What Makes Most Foods so Dangerous

Analysis by Dr. Joseph Mercola – Medically Reviewed by Dr. Thomas Cowan Fact Checked

September 08, 2022

STORY AT-A-GLANCE

- Toxicity in food comes from several sources. Toxic influences during the plants' growth phase include phosphate fertilizer (which has a radioactive component), waste sludge and glyphosate
- Up to 90% of the phosphorous is lost through the supply chain from mining to final fertilizer, and the losses are poorly documented, making it difficult to improve efficiency and prevent losses — which ultimately end up as pollution
- Phosphate contains a radioactive element, polonium-210, which may be taken up by the plant, raising unanswered questions about food safety
- Glyphosate was identified as a probable human carcinogen in 2015 and has been linked to a wide range of possible health problems. Glyphosate is also a phosphate source, adding to the phosphorous loading of soil and water
- Sewage sludge (aka biosolids), used as an inexpensive and readily available fertilizer, contains industrial waste, heavy metals and PFAS chemicals linked to cancer and organ damage

The fact that there are serious issues in our food supply is no longer a secret. Evidence not only reveals toxicity levels in food are rising but also that conventional agriculture has become a leading cause of environmental pollution and destruction.

Toxicity in food comes from several sources. Some toxins are accumulated during the growth phase, others are added during harvesting and processing, and yet others are introduced when the ingredients are manufactured into their final, processed food, form.

By far, the greatest concerns are relegated to processed foods, but even whole foods, both plant and animal foods, can be contaminated. Here, my focus will be on three sources that have their origins in the growth phase: phosphate fertilizers, glyphosate herbicides and biosolids (human waste used as fertilizer).

Data Gaps in Phosphate Fertilizer Supply Chain

According to estimates by the Food and Agriculture Organization of the United Nations, reported in its "World Fertilizer Trends and Outlook to 2020" report,[1] the global demand for phosphate fertilizer is expected to exceed 45.8 million tons by 2020.

And, as noted by Science Daily,[2] food demand is expected to increase by 60% by 2050, which means that unless changes are made, even greater amounts of phosphate will be required in coming decades.

A major problem with conventional agriculture is the use of toxic fertilizers. Phosphorous (an element) is mined from phosphate rock (which contains phosphorous), and much of it ends up being lost in the process, ending up as water pollution.[3]

In water, phosphorous triggers toxic algae overgrowth and deoxygenation, which has led to massive dead zones where no marine life can survive. The nitrogen portion of fertilizer has also been identified as a leading cause of air pollution.

In a September 4, 2019, paper,[4] "Opening Access to the Black Box: The Need for Reporting on the Global Phosphorous Supply Chain," researchers in Sweden and Iceland warn that lack of information about the global supply chain could trigger a phosphate supply crisis and lead to social, political and environmental upheaval.

Lead author Eduard Nedelciu, a researcher at the Department of Physical Geography at Stockholm University, told Science Daily:[5]

> *"Cradle-to-grave reporting along the phosphorus supply chain can reveal the untold story*

about the social, environmental, ethical and economic price we pay for the food we see on our supermarket shelves. It can also help countries — most of which are dependent on phosphate imports — tailor better policies to decrease the vulnerability of their agricultural sector."

Majority of Phosphorous Is Wasted

The researchers present four primary problems relating to the reporting of phosphorous and phosphate fertilizers:[6,7]

1. Terminologies and methodologies used when reporting data on phosphate deposits lack transparency and harmonization, making estimations of reserves unreliable
2. Up to 90% of the phosphorous is lost through the supply chain, and the losses are poorly documented, making it difficult to improve efficiency and prevent losses — which ultimately end up as pollution
3. Societal and environmental consequences that occur along the supply chain remain unaddressed
4. Access to data along the supply chain is lacking, which prevents assessment of sustainability goals

Co-author Marie Katharine Schellens told Science Daily:[8]

> *"Phosphorus information is power. Reliable and regular data gathering can leverage corporate social responsibility as well as political action. Both are needed to tackle many of the issues identified along the supply chain. Transparency can foster a sustainable and socially just supply chain for decades to come."*

Must We Use Phosphate Fertilizers?

While the general consensus is that phosphate is a prerequisite for food production, we now know that this isn't entirely true. The only reason it's required is because the agricultural system is not currently set up to take advantage of natural ecosystems.

As farmers transitioned over to monocropping and chemical-based agriculture, those ecosystems were lost and, with them, everything that makes growing food without chemicals possible. There is in fact compelling evidence showing we do not need synthetic fertilizers to grow food, provided the soil is nurtured properly, as it is in biodynamic and regenerative farming systems.

There's also plenty of evidence showing fertilizers and other agricultural chemicals are a leading source of environmental pollution, thereby threatening all life on earth. The idea that food production is a primary destroyer of the environment is inexcusable and intolerable. It doesn't have to be that way.

Hidden Health Hazards Associated With Phosphate Fertilizers

Aside from polluting waterways, phosphate fertilizers may pose a more direct risk to human health by way of food. Being a fertilizer, the phosphorous is taken up by the plants, of course, but it's not the nutrient itself that is the problem. No, the problem is the fact that phosphate contains a radioactive element, which may be taken up by the plant as well.

The concern is an outgrowth of tobacco science[9,10,11,12,13] showing one of the reasons cigarette smoking causes lung cancer is due to polonium-210 — a decay product of natural uranium and a highly radioactive element.[14] It's also chemically toxic.[15]

While naturally present in small amounts in the environment, one of the primary sources of exposure is via calcium phosphate fertilizers, used on nonorganic tobacco fields and food crops respectively. As noted in a 2009 study:[16]

> *"... in a person smoking one and a half packs of cigarettes (i.e., 30 cigarettes) per day, the radiation dose to the bronchial epithelium in areas of bifurcation is ... (8000 mrem) — the equivalent of the dose to the skin from 300 x-ray films of the chest per year."*

Similarly, a 2011 paper[17] in the Journal of Oncology, "Polonium and Lung Cancer," explains:

> *"The alpha-radioactive polonium 210 (Po-210) is one of the most powerful carcinogenic agents of tobacco smoke and is responsible for the histotype shift of lung cancer from*

squamous cell type to adenocarcinoma. According to several studies, the principal source of Po-210 is the fertilizers used in tobacco plants ...

