasy, most Western consumers ultimately have no principled objections doing so. For Jews and Muslims, however, hair-derived L-cysteine poses major problems. Muslims are forbidden from eating anything derived from a human body,



and many rabbis forbid hair consumption for similar reasons. Even rabbis who permit the consumption of hair would forbid it if it came from corpses—and since much L-cysteine comes from China, where sourcing and manufacturing practices are notoriously questionable, this is a real concern. In one case, a rabbi forbade the consumption of L-cysteine because the hair had been harvested during a ritual at a temple in India.

Sources:

<http://www.albalagh.net/halal/col2.shtml>

http://www.kashrut.com/articles/L_cysteine

AMAZING FACT #5

Chicken McNuggets contain an industrial chemical.



According to the McDonald's Corporation, its famous Chicken McNuggets are made with ingredients including sodium phosphates, "partially hydrogenated soybean oil and cottonseed oil with mono-and diglycerides," sodium acid pyrophosphate, ammonium bicarbonate, monocalcium phosphate, "hydrogenated soybean oil with TBHQ and citric acid added to preserve freshness" and "Dimethylpolysiloxane added as an antifoaming agent."

At least two of these ingredients are artificially synthesized industrial chemicals. TBHQ, a petroleum derivative, is used as a stabilizer in perfumes, resins, varnishes and oil field chemicals. Laboratory studies have linked it to stomach tumors. Dimethylpolysiloxane, a type of silicone, is used in caulks and sealants, as a filler for breast implants, and as key ingredient in Silly Putty.

Not that the other ingredients are any better. Because cotton is not regulated as a food crop, cottonseed oil may contain toxic pesticides that are banned in food production. It is also almost always genetically modified. Hydrogenated oils, of course, typically contain trans fats, the artificially produced fats that are unusable by the body and that drastically increase your risk of heart disease and death.

Sources:

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- <http://www.slashfood.com/2010/06/29/the-silly-secret-about-chicken-mcnuggets/>
- <http://en.wikipedia.org/wiki/TBHQ>
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AMAZING FACT #6

There were no tomatoes in Italian food, peanuts in Thai food, or chili peppers in Indian food in the year 1450.

When you think of Italian food, one of the first things that probably comes to mind is tomato sauce. Thai peanut sauce is recognized around the world, as is the spiciness of Indian food which comes from chili peppers. Yet when Columbus set forth westward from Europe, none of these things would have been part of the recipe.

Tomatoes, peanuts and chili peppers are all native to the Americas and so were unknown in the Old World prior to Columbus' voyages. Tomatoes were originally domesticated in Peru and spread from there to Mexico. Peanuts were also domesticated in the Amazon, while chili peppers appear to have been domesticated separately in both South and Central America. All three were important crops to many cultures in the New World thousands of years before Europeans had ever heard of them.



Many other important food crops have an American lineage, including squash, corn, avocado, chocolate, and many varieties of beans. Even the so-called "Irish potato" was unknown in Europe before the fifteenth century. It was actually domesticated in the Andean highlands of Bolivia and Peru.

Sources:

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- <http://en.wikipedia.org/wiki/Peanut#History>
- http://en.wikipedia.org/wiki/Chili_pepper#History
- http://en.wikipedia.org/wiki/Irish_potato#History
- http://en.wikipedia.org/wiki/Squash_%28plant%29#Cultivation
- <http://en.wikipedia.org/wiki/Avocado#History>
- <http://en.wikipedia.org/wiki/Chocolate#History>



AMAZING FACT #7

High-fructose corn syrup, found in many foods, is made using a toxic chemical catalyst.

High-fructose corn syrup (HFCS) is used as a sweetener in nearly all mainstream packaged foods in the United States, from bread to soda and even breakfast cereal. It has been blamed for increasing the number of empty calories in the U.S. diet, and researchers have even linked it to diabetes and obesity.

