Elitists' Goal: Wipe Out Good Food

Analysis by Dr. Joseph Mercola Fact Checked

July 27, 2022

STORY AT-A-GLANCE

- The Friedman School of Nutrition Science and Policy's Food Compass, unveiled in late 2021, is another Great Reset tool designed to discourage consumption of animal foods by falsely rating them as unhealthy, and encouraging consumption of ultraprocessed foods by giving them high nutritional ratings
- Food Compass rates Frosted Mini Wheats as three times healthier than ground beef, with a score of 87 out of 100, compared to 26 for ground beef
- Food Compass also gives high scores to fries, Lucky Charms, Honey Nut Cheerios, chocolate covered almonds and almond M&Ms, while rating whole egg fried in butter, cheddar cheese and ground beef as foods that should be avoided. Based on this tool, you'll be healthier if you replace whole egg, cheddar cheese and ground beef with candy
- Studies have repeatedly shown that diets high in processed foods lead to poor health and depression, and the more processed your diet is, the greater your risk of obesity and chronic diseases that shave years, if not decades, off your life span
- Health, food security, independence and freedom are what the global elitists, led by the World Economic Forum, intend to destroy so that they can then roll out a new food system based entirely on patented, processed imitation foods, including lab-grown and plant- or fungi-based "meats" and "clean, green" protein alternatives such as cricket meal and mealworms

In recent months, I've dedicated many articles to exposing the intentional destruction of our food system. The decision of the Dutch government to impose nitrogen pollution restrictions on farmers is but one example of this. This "green" policy will cut livestock production in the country by 30% in the next year, put farmers out of business, and force them to sell their land.

Since The Netherlands is the largest meat exporter in the European Union,[1] it will also result in meat shortages around the world. According to Dutch Parliament member Thierry Baudet,[2] this "green" policy is really a thinly veiled excuse for a land grab.

The government is following the script of The Great Reset, he says, which requires weakening the country, making it more dependent on food imports, and diluting nationalism by taking in more immigrants. And, to make room for immigrant housing, they need to take land from the farmers.

At the same time, Bill Gates is buying up high-priced farmland[3] and telling the world to transition from beef to lab-grown meat alternatives. Insect farms to create human protein alternatives are also being set up and promoted,[4] farms and food facilities are mysteriously being burnt to the ground at surprising frequency,[5,6] and the Rockefeller Foundation is calling for restructuring the whole food system[7] to make it more "fair and equitable."

These things are not happening by chance. It's all part of a plan to eliminate naturally-grown foods so they can then be replaced with patented foodstuffs, which this "New World Order" cabal of course owns.

Food Compass to Further Destroy Nutrition Guidance

The hidden globalist cabal has been busy undermining health for decades, and if you want an example of what I'm talking about, look no further than the Friedman School of Nutrition Science and Policy's Food Compass,[8] unveiled in late 2021. As explained by Tufts Now:[9]

> *"A scientific team at the Friedman School of Nutrition Science and Policy at Tufts has developed a new tool to help consumers, food companies, restaurants, and cafeterias choose and produce healthier foods and officials to make sound public nutrition policy.*
>
> *Food Compass is a new nutrient profiling system, developed over three years, that incorporates cutting-edge science on how different characteristics of foods positively or negatively impact health ... The new Food Compass system was developed and then tested*

using a detailed national database of 8,032 foods and beverages consumed by Americans.

It scores 54 different characteristics across nine domains representing different health-relevant aspects of foods, drinks, and mixed meals, providing for one of the most comprehensive nutrient profiling systems in the world.

The characteristics and domains were selected based on nutritional attributes linked to major chronic diseases such as obesity, diabetes, cardiovascular problems, and cancer, as well as to risk of undernutrition, especially for mothers, young children, and the elderly ... Potential uses of Food Compass include:

- *Encouraging the food industry to develop healthier foods and reformulate the ingredients in popular processed foods and snacks;*
- *Providing food purchasing incentives for employees through worksite wellness, health care, and nutrition assistance programs;*
- *Supplying the science for local and national policies such as package labeling, taxation, warning labels, and restrictions on marketing to children;*
- *Enabling restaurants and school, business, and hospital cafeterias to present healthier food options;*
- *Informing agricultural trade policy; and*
- *Guiding institutional and individual investors on environmental, social, and corporate governance (ESG) investment decisions"*

All of that sounds good, in theory. The problem is, Food Compass clearly was not created to guide people toward optimal health through nutrition. Its primary purpose is to lead people away from wholesome natural foods, toward processed junk foods.

Absurd Food Ranking Tool to Mislead the Masses

While the food score example[10] given by Tufts Now is not overly heinous, a deeper dive into the system reveals serious problems. Case in point: Frosted Mini Wheats scores three times higher than ground beef (87 out of 100, compared to 26), as illustrated in the graph below, posted on Twitter by independent journalist Nina Teicholz.[11]

food ranking system

The fact that "egg substitute fried in vegetable oil" gets a score above zero is a frightening demonstration of their fundamental nutrition ignorance of the foundational fact that excessive omega-6 fats in the form of industrially processed seed oils are the most pernicious poisons in the food supply. The high scores of fries, Lucky Charms, Honey Nut Cheerios, chocolate covered almonds and almond M&Ms certainly don't help.

Who in their right mind can believe M&Ms are healthier than whole food — any whole food? According to Food Compass, anything with a score below 30 should be minimized, so based on this tool, you'll be healthier if you replace whole egg, cheddar cheese and ground beef with literal candy, which is nothing short of insanity.

Based on this tool, government would also be justified in restricting marketing of beef, egg and cheese to children, while schools could be encouraged to load M&Ms into school lunches. The whole thing is absurd and indefensible.

In a July 25, 2022, Substack article,[12] Teicholz also pointed out that one of the creators of Food Compass, Dariush Mozaffarian, dean of the Tufts Friedman School of Nutrition Science and Policy, is also part of the development team for the White House conference on nutrition, scheduled to take place in September 2022. As noted by Teicholz, this doesn't bode well:

"The Food Compass, which gives top ratings to Cheerios, Lucky Charms and Cocoa Puffs, is absurd on the face of it. In all, nearly 70 brand-named cereals from General Mills, Kellogg's, and Post are ranked twice as high as eggs cooked in butter or a piece of plain, whole-wheat toast ...

What kind of dystopian world has nutrition "science" entered into whereby a university, a peer-reviewed journal, and one of the field's most influential leaders legitimize advice telling the public to eat more Lucky Charms and fewer eggs? Simply eyeballing these recommendations should be enough to know this diet is a get-sick, diabetes diet, a high-carb, sugar-laden, candy-coated highway to ill-health ...

Since Mozaffarian is widely credited with being the driving force behind the upcoming White House conference, his views on nutrition are worth examining. If he and his team at Tufts really think Frosted Mini Wheats are a super food, there's clearly reason to have some concerns about the outcome of this event."

Reductionist Assumptions Can Be Disastrous

In an undated white paper, eight authors review "the limitations of the Food Compass Nutrient Profiling System." As noted in the abstract:[13]

"Nutrient Profiling Systems provide algorithms which are designed to assess the healthfulness of foods based on nutrient composition, and intended as a strategy to improve diets.

Many Nutrient Profiling Systems are founded on a reductionist assumption that the healthfulness of foods is determined by the sum of their nutrients, with little consideration for the extent and purpose of processing and its health implications.

A novel Nutrient Profiling System called Food Compass attempted to address existing gaps and provide a more holistic assessment of the healthfulness of foods.

While a conceptually impressive effort, we propose that the chosen algorithm is not well justified and produces results that fail to discriminate for common shortfall nutrients, exaggerate the risks associated with animal-source foods, and underestimate the risks associated with ultra-processed foods.

We caution against the use of Food Compass in its current form to inform consumer choices, policies, programs, industry reformulations, and investment decisions."

The team correctly stresses that "health is not determined by the consumption of single foods but rather by overall diet quality." Of crucial importance is whether a food has been processed, and what kind of processing it has undergone.

"Food processing is not invariably benign," the authors write, noting that *"While acknowledging there is a large variation in the health effects of different types of ultra-processed foods (UPF), in general the higher the share of UPF in the diet the higher the risk of non-communicable diseases."*

There's absolutely no shortage of studies[14,15,16,17,18,19] showing that diets high in processed foods lead to poor health and depression, and the more processed your diet is, the worse your health and the greater your risk of obesity and chronic diseases that shave years, if not decades, off your life span.

In my references, I've included several studies published in 2020, 2021 and 2022, but similar findings have been published for decades. Remember, in most processed foods seeds oils are the highest percentage of calories.

Ultraprocessed Diets Lead to an Early Grave

For example, a February 2021 study[20] found those with the highest intakes of ultraprocessed food were, on average, 58% more likely to die of cardiovascular disease compared to those with the lowest intake, 52% more likely to die of ischemic heart disease, and 26% more likely to die from any cause.

As noted by the authors, "These findings should serve as an incentive for limiting consumption of UPF, and encouraging natural or minimally processed foods ..." Another meta-analysis, also published in February 2021, found:[21]

"... the highest UPF consumption was associated with a significant increase in the risk of overweight/obesity (+39 %), high waist circumference (+39 %), low HDL-cholesterol levels (+102 %) and the metabolic syndrome (+79 %) ...

For prospective cohort studies evaluating a total population of 183,491 participants followed for a period ranging from 3·5 to 19 years, highest UPF consumption was found to be associated with increased risk of all-cause mortality in five studies (risk ratio (RR) 1·25...), increased risk of CVD in three studies (RR 1·29...), cerebrovascular disease in two studies (RR 1·34...) and depression in two studies (RR 1·20...).

In conclusion, increased UPF consumption was associated ... with a worse cardiometabolic risk profile and a higher risk of CVD, cerebrovascular disease, depression and all-cause mortality."

As detailed in "**Ultraprocessed Food Makes You Vulnerable to COVID-19**," a processed food diet is precisely the wrong choice at a time when infectious disease is widespread, as it causes metabolic dysfunction, impairs your gut microbiome and harms your immune system.

Food Compass — Another 'Great Reset' Tool

Despite such evidence, Food Compass' algorithms encourage consumption of ultraprocessed foods, while strongly discouraging consumption of all animal foods, including saturated animal fats.

So, this tool — just as the Dutch effort to get rid of livestock farmers — is really all about eliminating animal foods from the average person's diet. And why? Because the ultra-rich elitists who want to rule the world don't want you to eat real food, be healthy and live long. They want you to be dependent on their processed and patented foods so that you'll be under their control.

If you get sick, they'll clean out your bank account to treat you, and if you die sooner rather than later, all the better. They think there are far too many useless eaters on the planet as it is, and humans will soon become even more expendable as artificial intelligence and robotics take over.

Saturated Fats Do Not Cause Disease

The fact that saturated animal fats continue to be demonized is a testament to the fact that current "nutritional science" is not based on actual science. It's based on ancient, outdated assumptions that have long since been debunked and proven wrong.

Real-world data also do not support the notion that saturated fats harm your health by clogging arteries and promoting heart disease. This was yet again highlighted in a systematic review in the Frontiers of Nutrition, published in January 2022, which analyzed dietary trends and food consumption data in the U.S. from 1800 until 2019:[22]

"Processed and ultra-processed foods increased from <5 to >60% of foods. Large increases occurred for sugar, white and whole wheat flour, rice, poultry, eggs, vegetable oils, dairy products, and fresh vegetables. Saturated fats from animal sources declined while polyunsaturated fats from vegetable oils rose.

