

DANGERS OF CARRAGEENAN

Some folks can eat just about anything. Some people might have no problem producing a tall glass of homemade soymilk, then converting it to chocolate milk by adding the following ingredients: Three teaspoons of sugar. One teaspoon of chocolate powder. Two tablespoons of Vaseline petroleum jelly. The Vaseline might produce gastric distress, and the soymilk drinkers would erroneously conclude that they are "allergic" to soy. Some people do not experience gastric discomfort caused by the Vaseline-like food additive, carrageenan. Many people do.

Carrageenan is a commonly used food additive that is extracted from red seaweed by using powerful alkali solvents. These solvents would remove the tissues and skin from your hands as readily as would any acid.

Carrageenan is a thickening agent. It's the vegetarian equivalent of casein, the same protein that is isolated from milk and used to thicken foods. Casein is also used to produce paints, and is the glue used to hold a label to a bottle of beer. Carrageenan is the magic ingredient used to de-ice frozen airplanes sitting on tarmacs during winter storms.

Is Carrageenan Really Natural?

Carrageenan is about as wholesome as monosodium glutamate (MSG), which is extracted from rice, and can equally be considered natural. Aspartame (NutraPoison) is also natural, as it is extracted from decayed plant matter that has been underground for millions of years (oil). So too are many other substances such as carrageenan that can also be classified by FDA and USDA as wholesome and natural food additives.

Just because something comes from a natural source does not mean that it is safe. The small black dots in the eyes of potatoes contain substances that are instantly fatal if eaten. Got poison? You will if you eat the black dots on the "eyes" of potatoes.

Carrageenan is a gel. It coats the insides of a stomach, like gooey honey or massage oil. Digestive problems often ensue. Quite often, soy eaters or soymilk drinkers react negatively to carrageenan, and blame their discomforting stomachaches on the soy.

High weight molecular carrageenans are considered to be safe, and were given GRAS status (safe for human consumption) by the FDA. Low weight carrageenans are considered to be dangerous.

