Ultraprocessed Food – The Worst Choice for Planet and Health

Interview by Dr. Joseph Mercola | Fact Checked

September 20, 2022

STORY AT-A-GLANCE

- According to proponents of The Great Reset, a traditional whole food diet is not only "unsustainable" but "environmentally destructive" and must be replaced with GMOs and protein alternatives made from insects, plants and synthetic biology. Life on Earth would be impossible, they claim, if we continue to eat animals to prevent ultraprocessed and highly processed diets
- A scientific review throws The Great Reset's talking points in the proverbial trash, as ultraprocessed foods are "fundamentally unsustainable" and nutritionally nonessential. As such, the environmental impacts of ultraprocessed foods are inadmissible, as they are wholly avoidable
- Ultraprocessed foods account for 17% to 39% of total diet-related energy use, 36% to 45% of total diet-related biodiversity loss, up to one-third of total diet-related greenhouse gas emissions, land use and fossil water, and up to one-quarter of total diet-related water use among adults in high-income countries
- The EAT Forum, cofounded by the Wellcome Trust and the Stockholm Resilience Centre in 2014, has developed a "Planetary Health Diet," intended to be applied to the entire global population. It entails cutting meat and dairy intake by up to 90%, and working with biotech and fake meat companies to replace whole foods with lab-created alternatives — all in the name of climate change prevention and "sustainability"
- Once corporations have a monopoly on meat, dairy, cereals and oils, they will be the ones profiting from and controlling the food supply. The companies that control the food supply will also end up controlling countries and entire populations

According to the World Economic Forum (WEF) and its allied Great Reset minions, a traditional whole food diet is not only "unsustainable" but "environmentally destructive."

A recent "food analyst" in The Guardian¹ took aim specifically at organic pasture-fed beef and lamb, lambasting such farming practices for their extravagant land use while underperforming in terms of yield:

"Textile crops, some of which are fed to farm animals, occupy 12% of the planet's land surface. But far more land (about 24%) is used for grazing. In other words, for pasture-fed meat and milk. Not across this vast area, farm animals that are entirely pasture-fed produce just 1% of the world's protein."

Animal foods in general, and organically produced ones in particular, The Great Reseathers claim, must be replaced with produce genetically engineered for high yield and pest resistance, and protein alternatives made from insects, plants and synthetic biology. Overall, life on earth cannot be sustained, they say, unless we transition to what amounts to an ultraprocessed and highly unnatural diet.

A paper published in the September 23, 2022, issue of the Journal of Cleaner Production throws The Great Reset's talking points in the proverbial trash, but before we get into that, let's review some background material.

Global Cabal's Goal: Wipe Out Good Food

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 only one recent 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 into debt.

Since The Netherlands is the largest meat exporter in the European Union,² this plan will inevitably result in meat shortages around the world. Canada is now also implementing identical restrictions as part of its climate plan.³

Not to worry though, because The Great Reset leaders around the world have a plan to build a new food system based on "micro livestock" like crickets, mealworms and cockroaches, along with cultured meat⁴ grown in petri dishes, and plant-based meat alternatives such as Beyond Meat, the primary ingredients⁵ of which are pea protein, canola oil and rice protein.

The Plan for a Planetary Health-Destroying Diet

The EAT Forum, cofounded by the Wellcome Trust and the Stockholm Resilience Centre in 2014,⁶ has developed what they call "The Planetary Health Diet," intended to be applied worldwide. It entails cutting meat and dairy intake by up to 90%, and replacing both foods made in laboratories, along with cereals and oils, most of which are now genetically engineered (GE).

Their largest initiative, so called FReshS, which aims to transform the food system by working with biotech and fake meat companies to replace whole foods with lab-created alternatives — all in the name of climate change prevention and "sustainability."

Once tech giants have control of meat, dairy, cereals and oils, they will be the ones profiting from and controlling the food supply. Needless to say, the private companies that control the food supply will also end up controlling countries and entire populations. At the end of the day, that's what this hoopla about "sustainable food systems" is all about.

Junk Food on Steroids

However, anyone who knows anything about nutrition can see that everything about this proposed new food system is a disaster in the making. For starters, synthetic biology — meat and dairy alternatives — is junk food on steroids.

They're all highly processed, and ultraprocessed foods are associated with increased calorie intake, weight gain and chronic disease,⁷ including cognitive decline,⁸ while simultaneously promoting malnutrition.

One of the primary reasons why processed food is so bad for health is because it's loaded with the omega-6 fat linoleic acid (LA) mostly from industrial seed oils. Its important to realize that plant-based meat alternatives do not contain animal fats. All the fat comes from industrial seed oils like soy and canola oil, which are prescriptions for metabolic disaster.

Sure, processed foods also contain high amounts of sugar, most often in the form of high fructose corn syrup, but as bad as that is, it doesn't even come close to the damage caused by high LA intake, which is very common. Which worse, the LA steps up to cause DNA and mitochondrial for up to seven years, while sugar is rapidly used up and eliminated once you stop putting more in.

To be clear, LA is the one fat you absolutely want to minimize in your diet, not more of! Anything above 10 grams a day is likely to cause ill health, and most Americans consume far more than that already. To learn more about the harmful mechanisms of LA, see "How Linoleic Acid Wrecks Your Health."

Seeds/Nuts	% Linoleic Acid
Poppy seed	62%
Hemp	57%
Wheat germ	55%
Walnut	53%
Pecan	50%
Pumpkin	45%
Brazil nuts	42%
Sesame	41%
Pyanol	35%
Pine Nuts	33%
Flax	16%
Almond	16%
Hazelnut	14%
Pistachio	13%
Cashew	8%
Macadamia	2%

Cooking Oils	% Linoleic Acid (LA) (average listed - Range in Parenthesis)
Safflower	70%
Grape seed	70%
Sunflower	68%
Corn	54%
Cottonseed	52%
Soybean	51%
Rice bran	34%
Peanut	32%
Canola	18%
Olive oil	10% (3% - 27%)
Avocado	10%
Lard	10%
Palm oil	10%
Yellow (CAFO)	5%
Olive (CAFO)	2%
Coconut oil	2%
Yellow (Grass Fed)	1%
Olive (Grass Fed)	1%

In my view, replacing real meat with fake substitutes, regardless of how they're made, is going to further exacerbate the rapid decline in health the population has already experienced. Next week I will be posting a report on the record-breaking decreases in U.S. life expectancy that just had its sharpest two-year decline in 100 years.

Simply put, there are no benefits in replacing real meat with fake substitutes. Not for the environment, climate, human nutrition or animal welfare. It's only hazards and false claims. So, if you value your health, you would do well to stay clear of all meat substitutes.

Why Insect Protein Is a Bad Idea

Alright, but what about insect protein? According to The Great Reset mission, insect protein is as good as it gets, nutrition-wise, and will protect the planet by eliminating the need for livestock, cutting down on agricultural land use and reversing climate change.⁹

Not so fast. Perhaps someone didn't think this through. Oh, they did, and any potential negative ramifications of an insect-based diet are actually their intended effects.⁹ As it turns out, insects contain chitin,¹⁰ a highly inflammatory and allergy-inducing compound.¹¹

Some human tissues do have a chitin-destroying enzyme called chitinase, but it doesn't always work well, in which case the chitin may trigger an immune response, allergic reaction and inflammation, as it increases inflammatory cytokine production.

Eddlemaisons.com, however, launched in 2022, describes chitin as "a valuable prebiotic fiber" with antifungal, antiviral and antibacterial properties,¹² and eatcricket.com claims it can reduce inflammation.¹³ A number of studies published in recent years have mentioned the opposite, though.

I for one would consider proceeding with great caution, as the food industry has, for decades, claimed that processed foods and artificial ingredients are safe and effective, just like the COVID jab, even when ample research shows otherwise.

Food Compass Designed to Destroy Nutrition Guidance

A perfect example of how unhealthy, ultraprocessed foods are being touted as superior to unprocessed animal foods is the Friedman School of Nutrition Science and Policy's Food Compass,¹⁴ created in late 2021. Food Compass was created to:¹⁵

- Encourage the food industry to develop healthier foods
- Provide food purchasing incentives for employees through worksite wellness, health care, and nutrition assistance programs
- Supply the science for local and national policies
- Enable restaurants and school, business, and hospital cafeterias to present healthier food options
- Inform agricultural trade policy
- Guide institutional and individual investors on environmental, social, and corporate governance (ESG) investment decisions

The problem is that Food Compass loads people AWAY from wholesome natural foods, and toward processed junk foods. For example, 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:¹⁶

Other high-scoring, highly processed foods include chocolate-covered almonds, Honey Nut Cheerios, fries, egg substitutes fried in vegetable oil, and Lucky Charms. Grass-fed beef's even score higher than whole egg fried in butter, cheddar cheese and ground beef — all three of which are whole, unprocessed foods.

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, as based on this tool, you'll be healthier if you replace whole egg, cheddar cheese and ground beef with candy. Which is nothing short of insanity.

That's how you know Big is serving a purpose other than actual nutrition guidance. It's a Great Reset tool to miseducate people about what's healthy and what's not. Without false propaganda, they won't be able to retool the food system the way they want to.

Interestingly, the top fruit, watermelon, is actually quite healthy for most and it is my absolute favorite fruit. Just be careful to avoid eating the seeds as they, like most seeds, are loaded with LA.

Ultraprocessed Foods Are NOT 'Green'

Having reviewed why The Great Reset's ideas for a new food system is a disaster for your health, let's jump into the Journal of Cleaner Production paper¹⁷ I mentioned at the beginning.

The title of the paper is "A Conceptual Framework for Understanding the Environmental Impacts of Ultra-Processed Foods and Implications for Sustainable Food systems." It explains why ultraprocessed foods are completely counterproductive to environmentally "green" and sustainable goals. For example, ultraprocessed foods (UPF) account for:

- 17% to 39% of total diet-related energy use
- 36% to 45% of total diet-related biodiversity loss
- Up to one-third of total diet-related greenhouse gas emissions, land use and fossil water
- Up to one-quarter of total diet-related water use among adults in high-income countries

Ultraprocessed food production and manufacturing also significantly contributes to the degradation of land, promotes herbicide use, and contributes to eutrophication (aka nutrient-induced increase in phytoplankton productivity).

> **The environmental impacts of ultraprocessed foods are AVOIDABLE, because these kinds of foods are NOT nutritionally essential. They could and should be eliminated altogether, if we actually want to protect the environment, our planet and our health.**

And, for all the lip service paid to making sure there's "equity" in all areas of life, increasing consumption of processed foods redirects finances away from smaller farmers and homesteaders, thereby contributing to "economic inequalities as some large transnational corporations responsible for UPF production rely on underpaid food system workers in poor conditions, resulting in an uneven distribution of wealth." In other words, promoting consumption of processed foods:

- Promotes financial inequity, the exact opposite of what The Great Reset supporters claim to be working toward
- Promotes biodiversity loss and degrades both land and water, which is the opposite of environmental and planetary protection promoted by Green New Deal supporters

Ultraprocessed Foods Are 'Fundamentally Unsustainable'

As noted by the authors:¹⁸

"The findings highlight that environmental degradation associated with UPFs is of significant concern due to the substantial resources used in the production and processing of such products, and also because UPFs are superfluous to basic human needs. ...

UPFs utilize persuasive marketing and are usually mass-produced using inexpensive ingredients to enable overconsumption through availability, hyper-palatability, poor satiety and displacing wholefoods in diets.

A growing body of evidence reports that UPF consumption is associated with increased risk of overweight and obesity, cardiovascular diseases, type 2 diabetes, metabolic syndrome, irritable bowel syndrome, cancer, depression, and all cause mortality, among others. It is plausible that this is caused by UPFs poor nutrient composition and degraded food matrices ...

