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Subject: **Research Assignment**
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BREAKING BREAD

By Donna M. Vazquez

As a child growing up, I remember always having bread with every meal. I loved my bread! It didn't even matter what kind of bread or how many pieces I ate. I could eat a meal of just bread and butter. My daily servings of bread would include two slices toasted in the morning, two slices for my sandwich in my lunch and again, bread with dinner. It was never thought of as an issue. Feeling bloated and very uncomfortable was how I felt after every meal. I thought everyone felt this way. After all these years of growing up in an Italian home, with beautiful home cooked meals prepared by my mother and grandmother, how could I have known to question what products or ingredients were being used or purchased to make our life just a bit more convenient. This was what normal every day cooking was for my family and I. As years went by, this pattern was continued while I was raising my family: a balanced meal, with a loaf of white, crispy bread.

Uncomfortable is an understatement for how I was feeling through the years. I felt POISONED! I could tell that I was toxic and had many health issues that needed to be addressed. There were definitely medical concerns. This had to come to an end. A doctor of homeopathic medicine was the best way to discover what ingredients have caused me to be in such discomfort. Preservatives and additives were among some of the many toxins that my body was reacting to. And, my portion control was definitely out of control. I had to now rediscover a new world of what ingredients were natural and healthy and what was toxic. My daily diet had totally depleted my digestive enzymes leaving me unable to digest my food.

So, let's talk about some of the ingredients found in commercial breads like ***Emulsifiers, Preservatives, Dough Conditioners and Additives and Bread Improvers***. You may see names like Sodium Stearoyl Lactylate (SSL), Mono & Di-glycerides and Diacetyl Esters of Tartaric Acid (DATEM) and Lecithin ("Why I Never Eat Commercial Bread"). These are ***Emulsifiers*** and are used to keep the air bubbles open and give you soft but strong dough. They prevent starch complexes from firming or going stale. They interact with proteins and help to prevent them from collapsing when you add other ingredients. Sounds delicious? Well let's keep going.....

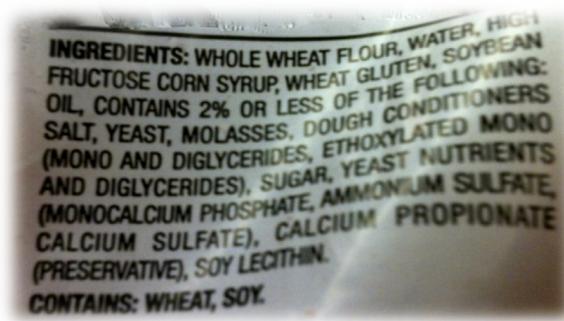


Image #1: Ingredients in Bread – *Real Food Forager*

Preservatives are used to keep that bread looking and feeling fresh ("Why I Never Eat Commercial Bread"). Look for the Preservative Calcium propionate on the label. Also, appearing as cultured wheat starch or cultured whey. Sounds harmless, but only another way to say this bread has a preservative acid that prohibits the growth of molds and microorganisms. If you notice Ammonium Sulfate, you are now ingesting ammonia cleaner (French). Would you eat or ingest ammonia? Maybe it's safe if it's in a small dosage? This ingredient may also be listed on lawn fertilizer. I'm impressed! It all makes much more sense as to why I've suffered for many years. I never could imagine how eating could be so harmful to your health. Potassium bromate, banned in Europe, China and Canada, but not in US. This preservative is harmful even in very small doses. The term "Enriched flour" most likely contains this toxic substance (French).

A trip to the supermarket is an adventure in itself. Researching this topic has changed my life even more so. I've gained a greater appreciation for eating and feeling healthy. This research assignment has enlightened me to the toxic chemicals that have negatively impacted my life and the lives of others. It is so disturbing to see how our country is poisoning us before our very eyes. These chemicals have socially and environmentally impacted many lives with many illnesses such as Cancer, auto-immune diseases and childhood illness (French). As diseases are on the rise in our country, we must take charge and change how we live and what we put into our sacred bodies.

Through these discoveries, I have found alternative methods to enjoy bread along with improving your mind, body and spirit (Low). Satisfy your soul by delighting your senses (Low). By using Young Living Essential Oils, that are safe to use in all types of cooking, you can prepare healthy breads with healthy ingredients. I was so excited to find several bread recipes that use Young Living Products and Essential Oils such as, Blue Agave Nectar, Yacon Syrup, Lemon, Cinnamon Bark, Orange, Thieves, Nutmeg and Lavender Essential Oils that can be used in a delicious combination of breads (Low, *Essential Oil Recipes- Easy Pumpkin Spice Bread*). What a relief!! I can have my bread and eat it too!

Work cited

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