Non-communicable diseases (NCDs) rose over the twentieth century in parallel with increased consumption of processed foods, including sugar, refined flour and rice, and vegetable oils. Saturated fats from animal sources were inversely correlated with the prevalence of NCDs."

Looking back again at the Food Compass chart above, "egg substitute fried in vegetable oil" is listed as having a nutritional rating of 62 out of 100, while whole egg fried in butter gets a suboptimal rating of 29. These two examples are basically inverted.

In my view, vegetable oils — also referred to as seed oils — are the single most dangerous food component there is, exponentially worse than sugar even, and a key metabolic driver of obesity, heart disease, cancer and most all chronic disease.[23,24,25,26,27,28,29]

One of the reasons these oils are so harmful is because they're loaded with linoleic acid (LA). When consumed in excess — and you really don't need much LA — it acts as a metabolic poison, damaging your metabolism and impeding your body's ability to generate energy in your mitochondria. I've discussed the ins and outs of this in many previous articles. For a refresher, see "**How Linoleic Acid Wrecks Your Health**."

Saturated fats such as butter and red meat, on the other hand, are rich in important micronutrients that are hard to obtain elsewhere. In fact, foods high in saturated fats are among the most nutrient-dense foods on the planet, and these nutrients are also highly bioavailable.

Interestingly, research[30] published in 2020 even found that high saturated fat intake was associated with lower COVID-19 mortality, while high intake of unsaturated fats raised that risk.

Nutritional Guideline to Limit Saturated Fat Was All Wrong

In mid-June 2020, we even had a paper[31] in the Journal of the American College of Cardiology that admitted the long-standing nutritional guideline to limit saturated fat has been incorrect, and ought to be changed. As noted in the abstract:

> *"The recommendation to limit dietary saturated fatty acid (SFA) intake has persisted despite mounting evidence to the contrary. Most recent meta-analyses of randomized trials and observational studies found no beneficial effects of reducing SFA intake on cardiovascular disease (CVD) and total mortality, and instead found protective effects against stroke.*
>
> *Although SFAs increase low-density lipoprotein (LDL)-cholesterol, in most individuals, this is not due to increasing levels of small, dense LDL particles, but rather larger LDL which are much less strongly related to CVD risk.*
>
> *It is also apparent that the health effects of foods cannot be predicted by their content in any nutrient group, without considering the overall macronutrient distribution.*
>
> *Whole-fat dairy, unprocessed meat, eggs and dark chocolate are SFA-rich foods with a complex matrix that are not associated with increased risk of CVD. The totality of available evidence does not support further limiting the intake of such foods."*

They're Coming for Your Food, Your Wealth and Your Freedom

Acknowledging that saturated animal fats are healthy, and that processed industrial seed oils and processed grains are not, would decimate the processed food industry, as it relies on cheap seed oils and grains. The healthy alternative is real food, and there's no big industry profits to be made from that.

The same goes for unprocessed animal foods in general. They can't be patented, and just about anyone with enough land can raise their own food and become partially, if not fully, independent of major food conglomerates.

> **"Health, food security, independence and freedom are what the global elitists, led by the World Economic Forum, intend to destroy so that they can then roll out a new food system based entirely on patented, processed imitation foods, including lab-grown and plant- or fungi-based 'meats' and 'clean, green' protein alternatives such as cricket meal and mealworms."**

All of this — health, food security, independence and freedom — are what the global elitists, led by the World Economic Forum, intend to destroy so that they can then roll out a new food system based entirely on patented, cheaply-made, ultraprocessed imitation foods, including lab-grown[32] and plant-[33] or fungi-based[34] meat substitutes and "clean, green" protein alternatives such as cricket meal and mealworms.[35,36]

If they get their way, the entire world will go the way of Sri Lanka,[37] where new "green" agricultural policies implemented in 2021 resulted in island-wide harvest failures which, combined with simultaneous fuel shortages and national bankruptcy, have led to violent riots and famine. Predictably, the United Nations — which is part of The Great Reset — has stepped in to offer food vouchers to underserved areas.

That's how the takeover occurs. They destroy your ability to work, make a living and feed yourself, and provide shelter for you and your family, and then they offer to "help" you by making you dependent on them for your most basic needs. It'll only get worse from there.

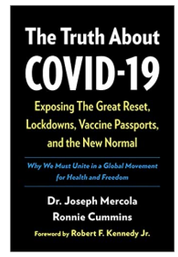
The end goal of The Great Reset-pushing elitists is to own everything and control the entire global population through a combination of false flag disasters, social engineering technologies, "green" and "sustainable" development policies, a revamped food system of their own making, and global biosecurity measures.

Unless we want to end up in a slave system we'll never be able to break free from, we have to resist and reject all of these takeover strategies in whatever form they appear, and start building our own parallel systems on the local level.

This would also include the wholesale rejection of the Food Compass tool, and the rejection of and opposition to any institution that uses it to make nutritional decisions for large numbers of people. It's not just unreliable. It's absurd, and a blatant attempt to condition people into embracing an even unhealthier diet than what's been pushed upon us in decades past.

My #1 Bestselling Book – Now on Paperback!

My latest book, "The Truth About COVID-19," is an instant bestseller. After thousands of reviews it has a nearly perfect 5-star rating, so grab your copy today before it's too late!



The Truth About COVID-19

by Doctor Joseph Mercola

6,888 ratings

ORDER NOW

+ Sources and References

TODAY'S FREE ARTICLES

1 Food Wars — Starvation Creates Cheaper Labor

2 DARPA, Insects, Mad Science, and Us: Nowhere to Hide

3 What Does the 'Best Evidence' Say About Antidepressants?

Hide Comments (154)

Post your comment

Sort Comments by : Top Rated | Newest | Oldest | Top Poster

ChrisColes

Joined On 5/3/2009 2:40:01 AM

Add as Friend | Send Message

Surely, The Friedman School of Nutrition Science and Policy's Food Compass, unveiled in late 2021 is, without any doubt whatsoever; a case of classic fraud that must be seen as a deliberate criminal act? In which case, the best strategy is to report it to the police as a fraud requiring further investigation, with a view to being brought before a court of law, determined as fraud and action taken against the perpetrators to prevent any further occurrence of the crime.

Reply | Mark as Spam | Posted On 7/27/2022 2:30:43 AM

Like | Dislike

rrealrose

Joined On 11/10/2011 8:59:01 AM

Add as Friend | Send Message

Totally beholden to their benefactors, is more likely the case.

Mark as Spam | Posted On 7/27/2022 8:45:46 AM

Like | Dislike

nj_indy

Joined On 2/9/2022 11:20:34 AM

Add as Friend | Send Message

Beholden is right. Four of the top five "Grains" in their list at sites.tufts.edu/.../data are processed cereals!

Mark as Spam | Posted On 7/27/2022 11:22:51 AM

Like Dislike

Dordee

Joined On 5/22/2012 12:47:41 PM

Add as Friend | Send Message

Know a judge, jury that cannot be bought?

Mark as Spam | Posted On 7/27/2022 12:43:00 PM

Like Dislike

---

otis101

Joined On 7/10/2010 6:30:32 PM

Add as Friend | Send Message

Watch out for "chocolate covered almonds". They can be addictive. And don't give up ground beef. Here is the main problem. Council for Inclusive Capitalism, Lynn Forester de Rothschild, Founder. alt-market.us/what-is-the-council-for-inclusive-capitalism-its-the-new..
~~~~~~ www.globalresearch.ca/elite-coup-kill-enslave-us-why-cant-governments-..

Reply | Mark as Spam | Posted On 7/27/2022 1:23:03 AM

Like Dislike

---

redplanet1

Joined On 8/24/2013 1:36:08 AM

Add as Friend | Send Message

Excellent articles - thx for posting the links. I encourage everyone to take a look.

Mark as Spam | Posted On 7/27/2022 3:42:48 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

Add as Friend | Send Message

Yes, OTIS, there is no evidence of a committed commitment of the elite in the efforts to put an end to the destruction of the planet, to junk food, to the contamination of water and land, to industrialized agriculture and livestock, to the many local wars, for corporate exploitation of human beings and to end environmental destruction. As Dr. Vandana Shiva has highlighted how industrial agriculture based on capital- and chemical-intensive monocultures is the biggest driver of species extinction, including the systematic removal of the diversity of crops we grow and eat, and this has been transforming the very nature of the food we eat, not only by phasing out this diversity of foods, but also by aggressively introducing toxins and poisons in various forms, as well as genetically mutilated foods and, ultimately, synthetic foods.

Highlighting just one of the myriad points made by Kennedy, he draws attention to a report that Bill Gates has "quietly become the largest owner of farmland in the United States." Researcher 'Sam Parker' has offered a history of the use of food as an instrument of control over the last 4,000 years, beginning with the ominous words 'The control of food for use as a weapon is an ancient practice'.

He nominates major food conglomerates (Cargill, Continental Grain, Louis Drefuss, Bunge & Born, Andre, Archer Daniels Midland/Topfer, ConAgra, IBP, Nestl, Unilever, Philip Morris) and provides an explanation of how this food cartel , along with three dozen other food corporations control the world's food supply, noting that today 'the food war is firmly under the control of London and New York' and that the cartel is 'prepared to apply a tourniquet to food production and export supplies, not only to poor nations, but also to nations in the advanced sector'. THE GLOBAL ELITE'S KILL AND CONTROL' AGENDA: DESTROYING OUR FOOD SECURITY www.globalresearch.ca/global-elites-kill-control-agenda-destroying-foo.. (2022)

Mark as Spam | Posted On 7/27/2022 4:08:54 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

Add as Friend | Send Message
~~~~~~

The global elite includes the major multinational corporations, particularly the following, such as food, pharmaceutical, although it should be noted that this list considerably simplifies the picture by ignoring the conglomerate nature of many other corporations. In the link: feelingsfirstblog.wordpress.com/key-articles/global-elite-is-insane-re.. . The insane global elite and their many insane servants, as well as a largely insane consumer population. Some projects to fight against the madness of the globalist elite: dkeenan.com/Flametree.pdf feelingsfirstblog.wordpress.com/my-promise-to-children nonviolentstrategy.wordpress.com thepeoplesnonviolencecharter.wordpress.com Food control, for example, is an ancient practice dating back at least 4000 years, today the world food supply is controlled by a small number of giant corporations interested only in profit, promoting ultra-processed foods fruit of an industrialized agriculture and livestock and a laboratory where death is manufactured.

All of this is part of the fight for very basic human rights, such as food, medical choice and privacy, which have practically disappeared. And getting them back will require a monumental struggle and will require millions of people to act strategically. desultoryheroics.com/2021/10/01/killing-off-humanity-how-the-global-el..

Mark as Spam | Posted On 7/27/2022 4:09:10 AM

Like Dislike

---

bfr27915

Joined On 9/26/2021 5:38:22 PM

Add as Friend | Send Message

Thank you otis101 for posting. People should understand "Tyranny is always better organized than freedom" ~ Charles Peguy Thus the need for constant vigilance. However most are occupied by the challenges of daily life and the "cake and circuses" provided by the elites.

Mark as Spam | Posted On 7/27/2022 4:52:07 AM

Like Dislike

---

giles22

Joined On 11/13/2010 5:28:00 PM

Add as Friend | Send Message

'They just can't wrap their heads around such a thing' That's my problem, but reality is starting to convince me. They can shove their new world order up their you know what

Mark as Spam | Posted On 7/27/2022 5:09:00 AM

Like Dislike

---

juststeve

Joined On 1/5/2012 11:13:54 AM

Add as Friend | Send Message

Not to worry Otis, if addicted to chocolate covered almonds and they run out - there is WEF/Gates chocolate covered bugs waiting in the wings to munch on.

