

Avoid These Ingredients:

20 INGREDIENTS TO MEMORIZE AND
AVOID
IN ANY FOOD YOU CONSUME



Left Column:

- Potassium Benzoate and Sodium Benzoate
- Hydrogenated or Fractionated Oils
- Artificial Coloring
- Polysorbate 80
- Aspartame
- Sodium Chloride
- Soy Lecithin
- Propyl Gallate
- Soy
- Corn

Right Column:

- Monosodium Glutamate(MSG)
- High Fructose Corn Syrup
- Potassium Sorbate
- Enriched Wheat
- Acesulfame-K
- Artificial Flavors
- BHA AND BHT
- Sugar
- Sucralose
- Canola Oil

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Carrageenan

This (natural) thickening agent is found in some of the most popular organic foods such as...

- *Nut, rice, and soy milks
- *Cottage cheese
- *Yogurt and sour cream
- *Infant formula
- *Nutritional shakes

It becomes a carcinogen when exposed to stomach acid.

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This "**natural**" toxin is in your **organic foods**!

Always check the ingredient list for **CARRAGEENAN**:

- It's commonly found in non-dairy milks, deli meats, and dairy products.
- The amounts added to these processed foods are enough to cause inflammation and digestive distress.
- It causes cancer and colitis in animal experiments.
- This inflammatory, highly processed seaweed is allowed in organic foods.

Know it so you can avoid it!

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How Inflammation Affects the Body?

"Inflammation is at the root of practically all known chronic health conditions"

BRAIN

Pro-inflammatory cytokines cause autoimmune reactions in the brain, which can lead to depression, autism, poor memory, Alzheimer's disease and MS.

CARDIOVASCULAR

Inflammation in the heart, arterial and venous walls contributes to heart disease, stroke, high blood sugar (diabetes), and anemia.

MUSCLE

Inflammatory cytokines can cause muscle pain and weakness. Can manifest as carpal tunnel syndrome, or polymyalgia rheumatica, to name a few.

BONES

Inflammation interferes with the body's natural ability to repair bone mass, increasing the number of fractures & leading to conditions like osteoporosis.

SKIN

Chronic inflammation compromises the liver and kidneys, resulting in rashes, dermatitis, eczema, acne, psoriasis, wrinkles and fine lines.

THYROID

Autoimmunity as a result of inflammation can reduce total thyroid receptor count and disrupts thyroid hormone function.

LUNGS

Inflammation induces autoimmune reactions against the linings of airways. Can result in allergies or asthma.

GI TRACT

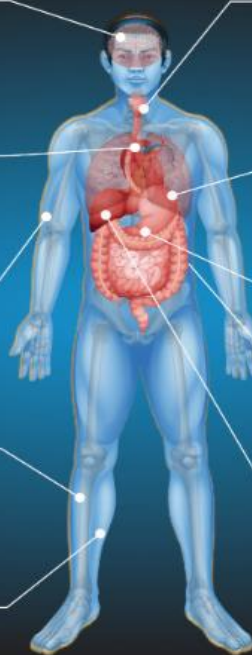
Chronic inflammation damages our intestinal lining and can result in issues like GERD, Crohn's disease and Celiac disease.

KIDNEYS

Inflammatory cytokines restrict blood flow to the kidneys. Complications like edema, hypertension, nephritis & kidney failure can result.

LIVER

Build-up of inflammation leads to an enlarged liver or fatty liver disease. Increased toxic load build-up in the body.



**BEFORE YOU BUY ANOTHER CAN
OF PET FOOD, CHECK FOR THIS
ADDITIVE FIRST!**

70% of canned pet foods contain the additive carrageenan. Peer-reviewed, published research indicates that food-grade carrageenan is known to cause intestinal inflammation with the potential to lead to cancer, even small doses.

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