

Devils In Our Food

# **DEVILS IN OUR FOOD**

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We support Diabetes Type One & Motor Neuron Disease. 10% of the net sales will be divided equally between both charities.

## Devils In Our Food

*Hypothesis for writing this book ~  
People can make intelligent decisions  
about the food they eat once they  
understand how the manufactured  
chemistry of the product affects their  
health.*

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*Respect for our food has been lost.  
It's now time to have that respect back into  
our life force.*

*For all people, respect for food is  
paramount for individual good health and  
wellbeing.*

*Food manufacturers have been dictating to  
the consumer, through bright and  
gimmicky advertising, to sell their products  
through visual appeal that does not always  
represent the quality and goodness of the  
product portrayed on its packaging image.  
From the manufacturers, it's now time for  
honesty of the product and in the  
ingredients in the food we eat.*

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*Prior to 2002, corporate food manufacturers could add up to 10 percent of food additives into their products.*

*From 2002, food manufacturers were allowed to put 5 percent of food additive into their products.*

*A food manufacturer does not have to declare food additives on the food information panel of the product if the additive is below 5 percent.*

*If the additive is 4.99 percent you will not know if the food you are buying or eating has a food additive or multiple additives!*

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### **The Devil's Additives**

Synthetic additives are manmade substances put into our food

Made of petrol and oil of crude

These mighty **devils** are not helpful at all

They only go to make our bodies and brains fall...

And it's all because the demands are high

For food manufacturers to create sales that reach the sky!

No accountability they take – it's just big profits they make...!

They call this stuff they sell food, but it's not food at all, it's really just fake...

More **devils** will be added as technology advances

With the humble customer unaware as they buy what they need while in 'additive name' trances...

With words so long they cannot be said, they were only meant to be heard by the dead

Liver problems, gout are just some to mention, without birth defects and hypertension

It's now time to stop this abuse and to give to the customer real food for the money they pay

Without the substances having too long a name and too difficult to say...

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## **Behaviour**

Whilst the main objective of this book is to identify the destructive additives now being included as ingredients in the food we buy, it is also about how this, so called food, affects our behaviours. From the feeling of being on top of the world to feeling grossly ill after eating something that we thought was harmless and good to eat.

## **My research**

Additive numbers, E numbers and ISN numbers are all one and the same. Globally, all additive numbers will soon be known as the International Numbering System for Food Additives (ISN).

I most definitely didn't expect to find the outcomes I have found when starting to write this book. For instance, I have suffered with Tinnitus for the last nine years. I have always put this condition down to stress. On a day out in London with some friends and after eating an Asian meal for lunch I felt really sick. Not wanting to miss out on the fun I kept going but knew I didn't feel myself.

I have lived with the condition for a long time now and simply dismissed it as part of life and something that I have to live with. I have tried many remedies and suggestions to make the condition tolerable but sometimes it screams in my head, while other times, it almost goes to nothing and is almost liveable.

It has taken over seven months, almost seven days a week, of intensive research on the food additive numbers alone to write Chapter Four and still I know there is more work to do. It was during this time of

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research that I discovered additives: 252 Potassium nitrate and 319 tert-Butylhydroquinone (TBHQ). 252 can leave a person feeling dizzy and unwell and (TBHQ) leaves a person with ringing in the ears or Tinnitus.

I've written more about this story on page 187.

Of course to correlate a fun day out and the consumption of additives in an Asian meal will be extremely difficult to prove, but over time, it could be done.

We have now set up a separate email address to collect information about the detrimental outcomes and possible sickness caused when food additives are added to food and that food is eaten.

If you would like to forward any information onto us, please email: [research@booksforreadingonline.com](mailto:research@booksforreadingonline.com)  
Please also state whether you would like your information used in future publications.



## ***Introduction***

Many people get up in the morning and feel like they have not gone to bed. They may have thought they had slept a good, sound sleep but they are lethargic, unresponsive and struggle to find the enthusiasm for the day they are about to live through. Do you, or have you felt like this?

This condition may be connected to the food you are eating or have eaten. Please also think about the daily amounts of caffeine or if you are a smoker, the nicotine you are ingesting or your alcohol consumption or the food additives consumed.

The food we eat creates the petrol in our tanks; our tanks need to be kept healthy and clean this allows us to get the maximum output from seriously good input...

