Canned Foods | Fatal Conveniences™

[00:00:00] Episode Intro

Canning is a way to preserve foods for long amounts of time through heat treating and or airtight seals, almost everything edible from vegetables to even seafood also comes in a canned version. It can be argued that it is the easiest and most practical way to store and consume food. The truth is chemical concentrations and risk of health complications are common when it comes to canned produce. These are natural results from the preservation process and production techniques used today, which can result in a variety of health issues and complications. Today, we are going to be diving into the extensive list of chemicals found in canned foods that shouldn't be there and how you can avoid them. Welcome to fatal conveniences, where we address the things, we may be doing in our daily lives that are actually harming us. And in some cases, slowly killing us, tap water, telon caffeine, blue light, food additives, you name it. We dive into it. We take a critical look at everyday products that really are affecting us and our bodies and the environment and how we can avoid them and find a solution. So, let's dive in.

[00:01:45] Fatal Convenience Intro

Hey, everybody. Welcome to show, this is Darin Olien. This is another installment of fatal conveniences. Fatal conveniences is only the pointer, the roadway, the route, the directions to solutions that are healthier for you. That's why I do this. I don't make this stuff up. This is the stuff that's going on, got to turn and face it and then create another habit that's healthier for you. Dealing with canned foods in retrospect, of course, we have all eat canned foods, but now everything is canned. We have got some issues, some big issues.

[00:02:19] The History of canning food

A little history, and the long history of food preservation canning is relatively new. Really starting around the 18th century. Its development started in 1809. When Nicholas Appert presented this newly invented method of heating and processing food, but he used glass jars better, right? Reinforced with wire and sealed with wax, right? Eliminating the oxygen seeping and then 1810 Peter Duran introduced the unbreakable tin can. Then it wasn't until 1860 that Louis Pasteur himself discovered that the heat used for the conservation process killed the microorganisms. Well, we just thought they were all bad. Turns out they weren't and the ceiling kept other microbes from entering in. So, they could keep that contained. Finally explaining why canned foods were not spoiling, kill everything, shove it in a can. Don't allow more microbes and oxygen to come in. You got preservation, ladies and gentlemen today, the canning process can be found in every supermarket anywhere in 2017, canned meats gross, had a market value of about 27 billion in the US. Well, it's obvious what makes

this convenient shove a bunch of food in there. Have long shelf life and get ready for when the world ends put that in your cellar, your cabinet crack it open in three years, eat those beans, eat those sardines gross. 200 billion cans are produced in the world every year, 200 billion. In 2018 the value of the global canned food market was estimated at approximately 98 billion, think about that. Now, when I get into why we shouldn't be eating out of cans, 200 billion cans are produced every year, potentially exposing our population to chemicals that are really not good at all.

[00:04:40] Are there risks with eating canned foods?

So even though that the food industry has advanced in the reduction of some dangerous chemicals compounds, it has yet to eliminate all possible risks because they want a fast track to preservation. So, they don't kill you in the process when it comes out, but they will slowly kill you with some chemicals. So here we go. So, we have to increase the shelf life and usually that's packed with first off, an excess amount of sodium. That's what they used to do way back in the day. Sodium is a desiccant and a preservation, but now we are using other preservatives. Lot of canned soups, pastas and meats contains large, huge amounts of sodium. Look around, turn it over. Look at these cans. 3, 4, 500 milligrams per serving, and usually a can is like two and a half servings. Wow. One can, you have got way more sodium than you even need for the day. Obviously contributing to high blood pressure and just getting poor nutrition. Let's be honest, 10% of canned food today still has traces of the chemical bisphenol A, it's been getting a bad rap, harder plastics has BPA and they say, hey man, this is dangerous, but it's still in products. The fact that it's still in products is shocking to me, but here we say, hey, it's BPA free and then another chemical compound pops up bisphenol H B P H, which is also another synthetic compound. That is not good at all to consume.

[00:06:29] BPA in canned soup and pasta

So, let's just break down bisphenol A, it's pretty gnarly because it shows up in a lot of things from food storage containers to cash register receipts, canned food, drink liners, liners in coffee cans and beer cakes. And here's the other thing. Food packaging, rappers, baby formula, it is crazy. In 2007, the first large study showed that eating canned foods resulted in a widespread BPA contamination, the environmental working group, the good work that they do conclude that the highest concentrations were found in canned soups, pastas and infant formulas, that's right. Your sweet little baby; the analysis also found that many Americans are exposed to BPA above levels shown to be harmful in laboratory studies. Can't get rid of it, it's everywhere. Still, this product is in tens of thousands of consumer products today, toxic craziness, BPAs health threatening on many levels. One being that it heavily influences the pathogenesis of several endocrine disorders and disruptions like female and male fertility. Why does this keep coming up? Personal care products, home products, couches, you name it. Keep showing up everywhere. Infertility, puberty, hormone disruption, hormone dependent tumors, breast, and prostate cancers, metabolic disorders. That's right. It's a list

