

For your Health and Wellness!

The FDA weighs in on the food dye and hyperactivity link in kids

(or does the FDA lack the cohonos once again to go up against the big food business)

Jell-O, Hawaiian Punch, Pop tarts, Skittles, and other brightly colored food are *designed* to appeal to children. But do they make kids hyperactive?

Doctors and consumer advocates have long wondered whether hyperactivity might be tied to certain dyes and additives used in processed foods. The debate over the potential effects of food dyes has been simmering since the 1970s. In 2008 the Center for Science In The Public Interest asked the FDA to ban eight different food dyes including yellow number 5, found and macaroni and cheese mixes, lemon-lime Gatorade, Lucky Charms cereal and many other foods. The FDA decided that color additives didn't directly cause hyperactivity or ADD however it didn't rule out that they might *exacerbate* pre-existing problems in children with ADHD.

In the UK studies found that a diet free of artificial colorings and the preservative sodium benzoate appeared to reduce hyper-activity among preschoolers. The British Medical Journal *Lancet* published a study that preschool and grade school children seemed to be more hyperactive when given a juice drink with the same additives.

Last year, the European Union placed warning labels on food containing the six artificial colors used in the *Lancet* study. In 2009, the British counterpart to the FDA, the Food Standards Agency, asked food companies to voluntarily phase out these additives.

The FDA has not been prepared to take similar steps. Food dyes are more prevalent here than in Europe and a ban on some or all of the additives would be "difficult to implement".

The food industry has defended the safety of its products stating, "added colors are safe and play an important *technological* role in foods. In many cases they replace colors that are lost during *processing* or for consistent appearance". What is seen is that there is not "a clear causal relationship" to warrant such a ban.

It appears that big business triumphs again. In the name of technology, appearance, and convenience the FDA will take little action. Our diet is poisoning children, promoting the use of medication to treat their symptoms and leading to obesity and long-term chronic health problems. Let me know what you have had enough! Start off by reading labels. Encourage kids not to eat that crap. Healthy food at the supermarket is usually around the perimeter and not at eye level going down the aisles.

We have whole food supplements which are actually real food concentrates. Wow, this may actually lead to better health! Cravings are typically a sign of mineral deficiencies. Want to know more? Ask Dr. Caprile.

(Excerpts and information from CNN.com and Health Magazine)



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