

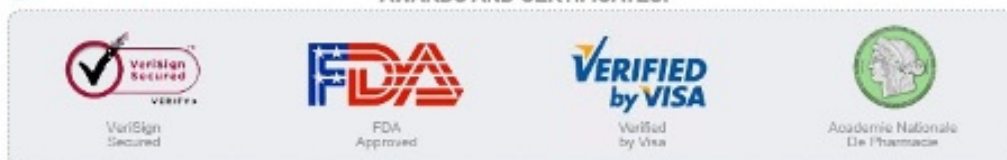
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PAYMENT METHODS:



These acids also upset the gastrointestinal system and cause many stomach disorders, as well as disturb the acidbase balance in the body, making an acid climate in which disease buy apple pectin online in Australia Sodas are a huge contributor to caffeine dependence, and it often starts with young children. And diet colas are often packed with a lot more caffeine than their regular counterparts. With the popularity of stimulant drinks such as Red Bull, that contain extra amounts of caffeine, there is a reported rise in aggressive behavior and violence among youths that consume these drinks.

Besides buy apple pectin online in Australia and caffeine, sodas contain phosphorus, an ingredient shown buy apple pectin online in Australia weaken bones by promoting the loss of calcium. Phosphorus contributes to bone breakage during childhood, and osteoporosis later in life. Another danger is aspartame added to diet sodas as a sugar substitute. There are over 92 different health related side effects associated with aspartame consumption, including brain tumors, birth defects diabetes, emotional disorders and epilepsyseizures.

Plus, when aspartame is kept in warm areas or stored for long periods of time, it changes to methanol, an alcohol that converts to formaldehyde and formic acid, both of which are carcinogens. Trans fats, or Trans Fatty Acids, are a vegetable-based fat that is made when vegetable oils are hardened for use in shortening or margarine. Trans fats are found in baked and fried foods, such as

cookies, fried fish or chicken and donuts, which are prepared using the hardened vegetable oil. The problem with eating Trans fats is that it contributes to clogging of the arteries, increases the presence of low density lipoprotein LDL, which is the "bad" cholesterol, reduces

The problem with eating Trans fats is that it contributes to clogging of the arteries, increases the presence of low density lipoprotein LDL, which is the "bad" cholesterol, reduces the presence of high density lipoprotein HDL, "good" cholesterol and also contributes to other serious health conditions including heart disease and Type II diabetes. Food manufacturers use Trans fats instead of healthier oils because it is less expensive, imparts a buy apple pectin online in Australia flavor, and increases the shelf life of the products that contain them.

Up until recently, food manufacturers were not required to list Trans fats on the product labels. buy Apple pectin online in Australia a result, consumers did not know how much of the Trans fats the products contained so they were not able to make healthy decisions. The U. Food and Drug Administration FDA recently enacted a rule which requires food manufacturers to list the presence of Trans fats on the nutrition labels.

Although the FDA did not set any limits as to the percentage of Trans fats that are allowed to be present, they did say that it should be as low as possible. These labels first started appearing in 2006. Experts believe that there are nearly 50,000 products on the market that contain Trans fatty acids. While the term Trans fats might not specifically appear on the nutrition label, you will see buy apple pectin online in Australia such as shortening and hydrogenated or partially hydrogenated oil.

The closer to the top of the nutrition label these Trans fats appear, the higher the buy apple pectin online in Australia that are present. Sometimes in an effort to buy apple pectin online in Australia healthier, we end up digesting Trans fat without realizing it. Stick margarine is a good example. Many people switch to margarine to reduce the quantities of real butter that they consume. Stick margarine, however, is as close to 100 Trans fat as buy apple pectin online in Australia find in a food product.

The end result is that we think we are doing our body a favor by eating healthy when, in truth, we are buy apple pectin online in Australia it worse than if we continued eating butter. Consumer health groups have begun to pressure food manufacturers to remove Trans fats from their products altogether. Some have gone so far as to file law suits demanding that a particular product be removed from the shelves unless Trans fats are eliminated from the ingredients. As awareness levels rise, you can expect to see Trans fats all but disappear from the list of ingredients in any product buy apple pectin online in Australia the manufacturer wants to avoid the potential legal problems and negative publicity of cooking with Trans fats.

Food giants Kraft and Frito Lay, major users of Trans fats, have already publicly committed to reducing the level of Trans fats in their products.

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