

By Xavier Bazin

Check your fridge and cupboards quickly!

Dear Friend of Health, Today we're

going to have some fun.

I'm going to tell you about the hallucinating tricks of the "food" industry to make us swallow m(literally, sometimes, you'll see!!)

OK, so you'll be laughing *out loud*. But fortunately, these are products that you should never consume anyway!

80% of the food in your supermarket is made from pesticide-laden plants... from animals raised in appalling conditions... and then tampered with in every way, with the addition of potentially dangerous chemical additives.

And that's when "everything is going well"!

In an explosive book entitled *But You're Crazy to Swallow It*, an engineer who has who has worked for years in the food industry makes startling revelations about what goes on behind the scenes.... And what's really on your plate.

Do you have a strong heart? Then let's go:

Rat droppings in your paprika !

And it starts off strong. Here is one of the most shocking cases told by this engineer:

We've got a problem," my boss announced with a discouraged look one morning when I arrived at the office. We've got a problem," my boss announced with a discouraged look one morning when I arrived at the office, "We've been swindled by an Indian on a batch of chillies.

100 tonnes of chilli peppers that were improperly stored. Rats and mice had a field day. In addition to a few dried out rodent corpses, hair and droppings were found all over the place, a real disaster.

The goods are full of rat droppings. And now we have 100 tons of this shit on our hands.

Now you're probably thinking that they have no choice but to destroy everything, right?

But no, not at all: that would be to know very little about the food industry!

You think you're paid to give up at the slightest problem," my boss said. I need a solution. I'm not going to throw away 80,000 euros worth of stuff.

And what do you think happened? They eventually found a 'solution'.

First, they renamed the thing. "Rat poo" doesn't look good on a list of ingredients. So they officially called it 'foreign matter'.

And that's good, because manufacturers are allowed 0.5% "foreign matter" in products like chilli!

Then they gave the chilli a shocking 'heat treatment' to kill the dangerous bacteria. It's best not to poison a customer - it wouldn't be good for the company's image.

Then they ground it up as fine as possible... so that no one could tell the difference between the tiny particles of poop or hair and the paprika powder with the naked eye.

And finally, they mixed it with other 'clean' batches so that, in the event of an inspection, the so-called 'foreign matter' would not exceed 0.5%.

And that's it! With this terrible conclusion:

"I would like to tell you that this "cleaning" operation is an isolated case, but on many, many occasions we have received batches of spices from Turkey or Egypt with bird droppings, pepper from India or China with rat and mouse droppings, cigarette butts and other waste.

Does this surprise you? Then you are not at the end of your surprises:

Honey made in a factory... without a single bee!

In recent years, several surveys have shown that 10-30% of honey pots on the market are seriously adulterated.

Most of them come from China... and our engineer happens to know Chinese "techniques" inside out:

"At first, they started to cut the honey with a little bit of water. Since honey is a natural antibiotic, it can contain up to 18% water without spoiling.

But some people were too greedy and had a heavy hand on the tap, and batches of honey started to ferment in transit. The solution was to add a good

Teas full of pesticides... including organic tea!

As our engineer tells us, even industrial organic tea can be adulterated:

We have a problem with the organic lemon tea," my boss told me. Imazalil, thiabendazole, pyrimethanil and carbendazim were found in the last batches produced.

We have 50,000 boxes of bags that are a problem (...) They can't fall out of the sky with these pesticides!

No, not from heaven... After investigation, they discovered that these pesticides came from the lemon flavourings added to the tea.

The reason is simple: natural flavours are produced using methods that concentrate the flavour molecules... but also concentrate the pollutants!

As a result, "conventional lemons are likely to yield a lemon extract that is perfectly 'natural' but rotten with pesticides, fungicides and other crop treatment molecules".

Obviously, our industrialist was careful not to throw away these 50,000 boxes of organic tea filled with pesticides. He sold them, "as if nothing had happened".

Please note: this is not a reason to avoid organic tea, because conventional tea is much worse!

Take a look at this other amazing story, which starts at the office:

"You don't look so good, Dany? Something wrong?"

– It's because of the pesticides. I have 300 tons of green tea from China in stock and it's rotten with pesticides, doses to kill a horse.

– So what? It's nothing new," I said, surprised that he was worried about so little. Chinese teas have always been found to be full of pesticides, way above the norm, everyone knows that, and no one has ever found anything wrong with it. -Everyone knows that, and no one has ever found anything wrong with it.

