

## Toxic warning alert: Food Babe's new book full of chemicals

[B8jHG9MIEAA3hJX](#) Vani Hari, aka the Food Babe Babe, is launching her new book *The Food Babe Way*, in just a few short weeks. We at The Spudd managed to get an advanced copy and were shocked when we looked inside.

The pages of *The Food Babe Way* were ALL WHITE! How could this happen? This means that the paper in the book has been bleached.

When wood is treated with chlorine to whiten paper products, it forms dioxins. These are terrible toxic chemicals that have been proven to cause cancer and are leached into the air and water supply harming not just you, but the plants, animals and your environment. – Vani Hari, April 2012.

Pretty shocking stuff. It is unclear if Hari will declare her own book toxic, but we doubt it.

The Spudd's advice is to not buy this book. Not because it is full of pseudoscience BS, but because of the toxins. So many toxins.

**Read full, original article:** [Breaking: Food Babe's new book is full of chemicals](#)