



It's almost that time - your kids are about to go wild over Halloween. Costumes, pumpkins, the whole nine yards. But let's talk about the elephant in the room - all that junk they're gonna eat.

You ever notice how your kid turns into a little firecracker after chomping down on those colorful candies? **I'm talking bouncing off the walls, can't sit still, driving you crazy kind of stuff.** Well, let me tell you something - it's not just the sugar...

There's this thing called Red Dye 40 and it might be messing with your kid's lymphatic system. You know, the thing that's supposed to be taking out the trash in their body? Yeah, that.

■ Here's the deal with Red Dye 40:

- It's made from petroleum. You know, like what you put in your car? Yeah, that stuff.
- The FDA says it's fine for food, but let me tell you, there's a whole lot of people saying otherwise.
- They hide it under different names:
 - Red Dye 40
 - FD&C Red No. 40
 - Red Dye 40 Lake
 - FD&C Red No. 40 Aluminum Lake
- It's everywhere - processed foods, cereals, popsicles, candies, drinks. You name it, it's probably got it.

[I share more about this here if you'd like to take a listen](#) 



● So what's a parent to do?

1. Start reading those labels! This Red Dye 40 is sneakier than you'd think.

Now, **here's an idea for Halloween:** Ever heard of the Switch Witch? After your kids are done trick-or-treating, let them keep a few pieces of candy. The rest? Leave it out for the "Switch Witch," She takes the candy and leaves a toy or some other option you choose. It's a win-win - less candy, less red dye, and your kids still think Halloween is magical.



"Switch Witch" Tips:

- **Leave out a note:** You can print out the note I have on this email if you'd like.
- **Let the kids pick some candy:** A few pieces, not the whole bag!
- **You play the "Switch Witch:"** Swap the candy for a toy, a book, or a family experience.

🎃 Halloween should be fun, but it's also okay to be mindful of what our kids are eating. If you've got any questions or concerns about artificial ingredients, don't hesitate to reach out. I'm here to help.

Yours in health,

Dr. Loretta

[P.S. - Grab my most recommended detox products here!](#)



80 5th Ave Ste 1204
New York, NY 10011, USA

[Unsubscribe](#) or [Manage Preferences](#)

Make yours free with [flodesk](#)