A detailed understanding of the environmental impacts of UPFs is key to informing food policies and dietary guidance. This is pertinent because UPFs are frequently excluded from global and national guidelines and policy documents on sustainable food systems and diets.

For example, the EAT-Lancet report, one of the most recognized reference documents on sustainable diets, does not mention UPFs, nor does the WHO report on the biodiversity impacts of food and agriculture.

The few policy activities which consider the environmental sustainability of UPFs are based on conceptual evidence, rather than evidence from empirical studies. ...

Conclusion: Ultra-processed foods are fundamentally unsustainable products; they have been associated with poor health and social outcomes and require little environmental resources for their production. ... UPFs are responsible for significant diet-related energy, land greenhouse gas emissions ..."

The real take-home here is that the environmental impacts of ultraprocessed foods are AVOIDABLE, because these kinds of foods are NOT nutritionally essential. They could and should be eliminated altogether, if we actually want to protect the environment, our planet and our health.

What we need more of is organic, biodynamic and regenerative farming of everything from fruits and vegetables to animal foods. That's what the world needs for optimal health, and it's also what can preserve and improve our environment the best.

Reject The Great Reset Diet

As noted in a 2004 review in the American Journal of Clinical Nutrition,¹⁹ "many health disparities are linked to inequalities in education and income." A nutrient-dense diet typically costs more than a calorie-dense but nutrient-deficient one.

One reason for this is because high-calorie processed foods contain ingredients subsidized by government, such as corn, wheat, sugar and various seed oils. Because they provide better profit margins for industrial farmers, there's little incentive to grow crops that make it into the processed food cycle. Back in 2016, the WEF published an article titled "What Will We Eat in 2030?"²⁰

Taking note of the health and income disparity link just mentioned, the article proposes to improve the food system, not by reducing processed foods, but by processing foods which they claim are "ways that are better for our health," such as "fortification (or biofortification) — where nutrients are engineered in, either in the biology or manufacture of food — and the significant reformulation of current foods for fewer calories and more nutrients."

"Ultraprocessed Foods need not be unhealthy," the WEF goes on to claim. This is as big a lie as "Rooibos is safe enough to drink," "Smoking is safe for pregnant women" "100 % good for me" and "COVID vaccines are safe and effective." There is no way to make ultraprocessed food healthy. Period.

Below is a graphic that has circulated on Twitter,²¹ showing the WEF's plans for our dietary future. For the record, while it claims to have been sourced from the WEF, the clear sarcasm suggests it's a spoof. It's highly instructive, however, and right on the money, in terms of being factually correct.

This is indeed the kind of diet the WEF and its Great Reset allies want us to adopt, whether we want to or not. Even the most questionable inclusion of "upcycled chitinous" is not wrong, as this cabal is, in fact, promoting the idea that cannibalism is, or can be, acceptable.

Source: World Economic Forum, 2020

For solutions to this rapidly approaching dystopian future, review our previous article, "Why Food Prices Are Expected to Skyrocket," and Corey Lyons's article "Trading Sources of Fresh Food."

Part of the answer is to grow your own food, to the best of your ability. Another part is to support local growers by buying their produce, or else they'll get pushed out. Starting local co-ops and community gardens can also go a long way toward creating food security in the long term.

At the same time, we also have to reject globalist solutions like fake meat, gene-edited beef, GMO foods, insect-based foods, and the rest of it. It's time to recognize that none of their solutions are for our benefit. They're for our detriment. The WEF has declared that by 2030, you will own nothing and be happy about it. They will take everything from us, including the right to grow our own food and to eat natural unprocessed, unadulterated foods — if we let them.

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Guillermus
Joined On 6/17/2015 6:47:48 AM
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"If you control the oil you control nations; if you control the food you control the people" Henry Kissinger, Nobel Peace Prize winner in 1973. In the complex domination of Imperialism there are productive activities in which the multinational corporations that represent it have produced vast disasters human and environmental. All for power and money. Humanity is suffering from closed monopolies on way to the Great Reset. WEF is promoting another "brand chef", Joseph Yoon in the founder of Brooklyn Bugs in New York. He heads the country cooks bugs, caterpillars, etc., and sets them in front of people.

Yoon has been in the business since 2017. But Kissen and groups, they recently entered into an part of the Great Reset's "you'll eat bugs and you'll like it" program. Kissen's company, Aspire Food Group, is the largest insect farm in the Western Hemisphere. Kissen's company is ranked as a Gates-backed company "seeking to bring bugs onto your plate." Bugs are to the US by 2030. It will the new base for fish farms. The "nitrogen minister" Christiana Figueres created a policy to destroy the agricultural sector in the Netherlands, and "food without farms" through the billion worth of grants last year.

Once this sector disappears, millions of Europeans will be forced to buy all their food at Pure Block, which substantially benefits the Man Bar Nut family and their cronies. Pure Block Group, that means a lot of insect-based and fake products. Pure Block, the company that he intends to move farmland to farmers. Gates may be involved in the same kind of wealth shifting scheme as Blackrock and other investment groups that are buying single family homes and turning them into rentals. The ultimate goal is to eliminate all private property and turn the population into serfs. www.globalresearch.ca/netherlands-new-ground-zero-global-farmer-agenda, (06/28/2020)

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The Great Reset requires a population beholden to the government and no one else. As the central planners prove their agenda to get there, this is seen by their left-wing enablers as a lack of heartbreak. The "benefits" of the Gestoso Virus have engineered immortalization carts/attacks by the food crisis over or gas pipeline. NATURE IS NOT FOR SALE, VANDANA SHIVA TELLS NEW JR. Agroecology sustainably agriculture that works with nature, rather than depleting it, is the urgently needed response to address world hunger, poverty, according to Vandana Shiva, Ph.D., environmental activist, author, and founder of Navdanya International.

Shiva told Robert F. Kennedy, Jr., on a recent episode of "RFK Jr. The Defender Podcast", "Insect management companies go to a farmer and say, we will take your land, we will take your water, we will take your seeds, we will take your pesticides. We will do it all, we will do it cheap, but we will make money off the excess calories we stand up and say, 'Nature is not for sale'." Shiva's book, Earth Democracy: Justice, Sustainability, and Peace, Vandana "Jane explanations for the world" and serves as a platform to manifest ions of Gaiaby "Gaiaville" dystopian visions of "gaiaville" Gaiaville, Gaiaville, Gaiaville, Gaiaville, Gaiaville, and "food without farms" through the manufacture of "fake food". 200 Organizations Ask Gates Foundation to Stop Funding Tainted Green Revolution. childrenshealthdefense.org/news/gates-foundation-drive-agroecology-sustainable...

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BIOLOGY TRUMPS CHEMICALS EVERY CASE THINKING EXPERT TELL ERN_M. Salazin told Kennedy that the current shortage is taking a heavy toll on industrial farming operations that prioritize large-scale production. Salazin's farm now offers customers lower meat prices than many commercial stores can match. childrenshealthdefense.org/news/farming-experts-just-solution-the-p... (06/17/22). SOWING HUNGER, REAPING PROFITS — A FOOD CRISIS BY DESIGN. This new report from Navdanya International details how we were facing a food and nutrition crisis not by accident but by design. Navdanya International, the Indian NGO, has been at the forefront of exposing the consortium and exploitation of small farmers, by the advocat of the Green Revolution and the exploitation of the globalist free trade regime, we have seen the deliberate destruction of small farmers and food sovereignty in favor of corporations.

Sunday, Today, we have seen the world's major food crisis in the last 10 years. Now more than ever, a transformation of food systems towards Food Sovereignty based on agroecology and increased biodiversity, will help us on a lasting solution to hunger. navdanyainternational.org/wp-content/uploads/2022/07/SOWING-HUNGER.PDF childrenshealthdefense.org/defender/hunger-profits-global-food-crisis/ (07/26/22)

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ChrisCules
Joined On 5/3/2009 2:48:21 AM
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While I do have great reservations about some details of the work, particularly with regard to the belief that the solution to the problem of the concentration of wealth and power is to "take back the land", I do find the overall thesis of Thomas Piketty's Capital in the Twenty-First Century: Capitalism in Contradiction by Michael Hudson. Again, it may be very detail experience of trying to raise funds for my inventions, that caused me to sit down and write. That Bread from a Grass Roots Perspective. On my part, it is my belief that the current system is fallow to Free Enterprise. Free enterprises= Funded open-price-to the concept of the manager of the business owns the business. Ownership is an unalienable freedom, the right to own your own life, work, home, discipline or art.

In which case, freedom also applies to the inventor and industrious, as the right to own the product of their industrious intellect. No different is to a farmer, owning the right to their work. Thus free enterprise is an inalienable freedom. But today, in the business they have created. Just as employees are free to work, or not, to any such free enterprise. As things stand today, the employee is not free to own the product of their industrious intellect. Thus, free enterprise is not free. Free enterprise is not free to become the driving force of the Great Reset. So another challenge is to bring the free enterprise in economy back into full function, by allowing local community savings to once again drive the creation of local prosperity.

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juststevo
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Gut, just when one thinks they have seen all of the strangest things to be seen. Upcoming! Humans for food! Like the CoFO cows, fashionous fad when ground up hundred scaled in instance because "protein" is protein! you know, like a cable is just a cable! - for us. The useless breeders, eaters, the unwashed. Truly we are in an upside-down world. You will soon nothing and - you will be happy. Now we are safe, you will starve and - you - will be happy. Not fear not. We can eat our accepted neighbor, relative, or they can eat mine.

When the stated goal of the Predators! are to eliminate billions, how much more do we need to know that it is not in anyone's best interest to allow the current 1% to be in charge of anything? It seizes from the poor, now 99.9 years ago nothing can be done about it. Nothing! Nothing! Nothing!

Jacques. A Brief History of Neoliberal, and its Discontents: Vanessa Fabre of the Hebrew University of Jerusalem. Fearon uses wicked a disturbing pressure, " what is the proper way to treat people who have committed a critical mistake? Rawls Pierre Dardot and Christian Laval, the book of insanity. Fearon is a leading member of the World Economic Forum (WEF) who supports the idea of creating a dystopian society. Fearon, Klaus Schwab's protégé, who with other Davos bishops and hired Oxford Union debaters, wrote the Great Reset. According to Fearon, the proper punishment is imprisonment.