But this time it's different.

For it was the fraud detection squad itself that discovered this overdose of pesticides. *"If we have to destroy 300 tonnes of dope, I'll be heavily penalised,"* Dany was worried.

But, to everyone's surprise, Dany learns a few days later that the Fraud Authorities have finally authorised him to put this toxic tea on the market!

"I had a phone call from the inspector last night who said that we could

dose of synthetic antibiotics.

Fortunately, this was discovered, and Chinese honey was banned from Europe in 2002.

But this did not last long. From 2004 onwards, honey imports resumed, with new "magic tricks":

"Our Chinese friends then quietly added " exogenous sugars". They started by adding the cheapest industrial sugar, liquid glucose syrup."

However, in order not to be "caught" in the event of an inspection, they had to keep the natural proportion of fructose and glucose in the honey (40% versus 30%). So they added liquid fructose from cereals.

And soon, honey was no longer natural: *"it was really just an artificial blend of industrial glucose and fructose syrups, coloured with caramel, the all subtly flavoured"* .

Problem: as there was not a gram of real honey left... analyses revealed that these honeys did not contain pollen.

The Chinese then decided to add a little pollen to their mixture of sugars and artificial flavours... And this "honey" can now be found in our supermarkets:

*"Today, some Chinese companies, but not only, are making a
"It is practically undetectable if the fraud is done intelligently. It is practically undetectable if the fraud is done intelligently, i.e. by respecting the natural glucose/fructose ratios, adding the right amount of the right pollen, the right colouring and the right flavouring.*

It's not 10% of fraud, it's actually much more, believe me.

It must be said that, for an industrialist, Chinese honey has everything to please: large quantities, low prices... and a stable production, which does not depend on the weather... or even on bees, whose numbers are dwindling in China.

Oh, and just in case you think it's enough to avoid Chinese honey, you should know that it is never mentioned as such! It is hidden under vague terms such as "outside the European Union".

So be careful what honey you put in your tea. And speaking of tea :

but that they would not write. He doesn't want to officially allow us to sell a non-standard product, but they will turn a blind eye ".

By what magic? Our engineer will learn this from the inspector who took this astonishing decision:

"He told me in confidence that all importers of green tea from China had been checked in France and everywhere else in Europe, and that, of course, the level of pesticides was too high in everyone."

The information was passed on to the highest levels of government and it was decided that it was urgent... to do nothing. Above all, not to make China angry, so that it would continue to buy a few planes from us and not block French wine, the German cars, or the edam of Holland at its borders.

This is a good reason to drink organic tea... without added flavouring... and without industrial honey!

But also to avoid as much as possible "processed" or "unprocessed" foods.
"Because you can never know what's really in them!"

How they sell you mushrooms... bright blue!

One morning, our engineer has to find a solution to sell frozen button mushrooms from China.

It's a real challenge, because these mushrooms happen to be... bright blue!

No one would agree to buy them like that, especially as we don't know if they are dangerous. This is the main concern of our engineer:

We don't know what product gave us this colour," I said.

– *What the hell?" exclaimed my boss, as if I had just said something rude. I'm not asking you to eat the mushrooms, just to sell them!*

– But what if it's dangerous?

– Look at the analyses in the file, they are perfect.

– Yes, I saw it, but it's just a routine test, n o one has really looked into it," I insisted.

– So what? If there is a problem, it will be for the manufacturer and the importer. We are just a middleman. I don't care about your feelings, I'm asking you

simply a way to get rid of that colouring so that they can be sold.

Our engineer is now scratching his head. What his boss is asking him to do is all the more difficult because it is not possible to cook them. The reason? *The Chinese have filled the mushrooms with water. If we fry them, they will shrivel up and we will lose too much*

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ht.

That's when he has a brilliant idea: why not coat them cold, with a kind of breading? His boss triumphs:

"That way you won't see the colour at all and you keep all the water in," commented my boss with a slight chuckle betraying a deep inner joy.

The deal was done the next day. And of course, this clever "manipulation" was not without its uses later on:

"I've come across batches of mushrooms quite regularly that had turned sour due to a refrigeration compressor failure, were oxidised, more brown than white, or even completely blackened. This has also happened with other vegetables, cabbage, etc. flower, broccoli or peppers, for example. In this case, cold coating is still the best solution we have found."