Another danger from this ubiquitous ingredient comes from the toxic chemicals that are used to turn corn into corn starch and then into HFCS. One of these chemicals, glutaraldehyde, is so dangerous that small quantities can burn holes in the human

stomach. Like other chemical disinfectants, it can severely irritate the lungs, eyes and throat and can cause headaches or dizziness if inhaled.

Because two of the chemicals used in HFCS production introduce mercury into the mix, a recent study found that between one-third and one-half of all HFCS-containing products on the market tested positive for mercury contamination. In some cases, the level of mercury was high enough that a woman eating an average amount of HFCS as represented in the American diet could ingest more than five times the maximum recommended upper limit of mercury.

Sources:

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AMAZING FACT #8

The seed inside a peach contains an almond-like nut which holds a potent anti-cancer medicine called laetrile.

Peaches, nectarines, plums, apricots and almonds are all closely related fruit trees with very similar pits. In all these fruits, the pit must be broken open to reveal the almond-shaped (and sized) kernel within. In fact, this is what almonds actually are: the kernel within the pit of the fruit of the almond tree!

The kernels of all these species contain high concentrations of a chemical known as laetrile, amygdalin or vitamin B-17.

Research has suggested that laetrile induces programmed cell death in cancer cells while leaving healthy cells alone. This appears to occur because the chemical is actually composed of four separate molecules: two of glucose, one of benzaldehyde and one of cyanide. The latter two chemicals are toxic, but are bound up in a non-bioavailable form. Cancer cells contain an enzyme that healthy cells do not, however, known as beta-glucosidase. This enzyme actually breaks apart the component pieces of laetrile, and the cell is poisoned by a combination of benzaldehyde and cyanide. Healthy cells do not undergo this effect.

Claiming that laetrile was ineffective and toxic, however, the US medical establishment successfully persuaded the FDA to ban it in 1971.

Sources:

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http://www.naturalnews.com/025427_almonds_nuts_weight.html



AMAZING FACT #9

“Confectioner’s glaze”—a common coating on candies and pills—is made from the bodily excretions of an Asian beetle.

Confectioner’s glaze, also called pharmaceutical glaze, resinous glaze, pure food glaze and natural glaze, is a common ingredient in candies and pills. By any name, it’s the same ingredient as shellac, the chemical that they sell in hardware stores and that is used for sealing and varnishing wood floors (and used to be used in electronics).

Shellac is actually a chemical secreted by female lac bugs (*Laccifer lacca*), a type of “scale insect,” in order to form sheltering tunnels as they travel along the outside of trees. It is extracted for industrial use by scraping bark, bugs and tunnels off of trees in Asian forests and into canvas tubes. The tubes are then heated over a flame until the shellac melts and seeps out of the canvas, after which it is dried into flakes for sale. Before use in food or as varnish, the shellac must be re-dissolved in denatured alcohol.

Instead of shellac, some food producers use a corn protein called zein.

Sources:

<http://www.evilmadscientist.com/article.php/EatBugs2>

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AMAZING FACT #10

Red grapes are famous for resveratrol, but they only produce it in response to a FUNGAL infection during their growth. So organic grapes have more resveratrol because they're not sprayed with anti-fungals.

You may have heard of resveratrol, a miracle antioxidant found in grape skins and some other foods and linked to a lower risk of heart disease and to lessened effects of aging. Unlike other antioxidants such as anthocyanins, which give blueberries their color and are an integral part of the fruit, however, plants produce resveratrol only in response to fungal or bacterial attack. That's right—resveratrol is a natural antibiotic and fungicide. This means that the more natural fungi and bacteria a plant is exposed to, the more resveratrol it will produce. If a grape plant is repeatedly sprayed with synthetic fungicides—and grapes are among the most pesticide-intensive crops cultivated—the resveratrol content in the fruit will be lower.



That alone may be incentive enough to buy only organic grapes and wines, because resveratrol may also help maintain healthy programmed cell death, thus staving off cancer. Studies have also shown that the chemical can make chemotherapy more effective, weaken viruses including influenza and HIV, counter the effects of a high-fat diet and increase physical endurance. Perhaps most miraculously, resveratrol supplements appear to extend the lifespan of yeast, worms and even fish.

