

# Example of artificial dyes research paper

[Family](#), [Parents](#)



## **Introduction**

People put different things into their bodies every single day, and people are even less concerned about what the food they eat is made of; nutrition is nutrition. The artificial dye content in food is a cause for concern, there are some people that are clueless as far as what artificial food dye is harmful. There are many kinds of artificial dyes that are found in foods such as Red 40 Allura Red, Citrus Yellow and Blue along with Green. These artificial dyes are very dangerous, and have been known to trigger different reactions within people. Some have been known to have an allergic reaction to it, some people have been known get cancer from it; there are some people who have problems but the artificial dye increased those problems. It is said that people can get hyper if they devour a lot of sugar, but very few people know that the artificial dye is the reason a person or child is hyperactive. ADHD is one of the most controversial issues to date along with children being born with autism and ADHD, but what they do not know is that the artificial dye found in foods are triggering a lot of these detrimental effects in people. This paper will discuss exactly how bad artificial dyes are as well as how bad they are for people, kids are being affected by the artificial dye content in food, and it is changing them for the worse. Normally, a parent did not worry so much about dealing with their child's smart mouth and bad attitude until they got to be about teenage. However, due to the effect of artificial dye, parents are seeing behavioral problems in their children that did not exist previously. There is no greater threat to a child's life than chemicals especially chemicals that they eat or drink; artificial dyes are found in some of the things that kids drink like Kool-Aid for example. Artificial

dyes have been around for a long time, and there has not been many records of it destroying a person's body, consumption of artificial dye has caused DNA damage as well as problems within the body. This paper will discuss why artificial dyes are dangerous and why foods made of them should be avoided, as well as how bad they are in general.

## **Mental problems stemming from artificial dyes**

Artificial dyes have come under the microscope for causing behavioral problems in children and about how it is bad for people. This situation has put parents on high alert about which foods to buy their children, and to steer clear of the ones where food dyes are at a high enough level to cause concern. Kotz (2014) noted that parents should be very careful and monitor how much food dye is in the food because what they learn will save their children's lives (Kotz, 2014, pg. 1). Artificial dyes have been known to cause behavioral problems in children such as hyperactivity, asthma and ADHD. Parents worry because some of them feel their children should not have these problems early, and some parents are devastated about the amount of artificial dyes that are being consumed daily. Stevens (2013) noted that everyday foods that people eat are loaded with artificial dyes, and kids consuming them will be over-energetic and less focused (Stevens, 2013, pg. 1). To some people who continue to eat the same foods, they would look at it like it is not a big deal since those same people have been doing it a long time. But, even quitting cold turkey right now makes a difference. Artificial Dyes have caused problems, not just in children but adults too even teens. Those problems, mostly consisting of health, seem to grow month after month. Some parents have taken it upon themselves to avoid all food that

are rich with artificial dyes. The reason being, the damage that it can and have done to their children as well as themselves. There are people who are getting to the point where they are questioning why their children are having all of these problems that they did not have before like extreme asthma, and violent tendencies. For example, macaroni and cheese was a beloved meal that was made for many children all across the United States. Parents are now avoiding it as well because of the yellow artificial dye damage that it is doing to their child, and what makes it so bad is that the foods that were once safe to eat is not anymore. Parents have their work cut out for them, and they know it.

## **Evidence of Artificial Dye in food**

Most people would not know it, but artificial dyes are in everything they eat from a piece of bubblegum to Kool-Aid to oranges. The artificial dyes in these foods are causing neurological damage to people's bodies and mental faculties. Case in point, Maxwell is a 10-year-old boy who was born with a trace amount of ADHD and he was on his way to getting cured of it.

Unfortunately, Max cannot stay away from Macaroni and Cheese or his favorite candy. Max's hyperactivity increased substantially, and he crashes hard after a couple of hours. Max's parents are never home to stop this; the babysitter is the one feeding Max these at the behest of his parents. It is argued that the effects of artificial food dyes are not at all evident when people eat the things that they eat, but the effects are there. Hari (2014) noted that Kraft mac and cheese are practically poisoning kids all across the world with their tainted macaroni and cheese. It is high on yellow food dye which has been known to cause violent behavioral tendencies like violent

tantrums (Hari, 2014, pg. 1). In theory, adults who have eaten the same stuff that kids and their kids are eating today have grown to have a lot of the same issues. Rosen and Powell (2013) points out that M & Ms, a beloved child's candy is filled with artificial dyes, and food coloring that are harming kids. The seriousness of the damage to them is both physical, and mental. (Rosen & Powell, 2013, pg. 1). Throughout the years, kids and adults have gone through changes that might come off as strange to other people. But, it is not weird at all. Some people think that they were born the way that they are, and that is all there is to it; the truth is far less designed. Interesting enough, most people have no idea how they ended up with some of the symptoms and causes of their diseases or mental disorders. It is documented that artificial dye in food is no good for anyone and food made with it should be avoided at all costs, the artificial dye content is out of control. It does not mean that people should starve; it means that people should pay attention to the amount of food dye in food.