The kind of world they are trying to create is as clear as shadows. Wired, a monthly magazine describes metaverses as a combination of the digital and physical worlds that creates a virtual reality like in the Hollywood movie, Ready Player One. An article "What is the metaverse, exactly?" One characterization technology companies refer to when they speak of the "metaverse" may include virtual reality, but it encompasses much more than just virtual reality. Instead, it is a vision of what some people are calling an augmented reality that combines aspects of digital and physical worlds. In the link www.wired.com/ ...hat-is-the-metaverse-2021-explainer/

Mark as Spam · Posted On: 9/9/2022 12:30:34 PM

Guillermou
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Thank you LUD for the wonderful narrative on Joel Salatin. IS ITSALFA will normal to not unprecedented find that you can't make or you tattoo, and that hundred 1,000 miles to get to your table. Farmer Joel Salatin is the 21st century thinking man. Farmer who believes that the answer to rebuilding America is to start with the family farm, and for those farms to thrive, we all must learn to eat seasonally. www.youtube.com/watch?v=ZMbx7Ktq-ukh&feature=youtu.be&t=1 Farmer Joel Salatin discussed the possibility of having food insurance policies in the US during the May 20 episode of "Liberty and Finance." These are troubling times and people need to pay attention to where their food comes from. Kaiser said:

Salatin, on the other hand, noted that large food producers will face unprecedented problems in the future, and wage facilities are a substantial and resilient place where it comes to protecting food for the United States. Whether it's stockpiling food, building relationships with food farmers, or starting to grow food in their own gardens, Americans need to take steps to protect themselves from the coming food shortages. Salatin said that the government should be helping farmers to make their operations more resilient. Salatin, a farmer and speaker, said he is trying to raise and teach his children how to farm. Salatin said he has also used his land to graze cattle. www.facebook.com/5372853-4kda-4d8e-8446-da27c1c1fa8b

Mark as Spam · Posted On: 9/9/2022 1:05:52 PM

Guillermou
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Very true LDS, some initiatives are positive. In Spain, organic foods are being used, so that those that are still usable are distributed among people who, for economic reasons, cannot afford to buy organic products. In Spain, there are also initiatives to some extinctions, up to 20%. throughout the Index of the Age-food Gram chief is inactive, in some cases, the consumer, and that become waste. "The Spanish Force the Government to take measures to reduce food waste and improve the nutritional level of the population. Every day, 1.6 million people receive help from one of the 54 food banks in Spain through one of the 6,000 charities that work with them. This figure represents an increase of 40% compared to before the outbreak of the coronavirus.

The crisis caused by Covid has exacerbated the problem of food waste in Spain, which is the second country in the European Union. Good Collection takes place this week, a pre-Christmas campaign that is in eight million women come with ones for be able to adapt to the ensuing regulations imposed by the pandemic. "The people are very supportive and turn out. During the confinement there were many restaurants, schools, ... that when they had to close they gave us the raw material they had and there were also many donations from companies and individuals. Thanks to this we have been able to maintain the pace of distribution.

Mark as Spam · Posted On: 9/9/2022 1:26:22 PM

Almond
Joined On 2/26/2008 4:20:20 PM
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People are out of touch with reality because they have been conditioned with dependent training. You do not need govt or supermarkets to feed yourself healthy. In fact, you will likely be better off with the less influence the former has on you life and decision making. What I will do today is that each individual realize a new understanding of the power they hold. Also, the initiative to take action and do what is necessary. Knowing that no one is coming to save you is the first step.

The more people who act in their own best self-interest, the less control govt will have. Most of us can work things out with some effort and creative problem solving. Yes, there will be what responsible adults do. They do not wait around the children to be taken care of and told to do. They take charge of their own lives. If you want to make major social or political change, start by changing many smaller things in your own life. "Victory gardens" would change people lives in many ways from increasing gut-functional programs.

If a person could only grow enough to feed themselves in summer or add a small a day to their menu, it would help improve health and budgets. If your spouse, family or friends join, work to make more local available for urban and community gardens. Schools, churches, apartments, businesses and govt right of ways. Look around established neighborhoods with once yard, but now neglected garden spots. There is usually some unused land everywhere. Some neighbors might be ready-used for large plots or small little pocket gardens.

Likewise, recognize the needs and routine landscaping that can offer food resources. Make sure parks are employed and go with a buddy if you forage there. Many older parks were designed to include food courses. If all you have is an apartment balcony, go vertical and use windowsills. Can't means don't want to. This website can be helpful if you keep in mind that it is not updated regularly ... https://thefrugalfox.org

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Lee1959
Joined On 9/13/2021 8:36:46 AM
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Bless the that one. Gardening is tremendous simple. Right now I am busy with planting bulb rootstock of tomatoes to can. There are plenty of people who just choose to be lazy, think they are entitled, and that they are here to grace the earth with their entitled ways. Sad. The only thing they deserve is a, well, you can get the idea.

Mark as Spam · Posted On: 9/9/2022 11:05:08 AM

Almond
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Lee... I cannot afford to wear my boots out at a time like this. :-)

Mark as Spam · Posted On: 9/9/2022 11:07:11 AM

gudu
Joined On 1/17/2012 8:05:55 AM
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IS "Almond"... I cannot afford to wear out my boots at a time like this" Reasonably priced at TSC. It's what both I, and my disabled DG usually wear. www.tractorsupply.com/tsc/product/wenzel-mt-technologic-rubber-throw ...-3

Mark as Spam · Posted On: 9/9/2022 11:21:29 AM

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Joined On 2/26/2008 4:20:20 PM
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You can once you start seed and defend free seed swaps or add other gardeners for plant clients. You can make your own rich compost if you do not have fertilizer. Your major initial investment is a garden spade that you may even find second hand at a garage sale or an inexpensive hoe. If you are not disabled or some way the world will not hurt you. If you start learning soil over that in an early spring and work only a few minutes every day, you will soon have at least a 10 x 10 garden plot which is enough for a beginning gardener.

That was all I had on my backyard the first year we were married. Along with plowing and hoeing, I canned 500 jars of food that year. I don't know what I would have bought many jars. If winter is less miserable you and gone are many of here. In those days, food came in glass jars and I recycled them, too. We also filled a 55 cu. ft. freezer. Back then, we would buy a half pig and half heard. It would last us 2 years and keep very well frozen. Seafood was free and we have always had a lot of free, too.

Fish heads and scales can be buried to make excellent fertilizer- crop, under grape vines. There are further cost savings if you harbor your own meat and your own pet of the animal. Use organ meats, make bone broth, the tail for stew and render lard. As for false meat nowadays. Make sure you the meat you buy or order is restaurant is has been in Ft Meaber that a lot of sake meat is coming in from that country, and it is being sold as a US product.

Montana ranchers are very unhappy about meat labeling from competitors when they try to take a good quality product. Know your farmer, butcher or source. Often, you will get better prices and quality if you know a few critters further in a nearby township. We have eaten the "special" meats that are only consumed on holidays. Set your Thanksgiving turkey in the freezer as there will be shortages. We may be able to wait or tank over the holidays, too. Otherwise saddle of venison, seafood, etc.

Mark as Spam · Posted On: 9/9/2022 11:24:15 AM

Almond
Joined On 2/26/2008 4:20:20 PM
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gudu... Looks like some sturdy 6th* trickers. Some humorous day. let us not forget to laugh at a time like this! :-)

Mark as Spam · Posted On: 9/9/2022 11:24:09 AM

Lee1959
Joined On 9/13/2021 8:36:46 AM
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I remember when I was in elementary school, these lunch room ladies made good, tasty, nutritious food. We loved them. I would go back for seconds on what I liked, a big green pickle, wedges of cheese, a big red apple (inside was other cheese or a bone). Now it is all commissary junk. Sad. These women know how to make anything and everything, and it was all good!

Mark as Spam · Posted On: 9/9/2022 12:09:10 PM

Almond
Joined On 2/26/2008 4:20:20 PM
Add as Friend · Send Message

Lee... I recall the year I attended summer school in college. It was in the center of Sim country. The farm women did the cooking and delicious wonderful meals were required. All the food was local, but the pot-scrubbed-crap was from a distant wholesaler. Good meal. Meals were fabulous. I say. recall how we were allowed to help ourselves to all the tomatoes and salads we wanted. Wonderful. Back in the 1960s, I was a teenager and I helped my Mom can and freeze food. Canning was a pressure cooker affair and we had an iceless cafeteria-style. You simply went from table to table, chose what you wanted and got it. We ate well. I don't recall any permitting pressure and no one ever got sick from eating homemade food.

Mark as Spam · Posted On: 9/9/2022 12:37:37 PM

EstherGal
Joined On 8/1/2021 5:31:08 AM
Add as Friend · Send Message

"You will eat nothing and be happy"? Even Marie Antoinette said, "Let them eat cake." If you live in the Chicago or southern Michigan area, PLEASE consider joining the Family Farms Group. They offer a wide variety of non-dairy products, including absolutely delicious raw cow and goat milk, pastured beef, pork, lamb, and chicken, organic eggs and an array of small products. Plus you can always get organic seasonal vegetables and fruits. Everything is in a legal food share program, which Dr. Bronnie originally set up. At one point, the Michigan government tried to shut it down (ask Jai "Richard Holmes, raw milk), but we customers made such a fuss, the government backed down and allowed private buying clubs.

My daughter had failure to thrive until she started drinking his milk 15 years ago. She grew up to almost six feet tall and is perfectly healthy. You provide the interest, but you can pick up a month in various pickup locations. They accept food stamps. Prices are always increased their costs quite a bit. At one time, our pickup place was at a church, but the new pastor decided he didn't want to minister to his church in commercial matters, so he kicked them out. Now we pick up at an old car the shop place, and there are only a fraction of the customers when I was last attended.

Reply · Mark as Spam · Posted On: 9/9/2022 9:02:55 AM

Dordoc
Joined On 10/3/2012 12:47:41 PM
Add as Friend · Send Message

Bu a GREAT food site with food from grandparents's, one, often straight from her to my mouth, also better, cheaper, healthy better! I am now 61 so do not think it's but one day. Recently government said my farmer could not sell butter as she does not have license to "manufacture it". We got around that for a bit as she simply brought it, we took it and left donation in cigar box. Some one reported it. The license is so costly. Extreme pie-item g ice. Gas, regulations have stopped my milk lady, have to find another source that does not have. You can also grow organic in your yard, in large front yard. I grow veggies in pots on my deck and bring them inside for the tell-tomer, harvest and March. Real food is healthy!!!

Mark as Spam · Posted On: 9/9/2022 2:45:17 PM

jumbijim
Joined On 2/20/2008 11:15:04 PM
Add as Friend · Send Message

I hope everyone who reads this is going. They have been forcing everyone out of the rural areas into the big cities for decades. Many of those hanging onto what land they still have outside the city are old and over. I encourage everyone that has land to hold onto it. With land prices at an all time high it is easy to give it up and. However, pigs are some of the easiest animals to have. You don't need to be an expert to take up pig farming. If worse comes to worse, I will be raising hogs for food. I have no choice. I'm allergic to any and all wood-based oils (all false meats).

I am tolerate other and avocado oil, but I'm allergic to both of those as well. Lard is my BFF for cooking all because it is so easy to render yourself. You might not be a fan of pork, but it is better than eating false meat. Another protein that some may want to consider, especially if you are linked on space, is NABBITS. Rabbits are one of the least expensive farm animals to maintain and grow. They reproduce like crazy! It may be apparent, if I choice the protein, but I do not. Rabbit meat is very lean and protein and you can buy pellets from information caused by false foods and plant-based proteins you might change your mind and give rabbit a try.

Here's a quick reference for raising rabbits for home-raised farming: www.motherearthnews.com/food-health-Pantry. Without rabbits you have to dairy. So I guess that means to more milk or cheese? That's MONEY. Again, there's a solution. You may not be a fan, but goat milk is a good substitute for cow milk and cheese. Goats are easy to care for and inexpensive. But you deal with what you have and move on. Goats are very self-sufficient (too maintenance) if you have the land for them to live on free range.

Reply · Mark as Spam · Posted On: 9/9/2022 11:6:27 AM

Arbert1
Joined On 9/17/2021 1:48:28 PM
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All my age the bed. Many rabbits to take up hormonal. I may have to choice. The problem for me is storage of the food. I would need 4 more deep freezers (not practical). I have a small pantry with a pond. I could easily have a cow or 2. I have a spring fed pond and 5 acres of little farm and have spent a lot of a large heard of cattle farm. Goats would be much easier and feasible. I already have lots of WILD rabbits I left on a regular basis trying to eat my garden plants. Very tasty! Are of today I consider my protein intake with fish I catch. Good passing of time (tradition).