Tobacco leaves accumulate Pb-210 and Po-210 through their trichomes, and Pb-210 decays into Po-210 over time. With the combustion of the cigarette smoke becomes radioactive and Pb-210 and Po-210 reach the bronchopulmonary apparatus ..."

As has become typical, investigation[18] revealed the tobacco industry was aware of this as early as 1959. What's worse, they opted to not use an acid wash, which has been shown to effectively remove polonium-210 from the tobacco leaves, because the wash made the nicotine less absorbable, and hence less addictive.

Could Nonorganic Food Be Radioactive?

Now, if radioactive polonium-210 makes tobacco leaves carcinogenic, what is it doing to our food? In the 1988 document, "Release of Radium and Other Decay-Series Isotopes From Florida Phosphate Rock," the Florida Institute of Phosphate Research concedes:[19]

"It has been known for many years that phosphate ore contains 50 to 150 parts per million (ppm) of natural uranium, and hence its radioactive decay products ... most other soils and rocks ... average 1 or 2 ppm ...

A fundamental question arises as to the nature of population exposure to natural radiation ... and how that exposure is influenced by the presence and extraction of deposits of phosphate."

While that 1988 report does not address polonium exposure through food, another, even earlier document does.

Remarkably, according to a long-forgotten 1983 report[20] by Oak Ridge National Laboratory, "Polonium-210 and Lead-210 in Food and Tobacco Products: A Review of Parameters and an Estimate of Potential Exposure and Dose," meat and dairy products may expose consumers to radiation doses equivalent to that received by smokers from cigarette smoke. As noted in this paper:[21]

"Tobacco smoking appears to provide a dose equal to or greater than that provided by dietary ingestion for both Pb-210 and Po-210 in bone tissues, liver and kidneys; and for Po-210 in the spleen for the three Western-style diets ... The smoking dose estimates are most comparable to those obtained for dietary intake by Arctic dwellers."

Fluoridated Water May Also Contain Polonium-210

Yet another route of polonium-210 exposure is consumption of fluoridated water, courtesy of the fluorosilicic acid used. This chemical byproduct, created during the phosphate fertilizer manufacturing process, is what is typically used to fluoridate municipal water supplies.

In 2015, Mosaic Fertilizer, one of the largest phosphate mining and fertilizer companies in the world, was fined $2 billion by the U.S. Environmental Protection Agency over improper storage and disposal of waste, which was found to pose a hazard to groundwater resources.

A cruel irony is that fluorosilicic acid, another toxic waste product, is suddenly proclaimed "healthy" when purposely added to drinking water. Uranium and radium are two known carcinogens found in fluorosilicic acid used for water fluoridation, and polonium-210 is one of two decay products of uranium.

Furthermore, polonium decays into stable lead-206, which also has significant health risks — especially in children — and research has indeed shown that drinking fluoridated water increases lead absorption in your body.

Toxic Glyphosate Found in Most Foods and Water Supplies

Another chemical that is turning our food toxic is glyphosate, the active ingredient in Monsanto's Roundup herbicide. Glyphosate was identified as a probable human carcinogen by the International Agency for Research on Cancer (IARC)[22,23] in 2015.

More recently, a meta-analysis[24,25,26,27,28] of six epidemiological studies published between 2001 and 2018 concluded glyphosate increases the risk of Non-Hodgkin lymphoma (NHL) — a group of blood cancers — by 41% in highly exposed subjects.

Even if you're not exposed to glyphosate-based herbicides via application (which is the case with most who claim glyphosate exposure caused their NHL), your health is still at risk, as testing[29,30,31,32,33,34] reveals most foods (processed foods in particular) are contaminated with this chemical, and more than 70% of Americans have detectable levels of glyphosate in their body.[35,36]

Glyphosate kills weeds by inhibiting the shikimate pathway in the plant, and Monsanto has long defended the chemical's safety, saying it cannot affect humans because we do not have this pathway. However, the shikimate pathway is found in human gut bacteria, which we now know play a vital role in human health. Glyphosate has also been shown to:

Trigger DNA damage[37]
Cause pineal gland pathology, which in turn was linked to gut dysbiosis and neurological diseases such as autism, depression, dementia, anxiety disorder and Parkinson's disease[38]
Inhibit pituitary release of thyroid stimulating hormone, which can lead to hypothyroidism[39]
Act as a substitute for glycine in your body, thereby causing damaged proteins to be produced.[40] Glycine also plays a role in quenching inflammation, as explained in "**Glycine Quells Oxidative Damage by Inhibiting NOX Superoxide Production and Boosting NADPH**," and is used up in the detoxification process. As a result of glyphosate toxicity, many of us may not have enough glycine for efficient detoxification
Chelate important minerals, including iron, cobalt and manganese. Manganese deficiency, in turn, impairs mitochondrial function and can lead to glutamate toxicity in the brain[41]
Impair serotonin transport and kill beneficial gut bacteria, thereby contributing to a wide range of mood disorders, including major depression[42]
Interfere with cytochrome P450 enzymes, thereby inhibiting vitamin D activation and the creation of both nitric oxide and cholesterol sulfate, the latter of which is needed for red blood cell integrity[43]

Glyphosate Adds to Phosphorous Saturation

In related news, research[44] published in December 2018 shows glyphosate is now so widely used that it's contributing to the phosphorous load in agricultural land, and thus to the phosphorous loading in watersheds. As reported by Phys.org:[45]

> *"In many agricultural areas, decades of phosphorus-based fertilizer use have led to a saturation of the soil's capacity to hold the nutrient. This increases the likelihood that any additional phosphorus applied to the land will run off into waterways, where it is a known cause of harmful algal blooms ...*
>
> *Until now, regulations to limit phosphorus pollution have focused on the use of fertilizers, which remain the largest artificial source of phosphorus. But as the use of glyphosate increases — the past two decades alone have seen global use increase 15-fold — the herbicide's relatively small phosphorus content starts to add up ...*
>
> *'Our study argues that the recent and rapid rise in glyphosate use has magnified its relative importance as a source of anthropogenic phosphorus, especially in areas of intensive corn, soybean and cotton cultivation,' [lead author Marie-Pier] Hébert says."*

Biosolids — A Most Toxic Fertilizer

Last but certainly not least, we have biosolids, more accurately referred to as toxic sewage sludge. Not only is it notorious for containing industrial waste, loaded with heavy metals, as noted in a September 12, 2019, AP News article,[46] concerns over the use of this toxic fertilizer is now growing because it's also been found to be a source of perfluoroalkyl and polyfluoroalkyl substances (PFAS) chemicals.

