

10 Dangerous Ingredients in Meal Replacement Shakes & Bars

Meal replacement shakes are badly named. They don't replace a meal with a liquid version of pure nutrition; they fill your body with dangerous synthetic chemicals and are the furthest thing from what should be called food. These chemicals include:

1. Aspartame

This is a deadly neurotoxin that has been linked to the development of muscle twitches, spasms, cognitive impairment, migraine headaches, irritability, mood swings, and more. Scientific studies have shown that aspartame causes lesions on the hypothalamus, which interferes with proper brain and endocrine function.

2. Acesulfame Potassium

Or "Ace K" is a calorie-free sweetener that is not only neurotoxic, it also "turns off" the part of your brain that tells you when you've had enough to eat. This means each time you drink a meal replacement shake or eat anything that contains this sweetener, you're drinking something that encourages you to eat more!

3. Maltodextrin

A type of glucose syrup made from genetically-modified corn. Genetically-modified corn contains pesticides that do damage to your digestive, endocrine, neurological, and immune system. This sweetener depletes your body of natural vitamins and minerals while causing side effects such as weight gain, bloating, flatulence, and breathing difficulties.

4. Concentrated Milk Product

Concentrated milk product may seem harmless enough but it can cause problems with your health. This is because the concentrated milk product contained in meal replacement shakes contain hormones, steroids, antibiotics, and pesticides that interfere with proper digestion and assimilation of nutrients. These growth hormones and pesticides fuel the development of cancer.

5. Cellulose Gel

This thickening agent is used to keep synthetic sugar from crystallizing and "freezing" in the can. It has

been linked to digestive distress and allergic reaction.

6. Soy Fiber

It is estimated that 90% of soy is genetically-modified. Any genetically-modified food or product contains pesticides. When you ingest pesticides, you interfere with the proper functioning of your nervous, digestive, and immune system.

7. Xanthan Gum

Xanthan gum is a thickening agent made from bacteria and has been linked to gas, bloating, and allergic reaction.

8. Carrageenan

This is often listed as a natural ingredient in meal replacement shakes and some yogurts. This sneaky little additive has been quietly causing chronic health problems for forty years. It has been linked to colon cancer, chronic inflammation, and digestive disorders.

9. Sodium Phosphate

A popular diet food additive because it acts as a laxative. If you're going more often than usual or are suffering from diarrhea, this is your culprit. Too much of this additive could cause permanent damage to the lower intestine, leading to uncontrollable bowel movements.

10. Synthetic Vitamins

Meal replacement shakes love to brag about how many vitamins and minerals are in their products. What they don't tell you is the kind of vitamins they contain. The vitamins in meal replacement shakes don't come from a food source so your body doesn't recognize them. These lab-created synthetics can cause inflammation, allergies, digestive disturbances, and autoimmune dysfunction.