Sources:

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- http://www.naturalnews.com/024487_cabbage_red_anthocyanins.html
- http://www.naturalnews.com/024409_resveratrol_cancer_pancreatic.html

AMAZING FACT #11

The main ingredient in tapioca pudding is a tropical tuber that provides more of the world's carbohydrates than any crop beside rice or wheat.



After rice and wheat, the most important human carbohydrate source is not what you might guess. It's not the starchy potato, or any of the major sweetener-producing crops (sugar cane, sugar beet or corn). It's a tropical tuber known by the names cassava, manioc and yuca (in Spanish), and it's the main ingredient in tapioca pudding.

Although little known in North America, cassava was a staple food for the pre-Columbian cultures of tropical America and

remains an important food in that region of the world today. It has also acquired a central place in African cooking, and is a major calorie source for that continent. That's because cassava is not both versatile and highly nutritious. It is a good source of fiber, calcium and phosphorus, among other essential nutrients.

In addition to being cooked and eaten like a potato, cassava can also be ground into a flour. The starch of the cassava is not called "cassava starch" (as you might expect based on "corn starch" or "potato starch") but tapioca, and is most famously used in puddings and in the "boba" balls of certain Asian teas.

Sources:

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<http://en.wikipedia.org/wiki/Tapioca>

AMAZING FACT #12

One of the world's most expensive food items is made from bird saliva.



For more than 400 years, bird's nest soup has long been one of the most expensive foods in the world, and even today a single bowl of it costs between \$30 and \$100. You can't just make it out of any bird's nest. Only the edible nest of the cave swiftlet will do, a nest made entirely out of the bird's saliva. These nests are high in calcium, iron, magnesium and potassium. They are hard when harvested, but partially dissolve into a more jelly-like consistency when boiled into soup.

Cave swiftlets nest high up on sheer rock walls inside pitch-dark caves, where they build sticky nests out of their own saliva. Traditionally, these nests could be harvested only by climbing on ladders up into the heights of these caves, a difficult and fairly dangerous undertaking. Today the swiftlets are encouraged to build their nests in artificially constructed concrete nesting houses. Even so, the harvested nests still sell for as much as \$10,000 per kilogram.

Sources:

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http://en.wikipedia.org/wiki/Bird_nest_soup

AMAZING FACT #13

Microwave popcorn gives off a toxic, lung-damaging gas when cooked.

You might be reassured to learn that the buttery flavor in microwave popcorn typically comes from a chemical actually found in butter, but you shouldn't be. This chemical, called diacetyl, is so toxic that it commonly destroys the lungs of workers in microwave popcorn factories, afflicting them with the crippling and irreversible disease known as bronchiolitis obliterans. Bronchiolitis obliterans is so rare outside of this context that it has become more commonly known as "popcorn lung," after the primary cause of the disease.

Regulators and health professionals have known of this risk for decades, but always assumed that it would only affect people breathing in especially high concentrations in factory settings. Then in 2007, a man who regularly ate two bags of microwave popcorn every day was diagnosed with popcorn lung, proving that diacetyl enters the air and lungs when microwave popcorn is cooked. Anxious to reassure consumers, most microwave popcorn companies phased out diacetyl—only to replace it with chemicals that have the exact same effects.

Sources:

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http://www.naturalnews.com/023771_popcorn_diacetyl_lung.html

<http://www.aolnews.com/nation/article/just-when-you-thought-it-was-safe-to-make-popcorn/19273632>



AMAZING FACT #14

Rosemary oils can be used as a natural meat preservative. It works better than chemical additives.



Although some people already use the popular herb rosemary for seasoning their meat, this combination may become more common in the near future as food manufacturers respond to consumer demand for more natural products. Currently, two of the most common additives used to preserve meat are BHT and BHA. But studies have linked BHA with cancer and BHT with hyperactivity, causing some consumers to avoid products containing them.