Almost all adults have the opportunity to make the choices to eat, drink or create the habits they want to live with. We can equally eat food; drink the drink that creates bad habits that are not conducive with our body's needs for our own health and wellbeing.

The opportunity may come when a person looks in the mirror and they see the reflection they don't want to see. At that moment, the '*penny has dropped*' and they decide to do something about how they feel and look!

It's at that 'golden moment' that change can start to happen. Making positive changes aren't always easy but positive changes can be made with strength of mind, a commitment to change and the 'will' to continue.

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This book is not about blame or shame; it's about taking small steps to create vitality and wellbeing in your life.

### ***About the author***

Experiences are great teachers, sometimes I think, why did I go through that? And then say to myself, 'is the pain worth the gain?' In most instances, though not always recognisable at first, the pain and growth done, through experiencing difficult times have rewards somewhere in the future.

And so it is with the study of human behaviour. Learning about people's behaviour takes time, patience, investigation and research into academic papers and seeing if there is a parallel or a cross-over in thought, ideas and research outcomes. It has been many years of studying of how we each differently behave and react to each different situation that allows me to write the books I write.

This book on the ***Devils in Our Food*** is no exception to any of the above. Throughout the years, what has been the exception is my work, as a professional educator, with children and young adults in many schools and colleges and my work in a reform institution with young male adults. I have also gained insight by working, for a short period of time, with mature inmates at Reading Jail in the United Kingdom.

I still work as a professional educator and teach a range of subjects from anti-bullying to self-care, entering puberty and sex education. It never ceases to amaze me how receptive young minds are to new and interesting information. If given, these young minds will easily absorb both positive and negative information.

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Because the study of human behaviour is indeed the study of psychology the world we live in has a veritable wealth of information. From the way you sleep in your bed, to the way you clean your teeth or the food you eat are all aspects of the subject: psychology.

The obesity epidemic is worldwide knowledge and much publicised about. Also, the Body Mass Index (BMI) has some GPs urging people to watch what they eat. With such publicity, there still isn't much focus on 'why?' this epidemic has taken place.

There's a focus on the 'fast food' industry and the capital gain that conglomerate organisations can make by delivering unhealthy food to the masses. What has been missed in much research is the role of education and taking newly acquired and gained knowledge back to the individual.

Also a missing link in the information appears to be the role the brain plays in allowing people to develop bad eating habits through the lack of knowledge of how, they as individual's, can make a world of difference to what they eat, the way they think, feel and their wellbeing.

Education is fundamental in all walks of life, but as most Western or affluent countries become more focused on consumerism and the 'fast lane' approach to life, the food manufacturers tailor their marketing to meet the ideas of the moment. Most of the current marketing is aimed at people who have not connected to the outcomes of eating unhealthy food or for the long-term health problems and the habits created by such behaviour or to those people who may have limited resources in education and spending power. Many people think that a 'takeaway' meal will fix their

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hunger pains without much effort other than ordering the meal by phone or at a drive through or on the way home from work or play.

Thankfully, there is a movement to healthier eating but it is very small with more obesity being observed and nations struggling under the burden of the obesity bill in health costs.

It is with the above that I have decided to focus on behaviour to write and develop this book. When I go into a classroom and start to speak to students about my favourite subject, the students look at me and I'm sure they are wondering, 'why is she speaking about: psychology when we should be learning about: respect or sex education?' I then explain: *'during the time of your development within your mother's womb, you learnt to suck your thumb. At first, instinct may have made you put your thumb into your mouth but your reaction to the sucking would have given you: comfort, security, satisfaction and a lot of 'feel good' feelings that your tiny brain recorded. This information was then stored in your memory and allowed you later to retrieve and use. As time progressed, the sucking of your thumb was part of the pleasure you gave yourself as you matured and became ready for your birth.'*

It is at this point that the children start to see the connection between the thoughts they have and the actions they do.

Throughout life there are connections to the thoughts we have and the actions we do. Gaining bad eating habits are a combination of thinking and action. It seems very simple here but it is a lot more complicated than this. Having said that, do you remember what I've said at the beginning of this piece of writing: *'...is the*

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*pain worth the gain?* If you want to know about the food you eat and to know is it going to do you good by eating it? Your knowledge base may need to improve.

Not only do we all need to understand more about food and its benefits. We need to understand how the food is grown, the combined ingredients used, the method or way of preparation and if additives are added and the extraction method of additives used. It's the extraction methods in the additives you eat that can create a lot of damage in your body, your health and wellbeing.