### **Artificial Dye Origin vs. Present day**

Artificial Dye originated in Egypt in 1500 B. C. Where the people at that time were trying to change the color and product idea of the food as well as the candy that they ate, it was the highpoint of their time. Obviously, this became a trend that future generations used to follow the same formula for success. Some people were not so lucky when it came to copying the formula. One of the base food coloring elements-copper arsenite has got a couple of different people killed in the mid nineteenth century when they decided to experiment with it being an after dinner snack. Artificial dye back in those days was a commodity, it did not matter to people how it affected

them; if they wanted blue ketchup on their fries then they got just that. Gardiner (2014) points out that ADHD is one of the most unwelcomed disorders in young children today, and preventing it could be a reality if food coloring rich foods were consumed less (Gardiner, 2014, pg. 1). Back in the old days where artificial dye consumption was not as much scrutinized as it is now, waking up with a bad attitude was not a possibility. Artificial dye was not a contributing factor in altering people like it is today. Mama (2012) points out that food coloring can make family members crazy, and as well as alter their behavioral habits (Mama, 2012, pg. 1). When a person drinks their favorite soda, the person is bereft of the fact that they are drinking chemicals that would one day turn them into a completely different person. The sad part is; a large amount of people's behavioral habits can be blamed on their consumption of artificial dyes. This assumption can be based on their parents serving it to them, and their children are likely to suffer from the same difficulties. There are people who are spending thousands of dollars on medications to cure what damage the artificial dye has done to their child, the parents are not at all happy about how they are feeding their children the very things that causing the problems. It is a bit of a slippery slope; it is a bad thing for them to have, and people cannot do anything about it.

### **Artificial Dye in food and what they are made of and the problems they cause**

Now, people love the food they eat, and they are clueless as to what artificial dye is mixed in. However, people should be concerned because the chemicals in these dyes are affecting them as well as their children

negatively. This problem is creating a whole generation of kids being diagnosed with ADHD. For starters, Blue 2 Indigo Carmine. Food made of this dye has caused many a health concern, and people are taking the necessary precautions. Brain tumors had been known to surface when food made of this artificial dye is consumed. Normally, something that people did not worry tumors and people worried even less about how they are born. If it was present in them when they were children, there was certainly a possibility that they would deal with it when they got older. Children do not know fear or the problematic fears that came with the danger of artificial dyes and food coloring, but the problems created from the food coloring is often fatal. Fulton (2011) points out that kids were more likely to do uncharacteristic things when they consume foods that are high on food dyes (Fulton, 2011, pg. 1). Goetz (2011) points out that some parents are mystified as to why their children are overactive, and hyper. Parents need to wake up and stop being in such a hurry to cram fruit snacks, and cookies down their throats (Goetz, 2011, pg. 1). Another chemical element in artificial dyes is Green 3 Fast Green, this dye can cause Bladder Tumors within the person or child who eats it. Bladder tumors destroy the bladder control of a person's body, making it function abnormally. The person is likely to expel their bladder out in public, or even in bed that makes it likely for them to wet the bed. Fortunately, this tumor can be cured. However, it can only be cured if it caught in time and the signs are caught early. Coincidentally, people never know what to look for when they see the child's doctor about something that is upsetting their child medically. When a child starts exhibiting signs of pain, and how badly it is affecting them. Children

react badly to artificial dye and some children exhibit more serious side effects than other kids; the problem needs to be dealt with immediately when it emerges.

## **Sicknesses born from artificial dye**

Lymphoma is a disease caused by the consumption of the artificial food coloring Red 40 Allura Red, people would think that this one is the lesser of the four evils but it is not. However, lymphoma is the starting point of diseases like HIV, and it weakens the body's ability to block out bad bacteria that would otherwise make people sick. Tietz (2011) points out that food coloring is made from things that people would not put in their mouth such as antifreeze, and oil (Tietz, 2011, pg. 1). Let it be known that changes from artificial dye happens slowly over time so it could be awhile before parents even see the changes. The red artificial dye can also cause behavioral problems in children such as intense aggression, where the child is mouthing off to the parents. Madarang (2013) points out that artificial food dyes, and their continuous consumption warning have fallen on the deaf ears of many. There are people that do not think that the artificial dyes in food is not enough to do any kind of significant damage, but the damage is real (Madarang, 2013, pg. 1). The Yellow 5 is responsible for physical changes in children such as their breathing, asthma is one of the worst diseases that a person can have. Any child will more than likely suffer from this disease when they consume an above average amount of food coloring, it practically scars children for life. Another aspect about this dye is that it invokes violent behavior in children where the child is spitting on, and biting other children. Teachers are likely to be affected by this because the child or children could