> *"The concern is that certain PFAS chemicals, which studies have associated with increased risk of cancer and damage to organs such as the liver and thyroid, could be absorbed by crops grown in soils treated with polluted sludge and wind up in foods.*
>
> *The Food and Drug Administration this year reported finding substantial levels of the chemicals in random samples of grocery store meats, dairy products, seafood and even*

off-the-shelf chocolate cake ..." AP states.[47]

In my 2015 interview with David L. Lewis, Ph.D., a microbiologist who spent three decades working as an Environmental Protection Agency scientist, he reveals the history of biosolids, why it's a complete scam, and how the truth about this toxic fertilizer has been swept under the rug for years.

How to Safeguard Your Diet

As I mentioned at the beginning, phosphate fertilizers, biosolids and glyphosate are just three of many different sources of toxins in our diet. Once you begin to survey the field and realize just how many different toxic sources there are and the types of questionable chemicals involved, you start to get an idea of why organic food is growing in popularity.

Many are now starting to realize the many problems associated with conventional foods, which include both health and environmental issues, and are taking proactive measures. The most logical step is to transition to an organic or biodynamic diet, to the degree that you're able. This goes not just for produce but also for meat and dairy products.

The reason for this is because most conventional cattle are fed an unnatural diet of grains rather than grass, and most of the grain is also genetically modified. So, animal products can actually be even more contaminated than fruits and vegetables. So, remember to buy organic, grass fed beef, poultry and dairy, as well. If you live in the U.S., the following organizations can help you locate farm-fresh foods:

Demeter USA — Demeter-USA.org provides a directory of certified Biodynamic farms and brands.
American Grassfed Association **(AGA)** — The goal of the American Grassfed Association is to promote the grass fed industry through government relations, research, concept marketing and public education. Their website also allows you to search for AGA approved producers certified according to strict standards that include being raised on a diet of 100% forage; raised on pasture and never confined to a feedlot; never treated with antibiotics or hormones; and born and raised on American family farms.
EatWild.com — EatWild.com provides lists of farmers known to produce raw dairy products as well as grass fed beef and other farm-fresh produce (although not all are certified organic). Here you can also find information about local farmers markets, as well as local stores and restaurants that sell grass fed products.
Weston A. Price Foundation — Weston A. Price has local chapters in most states, and many of them are connected with buying clubs in which you can easily purchase organic foods, including grass fed raw dairy products like milk and butter.
Grassfed Exchange — The Grassfed Exchange has a listing of producers selling organic and grass fed meats across the U.S.
Local Harvest — This website will help you find farmers markets, family farms and other sources of sustainably grown food in your area where you can buy produce, grass fed meats and many other goodies.
Farmers Markets — A national listing of farmers markets.
Eat Well Guide: Wholesome Food from Healthy Animals — The Eat Well Guide is a free online directory of sustainably raised meat, poultry, dairy and eggs from farms, stores, restaurants, inns, hotels and online outlets in the United States and Canada.
Community Involved in Sustaining Agriculture **(CISA)** — CISA is dedicated to sustaining agriculture and promoting the products of small farms.
The Cornucopia Institute — The Cornucopia Institute maintains web-based tools rating all certified organic brands of eggs, dairy products and other commodities, based on their ethical sourcing and authentic farming practices separating CAFO "organic" production from authentic organic practices.

RealMilk.com — If you're still unsure of where to find raw milk, check out Raw-Milk-Facts.com and RealMilk.com. They can tell you what the status is for legality in your state, and provide a listing of raw dairy farms in your area. The Farm to Consumer Legal Defense Fund[48] also provides a state-by-state review of raw milk laws.[49] California residents can also find raw milk retailers using the store locator available at www.OrganicPastures.com.

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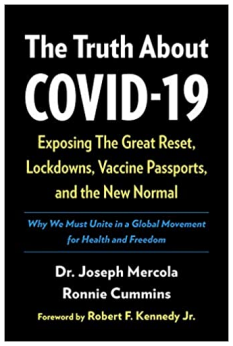

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by Doctor Joseph Mercola

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juststeve

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

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This is why vegetarians need to get behind Regenerative Sustainable agriculture & walk right pass Impossible burgers.

Reply | Mark as Spam | Posted On 10/1/2019 5:52:27 AM

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MollyMalone

Joined On 2/27/2011 2:12:09 AM

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Thank you juststeve! I have friends of both the vegetarian and the vegan persuasion, and I often wonder why they eat fake foods. If you truly believe being a vegetarian is better for your health, why do you want to look like you're not following the vegetarian guidelines? My vegan friends truly believe it's wrong to kill animals - and that's fine, people get to believe what they choose. But why on earth do they eat "chicken" nuggets and "hamburgers" and what looks like ground beef dishes but aren't? If a person truly has a moral value, a belief, why go against it? Why not stand for what you believe and explain when asked so others can learn something? Where are the ethics in all this? Not to mention, why on earth eat fake, processed, chemical laden food at all? It boggles the mind, and all the while the corrupt food industry and manufacturers line their pockets with money from the customers whose health they have helped to destroy.

Mark as Spam | Posted On 10/2/2019 4:39:32 PM

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Guillermou

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

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Yes, Just, biodynamic and regenerative agriculture is the solution to a better world, without toxins, without the slavery of seeds and glyphosate, it is what small farmers use and those that can feed the world, far from the so-called revolution green promoted by Bill Gates. Transgenics, pesticides, glyphosate means diseases, cancer and death, it means degeneration of the earth and the human race, it means slavery. The reality is that genetically modified crops do not feed the world: most farmers do not grow them and the vast majority of production is used to feed animals, which will then be a lousy food for people, or to produce biofuels.

Coexistence between transgenic crops and conventional and organic crops is impossible: genetic contamination is inevitable. With the false promise of ending hunger in the world, biotech companies promised plant seeds with better harvests, resistance to drought, resistance to extreme weather conditions, salinity, etc. The truth is that, after almost 2 decades since the introduction of these crops, none of these super-strains have been developed. The only thing we have on the market are plants that are resistant to natural herbicides or pesticides and crops are affected. Being patented, the farmer must buy the seed every year, which generates a lucrative business for the companies.