Mark as Spam · Posted On: 9/9/2022 7:28:13 AM

Pleb9958
Joined On 3/10/2015 6:42:04 AM
Add as Friend · Send Message

Broccoli, beets, peas, spinaches, lima beans, mushrooms and cauliflower are high in protein and they will not harden or clog your arteries. Actually you don't really need or want high amounts of protein in your diet, as excess protein can lead to cancer. Years ago when I was a child we would only indulge in meat once or twice week and the the incidence of heart disease and cancer was very low.

Mark as Spam · Posted On: 9/9/2022 7:27:46 AM

jumbijim
Joined On 2/20/2008 11:15:04 PM
Add as Friend · Send Message

Pleb9958, the native tribe in Alaska survived for centuries eating nothing but fat and protein. As recently as the late 20th Century it was documented that some of the natives went as long as 7 years without anything to eat but boiled fish. Their average lifespan (before modernization) was mid 70. For comparison, the average American's lifespan is now low 70. They suffered from no inflammatory diseases, including CANCER! Stay away from the Rush Kid. Do your own research.

Mark as Spam · Posted On: 9/9/2022 7:44:28 AM

Rhinkinnamus
Joined On 6/28/2021 12:29:03 PM
Add as Friend · Send Message

Pleb9958 Consider the Sioux Jones where his customers for people to live into their 100's. They typically eat meat once a week or for special occasions. Not only do they like to be centenarians but they are active and thrive until the die of old age. People can promote any food they want but the idea of what's healthy but in my opinion we should be following those who are already healthy. Let's face it most Americans are lazy and rarely ever cook at home, let alone grow their own food. They'll claim they have no time to cook but then spend hours watching tv or on social media.

Mark as Spam · Posted On: 9/9/2022 8:39:28 AM

Guillermou
Joined On 6/17/2013 6:47:48 AM
Add as Friend · Send Message

The Empowered Communities are a good front in the fight against the Great Reset to avoid a destruction globalism of crime and riches in favor of the Great Reset. Instead of the Great Reset. An initiative to seek the participation of community-based organizations, the support of low-health science, biodynamic agriculture and the conservation of the environment with renewable energies, so that together concrete, inclusive and sustainable solutions can be achieved to fight against the great threat of tyrants who want to dominate bodies and minds. Permaculture is a basis for achieving empowered communities with a strong sense of belonging and solidarity, with a strong ecological, social, economic and environmental, where human societies must be able to satisfy their basic needs within ecological limits.

For this we need three ethical principles: Caring for the earth: the conservation of soil, forests and water as necessary for the development of all living beings. Caring for people: which implies the satisfaction of basic needs, food, Distribute surpluses equitably, Caring for people, which implies the satisfaction of basic needs, food, Distribute surpluses equitably, Development, investing in renewable energies, avoiding climate change and ensuring the future of future generations.

The THREE ETHICAL PRINCIPLES of permaculture are fundamental: (1) care for the land; (2) care for people; and (3) set limits on consumption and redistribute surpluses. Permaculture Principles promote a basis for permaculture, to be a design and enact a more just, equitable and sustainable world, far from the trauma imposed by big capital in the Great Reset.

Mark as Spam · Posted On: 9/9/2022 8:49:07 AM

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

Yes, pigs are EZ to raise! We did it twice. First time we named them and I went down and wrestled with "Lady." I was much younger then. I would not do it now. But she loved it! You can pound on them pigs as hard as you want and they don't even feel it since their hide is about inches thick. When they got of age we took them in at night in the morning for butchering. The neighbor, Mr. Ed, would come over and help. Lady was hard to survive on neighbor's cabbage patch. Our neighbor, Mr. Ed, was a little, half-baked, and he was a good ole' boy. When we got the meat back, we were very relieved to eat "Lady" but the first scale of that savory, natural pork, we looked at each other and both cried at the same time, "We are doing this again!" Also neighbors would stopped over their fence to buy a "half" of the pigs as raised.

Mark as Spam · Posted On: 9/9/2022 10:56:03 AM

Dordoc
Joined On 10/3/2012 12:47:41 PM
Add as Friend · Send Message

You can also hunt with guns for protein. I also hunt with guns for food, and for protection. Part? With pretty tellowed No-side effects. Chest congestion, but rocket leaves, make a paste for the chest. We can also learn to eat two, not the biggest bunny. Now and cute. I do not eat no food. A balanced diet is all that is necessary.

Mark as Spam · Posted On: 9/9/2022 10:59:21 AM

MoMoeMo
Joined On 5/8/2021 3:26:55 PM
Add as Friend · Send Message

JumbiJim Having a goal towards a good idea: Do you say you "stick with what you have"- I have a large back garden and several sheds, so I could accommodate a goat and a few chickens. I have a small greenhouse too. I have been a vegetarian for 40 years, but I could kill a chicken if I had to, I could not kill a goat. I could learn to milk a goat and make cheese. I could learn to can and preserve. Giving in a cold theory could be I have some arthritis, but it doesn't stop me exercising and getting out and about. I have read about a lot of Dates idea of alternative plant based recipes which look very yummy. Quiff tips: The Queen has died and Charles becomes king and he has been planting climate change for years. He has been to the WEF meetings. I wonder if he will move things forward.

Mark as Spam · Posted On: 9/9/2022 2:07:24 PM

jumbijim
Joined On 2/20/2008 11:15:04 PM
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Dordoc, I do hunt a lot of my protein. Hogs are pretty abundant here, but the problem is it's mostly bear hogs and they are not too tasty. When you are starving you probably won't care. If you capture the wild hogs and put them in barrels to feed a few litter you can have a good tasty source of protein. Wild hogs are very easy to trap. Bear hogs are not. Wild hogs are very prolific breeders and will produce larger crops of acorns every year. Farms not fenced in my property are "free" to me. Our goats are everything and shared the 10 acres. It's an amazing thing to witness. They never die the goats. They stick them when they were done clearing the property.

Mark as Spam · Posted On: 9/9/2022 9:10:52 PM

jumbijim
Joined On 2/20/2008 11:15:04 PM
Add as Friend · Send Message

MoMoeMo, goats have kitens, thickets, and kudzu. Property that is over one ha is flyabic for perch for goats. Kudzu is actually very high in nutritional value and goats LOVE IT! There is a company here in the mid-south that specializes in kudzu and Global Warming. Kudzu is a very, very, very,

ThePurpyk
Joined On 7/17/2006 1:12:47 PM
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Fare openly talk about the elephant in the room: overpopulation. The 8 billion — and growing — people for exceeds the Earth's sustainable carrying capacity, as well as preserving the environment and leading a healthy lifestyle. Unfortunately, all you hear from journalists, economists and politicians is that alarm bells, that women in the North/West are having way less than 2.1 children each, and that the most have none. And that they must open up to mass migration from the smart "Third World" who have an abundance of skilled labor and hard workers to keep BMW factories and massive town-block constructions humming along.

In exchange for their labor, they get the privilege of living in the Western/Westernized/Asian Dream of driving nowhere, living in family homes in the suburbs and have a better future for their children. The solution is to take an eclectic approach, drawing upon the Danes, Dutch, Finns, Amish, Mennonites, Tribal Indigenous, Sardinians, Basques, Italians, Greeks, Jews, Mormons, etc.

Guillermo
Joined On 4/17/2013 6:47:46 AM
Add as Friend · Send Message

It is necessary to want to reduce hunger and misery in the world by protecting organic agriculture and livestock, avoiding inequalities and promoting social cooperation. Every year, a third of all food is lost or wasted. Especially because of household waste, poor storage and transportation. That meat is worth roughly $1 billion. Of 25% of the food that is wasted were recovered, 870 million hungry people could be fed. Women are hungrier and work in worse conditions. Rural women generally earn less and work in worse conditions. Meanwhile, 2 billion men, women and children are overweight or obese.

Unhealthy eating carries an enormous risk of illness and death. It is unacceptable that hunger is on the rise at a time when the world is wasting more than 1 billion tons of food each year. Recent trends suggest that the problem of hunger persists particularly in Africa and South America, where new data tells us that underconsumption and severe food insecurity are on the rise. A recent report by the World Food Program (WFP) points out that the causes of the increase in hunger include environmental degradation and climate change, both affected by climate change, as well as conflicts.

The lack of biodiversity in agriculture also represents an additional cause for concern, and is considered responsible for the homogenization of diets that restrict access to food, with the consequent persistence of malnutrition and poverty: current agricultural production relies around only 12 crops, and around 60% of all calories consumed come from just four of them, rice, wheat, maize and sugar. Of the 30,000 edible species, 50 provide 90% of our food needs. We are talking about industrial agriculture of pesticide-laden monocultures, we are talking about the fullest green revolution.

Mark as Spam · Posted On: 9/9/2022 8:39:53 AM
Like · Dislike

Guillermo
Joined On 4/17/2013 6:47:46 AM
Add as Friend · Send Message

The SAGE (Center for Sustainability and the Global Environment) / SAFO (World Trade Analysis Project) database estimates the arable land area in the world at 4,532 million hectares. Several hypotheses are analyzed to extend the area of cultivated land (1) Deforestation of tropical forests; (2) Cultivation of the Cerrados; (3) Cultivation of desert areas; (4) Cultivation of marginal forest land; and (5) Cultivating cultivation of all land suitable for cultivation including that covered by forests. Under these hypotheses, cultivated land could be multiplied by 2, 3. Resultant: author of the study concludes: " It seems that despite the emergence, concentration and limiting the datasets being studied, the land areas that can be used for rainfed cultivation and that have not yet they are very extensive worldwide.

and it includes Latin America, Sub-Saharan Africa countries, especially in South America and sub-Saharan Africa. Among the countries that have the most non-cultivated arable land, we can also find the USA and Russia. In Latin America (Brazil) and in sub-Saharan Africa (DRC), such land is largely found in the major forest biomes and savanna regions. Finally, Western Europe also has non-cultivated arable land. This link is very complex. www.sage.wisc.edu/.../fulton-chamber-2011.html

Mark as Spam · Posted On: 9/9/2022 8:40:20 AM
Like · Dislike

jaadijin
Joined On 12/28/2008 11:10:04 PM
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Are we really overpopulated or is that just another spin coming from the Bill Gates of the world? When all you have is 'climate change' and 'overpopulation' to blame everything on, everything looks like climate change and overpopulation. Is it possible that (hypothetically) Professor Ehrlich's prediction that many more lives the Demo said 'Middle' Eastern, and possibly 'Middle Atlantic Great Apes' as something negative. Who doesn't want the USA to be 1st? Accept our enemies? So which side are the Demo on and is this going to work for them or not? It sounds to them, what's next? If 'Making America Great Again' is a bad thing, then what do they have in mind that's supposed to be a good thing?

Maybe the "Make China Great Again"? With that said, lets compare the US to other countries like S. Korea. S Korea is the size of Indiana, but has 51 MILLION people in it. This is a mountainous region with very little usable land mass. Indiana, with 7 million people, is considered to be very crowded if you are from somewhere like MS or AR that have less than 3 million. Yet S. Korea manages very well. They have fresh produce year round. They do vertical farming. They do import 25% of their food, but the USA imports 15%. If S. Korea can manage only 25% then the USA should be importing 25000% You can get the picture I hope.

Korea in the panhandle of TN. S. Korea has only 1/6 of Indiana's area and population and they feed 51 million with it. The 2016 Census shows Indiana has 6.7 million people living in 36,420 square miles. The 2016 Census shows S. Korea has 51,709,098 people in 38,691 square miles. The world population is less than 8 billion. Most Africa, Mid East, Asia, Russia, etc and all their usable farmland and you start getting upwards of 50 Billion to capacity. We haven't even gotten to S. America. They could eclipse all the other countries combined as far as farming capacity is concerned. The overpopulation thing is another great ploy by the elites.