and it keeps going with BPA. Environmental exposure is hypothesized to play a role in the etiology of disease as our alterations in the gut microbiome. I didn't even know that; there's a new study that I stumbled upon. The gut microbiome is being altered. So now it's being added to the list of this gut dysbiosis. It also alters the pathways and the microbiota, the metabolites derived from aromatic amino acid in a manner of consistent and autoimmune diseases specifically around inflammatory bowel disease. It's crazy, right? BPA is also linked to altered behavior, cardiovascular disease, diabetes, morbidity in the communities dwelling in these higher concentrations. It also is showing that to have negative health effects on the brain and prostate gland, as well as the fetus, the infants and the children. So, if it's not terrifying enough to have BPA in this stuff that excess sodium and excess sugar and syrups and things like that, these are things to stay away from.

[00:09:53] Heavy metals in canned food and what they do to your body

Now, there's also heavy metals, the lead that shows up around and in the cans. Study all the way over in Nigeria found that the canned foods revealed concentrations of lead and all of the studied food brands, all of them, they all exceeded the carcinogenic risks that were acceptable, all of them. Also, a study found that high levels of histamine sufficient to cause histamine poisoning were detected in canned tuna. Not to mention a metal in can tuna, don't be supporting can tuna period because every tuna is connected to killing dolphins, corpuses as a collateral damage, check out Seaspiracy. If you want to dive into that rabbit hole, be aware people, be aware. The environmental impact, that canned food is responsible for excess water consumption, wastewater production, solid organic waste, and air pollution. All connected to this 200 billion cans year being created. Cans are not safe. They are also not really better than plastic, but that's a whole other, fatal convenience that I will get into at one point. High amount of energy consumption is connected directly to the canning process.

[00:11:20] The environmental impact of the canning process

The main impact is excess water use. And then of course, the inadequate prevention and control of pollutants of the waste that's connected to creating these cans. The pollutants are loaded with harmful and toxic chemicals, and they are not cleaning that up, they are dumping it somewhere. Wastewater generated contains high amounts of organic material and biodegradables as well as changes in ph. When change a pH of any environment, that's it. It's destroying that environment. Okay. So, the changes, which, hey, I get it maybe you don't want to change. Okay? Do whatever you want, I am not here to make you change. Now, my job, I want to wake you up. Maybe one day you do change. Maybe you are just resisting this whole thing. Maybe you don't like listening to fatal conveniences, but you find yourself here because this is the truth of our reality.

[00:12:25] How you can avoid canned food altogether

Here's the thing. Every single canned product that is created has a non-canned version. So, choose fresh, if you can and listen, if you have canned foods for arm again, be my guest. Keep it keeps you surviving. Great and it's done its job, but don't live on canned foods. If you must consume canned foods, then of course choose BPA and B P H free alternatives with very clear labeling. And keep in mind the plastics that probably contain BPA are the code

three and seven at the bottom. If you can find products that are in glass great, or in tested plant fibers like good friends at footprint, us.com, producing alternatives at single use plastic in the world. Big scale nine of the top 10 consumer product brands are signing on to get rid of their plastic. Plastic has, and always will be dangerous for you and the planet and so is cans. Eliminate these cans, don't be eating these things, don't be feeding your children. I am sorry, just go back to nature and get it fresh. Okay, ladies and gentlemen, make sure to like subscribe and share this episode. Share it, even if you don't implement it, but you believe it and you will eventually, and you will work towards not perfect, but just progress. Share it with your friends, share it with your loved ones, share it with your families so that they don't expose their children's unknowing people to dangerous products. I am sorry, I don't know why there's dangerous chemicals in our food. Don't know why. All I know is it's there. So, I am saying something about it, I am saying something to you to wake you up. Now you need to say something about it. Share this audio, share all of it. Okay. Remember I do this because I love you and I want the best for you. Peace.

[00:14:42] Podcast Outro

That's it for today's fatal conveniences. Thank you so much for tuning in. If you want this valuable information and email form, you can sign up for my fatal convenience's newsletter at fatalconveniences.com. I send out an in-depth breakdown of what we covered in each episode every Monday after an episode airs. And if you make any changes in your life or home from these episodes, I want to see them, tag me in your Instagram posts and show me how you are avoiding these harmful products and making better choices. It's awesome to see the impacts these episodes have and I love seeing how creative my audience is. Remember small changes can have a big impact. Oh, and if you haven't had a chance to check out the interview I released earlier in the week, here's what you missed

[00:15:40] Snippet - How to Turn Down the Noise and Turn Up the Silence | Leigh Marz & Justin Zorn

In 2014 at the University of Virginia, a social psychologist left undergraduate student volunteers alone in a room with no cell phone or entertainment for 15 minutes. And they had a choice of whether they could sit in silence alone or push a button that would administer a very painful electric shock. All the participants said they would pay money to avoid the painful electric shock, but in the end 67% of the men and 25% of the women chose to shock themselves rather than sit in silence for 15 minutes.