At the moment, the only beneficiaries are the large multinationals of seeds and agricultural chemical products, which in many cases, like Monsanto, are the same company. Currently, only 6 multinationals (Monsanto, Dupont, Syngenta, Bayer, BASF and Dow) control 60% of the seed market and 76% of agrochemicals. Some of these have also been producers of war material, such as Monsanto and Agent Orange from Vietnam, or Bayer (formerly IG Farben) and the gas that killed millions of Jews. Seeds are the base of the food chain, and their market is privatized in the hands of a few companies.

Mark as Spam | Posted On 9/8/2022 1:25:02 AM

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Guillermou

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

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We are scandalized when we think about the privatization of certain sectors such as health or education, why don't we talk about the privatization of food? Why don't governments allocate public resources to this sector? Promoting biodynamic and regenerative agriculture. Vandana Shiva has always spoken the world claiming the "Freedom of the Seeds". Shiva has denounced against the “Monsanto dictatorship”, and incites the citizens: “The most revolutionary thing in these times is an orchard”. Through the organization Navdanya, Shiva promotes the creation of seed banks as acts of resistance against “ecological and biological destruction.

The seed is the source of life. Every time we talk about creating something new, we talk about seeds. And freedom is the most essential. The seed must be free to reproduce itself and multiply. We are talking about a common good, such as water or air. The great power that multinationals have over governments makes them press for approval without knowing the long-term effects; In the US, for example, the USFDA, the body that approves the commercialization of GMOs, hides among its senior officials numerous former senior officials from companies like Monsanto.

Some of the possible health damages are classified into (even by the European Commission itself): change in food composition and toxicity, immune response and allergenicity, propagation of resistance to antibiotics and horizontal genetic transfer, recombination of viruses and bacteria and toxic residues linked to herbicide-tolerant crops. Glyphosate, the active ingredient in the herbicide Roundup, is even considered by the WHO to be a possible cause of cancer and contamination of soil and water. The problem is that there are few independent studies: most are carried out by the industry itself, which publishes only the results in its favor. Some independent scientists who have published negative health results have been discredited.

Mark as Spam | Posted On 9/8/2022 1:25:55 AM

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Guillermou

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

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Numerous cases of contamination have been discovered in organic production (because in conventional production it is not checked). This contamination poses a threat to agricultural biodiversity and to organic farmers, who may lose their harvest, and to the consumer, who loses his freedom of choice. GENE-EDITED CROPS ENDANGER HUMAN AND PLANETARY HEALTH In an interview with Patrick Holden, co-founder of the Sustainable Food Trust, leading molecular geneticist Dr. Michael Antoniou warns of the unintended consequences of genetic engineering, including gene-editing. Dr. Antoniou has also used his experience as a health scientist to investigate not only the health risks associated with GM foods, but also those of the pesticide most closely associated with them: glyphosate-based herbicides. In fact, as Michael Antoniou himself points out, his research lab at King's College London is "one of the leading groups in the world...in research into the toxicity of glyphosate and Roundup, and we have seen very concerning in our studies." childrenshealthdefense.org/defender/gene-edited-crops-glyphosate-round.. (06/23/22)

Mark as Spam | Posted On 9/8/2022 1:26:35 AM

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Guillermou

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

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News against Roundup and cancer are frequent: Bayer loses again: the Supreme Court confirms the award of $87 million in the Roundup cancer case. childrenshealthdefense.org/defender/bayer-supreme-court-roundup-cancer.. (06/28/22) A federal appeals court has rejected a bid by Monsanto's owner, Bayer AG, to avoid claims brought by cancer victims who allege Monsanto failed to warn them about Roundup's risks. childrenshealthdefense.org/defender/appeals-court-bayer-monsanto-round.. (07/13/22) The reality about glyphosate is exposed. The US Supreme Court on Tuesday refused to hear a bid from Bayer-owned Monsanto challenging thousands of lawsuits alleging its Roundup herbicide causes cancer. Bayer's own shareholders have also taken legal action. Investors accuse Bayer of having "misled the capital markets about the economic risks of pending consumer lawsuits in the United States relating to glyphosate and the herbicide Roundup," the law firm Tilp said in a statement. childrenshealthdefense.org/defender/bayer-supreme-court-roundup-lawsui.. (06/22/22)

Mark as Spam | Posted On 9/8/2022 1:27:07 AM

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Guillermou

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And new pesticides that degrade the ecosystem. The US Environmental Protection Agency released a draft biological assessment showing that the bee-killing insecticide sulfoxaflor could endanger 24 insect species, harming 581 protected species, or 35% of the plants and animals listed in the Endangered Species Act. childrenshealthdefense.org/defender/species-extinction-insecticide-sul.. (07/21/22) But multinationals push and the US Environmental Protection Agency failed to adequately address the cancer risk of a widely used pesticide, a failure that could endanger human health, the Office of the Inspector General said in a report issued Wednesday. last week. The reclassification of 1,3-D cancer allows the level of long-term exposure considered an unreasonable risk to humans to increase 90-fold." childrenshealthdefense.org/defender/epa-pesticide-cancer-risk-inspecto.. (07/25/22) DDT and hexachlorobenzene are no longer used in the US, but are still found in air, water, sediment, soil and food, and can contribute to hearing loss, according to published research this month in Scientific Reports. childrenshealthdefense.org/defender/epa-ddt-hexachlorobenzene-pesticid.. (07/17/22)

Mark as Spam | Posted On 9/8/2022 1:27:36 AM

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grulla

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

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"...& walk right pass Impossible burgers." The "funny" thing is that if I.B. labeled their product as to what it really is, a "veggie" casserole, we might not be having this discussion.

Mark as Spam | Posted On 9/8/2022 7:00:05 AM

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skupe59

Joined On 5/2/2009 7:28:21 AM

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Also regenerative meat over the Impossible things. I will never call them burgers because they aren't.

Mark as Spam | Posted On 9/8/2022 7:02:19 AM

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brianallen1

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

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They are impossible all right! You'd be safer eating the packaging and throwing away the contents. Why weren't they named something like "amazing" instead?