Mark as Spam | Posted On 7/27/2022 5:14:54 AM

Like Dislike

---

rrealrose

Joined On 11/10/2011 8:59:01 AM

Add as Friend | Send Message

Hi Otis, my mom used to unconsciously eat a box of almonds while reading, the box would disappear. PLEASE NOTE the green "encouraged" foods on Nina's chart: listed grain-based bfast cereals are known to contain copious amounts of glyphosate or Round-up residue, kale! (non-organic) is now on the dirty dozen list. Orange juice sans the fiber, is a big mistake over time, as it encourages absorption of iron (men still die earlier than women) and it goes on from there. This nutrition school is par for the course. Easy to see where this school's CORPORATE SPONSORS AND FUNDING SOURCES come from, without even looking these up! Hopefully the authors of this nutrition advice are already on their program.

Mark as Spam | Posted On 7/27/2022 5:38:06 AM

Like Dislike

---

therealjones

Joined On 10/8/2010 5:59:47 PM

Add as Friend | Send Message

MMMMMMM, chocolate covered almonds (chocolate covered anything!).

Mark as Spam | Posted On 7/27/2022 7:25:44 AM

Like Dislike

Almond

Joined On 2/26/2008 4:23:33 PM

Add as Friend | Send Message

Chocolate-covered what? I wouldn't trust what might be hidden under the chocolate... We used to throw food out when it got buggy or wormy.

Mark as Spam | Posted On 7/27/2022 8:15:52 AM

Like Dislike

HealthiestChoices
Joined On 11/30/2009 10:05:54 AM
Add as Friend | Send Message

I thought we were buying raw, organic, healthy almonds that could be soaked and sprouted. Then back around 2007-2008 began reading of how someone (or a few people) became ill, and as usual, the 'powers that be' decided it was a perfect way to have the nuts sterilized, fumigated, sprayed, or however they could 'kill' the benefits of the wholesome nuts. The only way to get them pure now was either directly from the farmer or the almonds shipped in from a couple other countries. ..... We had been buying 5# bags from our local health food store when they were on sale. After researching all I could, I asked the owner if the ones they were selling WERE organic, raw and NOT steamed, pasteurized, or any other procedure and was told yes they were raw and organic from a CA farm.

Well, not long after, we discovered the owner had been lying to their customers. With all that's gone on over the years, I find it difficult to trust so many items now. It's sad we have to work so hard to find healthy, wholesome foods. .....
acupuncturenutrition.com/take-action-almonds-required-to-be-pasteurize.. ..... superfoodly.com/raw-almonds

Mark as Spam | Posted On 7/27/2022 8:47:57 AM
Like Dislike

otis101
Joined On 7/10/2010 6:30:32 PM
Add as Friend | Send Message

From the for what it's worth department. My health food store has raw unadulterated almonds. And they also have chocolate covered almonds. As "redplanet" said in their comment: "Excellent articles - thx for posting the links. I encourage everyone to take a look." YES, at the very least have a look, better yet take the time to read these articles and get to know the members of this killing machine. They have names and they have faces at the top. May not be all inclusive but it is what it is as they say. @HealthiestChoices, I will look into the background of our almonds. I know things changed as you said but maybe some are under the radar. Gui, thanks for filling in so many blanks in this ungodly take down of our planet earth. When asked, what can we do, I can say one thing for sure, DO NOT COMPLY.

Mark as Spam | Posted On 7/27/2022 9:30:10 AM
Like Dislike

otis101
Joined On 7/10/2010 6:30:32 PM
Add as Friend | Send Message

Almond, you always have great ideas on getting back to the land. Here is a 47 minute documentary (11 million views) by Kirstein Dirksen about Charles Bello and wife Vanna Rae and their 1968 move back to the land. It says they bought 240 acres but actually 400 acres among the redwoods. They are here in Mendocino County, California and about 5 miles from where I live. If you want to see some of the beauty in this County and the Redwoods this video will take you here. It has been 54 years and although wife Vanna Rae has passed Charles at 90 is still here. You will see what they built over the years, beyond the grid. I visited in the early 90s and bought some weaving equipment from Vanna Rae. www.youtube.com/watch ~~~~~
savetrees.org/i_need_your_help2.aspx

Mark as Spam | Posted On 7/27/2022 10:02:40 AM
Like Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

They rank up there with Oreo cookies!!!!

Mark as Spam | Posted On 7/27/2022 11:56:02 AM
Like Dislike

Krofter
Joined On 6/2/2015 9:47:59 AM
Add as Friend | Send Message

Thanks for the interesting links in your first post Otis. It was also good to watch the story of the guy in the redwoods again. Here's another angle on the role the WEF is playing in our food sovereignty.
secularheretic.substack.com/p/whats-happening-in-the-netherlands

Mark as Spam | Posted On 7/27/2022 6:22:35 PM
Like Dislike

otis101
Joined On 7/10/2010 6:30:32 PM
Add as Friend | Send Message

Krofter, the nwo animals could care less about the environment, food, farmers, and the rest of us. They are picking up speed as they careen towards their goals. Still a lot of guns in the U.S. and this they fear. Martial law and attempts at gun confiscation will be the final move for one side or the other.

Mark as Spam | Posted On 7/27/2022 8:07:10 PM

Like Dislike

juststeve
Joined On 1/5/2012 11:13:54 AM
Add as Friend | Send Message

New Guidelines - Safe & Effective, like the Jab/s? The existing Food Guidelines are already upside down - The new Food Compass nutrient profiling system turns it backwards. What a system. We get new diner guest to dine with. Cockroaches, bugs, mealworms, fungus, whatnot, & when the Toxic Chemical-soaked stuff has done enough dirty work, those left can sit down to eat the former diner guest. Completely NUTS. The takeover has been in process for decades - if not longer. Look at the Homesteaders who were finessed out of the fruits of their labor to have Wall Street Banks replace them with the labor saving, mass production equipment of the times. A driver behind the movement of financial reform & concerns about the Gold Standard.

This was followed by the one two punch of the Dust Bowl & the Great Depression where further consolidation of Ag marched on. Then once again the Go Big or Get Out of the Seventies into the Eighties devastating most of what was left of independent Local Food Sources. In each case they destroyed the ability to work, make a living & feed ourselves, to provide shelter for us & our families, & then they offer to "help" us by making us dependent on them for our most basic needs. It has only gotten worse with each step of Takeover. Scarcity, poverty, whole communities disrupted creating hungry disparate Nomads.

This process has been carried out in similar ways with industrial, factory jobs now worked by robots, computers, & when those aren't available, cheap labor overseas. Local, Local, Local. It isn't just gardens or raising livestock & being as nearly none of us are able to go full loin cloth, there are other important needs to fill. More can be done in villages, towns & suburbs than most would realize. There is also a need for the tools & products used to provide our basic needs. Even those of us who have resources & skills to make most everything still have to focus on what is most doable. Too many needs to juggle - Alone - Together.

Reply | Mark as Spam | Posted On 7/27/2022 5:11:42 AM

Like Dislike

juststeve
Joined On 1/5/2012 11:13:54 AM
Add as Friend | Send Message

The coarsest homespun cloth is superior to the silk provided by dictator rulers. Gandi (SP?) Not a direct quote by any means, but the intent is still there.

Mark as Spam | Posted On 7/27/2022 5:24:52 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

Just, your comment highlights very important aspects of the economic, political and social destruction of planet earth, of a humanity that suffers from hunger and misery while the 1% get rich from their suffering. For unscrupulous psychopaths, the end justifies the means. Yes, junk food, environmental pollutants, antibiotics, are part of an extermination that began with the dominance of large pharmaceutical companies in tune with the agri-food industry. It is the reign started by Rpckefeller and has great continuity with Bill Gates. Now “The billionaires gathered at Davos have enjoyed an obscene rise in their fortunes in the last two years.

The pandemic and now soaring food and energy prices have been a boon to the wealthiest, while millions face hunger and poverty as the cost of living soars,” said Ian Thomson, policy manager for Oxfam Canada. “Billionaire wealth is growing because the super-rich have rigged the system for decades and are now reaping the benefits. The richest, most of whom are men, are benefiting from privatization, pharmaceutical monopolies, fossil fuel subsidies and the rollback of workers' rights. As Dr. Mercola pointed out, while he claims to save the world through philanthropy, Gates's solutions perpetuate and worsen the world's problems.

They may even threaten the future of humanity, as they are bringing us closer to extinction. Through his company, Gates Ag One, Gates is driving a kind of agriculture for everyone, organized from the top down. This includes digital farming, in which farmers are surveilled and their farming data mined, which is then repackaged and sold to them. The answer to the environmental problems we face is no more of the same things that created the problems in the first place, which is what Gates proposes. The answer is regenerative agriculture and real food.

Mark as Spam | Posted On 7/27/2022 5:55:12 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

The intellectuals who pursue ideals are a great front of struggle that mobilize people against techno-fascism and tyranny. In this book, "The planet belongs to everyone" Vandana Shiva confronts the Billionaires Club Gates, Buffett, Zuckerberg and other modern "moguls", whose blindness to the rights of people and the destructive impact of their construction of linear progress, They have wreaked havoc all over the world. Their determined pursuit of profit has undemocratically imposed uniformity and external control over finances, food, energy, information, health care, and even relationships. Basing his analysis on little-known and explosive facts, Shiva exposes the 1% model of philanthrocapitalism, which consists of deploying irresponsible money to circumvent democratic structures, disrupt diversity and impose totalitarian ideas based on One Science, One Agriculture and One History.

. Vandana Shiva calls for the "revival of real knowledge, real intelligence, real wealth, real work, real well-being", so that people can claim their right to: Live free. Think freely. Breathe free. Eat free. In this CHD report. Shiva rejects EAT's largest initiative called FReSH, which the organization describes as an effort to drive food system transformation. Project partners include Bayer, Cargill, Syngenta, Unilever and even tech giant Google.

She objects to this misguided approach, because "all the science" shows that diets should focus on regional and geographic biodiversity. She explained that “EAT's uniform global diet will be produced with Western technology and agricultural chemicals. Imposing this on sovereign nations through multinational lobbying is what I call food imperialism. “THE GREAT RESET IS ABOUT MAINTAINING AND EMPOWERING A CORPORATE EXTRACTION MACHINE AND THE PRIVATE OWNERSHIP OF LIFE.” —Vandana Shiva childrenshealthdefense.org/defender/world-economic-forums-great-reset-..

Mark as Spam | Posted On 7/27/2022 5:55:30 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

Add as Friend | Send Message

In an interview with the MIT Technology Review, she also suggested that people might like fake meat, and if resistance continues, regulations may be needed to force change. www.technologyreview.com/2021/02/14/1018296/bill-gates-climate-change-.. DOES BILL GATES HAVE A GREAT RESET' PLAN TO PRIVATIZE GLOBAL FOOD SYSTEM? Viewed from the perspective of The Great Reset, it appears Bill Gates may be engaged in the same kind of wealth-shift scheme as BlackRock and other investment groups that are buying up single-family homes and turning them into rentals. childrenshealthdefense.org/defender/bill-gates-great-reset-global-food.. (07/26/22) SOWING HUNGER, REAPING PROFITS — A FOOD CRISIS BY DESIGN The root cause underlying the food crisis has nothing to do with lack of supply or lack of market integration — the problem lies with how the food system is structured around power, according to a new report by Navdanya International. childrenshealthdefense.org/defender/hunger-profits-global-food-crisis/ (07/26/22)

Mark as Spam | Posted On 7/27/2022 5:55:44 AM

Like Dislike

juststeve

Joined On 1/5/2012 11:13:54 AM

Add as Friend | Send Message

Fantastic input Gui - thank you for the links! More on food and sources of food. Zombie Deer - www.yahoo.com/news/more-300-deer-killed-wisconsin-152419492.html the biggest question while in Wisconsin the disease appears to be spreading into the wild populations, yet when began and still to this day is it mostly confined to Deer CAFO's?