Mark as Spam · Posted On: 9/9/2022 8:49:51 AM
Like · Dislike

brianallen1
Joined On 8/7/2021 10:15:30 AM
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ThePurpyk You could not be more wrong. Earth can sustain FAR more people than the current population. It is through greed, destruction, hatred, evil, mismanagement and misuse of resources that we have problems at all. EDUCE with the overpopulation lie. Evil people have been using the lie to destroy the world at WAY which also spawned the UN, NATO, WEF and more. Anyone that believes there are too many people needs to become part of their own solution and leave the earth.

Mark as Spam · Posted On: 9/9/2022 9:47:40 AM
Like · Dislike

Lee1959
Joined On 9/12/2021 8:36:46 AM
Add as Friend · Send Message

So what are you going to do about the "elephant in the room?" How do you know the earth is overpopulated? And so what? Really all people care about is their own immediate needs. Sorry to say that but it's true. If you have a plan to get rid of the "too many people" I would like to hear it. Who gives first? You? When a person talks about overpopulation the lie is some sort of expert, like he has a secret written up his sleeve, I get suspicious.

Mark as Spam · Posted On: 9/9/2022 10:36:28 AM
Like · Dislike

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

Thank you "Purpyk" people need to understand that overpopulation today is not so much about unavitable land and 'whose room' (with some exceptions) as it is about sanitation and safe and organic natural resources, such as clean ground water, uncontaminated waterways from big agriculture, clean air, non-organic and toxic manufactured foods, unsafe healthcare etiquette pharma, etc...all of which stems because of various big industrial companies that are trying to accommodate our HUGE world population...no matter what, SEE, How many Mercola articles does it take to connect the dots and figure all this out??? If this isn't overpopulation now, then what is, and when??? What I don't like is the underhanded way that people like the 'Ibrahim Schwab, and other big power brokers are trying to solve the overpopulation problem, when so, as a people, should be encouraging population control societies, without government mandates and laws, just like Japan and Russia.

Mark as Spam · Posted On: 9/9/2022 11:09:08 AM
Like · Dislike

canary_legdobitme
Joined On 12/5/2021 6:18:56 PM
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It's simply not true that we are overpopulated. What is true is that too few people control the farm share of the resources. And they don't share well. Horrifying rates are dropping globally. Rapidly. And that was before the jab was rolled out. Mass countries are facing labour shortages due to not enough younger people to support the needs of the growing demographic of retiring elders. Overpopulation is a lie invented by people who forget that there would be plenty to go around if it weren't for the greed of the 0%. Imagine what those hoarded billions of dollars could do for world hunger if they weren't instead directed at trying to eradicate us with toxic food, drugs, water and air!

Mark as Spam · Posted On: 9/9/2022 12:06:50 PM
Like · Dislike

canary_legdobitme
Joined On 12/5/2021 6:18:56 PM
Add as Friend · Send Message

It's simply not true that we are overpopulated. What is true is that too few people control the farm share of the resources. And they don't share well. Horrifying rates are dropping globally. Rapidly. And that was before the jab was rolled out. Mass countries are facing labour shortages due to not enough younger people to support the needs of the growing demographic of retiring elders. Overpopulation is a lie invented by people who forget that there would be plenty to go around if it weren't for the greed of the 0%. Imagine what those hoarded billions of dollars could do for world hunger if they weren't instead directed at trying to eradicate us with toxic food, drugs, water and air!

Mark as Spam · Posted On: 9/9/2022 12:06:50 PM
Like · Dislike

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

They say on one hand overpopulation is the problem and the other need more 'slaves' to serve them. Seems they can't make up their minds. Maybe the overcrowding is so do not have too many people, yet too many BE DO NOT CONTROL. Their promises of the good life are false because as soon as people start to obtain it, they take it away.

Mark as Spam · Posted On: 9/9/2022 2:49:25 PM
Like · Dislike

ThePurpyk
Joined On 7/17/2006 1:12:47 PM
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It isn't one who determines what 'overpopulation' is. NATURE ultimately does, as has been the case since time immemorial. I just glance at the data. Our Earth can sustain billions more people. But that would entail the transformation nature reserves and forest lands, like in the Amazon and Siberia, and places in between, opening tens of 1000 'increased food production acreage' and mining for more resources and transportation routes. Not to mention, the 1 billion people who live in areas with no access to groundwater, which are increasingly contaminated. Droughts and shifting rainfall patterns are forcing people out of California farmers to abandon their fields and professions.

Vertical farming/urban farming is an option. However that requires large of inputs (fossil fuel consuming cement and electricity. Discussed buildings could be converted, but these would also drive up real estate prices even more, forcing more people to triple and quadruple up. Health are already at completely organic. This requires intensive labor. But kids have to be one these days to interested in work that does not involve a laptop or smartphone. We'd just have to wait for the 16 million or so Dacks to come up with better solutions.

Mark as Spam · Posted On: 9/10/2022 12:51:07 AM
Like · Dislike

Greyscare
Joined On 7/20/2012 8:36:05 AM
Add as Friend · Send Message

Well if Bill Gates big pharma company DID create alternative "food" (because it isn't food) and he/they have purchased hundreds of thousands of acres of farmland, regardless, regardless being their "They" go out of business. If this is all about power, money and control for goodness sake don't give them the power.

Reply · Mark as Spam · Posted On: 9/9/2022 8:02:39 AM
Like · Dislike

Mr27915
Joined On 10/26/2021 5:38:33 PM
Add as Friend · Send Message

Greyscare - Agree - Keep important what is important. It is all about power, control, information, and wealth - transfer. Transfer from working people/communities (creators of wealth) to the 'elites' (The Powers That Be) (Cecco Cross) (Deep State). Vote with your money!!

Mark as Spam · Posted On: 9/9/2022 6:30:39 AM
Like · Dislike

jaadijin
Joined On 12/28/2008 11:10:04 PM
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The problem is the public schools will be serving up this crapp and telling these students how good this stuff is for them. They will revise the Food Pyramid to include insects and fake meats as healthy protein. It takes decades for most intelligent people with critical thinking skills to get over the brainwashing they receive at the indoctrination camps (public schools). By then it will be too late. When all the meat processing plants and coffee farmers go out of business and we're left with the 60 year old 20 foot x 80year Steel when he/she has that light bulb moment and figures out they were misled or died in the name of profits and control?

Mark as Spam · Posted On: 9/9/2022 6:56:17 AM
Like · Dislike

jointeve
Joined On 1/5/2012 11:13:54 AM
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Yup, by the time the kid gets out of high school or college, the parent may have finally gotten enough degrees from the School of Hard Knocks to begin to have a better idea on what they don't want up. Then when the grandkids graduate (your kids are beginning to realize that they are not being taught anything of value) they will finally get your problem and realize what a pain and funny ideas, don't get it. As someone also posted here before, the USA the, the Young Forget & the Unborn will never know.

Mark as Spam · Posted On: 9/9/2022 7:46:02 AM
Like · Dislike

jaadijin
Joined On 12/28/2008 11:10:04 PM
Add as Friend · Send Message

The problem is the public schools will be serving up this crapp and telling these students how good this stuff is for them. They will revise the Food Pyramid to include insects and fake meats as healthy protein. It takes decades for most intelligent people with critical thinking skills to get over the brainwashing they receive at the indoctrination camps (public schools). By then it will be too late. When all the meat processing plants and coffee farmers go out of business and we're left with the 60 year old 20 foot x 80year Steel when he/she has that light bulb moment and figures out they were misled or died in the name of profits and control?

Mark as Spam · Posted On: 9/9/2022 6:56:18 AM
Like · Dislike

diana1189
Joined On 3/29/2021 5:26:31 AM
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Agree, wholeheartedly, Greyscare. Every school should have an organic garden that supplies the school kitchen. This can even be done in urban settings. Twelve inches of soil has been dumped on top of asphalt to create veggie gardens in cities. There can also be rooftop gardens in city settings and it is possible to garden 365 days a year. Ask Eliot Coleman in Maine. Children don't know where food comes from or how it's grown. Want to grace a kid out? Show them a video of the process spread on Facebook or Instagram or something. Show them the video of impossible Burgers being grown in a lab with GMO fake blood injected.

Disgusting! Homeschooling could also be part of the organic school garden. Worms are very cool. Teach kids to wire with their dollar and maybe they will learn the value of their parents. I refer to processed foods as 'Chemicals masquerading as food' and will annihilate your good gut bacteria. When I see the influx of rare fake meat coupons in the Sunday ads (Kroger, Kroger Kitchen and Natural Food stores), I want to puke and ****** the CEOs of those companies up the ass of their heads. End of rant.

Mark as Spam · Posted On: 9/9/2022 9:09:18 AM
Like · Dislike

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

Grow your own, buy local, cook from scratch, further.

Mark as Spam · Posted On: 9/9/2022 4:57:02 PM
Like · Dislike

Affurs
Joined On 8/27/2008 5:44:44 AM
Add as Friend · Send Message

The reason the vaccinists want to cut crickets is because these insects are nowadays full of pesticides - just another way to exterminate God's people from the earth.

Reply · Mark as Spam · Posted On: 9/9/2022 2:01:16 AM
Like · Dislike

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

Not to mention those long legs are hard to weaken! Every time one of my cats catch them, they spit out those legs.

Mark as Spam · Posted On: 9/9/2022 2:58:48 PM
Like · Dislike

Alsound
Joined On 2/26/2008 4:23:20 PM
Add as Friend · Send Message

Food processing lie of the day... When you have a list of apples or potatoes to peel (or cherries to pit?) it can make a mess with splatters and splashes and drips and drops and puddles and pools. Well, I guess that's why we have dishwashers and washing machines, especially thing that's drains down from your sink or bathtub to go to sewerage and treatment and other. When done, you can simply dispose of the already recycled sewerage. Often, I just lay it in the sun until dry and leave it out. You know, I always have paper ready to go. Lately I have been keeping a spare bottle of Tabasco sauce handy. Lots of Tabasco sauce. Lots of Tabasco sauce. Lots of Tabasco sauce

lin2741
Joined On 5/31/2014 12:28:08 PM
Add as Friend · Send Message

We will only be saving the that if we ALLOW it to happen.

Mark as Spam · Posted On: 9/9/2022 10:43:59 AM
Like · Dislike

Lee1955
Joined On 5/17/2021 8:36:46 AM
Add as Friend · Send Message

You are sculpting that Gluten to be humiliated man, just absolutely gross. Does he have any muscle? I doubt it Don't forget, the glory of a man is his strength. Guess what the glory of a woman is?

Mark as Spam · Posted On: 9/9/2022 10:59:17 AM
Like · Dislike

RedflowerSounds
Joined On 8/18/2021 12:55:52 PM
Add as Friend · Send Message

Zombieland Don't forget the Joker Non-Number over CHEDDI! My favorite fast for dispatching zombies (remember it takes a bullet to the head to kill a zombie)? You can make mouse with it and it has a nice hole for dispatching the walkers!(and you don't need to shoot for the double tap!

Mark as Spam · Posted On: 9/9/2022 11:04:42 PM
Like · Dislike

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

YES, he is ugly unbearably bulbous! But that is all of the elite, do they look any better? But you do not understand, they then add to artificial vitamins to the artificial meat and veggies. That makes it healthy, making Fruit Loops healthier than hamburger.

