

## **101 Toxic Food Ingredients: Review Exposes Anthony Alayon's Toxic Food Ingredient Decoder**

*Stan Stevenson releases a review of 101 Toxic Food Ingredients that reveals the 'Hidden' toxic food ingredients that people must avoid the next time they shop to 'Burn Off' more stomach fat and eliminate their risk of deadly diseases.*

**(PRWEB) February 27, 2014**

101 Toxic Food Ingredients that claims to help people instantly discover the 'unknown' poisonous healthy food ingredients they must avoid to eliminate their risk of heart disease, kill cancer cells, destroy diabetes, fight Alzheimer's, and stop arthritis has caught the attention of Stan Stevenson, prompting an investigative review.

"In 101 Toxic Food Ingredients, Anthony Alayon has compiled the best strategies on how to fight aging to live a long and healthy life. During his research, he not only discovered literally over 101 ingredients have a negative effect on our bodies, but also uncovered which ingredients have positive health benefits as well," reports Stevenson. "A recent study conducted by the Grocery Manufacturer's Association states that over 80% of packaged foods eaten in the U.S. every day are contaminated with at least one toxic ingredient. These ingredients are responsible for putting your health at risk."

101 Toxic Food Ingredients includes the 3 diet mistakes that reveal the 'Hidden' toxic food ingredients that people must avoid the next time they shop. First, it advises people to stop eating 6 'specific' cancer causing foods such as apples, corn, cereal, cooking oil, milk, and soda as well as over 39 other common foods just like this that people eat every day. Second, soft drinks and health beverages may taste great and make people feel energetic, but in reality, they may very well be the reason people are at risk of a heart attack. Neotame, a fake sugar substitute that was created years ago has nearly 100 adverse side effects. Third, it asks people to avoid drinking fluoridated tap water. Fluoride from tap water and faucets has been proven to harm the brain and body.

"Simply follow the 3 steps mentioned in 101 Toxic Food Ingredients and you will finally discover the major barriers that are holding you back from living the healthy and vibrant lifestyle you deserve," says Stevenson. "This new information cannot be found anywhere. So, the next time you go grocery shopping you can easily 'eliminate' these TOXIC ingredients that are making us all sicker and destroying our health while still continuing to eat the same delicious foods without having to follow some unrealistic or bland diet."

"With over 14 years of experience in the health and fitness industry, Anthony Alayon has spent thousands of hours relentlessly researching food ingredients and the effects they have on our bodies. Known as the 'Toxic Ingredient Food Decoder', he assures you that the 3 steps he

mentions in 101 Toxic Food Ingredients are ‘little known’ and fly ‘under the radar’ as the Giant Food Companies want to keep this information from you, so you keep buying their products.”

Those wishing to purchase 101 Toxic Food Ingredients, or for more information, click here:

<http://101toxicfoodingredients.com/101-toxic-food-ingredients>

To access a comprehensive 101 Toxic Food Ingredients review, visit the official site here:

<http://101toxicfoodingredients.com/101-toxic-food-ingredients>