Mark as Spam | Posted On 7/27/2022 6:06:53 AM

Like Dislike

Almond

Joined On 2/26/2008 4:23:33 PM

Add as Friend | Send Message

Sure, the price of food has gone up. However, if you save your seed, garden and have a source of protein, your life has been minimally affected in this aspect. The solution to many of our problems are at the end of our elbow and behind our eyes. We can still use technology to our advantage, but the more complex it becomes, the more useless it is when it breaks down. We need to move in the direction of what our great grandparents did and how they lived. Not that we need to do everything they did, but we need to be prepared and experienced to do so if the time comes. Simplify, streamline. Small, local, decentralized. The basics are food, water, heat. Then, things like healthcare, education, etc. Integrate everything to complete the cycle, waste nothing, share.

Mark as Spam | Posted On 7/27/2022 8:22:47 AM

Like Dislike

rrealrose

Joined On 11/10/2011 8:59:01 AM

Add as Friend | Send Message

Steve and everyone, recently noticing [aside from lousy driving on the roads] quite a few NEWS INVERSIONS in opinion pieces posted online. You will spot most of them if you stay awake. My guess is yet another signal, could be beginnings of the mid-term election "push" here in the US. Examples: "Biden is expecting a full democratic sweep in November" (with the lowest all-time approval ratings??) ; "Wuhan lab did not leak, it came from the wet market"??? And more. Someone(s) with a lots of money to burn is futzing around publishing even more truth inversions. Vultures and vampires using more psy-ops among us, are these bozos now assuming these shots may have affected many more people's thought processes? Are these signs of being even more desperate? Is this the moneypox brigade testing the waters? - only the shadow knows...

Mark as Spam | Posted On 7/27/2022 10:55:08 AM

Like Dislike

Dordee

Joined On 5/22/2012 12:47:41 PM

Add as Friend | Send Message

What I question is WHAT WILL THEY EAT, WHERE WILL THEY LIVE WHEN THE EARTH IS DESTROYED? WHEN THE MASSES HAVE ALL DIED OUT, ALL FOOD IS EXHAUSTED, AIR AND WATER, LAND IS NOTHING BUT TOXINS. Haven't they figured this out????

Mark as Spam | Posted On 7/27/2022 12:48:13 PM

Like Dislike

Dordee

Joined On 5/22/2012 12:47:41 PM

Add as Friend | Send Message

We need to unite, each doing what we can to keep the whole community thriving, not Communist version but independent people. BUT, we have to coperate, not fight among ourselves, one demanding a greater share than others. In olden days everyone had their own farm, raised their own but when a neighbors cow died, you shared your milk with them until they were able to get another cow. If their barn burned, help them build another. I know, old fashioned, Christian thing to do, out of step with today's world. Keep what you have for yourself, don't share! You might need it down the road for yourself. I can't do heavy work at 81 but can help pick beans, pop them and cook, chrochet, sew, throw another log on the fire, each person does what he/she can. Do we really need all those things we see advertised on TV??, a bigger house, faster car, truck, latest fashion, furniture??

Mark as Spam | Posted On 7/27/2022 1:03:32 PM

Like Dislike

Cabochon

Joined On 10/7/2018 12:45:48 PM

Add as Friend | Send Message

"That's how the takeover occurs. They destroy your ability to work, make a living and feed yourself, and provide shelter for you and your family, and then they offer to "help" you by making you dependent on them for your most basic needs." So apart from demonising real food as a pre-amble to creating dependence on fake food supplied by these self appointed scumbags and their puppets, the latest targets are heating our homes and travelling. Although still unable to join the dots and see through the fake wars and artificially created energy "crisis", even the most intransigent msm addicts and Alexa fans have resigned themselves to a winter of woolly jumpers and walking to work (assuming there is still a job for them to walk to).

Detailed budgeting reveals even middle class families can barely afford recent energy price hikes and definitely not the predicted trebling of energy bills in October even with both parents working. Fortunately, grandparents have experience from the last world war of "making do" and living frugally. These skills will be much in demand aided by today's money saving websites : www.moneysavingexpert.com/utilities/heat-the-human-not-the-home-save-e.. Meanwhile government handouts (of our OWN money) are promised to ease the hardship - formerly of the unwaged and now of two salary households.

But where do governments get the money to pay their own inflated salaries, subsidised canteens plus hand outs of unemployment and other benefits? From tax paying workers, national insurance and VAT, of course! It makes no sense but will no doubt be "Buddy, can you spare a dime?" all over again. The knock-on effect of NOT buying consumer goods, starting a DIY revolution and cancelling your hair appointment will be more unemployment and small businesses folding. With more strikes on the horizon, travel a lottery or a nightmare, it seems Britain is bracing itself for the breadline.

Mark as Spam | Posted On 7/27/2022 3:52:08 PM

Like Dislike

Mary990

Joined On 6/8/2022 7:21:33 PM

Add as Friend | Send Message

Juststeve, it takes not wanting to know what you are eating to a whole new level.

Mark as Spam | Posted On 7/27/2022 7:51:19 PM

Like Dislike

---

grulla

Joined On 1/17/2012 8:03:55 AM

Add as Friend | Send Message

Why would any one buy boxed, sugary, junk food cereal, when there are whole grain groats available at "half" the price with many times the nutritional value. To repeat and remind forum members, my updated WHOLE OAT GROATS (NOT instant, crimped, rolled, or even steel cut oats) PLAN AHEAD preparation for a week's supply, is to first SOAK three cups of WHOLE oat groats submerged in water with ~1/4 cup of apple cider vinegar for 24 hours to help eliminate any phytic acid and maybe saponins, followed by a thorough cold water RINSE. Next, just 2/3 cup of water is added for each cup of pre-soaked groats in a pot, with organic diced apple, and brought to a boil.

Keeping the boiling water to grain ratio low at 2/3 helps keep the large batch nuttier and crunchier longer with less possibility of turning into starchy paste or mold over time in the fridge. Once the groats start to boil, the heat is IMMEDIATELY turned off and the boiled groats stay in the pot to slowly cool down for the next 24 hours, so again, PLAN AHEAD. When the batch is cooled to room temperature, I stir in some Ceylon cinnamon, UNsweetened TART cherry raisins, and ghee, (or butter), then cool it the rest of the way in the fridge, and serve it the following day . One could also add a LITTLE real organic maple syrup at meal time.

The above groats obviously don't lend themselves for people in a rush, hence the idea of PLANNING AHEAD, thus the idea of preparing a large size to last a week or so, and without sacrificing nutrition with store bought instant oats or other boxed cereals. Last year, I did some experimenting and figured out that my WHOLE oat groat prep. can also apply equally to other WHOLE grain groat buckwheat, WHOLE groat barley, as well as whole quinoa, (and perhaps some other WHOLE GROAT grains as well). One (preparation) size fits all, and nutrition is well maintained with nutty/crunchy results. And at 76 , my A1C is 5.2 .

Reply | Mark as Spam | Posted On 7/27/2022 7:52:05 AM

Like Dislike

---

grulla

Joined On 1/17/2012 8:03:55 AM

Add as Friend | Send Message

Some organic whole oat groat vendors offer 25 lb pails or 50 lb sacks, as well as smaller packets. Do the research.
countrylifefoods.com/.../organic-oat-groats-whole ~~~~ pleasanthillgrain.com/buy-organic-oat-groats-for-sale-bucket ~~~~
www.naturalgrocers.com/.../oats-whole-groats-org-1-lb

Mark as Spam | Posted On 7/27/2022 8:24:04 AM

Like Dislike

JenJenJ

Joined On 6/25/2021 7:55:55 AM

Add as Friend | Send Message

Thank you!

Mark as Spam | Posted On 7/27/2022 10:01:12 AM

Like Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

BUT, what you suggest requies work, time i could spend shopping, having fun! I agree, sounds delicious and I plan on making some, but how many will even try it. Planning ahead is stil work! You can also add a bit of ginger, stevia, vanilla to it. My morning smoothie is raw milk, 1/2 banana, blueberries, collagen for my bones, hair and skin, 1/4 teaspoon cinnamon, ginger, drop or 2 of vanilla, 1/4 spoon stevia. If i add a half cup of your oats to it, a satisfying, wholesome breakfast food and drink.

Mark as Spam | Posted On 7/27/2022 1:35:14 PM
Like Dislike

---

grulla
Joined On 1/17/2012 8:03:55 AM
Add as Friend | Send Message

Hi "dordee", LOL!!! "Planning ahead is still work!" Of course it is, but if you look at the big picture, it's efficient and you are performing simple functions that will pay back for a week or more. And if you have many mouths to feed, the recipe can be doubled or tripled, etc., for about the same amount of work. It's the answer to a prayer in that groats, if stored properly (freezer which also kills mites, never refrigerate due to condensation), can make for great survival food in bad times. Even if you don't have a big freezer, storing the sack or pail of groats in a cool dry closet should still last a good long time...and you can enjoy the protein from the mites...covered with chocolate. lol!

Mark as Spam | Posted On 7/27/2022 4:12:06 PM
Like Dislike

Ronald_H
Joined On 7/10/2010 1:38:54 AM
Add as Friend | Send Message

I make the mathematical connection to their desired "social credit score" to be used to control people. The food scores being a number are easily handled by computer programs they intend to use to monitor and control us. A computer, artificial intelligence or not, won't know what beef is nor the difference between that and fruit loops and it certainly doesn't know about nor care about our health, but it sure can rank 87 versus 26. The translation of things and concepts into numbers is very telling of where they are going with that. Our health is not important to them except to the extent that poor health facilitates their depopulation agenda particularly when synergistic with their biological warfare against humanity.

If they can rid us of our pesky (from their perspective) immune system that is effective against their biological warfare that only partially works, then they might get greater compliance with their so called vaccines that are able to reach into healthy people that their pathogens can't. Economic collapse that they are doing will further make it difficult for billions of people worldwide to achieve good nutrition which will, of course, damage otherwise healthy and effective immune response. In previous comments, (trying not to be excessively repetitive) I've listed many ways for us to end the powerful foolishness that is a real threat yet can so easily be defeated making the Luciferian billionaires powerless.

Reply | Mark as Spam | Posted On 7/27/2022 3:11:34 AM
Like Dislike

---

giles22
Joined On 11/13/2010 5:28:00 PM
Add as Friend | Send Message

dude, that first paragraph is just next level sinister, you made the article look tame! These are sneaky bastards and bitches, but they lack a certain IQ factor, who in there right mind would believe fruit loops are healthier than beef. I mean give me a vaccine, because I'm just not getting their logic sometimes, maybe there is something in that vaccine that would help me understand their logic

Mark as Spam | Posted On 7/27/2022 4:56:43 AM
Like Dislike

---

otis101
Joined On 7/10/2010 6:30:32 PM
Add as Friend | Send Message

To be in "their" club with a 'social credit score' means you got the jab. Social credit score means nothing to me cause I refuse the jab under all conditions and that includes death.

Mark as Spam | Posted On 7/27/2022 9:20:15 AM

Like Dislike

---

brianallen1

Joined On 8/7/2021 10:12:38 AM

Add as Friend | Send Message

Yes, Otis. Whoever attempts to give me a shot will get shot.