Mark as Spam · Posted On: 9/9/2022 4:15:12 PM
Like · Dislike

jonAjim
Joined On 2/28/2008 11:16:04 PM
Add as Friend · Send Message

There's. Bit actually does understand. That's why he has been developing the fake/lab grown/3D printed meats. Like myself, he had going vegetarian/vegan early in his adult life. It helped him/me/us tremendously for him. There's not a lot of information on this today, but it used to be (10+ years ago) easily looked up. The google censors go on high alert if you try to do anything up on "Gates failed vegetarian diet" or "Gates failed vegan diet" or anything similar. Bill's diet changed the moment. He realized (the rest that's just not possible for most people to actually have) without animal protein.

It's more than just the protein. It's also the fats and fatty acids that only come from animals that make those nutrients essential. The long chain fatty acids DHA & EPA are required for our bodies to function properly. The outer layer of our brain is made of DHA. Our eyes need it. Our hearts need it. Our immune systems need it. Our reproductive systems need it. The perfect example of this is famous actor Christina Applegate (*Married with Children*). She is a staunch vegan.

She was just recently diagnosed with MS. Vit D deficiencies also contribute to this disease. Coincidently people that are deficient in Vitamin D tend to have DHA and EPA are usually very deficient in Vit D. Part of that is because Omega-3FA is absorbed ONLY when there are fatty acids present during the digestion process. The other part of that is inflammation. Your body uses Vit D to fight inflammation. So people who refuse to consume animal fats or animal protein get a double whammy of inflammation and MS is usually one of the first problems.

Mark as Spam · Posted On: 9/9/2022 3:33:03 PM
Like · Dislike

ellecate
Joined On 12/3/2015 6:28:36 AM
Add as Friend · Send Message

Do you know local butchers? People who actually raise animals and butcher them? I do and I will continue to purchase real food from them. I don't want to sound harsh, but if they can't address natural vs. artificial, I don't want their money. Not the short term is a survival situation, but that's obviously not what these tools are talking about and it is NOT REAL FOOD. None of this garbage is.

Reply · Mark as Spam · Posted On: 9/9/2022 8:38:07 AM
Like · Dislike

kindlebrook12
Joined On 9/18/2008 1:01:31 PM
Add as Friend · Send Message

The problem is will the those very same criminals who are allowed to do this to humanity without accountability will make sure local butchers cannot function as well as make sure fire game is off limits too as in illegal. Do you really believe those same criminal tyrants would not make certain of it. The next bubble for humanity to burst in the year 2030 agenda only beginning Unless these criminals are held to account it will more forward. Look how far they have already come since the Fauci fooled who/flu lab release as cover

Mark as Spam · Posted On: 9/9/2022 8:44:21 AM
Like · Dislike

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

One advantage of rural life, local grocerie farms, butchers. Also local grassfed dairies for raw milk. They/will have to be processed a lot, mimic the grassfingers (some they are talking about) have hope that have to be ground up or cut/ diagnol. Also, the Amish are rural, they are not Luddites, they are not against technology, they are against technology that makes them slaves, or, as actually said in our Bible!! And as a classify, Bill?? I would rather catch mice, shrews, groundhogs, rabbits, even a coon or possum! Even frogs, lizards or snakes, have lots of them around my Bluff.

Mark as Spam · Posted On: 9/9/2022 4:36:09 PM
Like · Dislike

jonAjim
Joined On 2/28/2008 11:16:04 PM
Add as Friend · Send Message

I hear you Ellecate. I'm with you! I currently do the same thing. We have a network of local farmers from that well direct to the consumer. There are even small farmers that sell to the highest bidder and they have VERY good meats! Like Bevlee said, I see the day coming when these people will be fined and/or prosecuted for doing this. It's the only way the Bill Gates and Klaus Schwab/Soros/Rothschild/Rockefeller/Bush/Biden/Obama/Clinton/Pelosi/Schumer/Jeffries/Gates/Zuckerberg/Musk/Bezos/etc/etc/etc is a prelude of Schwab's "Long March/Cultural Revolution" graduate program. Their goal is to eliminate animal protein from everyday consumers. I want continue to tell my protein. I doubt they will outlaw hunting, but outlawing hunting with guns is going happen.

That means hunting with arrows and arrows. That is not what you want. If you are living in Alaska and you want to hunt only on Bear, Moose, and Elk for protein! You will die trying to take down big game with a bow and arrow. That day is coming. If the Repo Gestt organ proven to harvest. Its not an organ donor, but a contraband. We will have one more shot at it in 2024. I'm not seeing it win this November for the Repo. We may get congress back, but it appears we are going to have more Senate seats. A perfect example is Alaska. How does a popular Rep governor like Sara Palin lose a congressional race to a Dem in a state that's 99% Rep? That is mind blowing! It's happening everywhere!

Mark as Spam · Posted On: 9/9/2022 5:27:08 PM
Like · Dislike

robertjpeacocnet.net
Joined On 9/12/2020 2:49:27 PM
Add as Friend · Send Message

Dr. Mercola should interview Mike Dunlavey, who is perhaps the most intelligent, knowledgeable and experienced person on the planet. I do not say that lightly. Dunlavey has several graduate demonstrating in detail and from years of personal experimentation - how increasing levels of intensity in what will actually cause the planet as well as humanity. In deserts/in opposition to what the generations tell us, increasing livestock herds will "reverse" desertification, while providing "genuinely" sustainable food.

Reply · Mark as Spam · Posted On: 9/9/2022 5:29:23 PM
Like · Dislike

EIHS97
Joined On 6/17/2020 10:50:10 AM
Add as Friend · Send Message

Read "Sacred Cow (the cause for better meat)" by Diana Rogers and Robb Wolf. This book debunks EVERY argument the MSP or anyone else puts forth about their agenda. They/"the" the MSP and all those who spoke it just to hide their plans to control the food supply for everyone in the world. We need (actual and healthy raised) animal protein to survival! We have been fed so many lies by those in power that it is hard to know what is true and what is false. Many people have been so brainwashed that they think for themselves and believe the hype of plant-only, man-made lies like a cancer that destroyed Morgan's dairy on our health.

I believed they were (didn't do my homework) and after 2 yrs on fish/veggies, had brain fog, no energy and began getting sick where I hadn't in over 10 yrs. Adding organic/ethical/ grass fed/ pasture raised, grass/fed/ free range/ pasture/ free range/ no milk/ lard from grass fed pigs, and/ and cut out all seed oils, ultra processed foods. Amazing turnaround in my health and well being. It isn't always easy, but totally worth the effort. We must stop the MSP and others from propagating their lies, if only by informing others and giving them the truth.

Reply · Mark as Spam · Posted On: 9/9/2022 2:11:40 PM
Like · Dislike

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

YES! I never went vegetarian, but had lymphoma from GMO, Round Up in 2000. They said 3 months, nothing worked. I went vegans, had cancer. In 2001 was in remission, still am and at 67 am healthy, strong, rescuing cats, living close to the woods. Of course, no salt, big pharma meds, just herbs, organic and that. Yes, it was hard getting rid of lion cookies, processed foods, had to start cooking my own food. But it can be done if you want to.

Mark as Spam · Posted On: 9/9/2022 5:11:08 PM
Like · Dislike

jonAjim
Joined On 2/28/2008 11:16:04 PM
Add as Friend · Send Message

Spot On ELF

Mark as Spam · Posted On: 9/9/2022 4:17:29 PM
Like · Dislike

RedflowerSounds
Joined On 8/18/2021 12:55:52 PM
Add as Friend · Send Message

They can drone this mealtime-up that "garden-hose" in the old saying from computer programming - GARBAGE IN-GARBAGE OUT. They/ meat people kick the ass/ they really don't care which. Although sick is their gravy train. They are creating BIOCHEMICAL/ judge just missed the data by 500 years. As I was out walking today and looking at the beautiful world that the Lord put us in - something struck me. Why do we need to feed our human/mouths, not a single - NOT ONE Spinal Tract ever successfed. They bring hardship and misery and generally cause ill-health.

Rip bad and/ sales Bernie Sharaudin (El Dorado) as JUST one example. He was first hanged upside down from a lamp post, used for a human piñata and then shot! The Stuff Bernie Sha drop edibled forms out. They WITH successed. They think they will be the "one" - that they will escape the fate of the others. Well, they will NOT! The Lord God Almighty, Creator of the universe, Jesus Christ, Lord of Lords, Jesus Christ, Lord of the Lords, Jesus Christ, Lord of the Lords, Jesus Christ, Lord of the

Dorden
Joined On 9/14/2021 12:50:14 PM
Add as Friend · Send Message

I don't think it's a coincidence they are promoting health depleting processed foods with all the resultant health problems. It helps fuel the agro-medical industrial complex. It's very easy to get rid of most of the harmful bacteria and microorganisms in your kitchen and if limited on space other veggies can be grown in pots. It's not only good for your body but also your soul to be in touch with nature in any small way.

Reply · Mark as Spam · Posted On: 9/9/2022 12:04:41 PM
Like · Dislike

Dorden
Joined On 5/20/2012 12:47:41 PM
Add as Friend · Send Message

Yes, many foods can be grown in pots, i.e., tomato tomatoes until March. Thinking of bush cucumbers, green beans, onions, lettuce, etc. this year. Microgreens, sprouts would be a great addition. Know that Sunflower seeds are a rich source of vitamins in 50 of southern especially. Can get my seeds and can refill from local grassfed farmers. In the meantime I live in the woods, almost only from humans,surrounded by nature.

Mark as Spam · Posted On: 9/9/2022 1:15:17 PM
Like · Dislike

jandijim
Joined On 3/28/2008 11:15:04 PM
Add as Friend · Send Message

Yes pineapple! I have my micro-garden going in the middle of the big city! The problem for me is that most of the veggies you can easily grow in your backyard or even the window ledge of your apartment are nightshades. I'm severely allergic to nightshades and have been on occasions. My favorite is the potato. For anyone with an apartment balcony, you can grow potatoes in a bag. It's so easy! Here's a link on how to do it:
www.gardenguides.com/100000-growing-potatoes-bag-growing-potatoes.html The Potato is simple healthy the one food on homeless, gives almost anywhere, and is packed full of calories and nutrients Unfortunately I can't eat much potato. Sad Maize anyone who can't grow a SUPERFOOD, even in a BAG!

Mark as Spam · Posted On: 9/9/2022 6:29:23 PM
Like · Dislike

farmerciel
Joined On 6/13/2007 8:03:55 AM
Add as Friend · Send Message

Hummmmm infect cricket beans and turn them into sustorial zoodeee

RedflowerGoonds
Joined On 8/8/2021 12:55:52 PM
Add as Friend · Send Message

Can't do both - maybe a little bit, but I can TONS of FREE spinach and other green vegetables EVERY DAY and a balanced diet with plenty of fruit, nuts and seeds DOES make market sense in a lot of places. Unless you're the megacorp that sells the almost-capable-cheese-like-food CAN BUT better is anything there ever would freaks say. They can ca-ti-ness, p'ta-ti-ff, 'Spinach-Yummmm'

Mark as Spam · Posted On 9/9/2021 1:40:20 PM

Like · Dislike

RelativistWarrior
Joined On 1/29/2018 8:32:53 AM
Add as Friend · Send Message

They are using the scam of climate change to justify this but it is really about profit and control. It is more than doubtful that they will ever get away with this. They can barely hold their shares. They are truly desperate and they know it. They have got to make this work into our local communities and prevent us from growing our own food and engaging in animal husbandry! I have got to see this. The corporate shenanigans to try to take out of Africa one by one to seize it for their own greedy ends. If Schwabistan and his minions want to set a timeline that is fine so but I will be but that they will be eating first mexico and dining on whole foods.

Reply · Mark as Spam · Posted On 9/9/2021 9:03:05 AM

Like · Dislike

bruisebot1
Joined On 8/7/2021 10:12:38 AM
Add as Friend · Send Message

That is why the Russian people have NEVER gone up their implacements, also their farm implacements.