Mark as Spam | Posted On 9/8/2022 7:43:45 AM

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Krofter

Joined On 6/2/2015 9:47:59 AM

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js - I get some of my food from Sprouts. They recently expanded their fake meat section in the freezer case and shrank the pastured meat section to accommodate that. I'm not sure, but they may be getting incentives from Gates and other funders of the fake meat industry to do this. I can't find any reason why they would do it on their own. I've complained to the meat manager and the store manager about it and tried to educate them about the drawbacks of the highly processed, toxic, genetically modified products used in fake meat and the environmental and nutritional benefits of pastured beef. It was apparent that neither of them knew anything about any of this. Of course, they can do nothing about it because, in classical, centralized dictatorial fashion, the directives are coming from the distant corporate office.

Mark as Spam | Posted On 9/8/2022 10:26:11 AM

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juststeve

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

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Krofter, too many farmers don't know anything about what healthy soil is, too much chemical training - too many stores don't know anything about what real food is.

Mark as Spam | Posted On 9/8/2022 1:16:49 PM

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grulla

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

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"Krofter",et al, it's time for red ink and poison pen letters: www.sprouts.com/contact

Mark as Spam | Posted On 9/8/2022 1:43:18 PM

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potroast61

Joined On 11/7/2009 5:26:21 AM

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This is truly Sad and a Disgrace that we have to investigate everything we put into our bodies these days. Filter your water, check your produce, research animal protein, wonder if you're being lied to by the USDA and other Government Watch dogs that are raising "Acceptable" levels of toxins in water and food, and it goes on. After being a Chef for 48 years, I tell people what really is going on in a restaurant as far as the sourcing of products, processing, and most places buy the most inexpensive product for sake of the almighty bottom line. When I want to eat out these days I generally rack my brain over it and end up coming home and roasting some vegetables realizing I made the right choice. Most restaurants serve crap. And their Fry Oils have di-methypolysiloxane. stoppoisoningus.org/dimethylpolysiloxane Plus the prices most places charge these days are a insult for what you are getting and for the most part nutritionally void food.

Reply | Mark as Spam | Posted On 10/1/2019 4:24:05 AM

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Calli14

Joined On 11/23/2016 9:52:57 AM

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We have a local restaurant that is touted for its "grassfed" burgers. Well, one day a friend of mine spotted an employee of theirs at the meat shop. She was leaving with a tiny quantity of hamburger, which he thought was curious, as a restaurant would be purchasing in bulk. The meat shop let him know that the restaurant only purchases a token amount of real grassfed beef, and the bulk of their burgers are CAFO meat. Yuck!

Mark as Spam | Posted On 10/1/2019 8:19:32 AM

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MollyMalone

Joined On 2/27/2011 2:12:09 AM

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Thank you potroast61, I actually didn't know about di-methypolysiloxane! Or about China's gutter oil. Or about all the fraud with the claim of grass-fed burgers. One local restaurant here buys grass fed meat from the same farmer I do, so I'm going to ask him (the farmer) in a couple of weeks if it's true - I will soon find out! I can tell that those burgers are different from regular CAFO beef, they don't hold together as well and are much better tasting. It will be interesting to see what my farmer says. Thank you all for the education; without Dr. Mercola's site and articles, and all the helpful people commenting, I probably wouldn't still be on this planet. But I am, and this was the first site I found that changed my life. I am grateful!

Mark as Spam | Posted On 10/2/2019 5:27:16 PM

Like Dislike

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camarosspr1

Joined On 3/20/2012 6:43:52 PM

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Exactly. When you go to a restaurant, they are serving the cheapest ingredients they can buy. The cheapest ground meat, cheapest farmed salmon, cheapest industrial oils. Ultra processed ingredients.They sell expired unused old food.Organic. Are you serious Mcdonnald? chili's? Fat food? Sickening food? Real crap. Add the alcohol And sodas, well you get the idea.When my friends keep going to restaurants thinking and saying, I'm goin to a feast and exquisite treat, Well I just roll my eyes in my mind. How naive.

Mark as Spam | Posted On 10/8/2019 8:08:42 PM

Like Dislike

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rco94872

Joined On 7/5/2014 7:39:45 AM

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Clicking on the above website put me into a portfolio site.

Mark as Spam | Posted On 9/8/2022 6:13:05 AM

Like Dislike

skupe59
Joined On 5/2/2009 7:28:21 AM
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I used to think it would be great for restaurants to cook in healthier oils but if they did, we wouldn't be able to buy healthier oils for our own home-cooking. There wouldn't be enough -- thinking virgin coconut oil. So we go out very rarely and I'm just as happy.

Mark as Spam | Posted On 9/8/2022 7:00:37 AM

Like Dislike

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

Grass fed means nothing. It must be grass finished. When a cow eats grass (what are they fed during the winter???) and ends up in a feed lot eating GMO corn non stop for weeks before slaughter- what kind of beef are you consuming? I get grass finished beef locally and it costs LESS than the rancher's grain finished beef. Grass is relatively free compared to paying for grain plus a feed lot. But you'll pay a LOT MORE in the retail store for grass finished if you can still find it.

Mark as Spam | Posted On 9/8/2022 7:39:58 AM

Like Dislike

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dude01
Joined On 8/10/2007 1:20:04 PM
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Calli, your story reminds me of a story I once read about Lenny Bruce, the comedian. Supposedly, Lenny Bruce was doing some performances with proceeds going to XYZ Charities (can't remember the specific charities). Anyhow, ticket sales went well. The only little catch was that the advertisements stated, "Proceeds going to ....." It didn't state, "ALL proceeds going to.....". At the end of the performance the charity did receive a small check from Mr. Bruce. However, Mr. Bruce made a very nice haul for himself. Deceptive advertising - it's been going on for years!

Mark as Spam | Posted On 9/8/2022 3:18:08 PM

Like Dislike

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bowgirl
Joined On 12/3/2011 6:17:03 AM
Add as Friend | Send Message

Thanks for reinforcing the need for clean food. I need these articles to motivate me to garden as long as possible in the fall....

