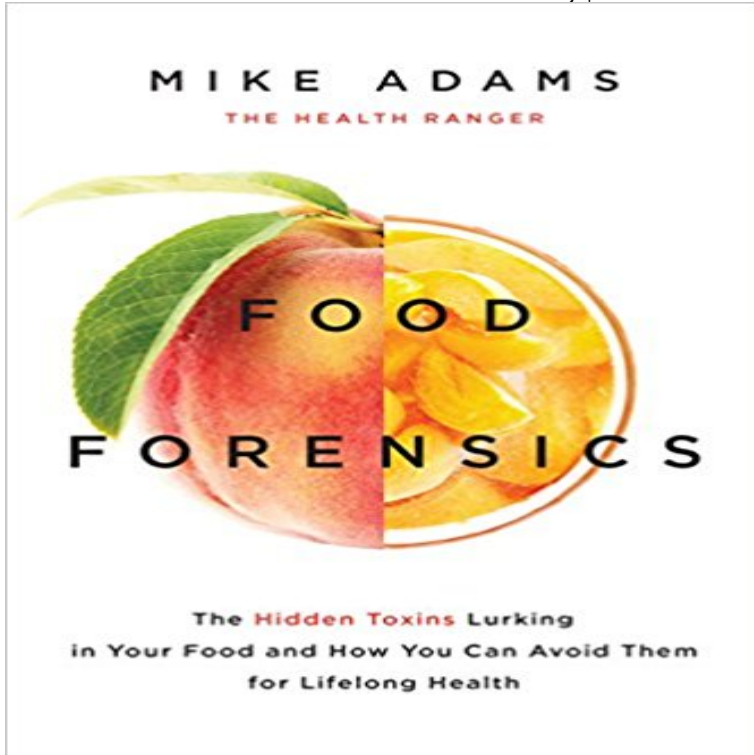


Food Forensics: The Hidden Toxins Lurking in Your Food and How You Can Avoid Them for Lifelong Health



What's really in our food? Award-winning investigative journalist and clean food activist Mike Adams, the Health Ranger, is founder and editor of NaturalNews.com, one of the top health news websites in the world, reaching millions of readers each month. Now, in *Food Forensics*, Adams meticulously tests groceries, fast foods, dietary supplements, spices, and protein powders for heavy metals and toxic elements that could be jeopardizing your health. To conduct this extensive research, Adams built a state-of-the-art laboratory with cutting-edge scientific instruments. Publishing results of metal concentrations for more than 800 different foods, *Food Forensics* is doing the job the FDA refuses to do: testing off-the-shelf foods and sharing the findings so the public can make informed decisions about what they consume or avoid. In *Food Forensics*, you'll discover little-known truths about other toxic food ingredients such as polysorbate 80, MSG, sodium nitrite, pesticides, and weed killers such as glyphosate. Adams reveals stunning, never-before-reported details of heavy metals found in recycled human waste used on crops and in parks, and he explains how industrial pollution causes mercury, lead, and cadmium to end up in your favorite protein powders. This book will forever change your view of food safety, regulation, and manufacturing. When you know what's really in your food, you can start making changes to protect yourself against serious diseases like cancer, all while maximizing your natural immune defenses against infection and disease.

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