Mark as Spam · Posted On 9/9/2021 9:58:10 AM

Like · Dislike

bn2741
Joined On 7/31/2014 12:30:08 PM
Add as Friend · Send Message

Stay tin all about "SAVE THE PLANETS" and the 30 climate change "scams". Along with their "SAVE THE PEOPLE" health care' takeover, bons of their pinoy plandemics and "miracle vaccinces" - YET,all they really want to do - is kill you! So glad im old.

Mark as Spam · Posted On 9/9/2021 10:24:45 AM

Like · Dislike

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

They tell people in some states they cannot grow rainwater, illegal!

Mark as Spam · Posted On 9/9/2021 5:36:12 PM

Like · Dislike

Woodcarver
Joined On 2/25/2011 2:47:08 PM
Add as Friend · Send Message

And you can bet that Dems types will be eating the good organic food while we munch through our bowl of crunchy crickets. Yup, they have it all figured out, and they will be making sure sacrifice is sucked on please. As continued

Reply · Mark as Spam · Posted On 9/9/2021 9:33:03 AM

Like · Dislike

Sun2741
Joined On 7/31/2014 12:30:08 PM
Add as Friend · Send Message

Only if we let it happen. They are made of flesh and bone just like the rest of us, and there are PLENTY more of us than them!!!

Mark as Spam · Posted On 9/9/2021 8:42:27 PM

Like · Dislike

hoonhamuth
Joined On 1/5/2017 2:06:33 PM
Add as Friend · Send Message

I wouldn't be a bit surprised if they also include eating human meat in all this insanity. I know it already exists, but Lord help us. Will you even be allowed to have your own farms when all this happens? God forbid they get their way in this.

Reply · Mark as Spam · Posted On 9/9/2021 9:04:06 AM

Like · Dislike

EstherCol
Joined On 6/11/2021 5:01:58 AM
Add as Friend · Send Message

That's what "upcycled citizens" means--eating dead bodies.

Mark as Spam · Posted On 9/9/2021 9:10:56 AM

Like · Dislike

Sun2741
Joined On 7/31/2014 12:30:08 PM
Add as Friend · Send Message

The only way "they" will ever succeed is if the people let them.

Mark as Spam · Posted On 9/9/2021 10:58:07 AM

Like · Dislike

anti_republicrat
Joined On 11/10/2018 6:31:05 PM
Add as Friend · Send Message

"Supply the science for local and national policies" - In Other Words, use those aspects of "the science" that support already determined policies to support those policies. "The science" is an entity in the politics rather than science being used to develop policies. Confirmation Bias at its finest. Antibacter level. Reminds me of the lady the same songs about the intelligence he structured to support the policy. Don't remember the exact quote.

Reply · Mark as Spam · Posted On 9/9/2021 8:49:05 AM

Like · Dislike

bn2741
Joined On 7/31/2014 12:30:08 PM
Add as Friend · Send Message

Yes reality is disappearing to made up and twisted "science" is taking over. There simply is no reality any more,just whatever someone wants to say for profit. And sadly most go right along.

Mark as Spam · Posted On 9/9/2021 11:06:37 AM

Like · Dislike

thinkinmama
Joined On 6/28/2021 12:29:03 PM
Add as Friend · Send Message

This is more absurd than the Chinese manufacturing electronics while at the same time restricting electricity usage. Also don't forget its illegal to have rainwater barrels in many states and some have millions of fines latterhanded to people. If people in CA can't even get that, they deserve what's coming. It's hard to believe there are people that buy into this junk.

Reply · Mark as Spam · Posted On 9/9/2021 8:40:09 AM

Like · Dislike

mkarshow
Joined On 7/8/2013 3:01:14 PM
Add as Friend · Send Message

thinkinmama, You are not supposed to notice the absurdity of it all. The publicly owned utilities like SMUD and LANPD have not had blackouts dating back to the 90s. Only the privately held utilities like PG&E and Sol Cal Edison have had blackouts and they charge 20% more. Why doesn't the average Californian know that? Henry Ford said in the 20s that ethanol was the fuel of the future because it could be made from any fermentable material. Food waste that is loaded with fermentable material is composted instead.

Nextcorn is so proud of it's 2 mile waste recycling that the science is major. That food waste could be turned into ethanol at a cost of $1.00 per gallon. Nextcorn is a joke. Bill Gates is a joke. The Sun Chemical Company is a joke. Everything programmed to allow Gas and the Oil cartels. Alcohol Gas is a joke. It is a wonderful road as long as fuel is cartel is ethanol. www.alcoholcleanenergy.com/alcohol-can-be-a-gas-fuel-sheet/ The problem with ethanol for the billionaire class is that it is too democratic and cannot be centralized and controlled.

According to David Bluins, the author, 50% of the national liquid fuel needs can be supplied by fermenting lawn clippings. Each neighborhood could be producing their own fuel at a very low cost. Ethanol can be produced in small batches with a small internal combustion engines produced since the 80s can run on 100% ethanol with only a soft wave change. We do not need to destroy the environment to make ethanol. We can use what we have.

Mark as Spam · Posted On 9/9/2021 11:36:38 AM

Like · Dislike

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

"I followed the science, but I could not find science. I then followed the money, and there I found the "science."

Mark as Spam · Posted On 9/9/2021 12:13:56 PM

Like · Dislike

dickbytone
Joined On 6/23/2021 8:39:58 AM
Add as Friend · Send Message

I want to know who elected these people to design our world for us? The fact that they have zero interest in input from the people they seek to serve is important to note in all these discussions. A long time ago I read a book called Brave New World by Aldous Huxley. It was the story of a Spanish priest who accompanied Cortez on his plunder of the "new world". I recall his comment "we must train these heretics from their pagan belief of Mother Earth". Huxley's story was that I read those words and it had a profound impact on me. I realized how closed these people were to anything the respect or self-awareness or the ability to learn from others. I feel like those words should be attached to the so-called WEF which would be more appropriately called the World Plunder Association. Which would also be more considering the last WPA.

Reply · Mark as Spam · Posted On 9/9/2021 7:48:37 AM

Like · Dislike

bn2741
Joined On 7/31/2014 12:30:08 PM
Add as Friend · Send Message

Absolutely 100%. You WANT to be in themselves form of the entire world,with nobody to answer to.It RIDICULOUS. I know many of us,who are in a late retirement age,have lived our whole,entire life,just "thanks" to the plandemic.It helped expose a lot,a lot of the craziness and evil that goes on. I believe people ARE catching on to things. That's the only thing we can really thank them all for (creation of covid and) in the awareness they created. not to say EVERYONE gets it,but I think MANY,and the more that time that goes by,and covid the more people are willing to see,or to have found out the time to see.

And I see more and more who are NO LONGER so willing to roll up the sleeves CONTINUALLY. People are tired of it. This talk about food shortages in the western nations might be their big plan.shown but imo,that's all it is. US citizens willing to put up with a LOT but I wouldn't bet on cramming much food and their dead neighbors down their throats just yet. The "dream" of Pierre Mabe,an clubs consisting of ABSOLUTELY PSYCHOPATHS will no doubt if they have nothing else to do.

We should be calling them laughing stocks. But just WEF either but WHO at. In the end there are more of us than them. Eventually they will fall (hopefully) and maybe,hopefully,some of the "real" pandemic things will not go according to their plan and People WILL say enough is enough! I've never seen so many pandemics in my lifetime until quite.came along.We should be looking him to the truth!That's what folks will start saying. Most folks.

Reply · Mark as Spam · Posted On 9/9/2021 11:21:08 AM

Like · Dislike

gkfox
Joined On 2/9/2016 7:01:02 AM
Add as Friend · Send Message

They will still be consuming the remaining 10%

Reply · Mark as Spam · Posted On 9/9/2021 7:37:01 AM

Like · Dislike

bonjourfaux
Joined On 12/5/2012 2:26:07 PM
Add as Friend · Send Message

Take your perennial fruit seeds and store fruit and herbs and spread them in your locale. If you collect seeds, share. But also plant for the community especially perennial fruit trees and nut producers. Also here's my new political solution https://youtu.be/WQ5VNB2JPsA

Reply · Mark as Spam · Posted On 9/9/2021 7:03:08 AM

Like · Dislike

medicaboardgeud.com
Joined On 11/19/2021 10:36:16 AM
Add as Friend · Send Message

The plan is clearly mass hunger leads Generation only the the periodic availability of bugs and the eventual introduction of Student Green cannibalism, except of course for the Inner Party. From all directions 2030 looks like a living hell, and it will be necessary to rise up against them to prevent these things from coming to pass.

Reply · Mark as Spam · Posted On 9/9/2021 6:37:20 AM

Like · Dislike

bn2741
Joined On 7/31/2014 12:30:08 PM
Add as Friend · Send Message

We need start kicking these a holes to the curb a lot sooner than that then.

Mark as Spam · Posted On 9/9/2021 11:32:34 AM

Like · Dislike

denmark
Joined On 5/25/2021 3:38:36 AM
Add as Friend · Send Message

Will Schwab and Gates be eating that ??? Don't think so. Neither will I.

Reply · Mark as Spam · Posted On 9/9/2021 3:57:01 AM

Like · Dislike

jowdijn
Joined On 2/20/2008 11:15:04 PM
Add as Friend · Send Message

Well, at their last WEF summit meeting in Davos, they basically are what equates to bortrios from Taco Bell. So they really are chaotaos when it comes to nutrition.

Mark as Spam · Posted On 9/9/2021 6:55:02 AM

Like · Dislike

bn2741
Joined On 7/31/2014 12:30:08 PM
Add as Friend · Send Message

Things will only get then way if gets you into it. Who are they anyway? A bunch of sick minds nobody elected them or made them boss. Just the way I feel about them.I will never happen. Interesting saying,I believe. even IF SOMETHING this did happen,we is making up of OTHERS, it would take so long old out gates, fourth and sixth dispatching assault will never live to see the day. These old sick minds already have one foot in the grave and the other on a banana peel. Bye!

Mark as Spam · Posted On 9/9/2021 11:49:14 AM

Like · Dislike

gardenmad
Joined On 2/8/2007 12:29:02 AM
Add as Friend · Send Message

If this madness goes ahead then the planet is going down the health/disease toilet. Not to mention the fact that making cash artificial food and energy consumption dependent then also forming of hesitation to take. They are things very simple and do not understand the consequences of actions. Forming one of their hoppers, or should do, with how food is grown. Let's push for more organic food production and stop the GMO crap. Let's push for more local food production and stop transporting food around the world. Let's stop taking on the land in paddocks etc, not in CAFO farms and full of vats of artificial food, hormones and antibiotics. Also synthetic vitamins and minerals are nothing like the natural plant based and animal based nutrients found in whole food. This is a disaster waiting to happen.

Reply · Mark as Spam · Posted On 9/9/2021 12:19:36 AM

Like · Dislike

jowdijn
Joined On 2/20/2008 11:15:04 PM
Add as Friend · Send Message

I think they understand completely what they are doing. It has nothing to do with saving the planet. It has nothing to do with nutrition. It has everything to do with POWER. Those who control the food and energy control the world. I will be growing my own food when that day comes. I have 20 acres that's not really suitable for anything except pigs and goats (mostly wooded). I can grow a lot of food for my family. I can also make my own fuel. I can also make my own clothes (I have a spinning wheel and the process of turning the fabric into paper trolls). They can't access one of crucially only have drones for tracking control the food big population. You have to beat them at their own game.