In a 2006 study, essential oils of rosemary and sage performed better at preventing oxidative decay and loss of polyunsaturated fatty acids in meat than a combination of BHA and BHT. Researchers are encouraged by this success and are still investigating ways that essential oils could be used to replace additives in a more real-world setting. One hurdle that may need to overcome is that plant oils impart a distinctive aroma to meat, one that not all consumers may approve of. But if you like rosemary and sage with your meat, that "problem" may be no problem at all!

Sources:

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AMAZING FACT #15

Cherries ease inflammation and gout; and they may even help prevent arthritis.

Did you know that cherries can lower levels of inflammation in the body drastically enough to dramatically alleviate arthritis symptoms and reduce your risk of cardiovascular disease and diabetes? It doesn't even take a super-powerful extract to feel the effect; powdered cherries alone have produced dramatic results. In at least one study, powdered cherry consumption actually led to a change in the functioning of inflammation-regulating genes in mice.

Like all dark-skinned fruits, cherries are high in antioxidants and other phytochemicals that promote human health in ways that science is only just beginning to understand. While sweet cherries may be more fun to eat, the most potent inflammation-fighting cherries are the tart variety. In addition to fighting inflammation and arthritis, cherries have also been found to fight gout, reduce body fat and lower levels of cholesterol.

Think it can't get any better? At least some tart cherries contain high enough levels of the hormone melatonin that they can actually help you fall asleep. They are truly a miracle food.

Sources:

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AMAZING FACT #16

Canola oil used to be called RAPSEED oil but the name was changed for marketing reasons.



Olive oil comes from olive, grapeseed oil comes from grape seeds, peanut oil comes from peanuts and canola oil comes from... rapeseed. The plant known as “rape,” from a Latin word for “turnip,” is a domesticated crop in the widely cultivated Brassicaceae family (also known as the mustard family, the cabbage family, or the cruciferous vegetables). Although the word has disturbing connotations today, during World War II people thought nothing of referring to “rapeseed,” and the oil from those seeds was used for industrial purposes.

The real problem with the name “rapeseed oil” is that the oil was so toxic that the

FDA banned it for human consumption in 1956. So when Canadian growers bred a new variety of rapeseed in the 1970s with a lower content of the toxic erucic acid, they decided they needed a new name for it. The term canola was coined from “Canadian oil, low acid” to convince consumers that this oil was safe to eat. And while “canola” was originally a registered trademark, the term became so widely known that the trademark was eventually abandoned, and “canola” became the default term in many countries for any low-erucic rapeseed oil.

Sources:

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AMAZING FACT #17

Planted in your garden, parsley attracts predatory insects that will eat many pests that would otherwise target the rest of your plants.

Companion planting is the ancient technique of planting different crops in close proximity that can provide benefits to each other. For example, the famous three sisters planting widely used by native people across North America involved planting beans to fix nitrogen in the soil, corn for the beans to climb, and squash to shade the ground.

In a garden, parsley excels at repelling harmful insects and attracting beneficial ones. Beetles dislike parsley leaves and will avoid it, an effect that can be extended by sprinkling nearby crops with parsley leaves or a tea brewed from them. If you let your parsley flower go to seed, it will attract predatory wasps and hoverflies that will kill caterpillars and other garden predators. Tomatoes in particular like being planted near parsley, as the herb attracts wasps that kill the tomato hornworm. Parsley planted near rose bushes will actually make your roses more fragrant.



One caution, though: don't plant mint and parsley close together, or neither plant will thrive.

Sources:

<http://www.rexresearch.com/agro/comp1.htm>

http://en.wikipedia.org/wiki/Parsley#Companion_plant

<http://www.ghorganics.com/page2.html>

AMAZING FACT #18

Sauerkraut is so full of vitamins and probiotics that ancient sailors would eat it on long voyages to keep healthy!



