**Dangers of Food Coloring**

**BIBLE:**

**3 John 2 –** “Beloved, **I wish above all things that thou mayest prosper and be in health,** even as thy soul prospereth."

**Psalms 103:4-5 –** “Who redeemeth thy life from destruction...Who **satisfieth thy mouth with good** **things...”**

**Isaiah 55:2 – “...eat ye that which is good...”**

\*The word **GOOD** here from the Hebrew section of the Strong's Concordance comes from #2896 = **Best, Pleasant, Prosperity, Welfare (which also means Beneficial)**

**Proverbs 26:2 – “...so the curse causeless shall not come.”**

**Job 29:16 – “...the cause which I knew not I searched out.”**

**SOP:**

“When the abuse of health is carried so far that sickness results, **the sufferer can often do for himself what no one else can do for him.** The **first thing** to be done is to **ascertain the true character of the sickness** and **then go to work intelligently to remove the cause...”** (MH 235.1)

“Be sure that as a rational Christian sentinel you **guard the door of your stomach,** **allowing nothing to pass your lips that will be an enemy to your health and life.”** {CD 102.1}

“Our **food should be** plain and **free from all objectionable elements,** but let us be careful that it is always palatable and good.” {LLM 545.3}

**“Abstinence from all hurtful food and drink** is the fruit of true religion.” (9T 113) (CD 457.1)

**“The idea SHOULD NEVER BE GIVEN that it is of but little consequence what we eat...”** (CD 198.4)(CH 151.1)

**MEDICAL SCIENCE:**

**THE CONSUMPTION OF FOOD COLORING RELATED TO MANY DISEASES SUCH AS:**

* Abdominal pain
* ADD
* ADHD
* Allergies
* Asthma Attacks
* Bladder Tumors
* Brain Tumors
* Breathing Difficulties
* Cancer
* Chest Heaviness
* Chromosomal Damage Dermatitis
* Distaste for Food
* Genetic Damage
* Hives
* Immune Problems
* Kidney Problems
* Nervous System Malfunctioning
* Rashes
* Sterilization
* Thyroid Tumors

**FOOD COLORING IS FOUND IN:**

* Alcohol
* Breath mints
* Cake mixes
* Cakes
* Candy gel for writing on cakes
* Candy sprinkles that go on cupcakes
* Canned fruit
* Canned meats
* Chips (Hot Fries, Doritos, etc.)
* Cookie dough
* Cream cheese flavored spreads
* Desserts
* Donuts
* Fast food
* Frostings
* Goobers
* Gum\*food flavorings
* Hard candies
* Hi-C
* Ice cream
* Jam
* Jellies
* Kool-Aid
* Licorice
* Maraschino cherries
* Meat
* Pies
* Pop tarts
* Punch
* Soda
* Some juices
* Syrups to make icees
* Syrups to make snow cones
* Toothpaste
* Wine
* Yogurt
* And much, much, more

**Natural food coloring can be found in health food stores nationwide.** However, because of the increased price, very few manufacturers use natural food colorings for their products.

**HOW TO MAKE RED, YELLOW, BLUE, AND GREEN FOOD COLORING NATURALLY**

<http://www.ehow.com/how_5070273_make-food-coloringscratch.html>

* **Red = Beets**
* **Yellow = Turmeric**
* **Blue = Blueberries**
* **Green = Spinach**

**LINKS TO LEARN MORE ABOUT FOOD COLORING:**

[http://science-news.org/artificial-food-coloring/artificial-foodcoloring dangers/](http://science-news.org/artificial-food-coloring/artificial-foodcoloring%20dangers/)

<http://drbenkim.com/node/114>

<http://www.home-remedies-for-you.com/blog/food-color-sideeffects.html>

<http://www.feingold.org/effects.html>

**Read more: The Effects of Food Coloring on Health | eHow.com**

<http://www.ehow.com/facts_5600596_effects-food-coloringhealth.html#ixzz1Hg8ZN5OV>

**8MR =** 8 Manuscript Release

**9T =** Testimonies to the Churches, Volume 9

**CD =** Counsels on Diets and Foods

**CH =** Counsels on Health

**LLM =** Loma Linda Messages

**MH =** Ministry of Healing

**FLAVOR SUBSTITUTE – Substitute Whole Wheat Flour in place of the Nutritional Yeast Flakes IN SOME RECIPES.**

**Link to my blog:**

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/12/food-coloring-dangers.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/12/dangers-of-food-coloring.html>