Mark as Spam · Posted On 9/9/2021 7:08:42 AM

Like · Dislike

docean
Joined On 8/8/2010 10:50:47 PM
Add as Friend · Send Message

Where is the source for the purported graphic from WEF that indicates "upcycled citizens" will be a protein source? Hint: There is no such source, as its origin appears to be fabricated, but not originating from WEF. Just because someone posts it on FB or Twitter doesn't make it legit. Don't believe me? Search the WEF website and you can't find anything like that graphic. They don't hide anything in their agendas no matter how audacious, so if they truly published this, it would still be available there.

I HAVE seen serious proposals that they're floated, pushed or continue to support, and those things are still available on their site - even if it's been sent off to a specialized site. But this graphic is not there, and no one seems to be able to produce an archived copy of that site page that contained it. So this makes at least the second time that I've seen an article in the last year or so on this site that is using some "fact" that emerged on twitter or some other place, but actually is unverified/unsubstantiated (and of about 10 hoax caught).

That's unfortunate, and undermines credibility - credibility that is extremely important when trying to communicate about these topics with people who are not already inclined to listen to pseudo-the-type of content from being presented as factual. People who already bristle when I mention the name "Monsanto" don't need more reasons to do so. Please double-check the veracity of the more sensational aspects of your articles. Thanks.

Reply · Mark as Spam · Posted On 9/9/2021 1:31:47 PM

Like · Dislike

Karenkred
Joined On 11/23/2009 8:57:25 PM
Add as Friend · Send Message

I do believe it's time to stop using animals for food. It's a barbaric cruel disgusting industry and there are plenty of other things to eat. No animal wants to be there to no human may to do it and its wrong. Needs to stop.

Reply · Mark as Spam · Posted On 9/9/2021 9:01:58 AM

Like · Dislike

bruisebot1
Joined On 8/7/2021 10:12:38 AM
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Karenkred, you are so funny! Do you think God gave us cows for pets or just decorations?

Mark as Spam · Posted On 9/9/2021 10:13:49 AM

Like · Dislike

Lee1959
Joined On 9/13/2021 8:36:46 AM
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Guess who killed the first person and ate their dead body? Man. After that he said you can eat meat. I have to tell you Karenkred that not having complete protein in your diet is bad for your health. If that is what you want to do, fine. I raise chickens as layers, but I do get rooster meat from my neighbor who raises them. I know the chickens are treated well and not overcrowded. You can hardly give them away. So when I buy eggs, I know they are happy! Bruisebot1 Some concerned owners. The Asian restaurant owners seem to have more sense than you. I would pit my emotions into fighting people like Pol Pot, Stalin, Hitler et al.

You, Bruise are hugar-industrial farms that do not raise their animals humanely (think CAFOs) but someone like me who likes a bit of meat and knows the animal I'm eating was treated well and killed humanely, I'm a bad guy? Bruise, you are a bad guy for lumping all people who eating meat. If you have no moral leg to stand on, you resort to name calling. Sorry, people who have not gone through life with a good moral compass are. The Asian restaurant owners seem to have more sense than you. I would pit my emotions into fighting people like Pol Pot, Stalin, Hitler et al.

their protein. No one with a 6th grade level of education takes you seriously

Mark as Spam · Posted On: 9/6/2021 11:18:22 AM

lks3741
Joined On: 7/31/2014 12:32:08 PM
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My belief is that people should not what they want, as long as it's not grueline or cruain ,Immy . You want to eat bugs you should do it! But keep it retail bugs are still living things and we are protected . Just saying. I don't believe anyone should be dictated to what they can or cannot put in their own bodies period, and that includes food, drugs, vaccines", chips, software, hardware, other people,body parts or what natural or unnatural thing you can think of . In other words, fly,CHEESE only .

Mark as Spam · Posted On: 9/6/2021 11:50:45 AM
Like · Dislike

jsm0jim
Joined On: 2/28/2008 11:10:04 PM
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So, how do you feel about abortion?

Mark as Spam · Posted On: 9/6/2021 7:29:29 PM
Like · Dislike

ChrisCelso
Joined On: 5/13/2009 2:40:01 AM
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Guillermo,I'm sick of the data being delivered from the planet Mars, we are regular reports of Methane gas, and the speculation that the methane is produced by living organisms, bacteria living in the deeper mass under the surface. Again, we all know that all such bacteria, living in the guts of animals, are a source of methane. So what about the bacteria living in the guts of the insects? If we are to believe the data from Mars, there are no insects living on the surface of Mars, so what are the insects doing? Well, the simple answer is they are living underground. The of course!!! So the only thing to do is set up a study of living insects to discover the solution production of methane from growing insects rather than mean. My instincts tell me there will not be any substantial difference ... that the insects will also produce methane. It roughly the same quantities as the stomachs of the animals, a cow. A fact of insects is a VERY large quantity same as a large cow. All we need to do is a demonstration to completely destroy the idea, that growing insects dramatically reduces methane.

Reply · Mark as Spam · Posted On: 9/6/2021 12:51:01 AM
Like · Dislike

Guillermo
Joined On: 6/17/2013 8:47:48 AM
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Interesting perspective, Chris. New research has found that cows aren't the only culprits. This study published in the journal Scientific Reports has identified another source of methane emission among terrestrial flores. A team of scientists from the University of Geneva (Switzerland) in collaboration with the Leibniz Institute for Freshwater Ecology and Inland Fisheries in Berlin (IGB) has discovered how the terre Chaetomio spp - a species of small fly which inhabits lakes no more than 10 meters deep takes advantage of methane gas and expels it into the water, causing a negative impact on the environment. Experts are very familiar with the life cycle of these insects, whose larvae live between a year and two years at the bottom of lakes and ponds.

During the day, they remain hidden among the sediments of the lake, where methane is more abundant. At nightfall, they lift the small nectoba with which they are provided with, and as if it were a static balloon, they propel themselves and rise to the surface in search of food, generally zooplankton. Currently, experts attribute 30% of natural methane gas emissions to freshwater, which also absorbs 30% of the methane in the atmosphere. In turn, it has been shown that NGB Sediments derived from 124 ponds and lakes are responsible for oxidation of methane and inactivation/release. www.cnde.iiss.sfu.ca/r.gsc/_PRACTICE/DEFAULT.htm?id=1_0_0_0

green portion, unless perhaps kale were replaced with any other green (beet, turnip, swiss chard, spinach, collards etc.) As for the cooking oil, they haven't given us much choice.

Canola oil is notoriously GMO. Olive and palm oil have such a low smoke point that most of the beneficial compounds are lost before you reach it; they are more appropriate for items like tossed salads. As a lifetime farmer, may I suggest the best cooking oils? If you are vegetarian, coconut oil will work fine for you. Animal fats have always been super healthy, including butter, ghee, lard, tallow and bacon fat.

I mean real butter, not some phony substitute like Country Crock (it's a crock!) Lard as well. Lard is what the tastiest donuts are fried in, and it's what gave McDonald's fries such terrific flavor until the low-fat scare frightened them away. As for bacon fat, it's what your grandparents and great-grandparents kept in a container right on the stove to use for practically everything. It's still my go-to for about half of the fat I use in cooking — especially anything made with eggs!

Whenever you fry bacon, pour the fat off into the container and keep it handy. You'll be glad you did! Oh, and an afterthought: if you raise a pig for yourself, insist your butcher understand that you do NOT want your chops and roasts trimmed. If you don't make it plain, you'll lose one of the most valuable parts of your animal. I live in Maine where the majority of us are country folks, and when Covid made the news in 2020, the demand for pigs and vegetable seedlings soared!

Reply | Mark as Spam | Posted On 9/9/2022 11:10:32 AM

Like Dislike

jamNjim
Joined On 2/20/2008 11:15:54 PM
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Thank You Islander for being the commonsense genius you are! Long time no see! I agree 200%! Everything you just said is what I do today! It works. I have the numbers to prove it. I know Dr. Mercola's chart shows lard as marginal (better than vegetable oils but worse than everything else). I beg to differ. The reason is Polyunsaturated/Monounsaturated/Saturated fat ratios. From the research I've done you need 10%/45%/45% respectfully for a perfect/healthy balance of the 3 fat types. Organic/Free Range pigs provide this PERFECT balance! Even commercially grown CAFO pigs provide 20/40/40 respectfully. While that's not optimal, it's better than 100% PUFA's! Pork is still the cheapest protein you can buy at the supermarket. You can get the free-range organic pork from small farms for less than the price of GMO beef at the grocery store. PORK, it's the other white meat!

Mark as Spam | Posted On 9/9/2022 6:55:52 PM

Like Dislike

Arlen1
Joined On 8/1/2020 1:45:38 PM
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Good post Islander! Not sure why you are so low on the forum today. Promoting pork doesn't get you very far on this forum. It's a great source of protein and fat. I have a perfect lot for raising pigs (have a pond). I'm not good at killing animals I raise and I have plenty of wild hogs to choose from. If/when the time comes, I will grow my own. Pigs are like the rabbits JamNjim suggested above. They reproduce like crazy! You can cure the meat to make sausage, bacon, or jerky if refrigeration is a problem.

Mark as Spam | Posted On 9/9/2022 7:40:48 PM

Like Dislike

Islander
Joined On 3/26/2007 12:55:12 AM
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Thank you, JamNJim & Arlen. I come here to be supportive and to supply useful information that a lot of apartment dwellers may not have access to — just as both of you do. To be honest, I don't understand why I am so disrespected here. It's been a long long journey 15 years a member, and at one point I actually wore the crown, hard as that may be to believe. I haven't changed, I'm just 15 years older and arthritic like any 81 year old can expect to be, but I tell you what: on a trip to the area pain management clinic, they couldn't capture my blood pressure and finally wheeled me into a room with a more sophisticated machine where the BP was recorded as 272/165.

Now you know I should be dead, right? It's the information from the early years of Dr. Mercola's advice that sent me a quest that eventually led me to the incredible powers and versatility of vitamin C. As a result, despite my ancient years, I walked away from that incident because my blood vessels are clear and clean and flexible, thanks to vitamin C with quercetin, L-ysine and L-Proline. And now here I am, dropped to the bottom of the page. I don't make the rules But I sure do feel disrespected. Thank you both for your kind words!

Mark as Spam | Posted On 9/9/2022 9:28:12 PM

Like Dislike

HardTimes
Joined On 1/6/2018 12:24:47 PM
Add as Friend | Send Message

Here is an excellent article by Dr. Andrew Saul that will make you think twice before you eat meat again:
ww.doctoryourself.com/Three_Steps.html

Reply | Mark as Spam | Posted On 9/9/2022 10:44:56 AM

Like Dislike

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

Thanks for making me think about meat. I just doubled by order from 1/4 cow to 1/2 cow.

Mark as Spam | Posted On 9/9/2022 11:12:26 AM

Like Dislike

jamNjim
Joined On 2/20/2008 11:15:54 PM
Add as Friend | Send Message

WOW! Dr Andrew is either fake or a total QUACK! I couldn't read it all. From the start he is wrong on everything! The part where he says the "intestines" are only 24ft long is totally false. The small intestine alone is 30+ feet long (give or take) 3 feet. Then you have the stomach and the colon that make up another 4+ feet. Then he claims "you may have been told it was shorter" because it all shrinks when you die. NO!! No one has ever told me my digestive tract was shorter than 24 feet. He claims this because, by his own words, your intestines SHRINK when you die!! TOTALLY FALSE! If this guy is a real doctor he should lose his license immediately! Your intestines lengthen when you die. That's because all the contractions that occur to move digested foods along the way RELAX! This causes defecation. Ask any coroner.

Mark as Spam | Posted On 9/9/2022 7:15:28 PM

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