



Artificial food colorings...are they a concern for your child?

Do you notice extreme:

- Hyperactivity
- Behavioral issues
- Irritation
- Emotional fits

If you consistently notice any of the above issues, try removing all artificial food colorings (dyes) from your child's diet for 2 weeks.

Scientific research and personal trials with families have shown that removing all artificial food dyes from a child's diet led to remarkable changes.

Start by reading the ingredient lists on all prepackaged items such as: sports drinks, cereals, muffins, pickles, flavored- yogurts, toothpaste, gums, over-the-counter medicines, etc.

READ ALL LABELS and start with removing all these:

- Blue 1
- Blue 2
- Citrus Red 2
- Green 3
- Orange B
- Red 3
- Red 40
- Yellow 5
- Yellow 6

This trial is only for 2 weeks! So get everyone in the child's life involved! Tell the children's teachers and grandmas, they are on an artificial food dye free diet for 2 weeks.

Other important points to note about food dyes are that they are:

- Petroleum-based
- Void of any nutritional value
- Banned in many countries
- Linked to certain types of cancers

Check out this video:

If your child is experiencing any of the above behaviors, this 18-minute Ted Talk is well worth you viewing time!

<https://www.youtube.com/watch?v=nQzOHAwCfXs&feature=youtu.be>