Raw, fermented foods are brimming with health-promoting probiotics and have been staples of the human diet for thousands of years. One such ancient food is sauerkraut, produced simply by covering cabbage with water and letting it sit for several weeks. Naturally occurring bacteria on the surface of the cabbage leaves thrive in this environment, chemically changing the cabbage and increasing its B vitamin content. Perhaps as importantly, fermented cabbage takes much longer to go bad than fresh cabbage.

Ancient sailors took advantage of this superfood and brought casks of sauerkraut along with them on long voyages to stave off scurvy, the debilitating disease of vitamin C deficiency that was one of the main hazards of the profession. Shipboard records show that this condition was nearly absent on ships that carried sauerkraut.

You can get the nutritional and immune-boosting benefits of sauerkraut by buying it from the refrigerated section of your grocery store (pasteurization kills the probiotics) or simply by making it yourself.

Sources:

http://www.naturalnews.com/029213_sauerkraut_probiotics.html
<http://www.wildfermentation.com/resources.php?page=sauerkraut>

AMAZING FACT #19

Unless they're organic, nearly all corn or soy products or byproducts on the U.S. market are genetically modified and may place your health at risk.

More than 90 percent of all soybeans grown in the United States are genetically modified (GM) for herbicide resistance and are consequently sprayed with massive quantities of those toxic chemicals. Fully 85 percent of all corn grown in the country is also genetically engineered, either for herbicide resistance or to produce pesticides within its tissues. Since farmers sell their corn and soy to large distributors who mix the product together for processing, this essentially means that 100 percent of non-organic corn and soy products on the U.S. market are GM. And since soy and corn derivatives are so ubiquitous in packaged food, the Grocery Manufacturers of America has estimated that as much as 80 percent of processed food on U.S. shelves contains GM ingredients.



GM crops are simply unsafe. They expose people to novel and potentially dangerous allergens and to higher levels of pesticides. Animals grazing on GM crops have died from ruptured internal organs. Yet this is the type of food making up 80 percent of packaged food today, and the only way to avoid it is to buy organic food or grow your own.

Sources:

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- http://www.calgeffree.org/facts_on_ge.html
- <http://www.ResponsibleTechnology.org>

AMAZING FACT #20

The antioxidant content of oregano is higher than that of blueberries.

Oregano, a common ingredient in Italian and Mexican cuisine, comes from the leaves of an herb native to the Mediterranean (not to be confused with Mexican oregano, native to the Americas), is one of the most concentrated antioxidant sources ever studied. According to data from the U.S. Department of Agriculture, its antioxidant activity is between three and 20 times higher than that of any other herb. Even famous antioxidant-containing fruits fail to measure up: oregano has four times the antioxidant activity of blueberries, 12 times that of oranges and 42 times that of apples.



While you can get some of these benefits from just cooking regularly with oregano, a more concentrated form may sometimes be required. That's why the essential oil of oregano is a common remedy for bacterial, viral and parasitic infections. It's so effective—and tastes so good—that some restaurants actually sprinkle oregano oil over their salad bars to prevent them from becoming breeding grounds for bacteria. And because of the high antioxidant content in the oil, it probably keeps the salad fresh for longer, too!

Sources:

http://www.naturalnews.com/024627_oregano_oil_food.html

AMAZING FACT #21

The chemicals in garlic are so potent that you can suffer severe burns just by placing a garlic clove against your skin.

Garlic is known to possess powerful anti-bacterial and anti-viral properties, but not everyone realizes that these same qualities can also cause the destruction of human cells. Although perfectly safe if ingested either raw or cooked, the chemicals in garlic can produce severe allergic reactions (contact dermatitis) if applied directly to human skin. If left on the skin long enough, garlic can produce second- or even third-degree burns severe enough to require skin grafting.

The prevalence of discussions in Internet message boards regarding treatment of such burns (usually caused by people who applied garlic to the skin to treat acne or moles) shows that understanding of this hazard remains rare. Even medical literature contains few mentions of the phenomenon. Yet just as clearly, some people have known about this risk for a long time—one of the best-documented cases of a garlic burn



involves three soldiers who deliberately burned themselves with garlic to try and get out of work.