Mark as Spam | Posted On 7/27/2022 9:52:55 AM

Like Dislike

Ronald_H

Joined On 7/10/2010 1:38:54 AM

Add as Friend | Send Message

www.youtube.com/watch enough said

Mark as Spam | Posted On 7/27/2022 1:26:04 PM

Like Dislike

PathNotes

Joined On 12/25/2012 3:44:06 PM

Add as Friend | Send Message

Beef is the ultimate human nutrient source. Furthermore, grass-fed cows reduce green house gas levels in the atmosphere via their influence on topsoil, creating an all-natural carbon sink (cropping the grass with their teeth, hoof prints improving water drainage, manure fertilizer). Abandon wheat, corn, and soy farming on the Great Plains. Return that land to the Bison herds to restore the topsoil.

Reply | Mark as Spam | Posted On 7/27/2022 9:55:58 AM

Like Dislike

LaurenMcKenna

Joined On 12/22/2010 7:27:01 AM

Add as Friend | Send Message

I think maybe we should pay attention to the two oddities in their lineup; kale and watermelon. Possibly their engineering has put their toxic spike into both, as well as lettuce reported to be compromised by their controlled corruption...

Reply | Mark as Spam | Posted On 7/27/2022 9:47:48 AM

Like Dislike

Kitera

Joined On 7/26/2007 6:24:19 PM

Add as Friend | Send Message

Seriously - I suspect you can't even get a fully vaxxed zombie to buy the idea of candy being healthier than real food. If anyone buys this we are truly "on the eve of destruction" (as Barry McGuire would say).

Reply | Mark as Spam | Posted On 7/27/2022 6:39:02 AM

Like Dislike

Dordee

Joined On 5/22/2012 12:47:41 PM

Add as Friend | Send Message

Want to bet on that?? If you bought the vaccine, you will buy anything.

Mark as Spam | Posted On 7/27/2022 1:50:14 PM

Like Dislike

---

mar9256

Joined On 11/10/2017 5:29:43 AM

Add as Friend | Send Message

Are the elitists going to eat this crap also?

Reply | Mark as Spam | Posted On 7/27/2022 5:32:24 AM

Like Dislike

---

juststeve
Joined On 1/5/2012 11:13:54 AM
Add as Friend | Send Message

Don't need too, they are eating us.

Mark as Spam | Posted On 7/27/2022 6:01:47 AM
Like Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

Of course not! They deserve the best, after all, they are the elite!

Mark as Spam | Posted On 7/27/2022 1:51:32 PM
Like Dislike

---

jul961143
Joined On 9/17/2020 1:56:49 PM
Add as Friend | Send Message

Dr. Mercola, PLEASE have someone check out your resources before posting!!! I went to the Food Compass website and printed the comparison of foods, then compared their listing to the "independent journalist" Twitter chart. Of the 24 foods she charted, I could not find the watermelon, kale, Frosted Mini Wheats, Nonfat frozen yogurt, Honey Nut Cheerios, Egg substitute fried in vegetable oil, Lucky charms, Boiled or poached egg, Nonfat mozzarella cheese, Whole egg fried in butter, or ground beef. I'm not sure if the Food Compass changed their charts or if Nina decided to add a few items to get people riled up (and see if anyone would catch the errors). The sad part is, if you repeat error as fact, it's hard to tell if anything you're reporting is worthy of reading.

Reply | Mark as Spam | Posted On 7/27/2022 2:46:35 PM
Like Dislike

Islander
Joined On 3/26/2007 12:55:12 AM
Add as Friend | Send Message

I've been reading bits and pieces of this movement in relative isolation for quite some time, and brushed them off as overreaction to unrelated events. I dismissed stories of an epidemic among businesses engaged in the production of agricultural commodities, on the assumption that they were exaggeration on the part of sites like yours and Ronnie Cummins'. I even consulted google to confirm my supposition that there was no such epidemic. What was hard for me to accept was learning, through other sources, that there was indeed an epidemic of such fires, not only in the US but internationally.

The only possible interpretation is that US mainstream media cannot be trusted to report the truth. I found it incredibly hard to accept what I had been reading as false. I'm 81; I have grown up with trust in American journalism to report with accuracy. I'm being forced by my own research to doubt that accuracy and to search outside the boundaries for the truth. Let me assure you I am no conspiracy theorist But there are events going on in the world that we are entirely unaware of. Here's a site I can recommend to open your eyes: https://grandtheftworld.com/

Reply | Mark as Spam | Posted On 7/27/2022 10:19:39 AM
Like Dislike

---

brianallen1
Joined On 8/7/2021 10:12:38 AM
Add as Friend | Send Message

Even "the most trusted man in America" was completely controlled.

Mark as Spam | Posted On 7/27/2022 11:08:13 AM
Like Dislike

JenJenJ
Joined On 6/25/2021 7:55:55 AM
Add as Friend | Send Message

Interesting. Last time I spent a day eating Lucky Charms and eating M&Ms I went to sleep right after noon, woke that afternoon with a hangover and didn't have a bowel movement for 2 days, but hey, what do I know, right?

Reply | Mark as Spam | Posted On 7/27/2022 9:58:51 AM
Like Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

YES!

Mark as Spam | Posted On 7/27/2022 1:52:13 PM

Like Dislike

grulla
Joined On 1/17/2012 8:03:55 AM
Add as Friend | Send Message

That's right, it's the (unfermented) sugars that gets ya, not so much the alcohol. Cheers!

Mark as Spam | Posted On 7/27/2022 4:30:30 PM
Like Dislike

weehen
Joined On 8/25/2010 2:09:20 AM
Add as Friend | Send Message

Clearly, every home that possibly can should have several chickens and access to a neighborhood cow.

Reply | Mark as Spam | Posted On 7/27/2022 7:01:45 AM
Like Dislike

Lee1959
Joined On 9/13/2021 8:36:46 AM
Add as Friend | Send Message

Yes, amen to that. I have a back yard flock. The eggs are fantastic. And I have a neighbor who has Jersey cows that produce great raw milk

Mark as Spam | Posted On 7/27/2022 11:13:35 AM
Like Dislike

grulla
Joined On 1/17/2012 8:03:55 AM
Add as Friend | Send Message

"Lee", "...And I have a neighbor who has Jersey cows that produce great raw milk" That's right, Jerseys, Guernseys, and others are heritage A2/A2 dairy stock. And commercial CAFO A1 Holsteins have the adverse BMC7 peptide.
nutritionstudies.org/what-exactly-is-a2-milk-everything-you-need-to-kn.. ~~~ products.mercolamarket.com/dry-whole-milk

Mark as Spam | Posted On 7/27/2022 4:41:43 PM
Like Dislike

Islander
Joined On 3/26/2007 12:55:12 AM
Add as Friend | Send Message

@weehen, every home that possibly can should also have a garden where they can grow their own organic vegetables and if they have enough space, a few fruit trees and berries as well. From what we are learning about the future that is just barely over the horizon, every one of us who can should become as independent and self-sufficient as possible. Learn how to preserve your garden produce, either by freezing or canning. With the money you save from growing your own food, you can buy a pressure canner, one that can hold nine or 10 pints (or quarts if you have a large family), and your State University extension service (find it online) can send you all the information you need on how to preserve your own food.

My cellar shelves are full of canned fruits and vegetables that will last for years if necessary, and in my freezer I have pork, chicken, beef and those fruits and vegetables that aren't appropriate for canning, like broccoli and cauliflower, rhubarb and raspberries. I have no worries over inflation since the only supermarket foods I buy are cheese, yogurt and pet Food

Mark as Spam | Posted On 7/27/2022 7:03:19 PM
Like Dislike

bfr27915
Joined On 9/26/2021 5:38:22 PM
Add as Friend | Send Message

"The eye sees only what the mind is prepared to comprehend." ~ Robertson Davies "I wouldn't have seen it if I hadn't believed it." ~ Marshall McLuhan I like these quotes and consider, for the most part, that they represent reality. However, there may be a breakthrough in consciousness or even a paradigm shift. Nothing we've considered before has prepared us for what has broken through our perceptual/ conceptual filters to become our new understanding of reality. But for the vast majority I think the "breakthrough" is in actually gaining insight and understanding into why you see, comprehend, and believe what you do. A little off topic - disturbing how "The Powers that Be" get to young people. vigilantcitizen.com/musicbusiness/grimes-and-bella-poarch-star-in-doll..

Reply | Mark as Spam | Posted On 7/27/2022 4:43:55 AM
Like Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

They are the ones with little contact, knowledge of where food comes from, how it was made into bacon, etc. Easier to fool them.

Mark as Spam | Posted On 7/27/2022 2:05:22 PM

Like Dislike

Beav127

Joined On 3/23/2012 6:47:15 PM

Add as Friend | Send Message

www.rebelnews.com/worlds_largest_cricket_farm_finishes_construction_in..

Reply | Mark as Spam | Posted On 7/27/2022 4:10:17 AM

Like Dislike

2Colette

Joined On 4/12/2013 6:11:41 AM

Add as Friend | Send Message

I don't understand the lack of response or the total silence, especially in the province of Ontario, in regards to this new factory. Journalists are keeping away from this one.

Mark as Spam | Posted On 7/27/2022 9:22:09 AM

Like Dislike

---

otis101

Joined On 7/10/2010 6:30:32 PM

Add as Friend | Send Message

Beav thanks. Rebel news is a great alternative news outlet. MSM are keeping quiet and as they say we only here "crickets" from them when it comes to the NWO and their plans to take over our planet. The controlled media are doing untold harm to every person on this planet. It is so very sad that they have the ability to suppress the news that we need/should be hearing.

Mark as Spam | Posted On 7/27/2022 1:01:19 PM

Like Dislike

---

smalldar560

Joined On 7/12/2011 5:25:24 PM

Add as Friend | Send Message

Sadly, majority of people will believe this. Just like when they were told to avoid good fats, and then we had an obesity problem. There are just too many dumb people in this world. Not trying to mean. It's just a fact.

Reply | Mark as Spam | Posted On 7/27/2022 12:20:54 PM

Like Dislike

Dordee

Joined On 5/22/2012 12:47:41 PM

Add as Friend | Send Message

SAD BUT TRUE!

Mark as Spam | Posted On 7/27/2022 2:07:18 PM

Like Dislike

---

grulla

Joined On 1/17/2012 8:03:55 AM

Add as Friend | Send Message

And if Gates et al have their nutritional way, here is what humans will eventually (d)evolve into:
www.etsy.com/listing/95616248/wobble-chime-clown-toy-1977-vintage

Mark as Spam | Posted On 7/27/2022 4:51:07 PM

Like Dislike

---

ayn8188

Joined On 4/1/2014 2:07:14 PM

Add as Friend | Send Message

I wouldn't be surprised if our next plague is a super insect that Gates developed as a food source.

Reply | Mark as Spam | Posted On 7/27/2022 9:35:23 AM

Like Dislike

Jeremiah.8
Joined On 5/31/2022 10:37:50 AM
Add as Friend | Send Message

And the shapes of the locusts were like unto horses prepared unto battle; and on their heads were as it were crowns like gold, and their faces were as the faces of men. 8And they had hair as the hair of women, and their teeth were as the teeth of lions. 9And they had breastplates, as it were breastplates of iron; and the sound of their wings was as the sound of chariots of many horses running to battle. 10And they had tails like unto scorpions, and there were stings in their tails: and their power was to hurt men five months. 11And they had a king over them, which is the angel of the bottomless pit, whose name in the Hebrew tongue is Abaddon, but in the Greek tongue hath his name Apollyon. 12One woe is past; and, behold, there come two woes more hereafter. 13And the sixth angel sounded, and I heard a voice from the four horns of the golden altar which is before God,

Mark as Spam | Posted On 7/27/2022 3:30:12 PM
Like Dislike

---

wareagle82
Joined On 1/25/2022 10:01:46 AM
Add as Friend | Send Message

Let's put the Tufts chart to a real test: the people who came up with it can eat the items in green and I'll go with the middle group. Gee, I wonder how that would turn out?