be doing this or passing this aggression on other kids in their class, a volatile kid is dangerous and unpredictable. What makes this dye the most dangerous of them all is that it turns sweet, and innocent children into vicious monsters with an appetite for blood. Ironically, this chemical dye causes allergies in children to the point of making them break out in hives or sneeze continuously or even have violent headaches. Food made of this dye should be avoided at all costs, children should not be exposed to food made of this chemical, ever.

### **Artificial dyes affect teens too, not just children and adults**

As everyone well knows, there has been an epidemic involving food coloring and what it is doing to children all across the world. However, what some people do not know is that some of these same problems that small children go through, bigger kids do too. People do not even ponder whether or not the artificial dyes affect teenagers, the negative impacts of food coloring affect teenagers to a substantial degree such as it messing with their ability to get good grades. Artificial dyes, if consumed over time, can cause sleep disorders in teenagers that are between the ages of 13 to 16. Sleep disorders are among the most problematic issues in a teen's life; a teen suffering from a sleep disorder is likely to spend all their day trying to make up for lost sleep by sleeping in class. Scotti (2008) pointed out that kids are not only being affected by the artificial dyes of packaged food, but certain kids in certain age groups are even more greatly affected (Scotti, 2008, pg. 1). Sleep disorders in teenagers can cause teens to get failing grades as well as temporary suspended from school, it goes without saying that teenagers are on the brink of destroying everything they worked hard for. Weigel

(2011) points out that the reactions from the artificial dyes is something that no child should ever have to go through, there is no excuse to watch a child put something harmful in their bodies if it can be prevented (Weigel, 2011, pg. 1). Some children are spared the agony of sleep deprivation because the sugar content contained in the artificial dyes make children super hyper. They also know that when children have a lot of sugar they crash, and go to sleep for hours; a teenager's body is not shown such mercy. A teenager's reaction to artificial dyes is a very unpleasant one, artificial dyes have been known to cause severe upset stomach, vomiting or an ugly rash. People do not get to choose where their food goes, but they do get to choose what kind of food they eat; eating food with natural dyes does not have to be a chore.

### **Inner body problems caused by artificial dye**

Staying healthy amidst consuming artificial dyes should not be a problem, but it is; people have enough trouble staying healthy as it is. With the majority of the world being ruled by obesity and chronic liver disease, the future looks grim for healthy food. People are spending more money on food they should not eat rather than on healthy food, and snacks that are bereft of food coloring. Artificial dyes can cause kidney failure which results in people seeking dialysis treatments in order to get it under control, the damage the body takes from the kidney failure is immense with a capital I. Mahmoud (2006) points out that synthetic food dyes do lethal amounts of damage to an animal's body just as it would a human, any human unfortunate enough to eat synthetic dyes are likely to suffer adverse effects (Mahmoud, 2006, pg. 1). There are more and more people being rushed to the dialysis center because of overconsumption of artificial dyes and the

damage it does to a human's body. Colman (2014) points out that kidney disease is something to fear when artificial dyes are consumed from birth to the present day; kidney failure is imminent. There are more people seeing doctors about artificial dye poisoning than anything else (Colman, 2014, pg. 1). It is not a coincidence for people to consume artificial dyes when they are children then end up having to go to dialysis later on in life; it happens to a lot of people. People are told by their doctor to drink soda less, drinking soda less is something that they should do. Case in point, Jerry is a 32-year-old man who has been consuming artificial dye contaminated foods since he was 8-years old, and soda is one of his favorite things to drink. One day, Jerry went to his doctor and found out about all of the abdominal pain he was experiencing. It was due to all of the artificial dye rich foods, and drinks that he has been consuming for the last 24 years. Jerry has to go to dialysis five days a week in order to keep from destroying his body further; Jerry has kidney failure as a result. The threat is real; dialysis is not a place to spend the holidays.