Reply | Mark as Spam | Posted On 10/1/2019 5:57:21 AM

Like Dislike

Krofter
Joined On 6/2/2015 9:47:59 AM
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This is what happens when profits take precedence over people. The principal focus here should not be on how bad our food is, it should be - why is our food so bad? 75 years ago when small farmers produced most of the food we ate, food was safe and nutritious. Why? Because small farmers had a powerful incentive to produce high quality food: Most of their customers were local folks they knew. If they produced an inferior product, word would spread quickly through the local customer base causing them to lose business. When the corporatocracy took over our food supply small farmers dissapeared, leaving the consumer holding a worthless bill of goods. Supporting your local organic, biodynamic and regenerative farmers at your local farmers markets solves all of the above problems.

Reply | Mark as Spam | Posted On 10/1/2019 10:01:08 AM

Like Dislike

Luvvvy
Joined On 8/31/2015 7:41:46 AM
Add as Friend | Send Message

Disappointing news that needed to be shared. Be courageous and positive, choose well and your consciousness will support and become part of the solution.

Reply | Mark as Spam | Posted On 10/1/2019 12:12:13 PM

Like Dislike

Guillermou

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

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Very well said dear Luvvvy, choose live, organic foods and support a better world, away from the toxic agriculture of death that only benefits the agri-food industry and its allies in the pharmaceutical industry by creating illnesses and deaths. Humanity needs true science, integrated people who project wisdom to promote the health of the planet and the living beings that inhabit it. As Vandana Shiva says, our future well-being depends on placing relationships in a privileged place in our collective interests. When nature is taken care of, we also stay with ourselves. All meaning arises from coordinated action and what we consider real and valuable depends on the well-being that we project, with the effort of local regenerative agriculture.

Relations with others and with nature must imply respect and an order of priorities that must be sustained in conserving it as born from the work of the creator. Life on Earth is not possible because of technological advances, but because there are trees, lands and seas that allow this planet to be oxygenated and make it possible for us to breathe and feed ourselves. Love for nature, for life, for all the creatures in the world is the only thing that gives meaning to life. The big corporations want to monopolize food, the pharmaceutical industry, energy, population control, and they use the spirit that encourages them of the Great Reset, the global technocratic corporate coup promoted by Gates's friend and associate, Klaus Schwab, of the World Economic Forum are the creators of a false science of transgenic foods, proteins, chemical and pharmaceutical products, vaccines and they sell us as “sustainable solutions”. The billionaires club is sowing a destructive impact all over the world. Their determined pursuit of profit has undemocratically imposed uniformity and external control over finance, food, energy, information, health care, and even relationships.

Mark as Spam | Posted On 9/8/2022 1:36:22 AM

Like Dislike

Guillermou

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

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The answer to the environmental problems we face is no more of the same things that created the problems in the first place, proposed by Gates. The answer is regenerative agriculture and real food. The answer is local alternative energy from the bottom up, commanded by the people, not the exploitation of the Great Reset. Humanity has powerful enemies that must be fought, Gates and the WHO have been working hand in hand promoting a global vaccination campaign, and investing a large amount of money. Natural alternatives and inexpensive, readily available and clearly effective drugs such as hydroxychloroquine and ivermectin have been decried because they did not lead to vaccination.

Gates' solutions perpetuate and worsen the world's problems. They can even threaten the future of humanity, planned genocide As reported by Dr. Mercola through his company, Gates Ag One, Gates is driving a type of industrial and digital agriculture where farmers are monitored and mined from their agricultural data, for the benefit of the globalist elite. The homes of other species are being invaded, we manipulate plants and animals for commercial gain and greed, monocultures are spread that destroy biodiversity. We need the protection of the diversity of ecosystems, the integrity, the self-organization of all living beings, including humans. Diseases arise from a globalized, industrialized food model. Using the Earth and its beings as raw material to be manipulated in laboratories to serve as domination and enslavement of humanity is creating a world connect

Mark as Spam | Posted On 9/8/2022 1:36:38 AM

Like Dislike

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smi7896

Joined On 10/5/2017 2:10:26 PM

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Gui, you know your brilliance will soon be quieted. People like you must be asked to be muffeled. Then forced. God's best luck.

Mark as Spam | Posted On 9/8/2022 2:15:45 AM

Like Dislike

Luvvvy

Joined On 8/31/2015 7:41:46 AM

Add as Friend | Send Message

Hi Gui, very well stated. - Thank you. Yes!! We need to nurture nature and appreciate the power of the Life Force that flows for all. Like never before, we need to become aware that we are vehicles for our Creator's goodness. Also with the awareness, provided here, we need to take a stand and to reject all that is not consistent with health - giving, true and of the light. God Bless.

Mark as Spam | Posted On 9/8/2022 8:44:09 AM

Like Dislike

Luvvvy

Joined On 8/31/2015 7:41:46 AM

Add as Friend | Send Message

Hi Sm7896, this does not ring true to me. I don't expect Gui's brilliance to be shut down at all.. Remember words have power, and what you directed to Gui, feels negative and unhelpful. From the perspective of -- You feed and help create what you focus on, your focus on pessimistic, grim predictions, especially directed towards such Truth Warriors can be perceived as a wish, for silencing, of yours!. This is not how we are going to elevate and restore the light. We all need to take responsibility for what we connect with and allow to fester in our minds and then speak out. There is much negativity in the current narratives, like pesticides and bad parasites, utter garbage that needs to be avoided for everyone's well-being. Find a positive place in your mind and heart, and Focus and speak from that authentic place of hope, because it is possible to create and win a better world, for all of us, and yes, especially with the God's blessings

Mark as Spam | Posted On 9/8/2022 10:00:58 AM

Like Dislike

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juststeve

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

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Luvvvy, yes, consider the darkness, but look for and share the light. This is something Para$itic Predator$ cannot understand, when we realize the potential of the darkness it makes the light shine brighter for those who can see, for those who share. When we share it ripples out to further shores. It does not matter if the pebble has dropped to the bottom of the ocean because it will still be felt in many subtle ways, the pebble may one day be gone and forgotten, but the ripples continue in one way or another. Like the Butterfly Affect, the flapping wings are thought to possibly create winds in distant lands. When we prepare for the worst, work to create the best, we will be in the best position for whatever may happen. Always remember, Today is the Tomorrow You Worried About Yesterday.