Reply | Mark as Spam | Posted On 7/27/2022 8:32:03 AM
Like Dislike

BiomedMom1
Joined On 8/30/2012 7:19:31 AM
Add as Friend | Send Message

Cereal was developed as a cheap way to feed a large number of individuals ... inmates in the case of the companies located in Battle Creek, MI. I read that studies showed that feeding the box/cardboard that the cereal came to mice was "healthier" than the cereal itself, as the mice that ate cereal died, whereas those that ate the cardboard did not.

Reply | Mark as Spam | Posted On 7/27/2022 6:26:39 AM
Like Dislike

DebbyW
Joined On 5/27/2010 9:07:35 AM
Add as Friend | Send Message

Well, the cardboard box is a natural wood product. Of course, there is that dye in the printing on it.

Mark as Spam | Posted On 7/27/2022 8:16:56 AM
Like Dislike

RedRavenSounds
Joined On 8/9/2021 12:25:52 PM
Add as Friend | Send Message

Watch the Mythbusters episode on that ("cereal" vs. the cardboard box (for calories, and fat.) The cereal BARELY edged out the box.

Mark as Spam | Posted On 7/27/2022 10:55:52 AM
Like Dislike

---

badboy2
Joined On 11/15/2010 5:08:52 AM
Add as Friend | Send Message

In the early parts of the twentieth century Soy was mainly used as a glue for making carboard boxes.

Mark as Spam | Posted On 7/27/2022 11:29:11 AM
Like Dislike

RSWeir
Joined On 3/5/2010 12:38:13 PM
Add as Friend | Send Message

More bullshit from the creeps...*** 'em all. Especially that fat-ass Gates the bastion of good health. Simply be ungovernable.

Reply | Mark as Spam | Posted On 7/27/2022 7:01:46 PM
Like Dislike

kanajelly
Joined On 5/21/2018 10:29:35 AM
Add as Friend | Send Message

The Canadian Fertilizer Ban. www.youtube.com/watch A good video on how Canadian farmers are already making a difference without government dictates. This man talks the talk. Farmers know better than some over paid government shills that are out to destroy our food supply. I thought governments worked for the people?

Reply | Mark as Spam | Posted On 7/27/2022 12:53:26 PM
Like Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

You really believed that about government? Maybe back when America was first founded.

Mark as Spam | Posted On 7/27/2022 2:20:30 PM
Like Dislike

---

grulla
Joined On 1/17/2012 8:03:55 AM
Add as Friend | Send Message

"That government is best which governs least." www.monticello.org/research-education/thomas-jefferson-encyclopedia/th..

Mark as Spam | Posted On 7/27/2022 4:58:49 PM
Like Dislike

---

brianallen1
Joined On 8/7/2021 10:12:38 AM
Add as Friend | Send Message

America was founded by rich white Masonic slave owners who proclaimed all men are created equal.

Mark as Spam | Posted On 7/27/2022 10:34:08 PM
Like Dislike

RedRavenSounds
Joined On 8/9/2021 12:25:52 PM
Add as Friend | Send Message

Watch Mike Judges seminal documentary IDIOCRACY - All will become clear. With a diet like that people WILL get sick. The only FRESH fruit is watermelon? And get citrus with ???? orange juice. NOT oranges! People will be lucky if they don't get scurvy, and the rickets! And NO fish! Anyone who follows that "diet" is an IDIOT. (IDIOCRACY was supposed to be a comedy NOT a documentary!) I wouldn't eat most of that cr*p!

Reply | Mark as Spam | Posted On 7/27/2022 10:45:33 AM
Like Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

Dropped all processed foods in 2000 when got lymphoma due to RoundUp and crops contaminated with it. That and prayer saved me, did not die in 3 months, and at end of 2001 pronounced in remission. Think that speaks for itself.

Mark as Spam | Posted On 7/27/2022 2:30:06 PM
Like Dislike

---

brigittawaller
Joined On 7/5/2020 10:49:14 AM
Add as Friend | Send Message

This must be Nancy Pelosi doing the cooking..... Who in their right mind believes this bologna.

Reply | Mark as Spam | Posted On 7/27/2022 9:30:19 AM

Like Dislike

---

jen3070

Joined On 4/11/2017 12:46:47 PM

Add as Friend | Send Message

Once again, I feel like surely I must be reading an April Fool's Day article... This is so far off, it's unfathomable that it is real! I wonder how much of the population will believe and follow this.

Reply | Mark as Spam | Posted On 7/27/2022 9:28:59 AM

Like Dislike

---

brianallen1

Joined On 8/7/2021 10:12:38 AM

Add as Friend | Send Message

If they are oxygen starved by being self muzzled, it's anyone's guess.

Mark as Spam | Posted On 7/27/2022 9:35:23 AM

Like Dislike

Mary990

Joined On 6/8/2022 7:21:33 PM

Add as Friend | Send Message

Agreed. This is so far out there, no way this could be accurate. But then again, a lot of things have happened over the past 2 years that have been really out there. So I regress to simply saying ... I don't know what is going on anymore.

Mark as Spam | Posted On 7/27/2022 8:37:13 PM

Like Dislike

---

brodiebrock12

Joined On 9/18/2008 1:31:51 PM

Add as Friend | Send Message

Until those who are executing the agenda unabated are brought to justice...none of this ends. Why would it. Its the ONLY solution

Reply | Mark as Spam | Posted On 7/27/2022 8:44:03 AM

Like Dislike

---

karacolman

Joined On 9/15/2020 1:37:55 PM

Add as Friend | Send Message

We need to shout in the face of the[pigs], a song for freedom,food and Truth, just for start`s...Let them know, they will DIE PENNYLESS, and stand before the CREATOR...And HELL will be the answer for their hate..."That which Mercy can not Rehabilitate--- Justice will eventually Annihilate". Yes, they need to hear it every day all day...

Reply | Mark as Spam | Posted On 7/27/2022 7:35:36 AM

Like Dislike

Dordee

Joined On 5/22/2012 12:47:41 PM

Add as Friend | Send Message

Won't work, they actually believe there is no one they cannot buy, intimidate or fool. Would love to be there and see thelook of disbelief on their faces when judgement is pronounced. In the meantime it wouldn't hurt to keep reminding them .

Mark as Spam | Posted On 7/27/2022 2:18:27 PM

Like Dislike

---

elliecats

Joined On 12/2/2015 9:28:56 AM

Add as Friend | Send Message

Frosted mini wheats (GMO crap to be sure and lots of sugar) is better than ground beef? That's the dumbest thing I've ever heard in my life.... this week.

Reply | Mark as Spam | Posted On 7/28/2022 8:36:33 AM

Like Dislike

---

seedsaver37
Joined On 4/28/2020 2:58:31 AM
Add as Friend | Send Message

I thought Lucky Charms were something you had hanging from a bracelet!

Reply | Mark as Spam | Posted On 7/27/2022 10:22:21 PM
Like Dislike

---

brianallen1
Joined On 8/7/2021 10:12:38 AM
Add as Friend | Send Message

Or the family jewels.

Mark as Spam | Posted On 7/27/2022 10:29:13 PM
Like Dislike

---

azjanet_203
Joined On 6/19/2006 6:50:08 PM
Add as Friend | Send Message

I did not know this. Thanks!

Reply | Mark as Spam | Posted On 7/27/2022 3:20:46 PM
Like Dislike

---

betternbetter
Joined On 7/12/2016 7:56:17 AM
Add as Friend | Send Message

Genocidal fools!!! Reading Weston A. Price revolutionized my understanding of food and health. This is a big NO!!!

Reply | Mark as Spam | Posted On 7/27/2022 2:31:13 PM
Like Dislike

---

grulla
Joined On 1/17/2012 8:03:55 AM
Add as Friend | Send Message

First of ten WAPF lessons: us14.campaign-archive.com/?u=279a95efd611e08240bf6966c&id=84d2b195..

Mark as Spam | Posted On 7/27/2022 5:30:38 PM
Like Dislike

---

badboy2
Joined On 11/15/2010 5:08:52 AM
Add as Friend | Send Message

Wipe Out Good Food for us, but I am sure they will encompass themselves with the best of foods, which I am sure they have already done so. I was talking to a CEO of an electric company the other day, and to my surprise, he had told me that he had two large freezers full of food and two power generators in case of power failure. That is as long as there is full to run them. He had known for a long time and as friends, I was Surprised he had not said something to me sooner. Interesting?

Reply | Mark as Spam | Posted On 7/27/2022 11:26:20 AM
Like Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

I had thought about getting a generator, but remembered when fuel runs out(President shipping our fuel to other countries?) or we get an EMP be it from sun or earthy enemy, generators will not work. Asked manufacturer what if EMP. They have no protection for them. So, better to count on root cellars, canning, etc. to keep supply on hand.

Mark as Spam | Posted On 7/27/2022 2:26:47 PM
Like Dislike

---

lobos
Joined On 6/19/2006 7:59:45 PM
Add as Friend | Send Message

We are doing nothing. Canadians hold nationwide convoy protests in support of Dutch farmers Tuesday, July 26, 2022
www.naturalnews.com/2022-07-26-canadians-hold-convoy-protests-support-..

Reply | Mark as Spam | Posted On 7/27/2022 8:43:56 AM

Like Dislike

brianallen1
Joined On 8/7/2021 10:12:38 AM
Add as Friend | Send Message

Like I keep writing, just do the opposite of whatever the "experts" say and you will be just fine.

Reply | Mark as Spam | Posted On 7/27/2022 8:28:18 AM
Like Dislike

Piw6958
Joined On 3/19/2015 6:42:04 AM
Add as Friend | Send Message

I don't eat anything with high fructose corn syrup, or deep fried, and I'll take oranges over canned or bottled orange juice any day - canned and bottled juices have no enzymes or biophotons. And I'll take whole sweet potatoes over processed sweet potato fries or chips any day. Whole eggs are one of the healthiest complete proteins and belong much closer to the top of this list. I'd like to encourage raw eggs in an eggnog, however salmonella is a genuine problem, so I'll take mine poached or boiled. I much prefer raw foods whenever possible, or pickled (for the probiotics). Raw food, as it comes from nature contains enzymes which provides energy and helps us digest our meal and they contain biophotons, the energy of the sun which controls complex vital processes in our bodies.

The more alive a food is, the nearer it is to the soil, the more nutritious it is. And I am certainly not going to eat any boxed cereals which contain GMO grains which were sprayed with glyphosate in order to speed up their ripening. I completely disagree with this chart of foods to be encouraged whoever put this together completely disregarded the real factors of nutrition. How Sad.

Reply | Mark as Spam | Posted On 7/27/2022 8:11:27 AM
Like Dislike

DebbyW
Joined On 5/27/2010 9:07:35 AM
Add as Friend | Send Message

Do any of us think that the people who developed this food chart will follow it? They know it will kill them.

Mark as Spam | Posted On 7/27/2022 8:18:56 AM
Like Dislike

davidle
Joined On 5/7/2011 7:38:57 AM
Add as Friend | Send Message

Even a second grader can see their recommendations are wrong. The nuts are in control of the asylum.