Sources:

http://findarticles.com/p/articles/mi_qa3912/is_200306/ai_n9247122/

<http://mededlit.blogspot.com/2008/07/power-of-garlic.html>

AMAZING FACT #22

Marketers didn't like the name Chinese gooseberry, so they renamed the fruit "kiwi" after a bird that it resembles.

Even though "kiwi" is slang for someone from New Zealand, the kiwifruit is actually native to China. It's been so important to Chinese culture, in fact, that it is still the country's national fruit. From China, the fruit was introduced into New Zealand in the early 1900s. Although the Chinese name is "yang tao," New Zealanders soon dubbed the fruit "Chinese gooseberry."



When U.S. importer Norman Sondag decided to market the fruits in the United States, he wanted a new name so that he wouldn't have to pay the high tariffs then in place for berries. A colleague suggested the name melonette, which he rejected because melon tariffs were also high at that time. Eventually the name "kiwifruit" was suggested by New Zealand grower Jack Turner, inspired by the brown, fuzzy-looking national bird of New Zealand. That was the name under which the fruit was introduced into North America, and it is still widely called the "kiwi" to this day.

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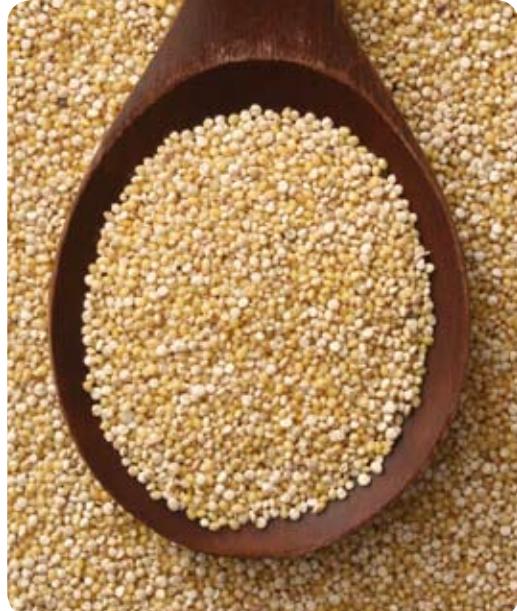
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- <http://kiwi-fruit.info/kiwi-fruit/History+of+Kiwi+Fruit>

AMAZING FACT #23

When the Spanish conquistadores arrived in the Americas, they forbade the cultivation of two of the world's best sources of vegetable protein.

The indigenous peoples of the Americas domesticated a variety of superfoods that took on important roles in their culture. Two of these are starting to gain worldwide recognition today as foods packed with protein and other essential nutrients: quinoa and amaranth. Both were banned by Spaniards who were scornful of their use in native religious ceremonies.

Both quinoa and amaranth are especially high protein grains, containing eight to nine grams per one cup serving. Surprisingly, the protein they provide is actually complete, meaning that it has all the essential amino acids in the ratios needed by the human body—a trait that is very rare in plant foods. Although quinoa and amaranth can be used like grains in cooking, they are not members



of the grass family and are completely safe for people with gluten or corn allergies. To top it off, both also produce edible leaves.

Only now are Westerners really starting to appreciate the potential of these crops, particularly amaranth. While quinoa is hard to grow outside of its native mountain environment, amaranth grows so easily that it is actually regarded as a weed in some areas.

Sources:

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<http://southtexasfood.wordpress.com/2010/06/17/amaranth>

<http://en.wikipedia.org/wiki/Quinoa>

<http://nutritiondata.self.com/facts/cereal-grains-and-pasta/10640/2>

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AMAZING FACT #24

Many processed foods are made with a derivative of coal tar that has been linked to hyperactivity in children.



Would you knowingly feed your children an ingredient derived from coal tar? That's exactly what you may be doing, if you let them eat any orange or yellow artificially-colored products including sodas (e.g., Mountain Dew), cheese-flavored products (e.g. Kraft Dinner), flavored chips (e.g. Doritos), pickles or a myriad of other foods and beverages. The industrial waste-derived coloring tartrazine is a common ingredient in all these foods, underscoring once again the need to read food labels religiously. Why would anyone put artificial colors into pickles?