Christophe Brusset's book is full of stories like this... that will never make you set foot in a supermarket again.

Here are two final examples, for the road:

Frankenstein yoghurt, strawberry jam without strawberries...

To lower the cost of producing yoghurt, a common solution is to add water, gelatine and modified starches... and then call it

This is a "dairy preparation".

The only problem is that if too much water is added, the product does not keep as well. Fortunately, the industry has a solution: it adds sulphites!

Sulphites have the advantage of being anti-fungal and anti-yeast.... But they can make those who are allergic or intolerant to them sick!

Another example: you see the strawberry jams served in some hotels at breakfast, in little plastic cups?

Well, they don't contain a single strawberry:

"The recipe: fructose and glucose syrup (with the same proportion as in the case of the

in the fruit, if analysed), water, concentrated red fruit juice (for colour), small strawberry seeds discarded by juice manufacturers (for to make authentic), pectin .

I could go on and on, but the most important thing is to be aware of the incredible danger that comes from the accumulation of all the toxic ingredients.

After talking about pink hams full of additives, our engineer explains:

"Imagine the dose of additives that the consumer of my croque-monsieur ingests if he accompanies it with a glass of diet soda (citric acid, magnesium sulphate, calcium lactate, calcium chloride, potassium sorbate, acacia g u m , glycerol esters of wood resin, (citric acid, potassium disulphite, guar gum, xanthan gum, tara gum, potassium sorbate) and a distributor branded fruit yoghurt (modified starch, pectin, sodium citrate, potassium sorbate)."

And the worst thing is that the traps don't just come from the supermarkets.

Most bakers add dry gluten to their bread, as well as 'improvers' to make it ever brighter and puffier.

Ice cream vendors almost always offer you products that are full of toxic dyes and additives ... and inflated with 50% air!

And so on...

What to do in this food jungle?

It's a jungle, there's no other word for it.

Just recently, heavy metals were found in baby food jars. It has also been realised that some food packaging causes cancer. ^[1]

And let's not forget that supermarkets are also full of foods full of sugar, which should be avoided anyway, even if they are 'organic' and 'natural': puffed rice cakes, industrial cakes, sugary breakfast cereals, etc.

It's quite simple: we are surrounded by junk food!

Fortunately, there is a solution, and it is very simple. In fact, it all comes down to a choice between time and money.

If you have time: buy only whole products (fruit, vegetables, etc.) and cook!

Make your own bread, hummus, soups, ice cream, broths, etc. Obviously, favour local and "reasoned" production, organic if possible.

Of course, it takes much more time to do everything yourself, but what a pleasure it is to make good food yourself and enjoy it! And it's all in the interest of your wallet!

If you are not lucky enough to have the time, then you have no choice: you have to spend more money to feed yourself properly. And save on other expenses.

It's boring, I know, but there's no miracle: the reason food is so cheap today is that it's produced under implausible conditions.

So here are some simple rules to follow if you buy industrial products:

- Avoid first prices, they are usually the worst. Avoid amazing promotions, because there is no such thing as a bargain in food. And if you have to choose between a big brand and a
If you don't want to buy from a "distributor" (Carrefour, etc.), choose the big brand, it will always be of better quality;
- Check the list of ingredients carefully: it should be as short as possible and contain as few additives as possible (colourings, preservatives, aluminium, etc.);
- Go for organic, of course. Industrial" organic food is not always perfect, but it is still an excellent guarantee that you will avoid chemicals. And there are products full of additives, such as broths, that you should never buy non-organic.
- Never buy powders and purees, as manufacturers can easily mask the "defects" of the food used in the first place. So choose peppercorns rather than powder, whole apples rather than applesauce. And buy organic paprika powder!
- Watch the origins by choosing local and national as a priority. But

beware of "false friends": "Cèpes de Bordeaux" is a species, not a geographical origin... and can therefore come directly from China!

Perhaps you already knew all this, if you are interested in health.

But let's also think about the others, those who are not so well informed. If you have a minute and found this letter informative, please forward it and share it as much as possible.

For it is through our choices, through our individual decisions, that we will succeed in fighting against the omnipresence of junk food.

In my opinion, as long as there are people willing to swallow "crap" at a lower price, there will always be industrialists to manufacture it.

But if we change our habits, if we are ready to spend a little more time and money to favour small local producers or quality organic products, everything can change!

Xavier Bazin