The food we eat needs to keep us physically healthy and mentally well. The food choices we individually make will show in our mental alertness and physical abilities.

Seeing the outcome of poor food consumption is alarming. It's soul destroying to see a student who has worked hard all of the year with their studies to *'bomb out'* at exam time because their brain and mind aren't working together. Many students, though brilliant, can feel sick at the thought of examinations. Prior to an examination, I have seen students eat fast take away meals which are full of preservatives with little to no food value. They have consumed highly sugared drinks that give no long-term sustainable energy; they go on a 'high' and literally *'bomb out'* during the examination!

To take the knowledge of food and its benefits back to basics is just part of the philosophy of this book. Collectively, we all need to change first, how we think about our food and secondly, the benefits each mouthful of 'good food' gives to our body, brain and mind.

## *Devils are lurking*

It's a contradiction in terms to put the words: devil and food together and why is this? The word devil conjures up fear, not good to be associated with, stay away from and all things that are bad. The word devil makes us feel uncomfortable, ill at ease or don't go near.

The word food on the other hand means: nourishment, good for the body, brain and mind, comfort, health, wellbeing, longevity and many other well-meaning associations.

The original word food, may have come from the word: fode or fude (Middle English) from foda (Old English or from fodo (Proto Germanic).<sup>1</sup> Regardless of the word origin, food is meant to keep us healthy. In the last 200 years, food has done far from that.

We are now in the 21<sup>st</sup> Century and we are still recovering, food wise, from the Industrial Revolution that began in the 18<sup>th</sup> Century. The small agricultural societies became more industrialised and small communities moved into the towns and cities; this was especially so in England and parts of Great Britain. The Industrial Revolution provided work for the masses and food was needed to keep the masses working in the newly developed factories and sweat shops; these establishments later stretched into other parts of the world.

To feed the masses and to keep the price affordable so that factory workers and their families could be fed,

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<sup>1</sup> <https://www.quora.com>.

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mechanism and machinery took over the production of food.

Baked bread from many bakeries in the Victorian era were known for their limited flour input with the bulk of the bread being made out of wood fibre. As recently as 1985, the New York Times identified a commercial bakery in the USA using wood fibre in their commercially baked breads.<sup>2</sup> Considering our latest knowledge, some food manufacturers haven't progressed much in the choices they make about the ingredients, additive and food impurities put into the food they manufacture.

In some areas of food choice, we may have moved on, however, the 'Devils' in the foods we eat are now more cleverly labelled and the use of scientific names combined with new branding and marketing techniques all help us to become more confused than ever about what to eat and what is healthy to eat?

The devil is indeed in the deed and it's time to uncover the true meaning of the word '**food**' and what is being sold under this label!

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<sup>2</sup> <https://www.nytimes.com>



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*'Unfortunately labelling of food additives is just another area where the Australian Food Regulator, Food Standards Australia, New Zealand is letting the Australian consumer down.'* The Food Coach.Com

<http://thefoodcoach.com.au>

# *Chapter One ~ Sugar*

## *The devil of sugar*

My interest in sugar started when I was 15. One day, I said to my mother, 'I'm not eating any more sugar!' I can't say why I had made this decision or announcement but I wanted changes in my life.' I grew up in England and the English, have had a love affair with sugar for generations, in fact, in the 19<sup>th</sup> Century it was deemed affordable and the majority of the working class could afford it. As a teenager, my own intake of sugar became the seed that made me start to think about the real value of sugar as a food?

There are now other factors in my life that have driven me to write a book about food. In About the Author in the previous pages, I've already mentioned the obesity epidemic that hits the news daily and the numerous television programs now seen on the subject.

To begin the journey of this book, I need to retrace some of my childhood footsteps. I would be out playing with my friends and I would often see my mum walking up the street and on her way home from work; she would be carrying carrier bags of shopping packed to overflowing with groceries. I would run to help her and offer a hand, however her comment would be: '*thank you, but I'm balanced and I'm nearly home...*'

Within the shopping bags there was always two pounds of sugar for use over the next week. Sugar would go on breakfast cereal, (despite the large

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quantity of sugar already contained within the cereal); a tablespoonful of sugar would still be added. Sugar would be added to every cup of tea or coffee, on desserts, on fruit and occasionally on a slice of bread when all other jams or spreads had run out. Sugar was sprinkled on bread and butter to reduce hiccups, I don't know if the remedy ever worked but just the same: sugar was added to the bread and butter!

