

HIDDEN TOXIC CHEMICALS

IN OUR EVERY DAY PRODUCTS



Stacey Kimbrell - Author of "*Living Balanced - Healthy Mind & Body Reference Guide*" exposes the terror in our grocery stores! The Standard American Diet (SAD) of prepackaged foods contains chemical toxins that may have long-term effects on your health. "*Living Balanced*" reveals the source of most ailments that run rampant in the United States today and can help you to avoid them. With this new knowledge comes the power to control your health!

Know Your Toxins:

- Become aware of the hidden dangers in your food, drinks, cleaners, skin care, baby products, and animal products. Take this list to the store with you.
- Learn how to read labels and identify chemical names, choosing practical substitutes for your foods, drinks, skin care, baby care, and cleaning products.
- Learn how these chemicals have a direct effect on our health and behaviors.
- Know the 26 different names for MSG and other neuro-toxins?
- Propylene Glycol (PG/PEG) is LowTox Anti-Freeze/coolant. It's in almost all body products.



Research your products and make sure you avoid the following hidden toxic chemicals:

Red = other names for MSG, **Green**= synthetic estrogens, **Blue**= Formaldehyde, = Neuro-Toxin

1,4-dioxane	Glutamate	Saccharin, 954
Acesulfame K, Ace K,	Glutamic Acid	Sodium Caseinate
Alcohol (Isopropyl) & SD-40	Glycol Ethers	Sodium dioctyl sulfosuccinate
Aluminum	Guarana	Sodium Hexametaphosphate
Artificial Coloring	Hexametaphosphate	Sodium Laureth Sulfate (SLES)
Artificial Sweeteners	High Fructose Corn Syrup	Sodium Lauryl Sulfate (SLS)
Aspartame	Hydrolyzed (anything)	Soy
Autolyzed (anything)	Imidazolidinyl Urea	Soy protein concentrate & isolate
Azodicarbonamide	Lead	Spices, Seasoning
Benzene	Maltodextrin	Splenda
Benzoic acid, 210, 211, 219	Mercury	Stearalkonium Chloride
BHA/ Butylated Hydroxyanisole	Methanol	Sucralose
BHT/ Butylated Hydroxytoluene	Mineral Oil	Sugar (chemical white processed)
Bisphenol-A (BPA)	Miralax	Sulphur dioxide
Bouillon and Broth	Monopotassium Glutamate	Talc
Brominated vegetable oil (BVO)	Monosodium Glutamate/MSG	TEA Triethanolamine Laureth Sulfate
Butylene Glycol	Natrium Glutamate	Tetrasodium Pyrophosphate /EDTA
Calcium Caseinate	Natural Beef or Chicken flavoring	Textured Protein
Carrageenan	Natural flavor(s) & flavoring(s)	TBHQ
Cetylpyridinium chloride or bromide	Nitrite / Nitrate	Titanium dioxide
Chlorine	Paraben/ methyl, propyl, buty,etc.	Toluene
Coal Tars	Paraffin wax or oil	Triclosan
DEA- diethanolamine	Partially or Hydrogenated oils	Urea (Imidazolidinyl)
Diazolidinyl Urea	PEG	Vaseline
Dioxins	Petrolatum / jelly	Whey protein concentrate
DMDM Hydantoin	Phenylketonuria (PKU)	Whey protein isolate
EDTA	Phthalates DBP, DMP, DEP	Whey protein Protease
Equal	Potassium Hydrolyzed Collagen	Yeast Extract
Flavor (s), Flavoring(s)	Polyethylene Glycol (PEG)	Yeast Food
Fragrance (synthetic)	Propylene Glycol (PG)	Yeast Nutrient

For the complete **Hidden Toxins Cheat Sheet & descriptions of hazards**, purchase your copy of "*Living Balanced*" at LivingAnointed.com or contact Stacey Kimbrell 810.423.5721