



## Eat better without "E"

In the meantime, my coaching offer "Accompanied Fasting Days 2022" has started. Some participants have told me that in addition to losing a few kilos or cellulite, they also want to get rid of concentration problems or impaired sensory perception. Do you also sometimes suffer from dizziness, headaches, memory lapses or numbness in your hands or feet? Two specific additives in food that are associated with weight gain/loss, but also with the aforementioned complaints, may be the cause.

The food industry uses additives to improve the texture as well as the shelf life and safety of a food. Other additives are used to "spice up" the taste of food and give food a nicer appearance. Thousands of chemicals are classified into different additive classes, such as antioxidants, thickeners, acidifiers, emulsifiers, stabilizers, flavor enhancers or humectants. "E" numbers are used for labeling purposes. The most commonly used agent in a food in terms of quantity is in Germany at the top of the packaging list. The Food Standard Agency provides an overview of the E-substances with their respective functions [1].

Although you are assured that all these substances would not be toxic - which may be true for a single consumption - there is too little knowledge regarding limits, frequency, quantity, combination, or accumulation in the body. Allergic reactions are individually quite possible.

### **Sweeteners (E-9..) with bitter consequences**

To save calories, you may also consume sugar-free light products that contain, for example, the sweetener aspartame (E-951). When this is broken down in your body, the decomposition substances can lead to mood swings, appetite fluctuations and even depression [2]. The aspartic acid produced during metabolism is able to cross the blood-brain barrier and destroy brain cells, especially in children. Neurological diseases such as epilepsy, Parkinson's or Alzheimer's disease can develop as a result. Methanol breaks down to formaldehyde, accumulates in the body and damages mainly optic nerves and brain cells. In higher concentrations, DNA replication is affected and tumors can develop [3, 4]). Per liter of Coke Zero, you ingest 56 mg of methanol. The permitted limit is 8 mg per day!

### **Feeling hungry due to flavor enhancers (E numbers 6..)**

In addition to sweet, sour, bitter and salty, there is a flavor called umami, which means savory, spicy and meaty. As a natural component, glutamate occurs in almost all protein-containing foods, e.g. Parmesan cheese, beans or chicken meat.

Glutamate is an addictive amino acid compound that enters the blood via the mucous membranes and from there directly into the brain stem, where it disturbs the feeling of hunger. Glutamate is suspected of damaging developing brain cells already in the embryo and causing obesity later on [5]. Pay attention if you experience sweating, stomach pain, high blood pressure, a migraine attack or palpitations after a meal in a restaurant. Even several hours after such a meal with glutamate, you may experience impaired concentration

or reduced sensory perception. If you are prone to allergic reactions, you may even experience epileptic seizures or respiratory paralysis [6, 7].

Glutamate causes an unsatisfactory feeling of satiety. You constantly eat more than you use, gain weight and thus the risk of obesity increases, but also mood changes [8]. Another problem with glutamate is that the brain mistakes it for neurotransmitters. It puts the cells in a state of permanent stress, which can lead to their complete breakdown [9]. Since glutamate affects pain memory, it can be the cause of unexplained pain [10].

What can you do? Pay attention to the E-numbers 9.. and 6.. on food packaging and menus. Observe yourself if you experience one or more of the above mentioned conditions after a meal in a restaurant.

Try to avoid products containing E-6.. or E-9.. additives as much as possible. Use honey, maple syrup or stevia instead of chemical sugar substitutes.

By the way: Fasting and purge support any detoxification. Your entry into my spring coaching offer is possible at any time! See below for more information.

**Literature:**

[1] <https://www.food.gov.uk/business-guidance/approved-additives-and-e-numbers>

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Dr. phil. & HP Cornelia Renate Gottwald, Your Holistic Health Coach since 2006  
Von Eichendorff Ring 10 a, D - 84405 Dorfen, Phone 0049-8081-9158, [www.best-in-balance.de](http://www.best-in-balance.de)





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**Accompanied Fasting Days 2022**

Make it easy for yourself to lose a few kilos, purify your body and throw off at the same time mental and emotional ballast!

The accompanied fasting days are not a "classic" fasting cure, but bring about weight reduction and simply more well-being through more mindfulness for oneself and changed eating habits.

- Choose from 3 possible variations and receive clear and detailed instructions.
- Each variation is easy to integrate into your daily work routine.
- The purchase of all ingredients is uncomplicated.
- In addition, you will receive individual health tips.
- At the same time, you will learn easy-to-implement supportive measures from the areas of exercise, relaxation and beauty in two 45-minute individual coaching sessions (online via zoom, time by arrangement).

**Fee: 69 €**



Your fasting guide:  
Dr. phil. / HP Cornelia Renate Gottwald,  
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**Further information and registration:**  
[cornelia.gottwald@posteo.de](mailto:cornelia.gottwald@posteo.de)