I honestly don't know what made me decide to stop using sugar but I did and from that day I have avoided processed sugar in all or most of my food.

A further awakening came into my life when our son, at the age of 10 developed Type 1 Diabetes. This is also known as Juvenile Onset Diabetes. It is not caused by a young person eating too much sugar or having too much sugar in their diet. When mentioning to someone, 'My son is a Type 1 diabetic,' the reply was: 'Oh, too much sugar in their diet or eating too much sugar...!'

Type 1 Diabetes occurs when the body's immune system, which helps to fight infections, attacks the pancreas. During the time of adjustment and retraining to work with a young diabetic, it's inevitable to learn a lot about the human system. Having to work with a strict carbohydrate controlled diet takes a bit of getting used to but the discipline it brought into our lives has been worth the journey of awareness it has created.

From the time of my son's diagnosis until this day, my mind is constantly working and asking questions about the diets people are eating; the processed food they are consuming and the drinks they are drinking on a daily basis.

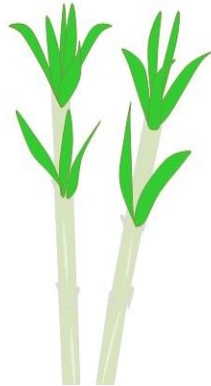
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As I have previously mentioned, we are aware of the obese situation now in many communities but logic and explanation of 'how?' and 'why?' over eating and obesity occur within an individual hasn't appeared to have been answered!

Before the consumption of sugar, any sweet intake made by a person would come from seasonal fruits, berries, natural honey and some grasses.

Through research, we now know that the original sugar cane was grown by the New Guinea natives at least 6,000 years BC.

The sweet liquid was sucked and chewed from the cane fibre. This rich energy-giving food, in its raw state, possesses sucrose, vitamins and minerals.



It took another thousand years for the sugarcane plant to reach other places in the world. By 5,000 BC sugarcane cultivation had spread to India, where once harvested, the sweet juice was turned into basic sugar crystals. In this form, monks and migrants could easily transport it to China, Northern Africa and Persia. Sugar eventually reached Europe in the 11<sup>th</sup> Century.

For 400 years, sugar remained a European delicacy, spice and luxury. The fine crystals were considered to

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be 'white gold' and would make many sugar merchants extremely wealthy.

Christopher Columbus took sugarcane to the Americas in 1493. Sugarcane plantations were established in the West Indies and South America in the 16<sup>th</sup> and 17<sup>th</sup> Centuries. Sugar then became a vital commodity for Europe and England. In England and during the time of the Industrial Revolution and into the 19<sup>th</sup> Century, sugar intake had increased by 1,500 percent.

In the 19<sup>th</sup> Century, refined sugar was considered a necessity by the people of Great Britain, Europeans and Americans. In the 20<sup>th</sup> Century, sugar was added to nearly every food consumed. In the 21<sup>st</sup> Century sugar is still added to cereals, breads, drinks, yogurts, health bars, juices, salad food dressings, sauces, readymade meals, frozen meals, Chinese, Indian, other Asian meals, take away meals, fast food meals and numerous other foods.

Sugar is not just a sweetener it is a poison in its refined form. Sugar also has habit forming attributes that your brain finds hard to resist.

I am not the only person who feels that it's time to make changes to what the food conglomerates and manufacturers insist on putting into the food they market to many nations around the world.

Many prominent and distinguished scientists and researchers are of a similar opinion. 'Robert Lustig of the University of California, San Francisco, famous for his viral YouTube video 'Sugar: The Bitter Truth'. A

few journalists such as Gary Taubes and Mark Bittman have reached similar conclusions.<sup>3</sup>

It has been stated in detailed and extensive research that eating too much sugar is one of the primary causes for Diabetes Type 2, cardiovascular disease and other metabolic disorders.

