

Artificial Colors and Your Health

by Laura Seigel, M.S.W. . (laura@tpsw.org)



Although several countries have banned many more artificial food colors than the United States, don't think for a second that the remaining artificial colors are safe for us. Chances are, whether you seek a chocolate indulgence with M&Ms, or a (fake) strawberry toaster tart or any of the thousands of other products for consumption in our country, you are being exposed. Personal cleaning products such as tooth paste and cosmetics such as lipstick are also susceptible. While many of these products are used every day, others surface more frequently around holidays such as Halloween, Christmas and Easter. Whilst there's a huge list of health concerns which can affect children and adults alike (e.g., asthma, bladder and brain tumors, eczema, hyperactivity, insomnia, lymphoma and thyroid problems), proactive influences face an uphill battle against oppositional lobbyist forces. It is also entirely possible that damage by some artificial colors has not even been properly correlated much less researched.

The best way to protect yourself and your family is to become more knowledgeable. Read labels and avoid as many artificial food colors as possible with the goal of reducing and ultimately eliminating all artificial colors. To better understand why some dyes have not been removed thus far and to continue the process of learning more, following are two links to very informative articles: (1) <http://www.care2.com/greenliving/10-scary-reasons-to-avoid-artificial-food-coloring.html>; and (2) <http://www.forbes.com/sites/rachelhennessy/2012/08/27/living-in-color-the-potential-dangers-of-artificial-dyes/>.

Disclaimer for this article and all others written by Laura Seigel, MSW: These articles are intended as a reference only. The information provided is designed to save and improve lives by helping others to make informed decisions about health issues. It is not intended as a substitute for any treatment that has been doctor prescribed. If anyone reading this article suspects a medical problem, please seek competent medical care in a timely fashion.

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