Reply | Mark as Spam | Posted On 7/27/2022 7:46:36 AM
Like Dislike

Piw6958
Joined On 3/19/2015 6:42:04 AM
Add as Friend | Send Message

Where are raw pecans and walnuts and Brazil nuts on this chart? Bananas, an apple for goodness sake? I don't care what they say, I'll eat raw food, thank you.

Mark as Spam | Posted On 7/27/2022 8:18:03 AM
Like Dislike

DebbyW
Joined On 5/27/2010 9:07:35 AM
Add as Friend | Send Message

Piw6958, I think the list in the article is a sampling. I'm sure there's a more complete list somewhere. I went to one of the links for Tufts' website and their example has a score of only 16 for corn flakes cereal. It doesn't have added sugar, so shouldn't it be higher than Lucky Charms? Some of the others are healthy, but they still have a crazy list.
now.tufts.edu/2021/10/14/ranking-healthfulness-foods-first-worst

Mark as Spam | Posted On 7/27/2022 8:28:44 AM
Like Dislike

brodiebrock12
Joined On 9/18/2008 1:31:51 PM
Add as Friend | Send Message

That exact point davidle is why it all continues. These orchestrators of the RE-SET agenda know they can literally be obvious in their ways of corruption and criminality where "even a 2nd grader could see" and yet have nary a worry of being held accountable. They literally feel they are un-touchable. Until that elephant in the room is addressed none of this ends

Mark as Spam | Posted On 7/27/2022 8:50:38 AM

Like Dislike

---

ckadysch

Joined On 5/3/2021 10:17:58 AM

Add as Friend | Send Message

Ancel Keys is the Original Anthony Fauci, both work for the fourth Reich established after the Third Reich was extinguished by the Red Army. Ancel knew high inulin is deadly and causes mortality and sickness and implemented the grain diet for his masters. Fauci represents the desperate fast holocaust approach with the introduction of the deadly spike protein.

Reply | Mark as Spam | Posted On 7/27/2022 7:20:50 AM

Like Dislike

---

nothingsound

Joined On 8/12/2018 9:47:47 AM

Add as Friend | Send Message

So here once more, people have to use their critical thinking skills, common sense and due diligence. If anyone believes that story then go ahead and eat your way to ill health. Seriously folks, even one with hardly any education , if they put their thinking cap on, they know this is a lie.

Reply | Mark as Spam | Posted On 7/27/2022 6:28:23 AM

Like Dislike

---

brianallen1

Joined On 8/7/2021 10:12:38 AM

Add as Friend | Send Message

They took their thinking cap off and put their muzzle on.

Mark as Spam | Posted On 7/27/2022 8:47:18 AM

Like Dislike

---

haroldlampasso

Joined On 2/12/2009 12:36:38 PM

Add as Friend | Send Message

I wonder if Gates & Soros eat Lucky Charms. Lololol

Reply | Mark as Spam | Posted On 7/27/2022 6:20:07 AM

Like Dislike

Jackaroni

Joined On 4/4/2009 8:32:35 AM

Add as Friend | Send Message

Reminds me of a scene from "Soylent Green" where the elite were eating real strawberry jam while the general population ate special crackers. People were only allowed to live until the age of 65 at which time they became the prime ingredient in the special crackers called Soylent Green. Scary how real life is beginning to imitate many dystopian novels and movies.

Reply | Mark as Spam | Posted On 7/28/2022 11:43:59 AM

Like Dislike

---

bartleby

Joined On 3/1/2008 3:01:43 PM

Add as Friend | Send Message

These people are stark-raving mad, stupid or just plain evil. The plans of the WEF and their nefarious participants and sycophants are making the *** look amateurish and unambitious. People need to wake up! And when they 'jump', we should sit down.

Reply | Mark as Spam | Posted On 7/28/2022 9:09:33 AM

Like Dislike

Jackaroni

Joined On 4/4/2009 8:32:35 AM

Add as Friend | Send Message

When they jump, we should pull the chair out from under them and sit on that.

Mark as Spam | Posted On 7/28/2022 11:45:12 AM

Like Dislike

mtb1939
Joined On 9/5/2017 7:30:10 AM
Add as Friend | Send Message

I've never been a 'joiner'. I will continue to buy whole natural, first generation food like my ancestors did since the beginning of time. I am 63 yo, no meds, no health issues, a mountain biker who loves life. Moved my 401k $$ out of stocks and in guaranteed account. Not fueling these globalists with my money.

Reply | Mark as Spam | Posted On 7/28/2022 8:57:29 AM
Like Dislike

Deborah1983
Joined On 5/13/2021 10:58:15 AM
Add as Friend | Send Message

The Food Compass was probably written by the "food" industry.

Reply | Mark as Spam | Posted On 7/27/2022 11:47:48 PM
Like Dislike

os00
Joined On 8/18/2010 3:11:24 PM
Add as Friend | Send Message

Dr Mozaffarian is a friend of Dr Mark Hyman... Need more actionable things subscribers can do. If every subscriber paid for a sign spinner to broadcast facts like "report any vaccine injuries to VAERS" for example.. or share vax injury studies it could go a long way if internet censorship is a hurdle and people in populous roadways could see what his being hidden from them If Dr Mercola promoted such a thing it would help wake people up a bit more....

Reply | Mark as Spam | Posted On 7/27/2022 11:29:12 PM
Like Dislike

Karolina99
Joined On 5/15/2021 8:43:59 AM
Add as Friend | Send Message

I can not understand how people can be stupid to believe that eggs and beef can harm our bodies. From another point, it will be a natural selection. It sounds insulting, but if people choose candy over organic and natural food, who will be responsible for their actions? They will see consequences if they do not know how to use critical thinking.

Reply | Mark as Spam | Posted On 7/27/2022 11:28:40 PM
Like Dislike

Jackaroni
Joined On 4/4/2009 8:32:35 AM
Add as Friend | Send Message

Anything repeated often enough will seem to be fact, no matter how ridiculous.

Mark as Spam | Posted On 7/28/2022 11:47:01 AM
Like Dislike

suz7443
Joined On 4/28/2021 12:57:58 PM
Add as Friend | Send Message

Like violent war games shooting everyone in each house they enter this dangerous food amid the millions dying from health problems all for the money of people who really have more money than they need while stealing the money and health of those going from paycheck to paycheck and one paycheck away from being homeless

Reply | Mark as Spam | Posted On 7/27/2022 7:39:05 PM
Like Dislike

fundamentalassumptions
Joined On 4/1/2009 12:17:58 PM
Add as Friend | Send Message

They are definitively of their father, the devil, the father of lies, aren't they? 2 Thessalonians 2, w/ many other scriptures, says that God gives those who refuse to love the truth that they might be saved the great idolatrous delusion that they covet & seek. Did you see Meryl Nass calling out Malone & McCollough for misleading people about the Novavax vaccine? Even pretending for the faux pro-life crowd that aborted fetal tissue wasn't used in its development. The whole world has gone insane, detached from truth without which real science ....or even sanity or meaningful communication, is impossible.

We seem to have entered into a whole new level of The Emperor's New Clothes, so obvious that it's jaw-dropping that anyone with two brain cells still clicking could fall for it....or the Twilight Zone, so much so that it leaves you wondering if it's even real or just purposeful distraction and/or manipulating peoples' self-righteousness & vain imagination...'magic'.

Reply | Mark as Spam | Posted On 7/27/2022 6:26:23 PM

Like Dislike

---

fromseatoshiningsea

Joined On 3/7/2021 2:40:06 PM

Add as Friend | Send Message

Otis...thanks for the youtube link. Charles Bello's story is a truly fascinating one. After additional research, I learned that in 2021, he transferred the property to the Humboldt State University Foundation for them to preserve his legacy & dream for future generations. However, he is now suing to get the property back as they have already apparently violated several terms of the contract. Here is an update from July 23rd, 2022...savetrees.org/i_need_your_help2.aspx

Reply | Mark as Spam | Posted On 7/27/2022 4:00:35 PM

Like Dislike

---

jul961143

Joined On 9/17/2020 1:56:49 PM

Add as Friend | Send Message

BTW, six of the eleven people involved in developing the Food Compass (three of the Faculty and three of the Other Team Members) have ties to the Global Dietary Database, whose sponsor is the Bill and Melinda Gates Foundation. sites.tufts.edu/.../about (additional digging involved)

Reply | Mark as Spam | Posted On 7/27/2022 3:44:30 PM

Like Dislike

---

jul961143

Joined On 9/17/2020 1:56:49 PM

Add as Friend | Send Message

Regarding my previous comment: At least provide a link to the complete Food Compass! www.nature.com/.../s43016-021-00381-y Scroll down and click on "Supplementary Information" for a PDF.

Reply | Mark as Spam | Posted On 7/27/2022 3:38:11 PM

Like Dislike

---

smm3711

Joined On 10/4/2015 6:36:14 PM

Add as Friend | Send Message

I have high blood sugar, controlled by a keto / low carb diet. What am I supposed to do when the only "food" available is hgh carb and poisonous? They obviously don't have our health in mind.

Reply | Mark as Spam | Posted On 7/27/2022 1:44:56 PM

Like Dislike

Dordee

Joined On 5/22/2012 12:47:41 PM

Add as Friend | Send Message

And of course, the sheep will swallow it all, hook, line and sinker because all you have to do is set the bo, bowl and bottle of almond milk on the table, voila!! Breakfast is served! No cooking, watching to be sure you do not burn it, washing many dishes afterward! That is the most important thing isn't it! More time to play, watch TV!

Reply | Mark as Spam | Posted On 7/27/2022 11:53:45 AM

Like Dislike

---

dfarrich

Joined On 3/28/2016 1:46:04 AM

Add as Friend | Send Message

Add as Friend | Send Message

I think the WEF needs a different kind of "healthier for the world diet."

Reply | Mark as Spam | Posted On 7/27/2022 11:33:11 AM

Like Dislike

Jackaroni
Joined On 4/4/2009 8:32:35 AM
Add as Friend | Send Message

Agreed, because their rhetoric is too hard to swallow.

Mark as Spam | Posted On 7/28/2022 11:49:24 AM

Like Dislike

NaturalGrace
Joined On 3/1/2018 9:09:08 AM
Add as Friend | Send Message

The Friedman School of Nutrition is at Tufts University. We are deep into Orwellian territory now it seems. I had to check to make sure it wasn't April 1st .. these nutrition initiatives by academic bodies, who should know better, are really dangerous. I can't imagine the typical young mom thinking this is worthwhile advice.

Reply | Mark as Spam | Posted On 7/27/2022 11:04:05 AM

Like Dislike

Tigerpal54
Joined On 8/4/2021 9:10:14 PM
Add as Friend | Send Message

They are truly living in unreality. (Lucky Charms, really...) Thank you for keeping us posted.

Reply | Mark as Spam | Posted On 7/27/2022 9:49:29 AM

Like Dislike

RedRavenSounds
Joined On 8/9/2021 12:25:52 PM
Add as Friend | Send Message

This is simply criminal a means for slow death.

Mark as Spam | Posted On 7/27/2022 10:58:10 AM

Like Dislike

Jackaroni
Joined On 4/4/2009 8:32:35 AM
Add as Friend | Send Message

Must be where my school district got the idea that pop tarts, french toast sticks with syrup, and muffins were all part of a healthy breakfast and helped the kids to start their day right.

Mark as Spam | Posted On 7/28/2022 11:52:05 AM

Like Dislike

Aguila4
Joined On 5/5/2021 5:56:25 AM
Add as Friend | Send Message

Polyunsaturated vegetable oils have even worse effects when heated. They should never be used in cooking because they're unstable fats not tightly bound together and heating causes them to break into cell damaging free radicals. Non-polyunsaturated products like olive oil and butter are okay.