Tartrazine, also known as E102 or Yellow 5, was one of the colorings linked to childhood hyperactivity in a landmark 2007 study conducted by the United Kingdom's Food Standards Agency. As a consequence, products containing it must carry a warning label anywhere in the European Union. The United States has no such law—even though the coloring has also been linked to asthma, migraines and cancer.

Sources:

http://www.naturalnews.com/029886_industrial_waste_pickle.html

http://www.naturalnews.com/030293_artificial_colors_hyperactivity.html

<http://en.wikipedia.org/wiki/Tartrazine>

<http://www.additivesinfood.info/codes/102>

AMAZING FACT #25

The entire meat supply is widely contaminated with mad cow disease. Avoiding meat is the only reliable way to protect yourself.



Mad cow disease is a progressive brain-wasting disease that is always fatal. It is caused by a type of defective protein known as a prion and cannot be cured. The factory farming practices of feeding animals on the nervous tissue of other animals first caused the ballooning spread of mad cow disease and created the current crisis. When it became clear what had happened, many countries banned feeding the tissue of ruminants (cows, sheep and goats) to other ruminants.

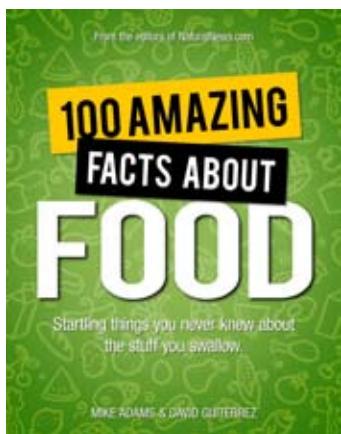
There's just one problem: ruminant tissue (including nervous tissue) is still fed to everything else. That means that chicken, farmed fish, and any other kind of meat might contain mad cow prions. To make matters worse, fish meal, chicken feces and the bodies of other animals can then be fed straight back to ruminants intended for human consumption. An extra step has been added, but the concentration of prions in animal flesh continues. Cooking does not destroy prions; even radiation leaves them untouched. Ultimately, the only way to reliably reduce your risk of mad cow disease is to avoid farmed meat products altogether.

Sources:

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- http://www.organicconsumers.org/articles/article_19507.cfm
- http://www.naturalnews.com/028961_mad_cow_disease_health.html
- http://www.naturalnews.com/026886_disease_farmed_fish_mad_cow.html
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- The truth about deceptive food labeling: Why you can never trust the calorie count claims on conventional foods.
- Why some junk foods can be more addictive than heroin due to the use of chemical additives. We reveal what to avoid...
- How the world food supply is now threatened by mass die-offs of bats and bees.
- Think your food is expensive? Here's the true story about the \$6,000 watermelon auctioned in Japan!
- The crucial role of the date palm in the history of human civilization and how it allowed our ancestors to branch out from North Africa.

Continued on next page...

- Did you know that farmed fish factories use chemical flavor enhancers and color additives to make their farmed fish taste more like “wild caught” fish? Details revealed...
- Wild rice isn’t actually a rice. It’s a grass. Know what else is a grass? Sugar cane...
- The amazing anti-cancer nutrient found in olive leaves and raw olives.
- Details about the world’s most expensive spice, which sells for up to \$5,000 a pound! (Hint: It’s harvested from flowers!)
- The common culinary herb you can eat that reduces inflammation better than prescription drugs.
- The amazing Incan superfood that can improve mental function, stabilize moods and help eliminate sexual dysfunction.
- Which readily available tea contains medicinal compounds that have been scientifically proven to reduce the risk of both heart disease and cancer.
- Which common sweetener substance is actually a powerful first aid wound treatment and effective antibacterial that can even kill superbugs!
- The secrets of food-based deodorizers that can clean your breath and body smells simply by eating a few simple foods and supplements!

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