### **Artificial dye causes cancer too**

Parents have always had certain fears about their children. Fears such as being a little behind all of the other kids, not understanding a single word being said to them, instead of talking, they are screaming at what they want. However, parents have a new fear and a fear no parent should ever worry about when it comes to their child; that fear is cancer. It has been stated by scientific evidence that children who have grown up eating food containing artificial red food dyes would be horribly affected by it later on. There are some parents who believe that a child getting cancer did not seem like a

possibility, but the fear of it is all too real. Harris (2011) points out that cancerous tumors are one of the most dangerous side effects of consuming artificial red dye. The person breaking out in hives at the very sight, touch or taste of artificial red food dye is not a delayed reaction (Harris, 2011, pg. 1). Kilgore (2013) points out that artificial dyes are the death knell of many children across the world, there are not too many that escape the dangers of artificial food coloring (Kilgore, 2013, pg. 1). Children who consumed artificial food dyes as a child were more times likely to suffer from diabetic shock, or have to get the problem medically under control in order to keep it from taking over their lives. Case in point, Abraham has been an artificial food dye kid ever since he was three years old. Abraham's mother served him nothing but Hawaiian Punch, and it was all he would ever drink; his body would not function without it. Two years later, Abraham was diagnosed with one of the most severe cases of cancer ever to exist, Leukemia. Based on the doctor's diagnosis, Abraham had a twenty percent chance of not living the rest of his life on medication. The doctor also said he had a five percent chance of living until he was a teenager; Abraham is ten years old. Sadly, Abraham's body reacted negatively to the red dyes tests that his body underwent, and he fell into a coma. People should not ignore the warning to leave red artificial food dyes alone if they get one.

## **Eating artificial dye/food coloring will cause permanent problems**

Coincidentally, people have been alerted to which artificial food dyes to avoid for the sake of their health. Red 40, and all of the other artificial red dyes are deadly. The dangerous allergic reactions people, as well as young

children, have to it can cause Lymphoma which opens the gate to Leukemia; no child should ever have it. The yellow food dye is the one that most kids consume the most, and some of them live to regret it because of the violent tendencies and behavioral changes that parents are not prepared to deal with. Now, the artificial blue food dye wreaks havoc on children and adult bodies alike such as causing DNA damage. The damage, usually, results in a weaker immune system and complications from certain disease such as the common cold. A child who consumes a lot of food containing the artificial green dye will have opened themselves up to bladder tumors and tapeworms, it becomes a losing battle for the consumer. There are other things that people can suffer from that was not previously mentioned such as allergies; a person could have a deadly allergic reaction to a specific dye particularly the yellow 5 or the citrus yellow. Hyperactivity is one of the most noticeable of all, children cannot resist running around nonstop with the sugar content from the food coloring in their bodies. Beck (2014) points out that children who consumed artificial yellow food dye are in for the toughest ride of their little lives. Artificial yellow food dye consumption leaves behind upset stomach, huge amounts of diarrhea, and they will vomit non-stop (Beck, 2014, pg. 1). A person can also expect to have bladder control problems if they consume the red food coloring; it is a very nasty feeling to have a tapeworm in a child's stomach. Harrington (2009) points out that artificial food dyes can poison a person's body to the point of making them sick or making their health deteriorate (Harrington, 2009, pg. 1). Hives are another ugly thing for a child to suffer from and just like all of the other

symptoms; they can all be avoided if a person avoids eating the food coloring. Just because it looks good, does not mean it is.

## **Conclusion**

People should make it their life's work to cut out artificial food dye rich foods from their children diets once and for all. The reasons could not be more evident, asthma, chromosomal and liver damage, migraine, bad allergic reactions and hives. As previously mentioned, these symptoms are born from the artificial food dyes can be avoided. Children can grow up living reasonably normal lives bereft of an inhaler or an epi-pen, a DNA repair procedure. Allen (2014) points out that artificial food dyes do not only mess with a person's body, but their DNA as well. It also causes problems for the person's mental state as well as their brain function (Allen, 2014, pg. 1).

Some people may feel that cutting out food that are artificially dye related is not possible considering that a lot of the foods that they eat are made of it, but that does not mean that eating is necessary. A lot of parents are turning their children on to the same foods that they grew up eating, and the children are engorging on the same foods. Unfortunately, the children turn out to be obese and live a sedentary lifestyle. Booker (2013) points out that it only takes more than a few moments for artificial food dyes to start causing damage to a person's brain function. It is more than a simple matter of what is not working right, but more of what is not working right in the short term (Booker, 2013, pg. 1). The child is not in so much danger when they start eating artificial food dye rich foods, and they stop before any real damage can accumulate within their bodies. It is when they keep eating that the damage start growing, and continuously keep growing until the body is

infected by the poisons left behind from the artificial food dyes. People should make a mental note to check the labels of each food item they buy, eat and serve their children because their children's lives depend on it. Hopefully, this issue will force parents to analyze and fully examine the labels on the foods they buy because as they say "knowledge is power". That power will keep their child safe from succumbing to the dangers of digesting artificial dye rich foods.

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## FOOD DYE

### BRILLIANT BLUE ON LIVER, KIDNEY AND TESTES FUNCTIONS IN RATS

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