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Peanuts, along with a couple other crops we tend to avoid, Like corn and cereals, are especially susceptible to a mold that produces a nicotine called affiliation. Affiliation is a carcinogen that has been shown to cause liver cancer in rats (and, presumably, in humans). The amounts given to the rats in the study were highly concentrated, of course, with the express intent to study the effects of acute falsifications. You won't be getting a couple grams of affiliation with every bag of peanuts or anything, so acute flocculates Isn't a big issue for people - at least In the US.

That's not to suggest that correlations between affiliation Ingestion and cancer rates In humans haven't been found. In china, for example, a study evolve groups of people from different villages found definite positive correlations between the amount of affiliation ingested and liver cancer mortality rates. Those villagers who ingested less affiliation were less likely to develop liver cancer; those who ingested more were more likely. Unsurprisingly, the three major sources of affiliation in this study were peanuts, peanut 011, and corn. Similar reports of flocculates have been made In India and Kenya.

India, China, Kenya - all developing countries with huge populations to feed. As the recent Chinese pet food contamination debacle attests, health and food standards in developing nations are often lacking. Affiliation develop because of these substandard conditions, whether it's drought afflicted crops weakened and vulnerable to the mold that produces affiliation, or insufficient storage facilities letting in the moisture and humidity that creates the mold. Hot, humid climes and improper storage - the real culprits. The FDA Is aware of affiliation, and all susceptible foods are ouch that acute falsifications becomes imminent. What about chronic (a descriptor our nation's health " experts" seem loathe to address) ingestion of affiliation? You know... Long term effects? Eating toxic affiliation, even in relatively small amounts, over a long period of time (say, slathered on to your morning toast every morning) Just doesn't seem like the best idea. Well, a link between affiliation exposure and stunted growth in West African children has been shown (bolstered by similar laboratory findings in animals), but no specific mechanism has been proposed to explain the allegations.

Still, though, the very fact that much of the evidence seems to be pointing towards affiliation as a dangerous, development-stunting carcinogen, with a greater propensity to reside in peanuts and cereal grains, only bolsters my resolve to stay off impostor nuts and cereal grains (in or out of the closet alike). If there's one thing everyone can agree on, it's that increased liver cancer and stubby limbs are unequivocally devolution's. I don't know about you, but the evidence against eating corn and peanuts and cereal grains Just seems to be stacking up incredibly high.