Mark as Spam | Posted On 9/8/2022 10:39:38 AM

Like Dislike

Luvvvy

Joined On 8/31/2015 7:41:46 AM

Add as Friend | Send Message

Hi Steve, Thank you, very well said, and good imagery. I agree, to be aware of the darkness but only peripherally. Awareness of what the dark is doing in a general way helps us see by contrast what we need to work on and address. However, as it is said, the devil is in the detail, so don't get caught up in that trap because it's an energy hook. == As we are very impressionable beings, and master re-creators.. Fully immersing your attention into the worrisome stories of the dark and this world's "Para$itic Predator$", will give us today's waking nightmares! ==== And yes it is wise to be prepared, on all levels, it's like keeping your vehicle ready for whatever the season, or weather condition. === We are all connected, which is a blessing.. As I am comforted by and thankful for all the beautiful flapping butterfly wings and lovely bright lanterns that move us and light our steps and help along our paths.

Mark as Spam | Posted On 9/8/2022 12:17:30 PM

Like Dislike

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potroast61
Joined On 11/7/2009 5:26:21 AM
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Farmer's Markets I have found for the most part are the biggest bunch of Horse Pucky out there. All those prepared foods in the middle of summer... not so much. Selling GMO crap... What the...Oh and then find somebody selling organic... saw one stand that was charging $4.00 per Red Pepper. Also I have found it disturbing that dogs on leashes are peeing in the aisles, there are no Sanitary Wash stations, some people handling prepared food not wearing gloves and I am not a germaphobe and do not believe in Hand Sanitizer because of the carcinogenic ingredients. Hydrogen Peroxide, 3% in a spray bottle. Sanitize hands, produce, counters, utensils etc.

Reply | Mark as Spam | Posted On 10/1/2019 11:35:42 AM
Like Dislike

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

Where I used to live, the "farmers" at the farmer's market got their produce from the Wal Mart down the road. SOME markets are legitimate, not that many.

Mark as Spam | Posted On 9/8/2022 7:47:59 AM
Like Dislike

VoicePrints_203
Joined On 11/14/2006 12:42:33 PM
Add as Friend | Send Message

I noticed 'Farmers Markets' on the list of places to get organic foods. I have not found this to be true and even asked one farmer if he used GMO corn and he said yes. So buyer beware.

Reply | Mark as Spam | Posted On 10/1/2019 9:29:17 AM
Like Dislike

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

VoicePrints ~ Yes, even at the local farmers' mkts. there are a lot of unhealthy choices. We have a good farmers' mkt. in our area with mostly honest, caring vendors and are supposed to only bring their own products. Even so, there are a couple who still do some spraying, so it's necessary to ASK questions. Most of our locals, including the Amish have signs saying 'no sprays.'

Just yesterday, my niece told me she wants to go to a farmers' mkt. which is quite large and about 30 mi. from us, as it's a large market with so many different types of vendors. I told her to be very careful, as I know several of the farmers there have signs reading "home grown." Sure, their items are home grown at 'some farmer's home' but then sent to auction houses where a lot of these vendors buy, so you have no idea where the food comes from, what soil conditions are, or if they've been sprayed. Some of our local farmers here (including some Amish)who buy at AUCTIONS, go all the way up to NY City to sell at their open markets. The folks in large cities like that think they're getting wholesome, fresh veggies/fruits from honest farmers. :-(

Mark as Spam | Posted On 10/1/2019 11:30:31 AM
Like Dislike

Darzoum
Joined On 12/15/2010 1:27:52 PM
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Good point! I've noticed the same thing with my local farmer's mkt... almost a scam, but with some good vendors too. Just selling food under an outdoor tent fools a lot of people into thinking they're getting something special or more natural. And for all their savings in overhead costs, most of them still charge Whole Foods prices.

Mark as Spam | Posted On 10/1/2019 3:34:25 PM
Like Dislike

MollyMalone

Joined On 2/27/2011 2:12:09 AM

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Agreed, I always ask. Local ≠ organic, nor does it = free range or pastured. We have a large FM here, several in fact, but few are organic. One farm booth has a USDA certified organic sign, and another claims to use low sprays. We do, however, have several pastured chicken/egg farms, and 1 grass fed beef and 1 free range pork farm. I have learned to always talk to the farmer. I have been buying from the same one for 5 years now, his farm produces the best beef I've ever had, and I don't even like beef! But I like his. Talk to the farmers, some lie but not most; go with the ones that can explain and will look you in the eye.

Mark as Spam | Posted On 10/2/2019 4:49:02 PM

Like Dislike

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dude01

Joined On 8/10/2007 1:20:04 PM

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Voice Prints & Darzoum, I play with my band monthly at the South Loop Farmer's Market in Chicago. As was pointed out, there are a lot of prepared foods (high priced too). But there are two farmers who I've met who are the real deal. One such farmer is Chris Hebron from Hebron Farms in Vandalia , MI (Hebronfarms@gmail.com). I have talked to Chris for several years now about his growing techniques and beliefs. I am never disappointed with the answers he provides. Just finished my daily green drink smoothie which had plenty of his beautiful and tasty black berries. Also made a bone broth earlier this week, using bones from his healthily raised cows - excellent gelatinous texture to the broth.

Another farmer, Kyle Jacobson, puts much love and passion into the food that he grows https://www.jacobsonfarms.com Bear in mind, small farmers are not government subsidized like Monsanto and other peddlers of dangerous additives often included in the American diet. So if their prices seem a bit high, it's because their costs are increasing, and they have no one to help them but the consumer. I look at the Whole Food prices they may be charging as an investment or a form of support for the last of a dying breed. I doubt very much that with Bill Gates supposedly buying all this farm land, that he has anywhere near the compassion that Chris and Kyle have for the beautiful healthy food that they grow.

Mark as Spam | Posted On 9/8/2022 2:54:25 PM

Like Dislike

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rrealrose

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

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Not sure we are being told the entire picture, as industrial farming and CAFOs should bear most of the blame for 1) untreated animal waste and 2) aerial spraying for environmental damage, yet most spray is mostly missing plants. Here's a link to today's Dutch nitrogen protest with tractors on the roads...www.bbc.com/.../world-europe-49891449

Reply | Mark as Spam | Posted On 10/1/2019 12:06:36 PM

Like Dislike

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camarosspr1

Joined On 3/20/2012 6:43:52 PM

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After you read the following horror story, here are my comments: The real horror are not the 287 chemicals in newly born babies. It's that those were the chemicals identified by the tests. The real number may be over 1000 to 10,000. Lead specially will lower an infant IQ by 10-20 points. Anti Vaxers have it all wrong about autism. By the time the baby is born, the damage is already done. While the fetus organs and tissues are being developed the fetus is floating on a chemical soup and blood supply, that damages specially the nervous system and brain. Vaccines toxicity is insignificant compared to the daily bombardment to the fetus during gestation by the other, and during early months and years of development..

