

Re: Poisonous Food Ingredient?

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- *From:* "Andrew" <KellyClarksonTV@xxxxxx>
 - *Date:* 29 May 2005 17:57:01 -0700
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In any case, I HATE sugar ... I don't buy anything with a molecule of it ... another thing I hate is the sugar refiners ... I don't want a cent of my hard-earned money to go to these stupid people ...

Other things I avoid:

Sugar / Sucrose / High Fructose Corn Syrup

Monosodium Glutamate (Ajinomoto)

Refined White Flour

Hydrogenated oils / Trans fat

Artificial Sweeteners

Dairy Products (they are only designed for consumption for Cows)

Red Meat (causes colon cancer)

• *References:*

◆ ***Poisonous Food Ingredient?***

◇ *From:* Andrew

◆ ***Re: Poisonous Food Ingredient?***

◇ *From:* Uncle Al

◆ ***Re: Poisonous Food Ingredient?***

◇ *From:* muha

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