

'All Natural'

It really is amazing how little we can trust food labels these days. As we seek out healthier, unadulterated foods, manufacturers find sneaky ways to justify all natural claims. Mike Adams does a thorough job of analyzing and clarifying these claims in his story - Don't be fooled by "all natural" claims on foods and grocery products. His comic strip on it is a little disturbing, but interesting. Amazing how something as seemingly simple as grocery shopping has turned into such a mess of confusion.