White Pigment In Processed Food Worsens Inflammatory Bowel

White coloring pigments in foods like marshmallows, gingerbread men, and doughnuts typically contain titanium dioxide – a nano-particle metal that food industries argue is harmless to ingest. Once again, reports are surfacing that these tiny metal particles can cause intestinal stress.

In July 2017 Medical News Today reported:

> *Recently, researchers from the University of Zurich in Switzerland have looked at what happens when the digestive system absorbs nanoparticles of titanium dioxide. Their findings suggest that foods containing titanium dioxide could be particularly harmful for patients with IBD.*
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> *This new study, which was led by Dr. Gerhard Rogler, is published in the journal Gut.*
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> *The scientists focused their efforts on the NLRP3 inflammasome, which is a protein complex released by the non-specific immune system to flag up potential threats. When activated, the NLRP3 inflammasome triggers inflammation as a way of counteracting the perceived hazard.*
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> *"This shows that [titanium dioxide] particles can be absorbed from food under certain disease conditions," says Dr. Rogler.*
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> *The researchers also noted that patients with forms of IBD absorb a significant amount of titanium dioxide in their bloodstream because their intestinal barrier is damaged."* – *Medical News Today*

Recommended Reading:

- *Detox Cheap and Easy Without Fasting – Recipes Included*
- *Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet*
- *Candida, Gut Flora, Allergies, and Disease*
- *Gluten, Candida, Leaky Gut Syndrome, and Autoimmune Diseases*