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A Note To Food Manufacturers...

By D. S. Epperson

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Food manufacturing in the US has always been about convenience, product availability, taste and price. The more society ventured away from the family garden and kitchen, the more food manufacturers developed a market or niche for their products at home in the cupboards. Processed foods no longer are limited to flour and sugar on the country store shelf, but have evolved to include the variety of foods eaten daily and taken from restaurants, grocery stores, super markets and convenience stores.

As the commonality of quick processed foods increases throughout the world, health problems such as obesity, diabetes and cancer have also become common and inevitable to the point that *"1 in 3 American adults have Insulin Resistance, a pre-diabetic condition", and this will only be the beginning.

The philosophy behind Functional Food is to create food additives and ingredients that will enhance the bodies health by making manufactured foods more beneficial to the consumer with out losing quality or taste.

It is the intention to not only create additives and ingredients that will benefit todays market but will benefits today's generation as they age.

By using products such as "SugarBlendtm",and "FlourBlendtm,, in drinks, cakes, cookies, candies, breads, pastries, and snacks, today's children will have increased mineral uptake, aiding in the prevention of Osteoporosis as they age, increasing bowel function, reducing the chance of colon cancer and by aiding in the control of blood sugar swings that may cause diabetes later in life. These "Functional" properties are accomplished without side effects that may cause consumers to reject manufactured products. These side effects include sweeteners that cause a laxative effect, gas, bloating, aftertaste and degrading sweetness in high heat. Styrofoam-like textures, no taste, distasteful smell and color in cooking flour substitutes.

A Note To Food Manufacturers...

We see that parents today are becoming more aware and educated in the direction of nutrition, especially with regards to growing children. If foods are eaten that increase calcium in the bones today, twenty years from now, it is possible that this generation won't suffer from Osteoporosis or Colon Cancer. If foods are eaten today that keep the blood sugar steady and absorb slowly in the gut, not only will the child have protection from disease, but they will have a lessor chance of developing diabetes twenty years from now also.

The main objective of Home Blend Gourmet and others that manufacture functional food is "The Health of Humanity". Manufactures using these products today can influence the health of future generation and secure their markets for tomorrow. We create first rate ingredients and additives by being on the cutting edge of research. The demands of fast paced lives and lifestyles shouldn't cost the health of the human race. We can help food manufactures become more health conscious and competitive with marketing strategies that will put them above the rest of the pack.

Today, the education of the general public on nutrition is vastly brought about through mass media, by informational commercials, through news media, T.V. talk shows, magazine articles and newspaper articles.

High protein, low-carb, low-fat diets have gained popularity through media blitzes on celebrity books, university studies, restaurant menus and nutritional labels. These diet plans have also gained popularity by the prove results, some of the newest diets include Glycemic Indexing, or the blood glucose response to the manufactured products. We check our food formula's for impact to blood sugar response by doing in vivo oral tolerance tests. Each formula is created to not only aid in control of nutritional conditions, but that the side-effects of that formula is beneficial to the human body. We offer In Vivo testing for any of our manufacturing clients that would like to use Glycemic Indexing guidelines for marketing their products. We are South Pacific Health Enterprises, and we license our food formulas only to Home Blend Gourmet.

*AACE, AC of Endo. Conference, 08-25-26, 2003

D.S. Epperson is the top formulator for Home Blend Gourmet / South Pacific Health, a leader in the functional food industry in the U.S.. With 20 years of experience in Nutritional Biochemistry, she has written reference books on botanicals and manufacturing of medicines from botanicals, and published articles on health, fitness and foods. She has formulated over 240 formulas and inventions for health, the environment and agricultural uses, and continues to research and study microbial advantages in nutraceuticals and functional foods. For more information or to view the articles that she has written:

Food Allergies

By Steve Wilcott

An allergy can be described as a malfunction of the immune system, an exaggerated response to

certain substances. Your body mistakenly believes that something it has touched, smelled or eaten is harmful to it and your body releases massive amounts of chemicals, such as histamine to protect itself.

It is believed that 11 million Americans suffer from food allergies. These allergies are as varied as food itself is. Some people suffer from an allergy to one food, some to many. The most common food allergies are generally eggs, milk, peanuts, tree nuts (such as walnuts), fish, shellfish, soy and wheat.

Symptoms of food allergies are varied and range from a tingling of the mouth to swelling of the tongue and throat to difficulty breathing to hives, cramps, diarrhea, vomiting and in some instances death.

There are ways to help you or your loved one manage your food allergies. First seek the help of an allergist. Your allergist will perform a patch test to determine the exact cause of allergic reactions. This will be the guideline you use as you develop a diet based around your food allergies.

As with other types of allergies there is no cure for a food allergy. Some children do grow out of some food allergies as they age although allergies to peanuts, fish, shellfish and nuts are often considered lifetime allergies. You or your loved one must simply avoid the food that causes the allergy. This can be difficult, especially when eating out in a restaurant. Depending on the severity of allergy, even slight cross contamination of food products can cause reactions.

Food labeling is a very important component of avoiding foods that trigger allergies. Since 2000 the FDA has been presenting information on allergy risks and labeling requirements to manufacturers. They seek to have manufacturers change some labels to be easier to read, using plain language like "milk" on a label instead of "caseinate".

In the case of a milk or egg allergy there are alternatives that can be used when cooking or baking. There are many online sites dedicated to supplying information, education and support to those with food allergies.

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