In 2014/15, six million Australians aged 18 and over were overweight. This accounts for more than a third or (36 percent) of adult Australians being obese.<sup>4</sup> Obesity rates among adults in the United Kingdom have almost quadrupled in the last 25 years and now around 1 in 4 falls into this category. What's more, over 60 percent of adults are classed as overweight or obese...<sup>5</sup> Adult obesity rates now exceed 35 percent in seven of the States in the United States of America, 30 percent in 29 states and 25 percent in 48 states. West Virginia has the highest adult rate of obesity at 38.1 percent.<sup>6</sup>

Given the statistics above, it's enough to put people off eating sugar, but there is more: sugar is a harmful toxin that interferes with the body's regular hormone cycles and harms organs. Referring back to my teaching, as an educator, I'm currently teaching many children in many schools in my everyday work. One of my focus areas of education is educating children as they reach puberty. From the knowledge I've gained, most educators want to develop strategies that help to protect children as they go through this stage of life. Puberty allows the body to prepare for adulthood.

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<sup>3</sup> Ferris Jabr, Credit: Nick Higgins.

<sup>4</sup> <https://www.heartfoundation.org.au>

<sup>5</sup> <https://www.healthexpress.co.uk>

<sup>6</sup> <https://stateofobesity.org>

The time period for change in a young adult can be as long as 10 years. During this time, each individual child experiences changes; each may experience changes in different ways. Changes happen through hormones kicking in to make the changes within their bodily systems.

It is now clear, through scientific investigation, sugar in its refined state, is a poison and may interfere with hormone release during the time of puberty. This interference may contribute to different and more pronounced mood swings in young adults. More investigation needs to be done, however, given the evidence so far there is a possibility that sugar, if not the culprit, it may be a contributor.

### **Why is sugar a devil, a toxin and poison?**

All plants contain sugar. Sugar is needed to bring the moisture from the ground and up into the plant to keep it healthy and allow it to grow. Drawing moisture from the ground allows foliage to develop, flowers to grow and fruit to develop and ripen. This drawing up of moisture is known as photosynthesis. Photosynthesis converts light into energy; sugar allows the transition from light to draw the moisture up and through the plant. All plants work in this way.

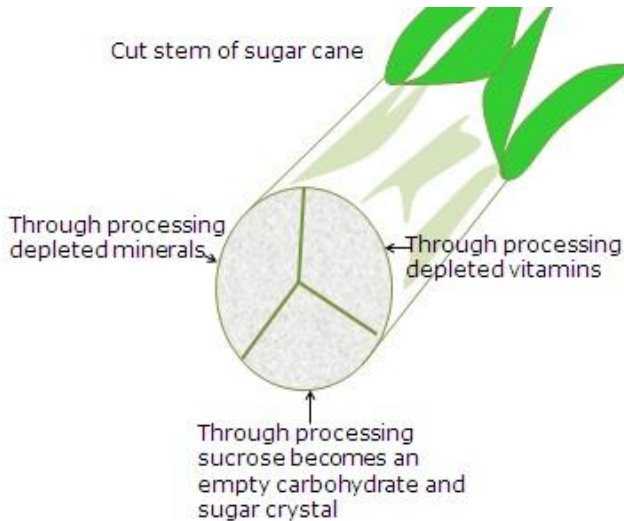
Sugarcane has a high content of sucrose and is the main contributor to worldwide sugar production. Sugar in its natural form, as discussed previously, is not harmful to the human system; **it's the refinement of sugar that makes it toxic.**

Processed sugar is a poison and may be responsible for many of the health problems seen in the general population today. So why is this?

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In 1957, Dr William Coda Martin wanted to answer the question, *'When is a food a food and when is it poison?'* His answer: *'Medically: any substance applied to the body, ingested or developed within the body which causes or may cause disease.'*<sup>7</sup> Dr Coda Martin classified sugar as a poison *'because it has been depleted of its life forces: vitamins and minerals'*.

When sugar is processed through refinement, the left over crystals are pure refined 'empty carbohydrates' normally seen as sugar crystals.



The human body cannot use refined, empty carbohydrates unless the depleted minerals and vitamins are present. Accordingly, *'Nature supplies these elements in each plant in quantities sufficient to*

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<sup>7</sup> Dr William Coda Martin Michigan Organic News, March 1957, p. 3.



*metabolize the carbohydrates in that particular plant.*<sup>8</sup>

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The book explains, in graphical detail, the story of Tom, a young boy who is taken out for a 'fast food' lunch by his dad. The graphics show the accumulation of sugar, *trans* fats and food additives as the child eats his meal.

As the meal progresses, the additives added to children's food and drink are identified and an explanation of the additive content given.

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<sup>8</sup> Extracted Sugar Blues, © 1975 by William Dufty.