Reply | Mark as Spam | Posted On 7/27/2022 9:32:13 AM

Like Dislike

---

tallulah3
Joined On 4/21/2021 9:26:59 AM
Add as Friend | Send Message

I don't want their garbage food

Reply | Mark as Spam | Posted On 7/27/2022 9:18:49 AM

Like Dislike

corinne514yahoo.com
Joined On 11/14/2021 7:33:08 PM
Add as Friend | Send Message

It is very evident from this 'research', who is paying for it....General Mills. Why else would their cereals top the list, while Kellogs and Quaker products are at the bottom. Whoever pays for research will always come out on top. All of those processed cereal makers can keep them, I'll take my whole foods than you very much.

Reply | Mark as Spam | Posted On 7/27/2022 9:17:38 AM
Like Dislike

Jackaroni
Joined On 4/4/2009 8:32:35 AM
Add as Friend | Send Message

Frosted bug flakes, anyone?

Mark as Spam | Posted On 7/28/2022 11:53:08 AM
Like Dislike

---

lobos
Joined On 6/19/2006 7:59:45 PM
Add as Friend | Send Message

Not only are they destroying our food supply, (depopulation and profit from their own lab foods), but the farmers lose their land and outfits like BlackRock, State Street and Vangard come in and snatch it up. The globalists always kill more than 2 birds with one stone. They have strategized for years and years. We are just playing catch-up. And the faster we move, the faster they move.

Reply | Mark as Spam | Posted On 7/27/2022 8:42:24 AM
Like Dislike

---

wallguy
Joined On 12/19/2015 10:23:35 AM
Add as Friend | Send Message

Huh that's weird.....they failed to list my favorite New world order backpack snack. That will be a can of Hormels SPAM (in an original sheet metal tin can of course) with the built in key. And for a dessert treat some Bonomo's Turkish Taffy. (the kind that gets really stuck between teeth)

Reply | Mark as Spam | Posted On 7/27/2022 7:29:35 AM
Like Dislike

---

brianallen1
Joined On 8/7/2021 10:12:38 AM
Add as Friend | Send Message

Ok, sing it. Charlie says: "Love my Good n Plenty". Charlie says: "Really rings the bell". Charlie says: "Love my Good n Plenty, don't know any other candy that I love so well".

Mark as Spam | Posted On 7/27/2022 8:44:35 AM
Like Dislike

Eevee
Joined On 3/7/2008 10:05:07 AM
Add as Friend | Send Message

There are insect products in pet stores here in the UK already, I have seen them with my own eyes, you can also find them doing an internet search.

Reply | Mark as Spam | Posted On 7/27/2022 7:28:49 AM
Like Dislike

---

medrakemdgmail.com
Joined On 3/10/2021 10:35:16 AM
Add as Friend | Send Message

In Orwell's Oceania, the only products that were plentiful and affordable were Victory Gin and Victory Cigarettes; everything else, exemplified by chocolate and coffee and sugar, was low in quantity, low in quality and heavily rationed. The regime in "1984" did not care that the proles and the Outer Party numbed themselves most of the time, and in fact the state planned for that. Similarly, when you are replaced by brown Third World bug-eaters and reset into locked-down communal housing with a minimal universal benefit determined by your compliance and social credit score, it will not matter if you eat candy and junk food all day, and in fact they will want you to so you will die sooner.

Reply | Mark as Spam | Posted On 7/27/2022 7:24:00 AM
Like Dislike

Jeremiah.8
Joined On 5/31/2022 10:37:50 AM
Add as Friend | Send Message

" brown Third World bug-eaters" Chuckle. I'm going to use that.

Mark as Spam | Posted On 7/27/2022 3:44:03 PM
Like Dislike

TexasRed77
Joined On 2/1/2021 7:51:50 AM
Add as Friend | Send Message

All vaccines and government-issued “dietary recommendations” are the world’s largest, ongoing gullibility test.

Reply | Mark as Spam | Posted On 7/27/2022 7:16:49 AM
Like Dislike

Eevee
Joined On 3/7/2008 10:05:07 AM
Add as Friend | Send Message

The ones in green are probably the ones that are going to contain "edible vaccines" if they don't already.

Reply | Mark as Spam | Posted On 7/27/2022 7:10:01 AM
Like Dislike

Longplay
Joined On 3/4/2021 6:50:21 AM
Add as Friend | Send Message

Over the last decade the FDA's pushing of carbs has been exposed as being ill- advised. As bad as as that advice turned out be, at least they weren't recommending candy! Apparently, the WEF cohort have been convinced by the evidence of the last two years that majority of people are fools.

Reply | Mark as Spam | Posted On 7/27/2022 6:40:30 AM
Like Dislike

Mimosa5
Joined On 8/2/2021 12:28:13 PM
Add as Friend | Send Message

This reminds me of Animal Farm and the surplus cow's milk. This is so ludicrous and it infuriates me because many people are already confused regarding what constitutes a healthy diet and things like this don't help. They didn't even consider pineapple in fruit juice. I can't fathom the level of deviousness that would make some go to such lengths to encourage the further destruction of human health and well being. I will doubly relish my breakfast this morning of lightly scrambled whole eggs cooked in coconut oil and served with mixed vegetables.

Reply | Mark as Spam | Posted On 7/27/2022 6:01:03 AM
Like Dislike

Millie_Dog
Joined On 7/27/2022 2:03:09 AM
Add as Friend | Send Message

This is truly appalling... Almost a spoof. More fool anyone who believes it.

Reply | Mark as Spam | Posted On 7/27/2022 2:09:14 AM
Like Dislike

Mihaela4
Joined On 2/20/2022 6:37:10 AM
Add as Friend | Send Message

I’m asking is there some strong authority that can stop finely those criminals,this is so strange that nobody oppose to them this is like premeditated crimes,those mentally sick criminals are not that many then ,but look what happens to President Trump he had a great government he loves America bat he has those trash traitors those monsters they did everything for money

Reply | Mark as Spam | Posted On 7/27/2022 4:12:40 AM
Like Dislike

---

mirandola
Joined On 6/27/2014 7:00:58 AM
Add as Friend | Send Message

OFF TOPIC, DR MERCOLA PLEASE WRITE AN ARTICLE! BIG BREAKTHROUGH: www.theepochtimes.com/former-cdc-director-fires-back-at-faucis-natural.. Former CDC director says the natural evolution of this COVID19 virus, given its contagiousness, is not likely and that it had to have been bred in the lab. Fauci said we should "keep an open mind " to it having been lab bred, and meanwhile steers the crowds in the direction of the natural evolution,all this while emails from Fauci to those involved in the lab breeding process have been exposed. What gives? He may try to manipulate and be as deceptive as he can, but his mission is crumbling and Fauci is going to fail.

HIs previous open statement that asymptomatic carriers never were drivers of disease spread, confesses yet one more of Fauci's big plans to lie and mislead the public with fear, fear and more fear. www.bitchute.com/.../5clzftAo5xos Please note the smile on his face! Ugh! What a sick man! Dear readers, please pass the links around widely! Last but not least, please ask people to ask the all important question, WHY? Critical thinking will change world dynamics. WHY would the virus be so contagious? PCR and lab breeding together, that's why.

We have all been hoodwinked. Will gullible people remain so? Maybe if they see these links, and if they are urged to ask that question, WHY then things can change. And WHY would it not be relevant whether or not this thing is lab bred? People might please consider the deliberate premeditation of this, eh?? Please underscore the WHY word and critical thinking, and the urgency thereof. The economy has "only" Been going down and shops closing, there have "Just" been suicides and needless deaths due to forbidden interventions that many doctors have said , work.....

Reply | Mark as Spam | Posted On 7/27/2022 12:40:15 PM

Like Dislike

---

juststeve

Joined On 1/5/2012 11:13:54 AM

Add as Friend | Send Message

Apparently, this bad bird Fauci has survived to thrive by never being wrong because if you lay down all his many statements alongside each one, he is going to cover the subject from the most positive to negative. It would be like tuning in on your local weatherman and he declares each and every day it's going to be sunny, cloudy, rainy, frost free, snow, will have frost, drought & there, just about covered it all, always right. It looks like this way in past times when he/they didn't screw up so bad, the Legacy Media and other lickspittles could go back and find the clip to play where in isolation the Fraud looks infallible. They're back to pushing it couldn't possibly be coming from a Gain of Function Lab in Wuhan along with safe & effective Jab/s. Sounds good to those lost in the fog.

Mark as Spam | Posted On 7/28/2022 4:28:24 AM

Like Dislike

---

grulla

Joined On 1/17/2012 8:03:55 AM

Add as Friend | Send Message

"Fauci said we should "keep an open mind " to..." Whenever someone like Fauci says to "keep an open mind", it's so he can fill it with more rubbish.

Mark as Spam | Posted On 7/28/2022 8:21:05 AM

Like Dislike

---

azjanet_203

Joined On 6/19/2006 6:50:08 PM

Add as Friend | Send Message

I prefer real chocolate chips paired with raw almonds, walnuts, or pecans, etc.

Reply | Mark as Spam | Posted On 7/27/2022 9:23:48 AM

Like Dislike

---

brianallen1

Joined On 8/7/2021 10:12:38 AM

Add as Friend | Send Message

Beware as non organic almonds are completely soaked in glyphosate. Unfortunately, organic are almost 50% higher in price.

Mark as Spam | Posted On 7/27/2022 9:38:05 AM

Like Dislike

BookGal11

Joined On 11/19/2012 10:22:08 AM

Add as Friend | Send Message

Almond growers are required to irradiate the nuts yet are allowed to keep their "organic" designation even so. This destroys enzymes and ruins them. And they do not have to disclose this to the buyer.

Mark as Spam | Posted On 7/27/2022 9:31:52 PM

Like Dislike

---

junieb

Joined On 9/22/2009 9:22:04 PM

Add as Friend | Send Message

That was a completely senseless list.

Reply | Mark as Spam | Posted On 7/27/2022 8:58:26 PM

Like Dislike

---

brianallen1

Joined On 8/7/2021 10:12:38 AM

Add as Friend | Send Message

Makes sense to the entities promoting it.

Mark as Spam | Posted On 7/27/2022 10:30:16 PM

Like Dislike

---

mrrobb

Joined On 6/15/2011 2:41:18 PM

Add as Friend | Send Message

yeah....the BIG LIE is everywhere.....

Reply | Mark as Spam | Posted On 7/27/2022 5:03:52 PM

Like Dislike

Post your comment

Next Article

Join the World's #1 Natural Health Newsletter for FREE!
Latest Trustworthy News from Dr. Mercola — delivered straight to your inbox!

Enter your email address

Subscribe Now!

Disclaimer: The entire contents of this website are based upon the opinions of Dr. Mercola, unless otherwise noted. Individual articles are based upon the opinions of the respective author, who retains copyright as marked. The information on this website is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Mercola and his community. Dr. Mercola encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional. If you are pregnant, nursing, taking medication, or have a medical condition, consult your health care professional before using products based on this content.

If you want to use an article on your site please click here. This content may be copied in full, with copyright, contact, creation and information intact, without specific permission, when used only in a not-for-profit format. If any other use is desired, permission in writing from Dr. Mercola is required.

Terms & Conditions • Updated Privacy Policy
© 1997-2022 Dr. Joseph Mercola. All Rights Reserved.

TrustedSite CERTIFIED SECURE

TRUSTe Certified Privacy Powered by TrustArc