In 2005, the American Red Cross took samples of fetal cord blood from 10 newborns and found a shocking 287 chemicals inside the samples which included dioxins, phthalates, pesticides, Teflon byproducts, flame retardants and many others. A study published in the journal Neurotoxicology took samples of the first bowel movement of 426 infants. 84% contained mercury - 27% contained lead 27% percent had DDT, a pesticide that was banned in the US for the last 25+ years A study by EWG found that blood samples from newborns contained an average of 287 toxins, including mercury, fire retardants, pesticides, and Teflon chemicals. Of the 287 chemicals EWG detected in umbilical cord blood, it's known that: 180 cause cancer in humans or animals 217 are toxic to your brain and nervous system 208 cause birth defects or abnormal development in animal tests

Reply | Mark as Spam | Posted On 10/8/2019 7:47:58 PM

Like Dislike

brianallen1

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

Add as Friend | Send Message

Know your farmer. Know your rancher. Buy local. Through farmers markets, I have sourced most of our food. I am welcome to visit the farming and cattle operations whenever I want. Organic is better than conventional but you would be shocked at what is still permitted in organic food in the U.S. compared to other countries. Do you think that the mega corporations that supply Wal Mart's organics have the same values and ethics as a local family farm that you can hold accountable? Once these publicly held corporations can put the organic label on their product, the temptation to cheat to maximize profits is enormous. They be inspected once a year with advance notice of the date or, possibly, never again.

Reply | Mark as Spam | Posted On 9/8/2022 7:24:30 AM

Like Dislike

Pappioso

Joined On 12/16/2021 2:43:24 AM

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As important as all of these posts are the bottom line is even though all these things may extend your life by a certain amount the day will come that you will pass from this life to the next. No one is promised tomorrow no matter how we try to eat healthy and do all the right things. Are you ready to meet your Creator? He invites you right now to repent of your sins and receive Jesus as Lord and Savior if your life. He died on the cross to pay the penalty for your sins. God raised Him from the dead and He is seated on God's right hand as Savior of the world. Receive Him now and your fear of death will be gone knowing you will be in His presence for all eternity on that day!

Reply | Mark as Spam | Posted On 9/8/2022 5:40:19 AM

Like Dislike

Rovatec

Joined On 6/11/2020 7:06:43 AM

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Watch out for biosludge (see Mike Adams movie by same name on brighteon.com) at your local garden centre. I bought some black soil from Lowe's two years back. It stank of chemicals. Warning on label said "do not handle with your hands" and "do not use in garden". Why you ask - thousands of chemicals in composted human bio solids. This year the new black soil is coming from our green compost bins given to the city for free that is sold back to you. READ THE LABEL AND SOURCE of your black soil.

Reply | Mark as Spam | Posted On 9/8/2022 5:22:45 AM

Like Dislike

Ronald_H

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

Add as Friend | Send Message

"... the principal source of Po-210 is the fertilizers used in tobacco plants" Knowing I enjoy sushi and it being made with seaweed sheets made from seaweed harvested in the Sea of Japan where Fukushima pollution is greatest, I bought my lifetime supply of seaweed sheets wholesale just weeks after the start of the Fukushima nuclear radiation release with the supplier assuring me the boxes were sitting on his shelves since before that disaster. Seaweed is otherwise a healthy source of minerals which it greatly concentrates except that it also greatly concentrates plutonium and radioactive iodine, cesium and the rest of the radionuclides from Fukushima.

Reply | Mark as Spam | Posted On 9/8/2022 4:10:40 AM

Like Dislike

Barbara Charis

Joined On 3/8/2007 9:13:41 AM

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Our Creator did not make it complicated for people to survive...we were given everything we needed. Fresh air, sunshine, nutrient-rich soil, pure water, healthy plants and vegetation. Humans started all the problems; destroying the simple things necessary for life. it is sad to think what ego-centric humans have done in order to promote themselves. It is always about personal survival without giving thought to the world we were given. it is time for all members of the human race to think about our precious earth...and not contribute in any way to its desruction. We are not the only species; only the least conscious of all species; as to why we were given life. It was not given us to destroy the planet, but to contribute to its betterment. Every industry which has been created - is responible for the damage inflicted on our planet. Unfortunately, we have not advanced as a species, because of the ego-centric attitude of "What's in it for me!"

Reply | Mark as Spam | Posted On 9/8/2022 6:49:06 PM

Like Dislike

Nadine17

Joined On 6/20/2006 1:38:15 AM

Add as Friend | Send Message

Geesh, enough is enough. This world is dead on so many levels. The end is here.

Reply | Mark as Spam | Posted On 9/8/2022 6:17:24 PM

Like Dislike

TheBearRuns

Joined On 9/7/2021 7:50:11 AM

Add as Friend | Send Message

Another reminder that eating organic and avoiding the non-organic "dirty dozen" is so important. However, organic is not always an option but I recently found out that there are washes that can take off up to 90% of pesticide residue. Not sure how much of that is hype or wishful thinking but the one suggested was "Fruit & Veggie Wash" found at family.mygreenfills.com/.../fruit-and-veggie-wash-refills .

Reply | Mark as Spam | Posted On 9/8/2022 11:42:32 AM

Like Dislike

MarkoOkram

Joined On 7/17/2022 10:19:30 AM

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Well, only the so-called Spanish epidemic was also a fake epidemic, all of them in the history of mankind were faked, says Suzanne Humphries in her great book Dissolving Illusions. Nobody has isolated any virus so far (because apparently it is impossible!), Viruses do not attack us, viruses do not kill us, and nobody died of Covid, Aids or the Spanish Flu, but those who succumbed to the medics and their actions died criminal "drugs" and procedures - Dr. Zach Bush explains that a virus is a record of genomic information - I recommend his statements and books. Medicine is called to kill, it is the most effective machine to ruin health and kill.

Reply | Mark as Spam | Posted On 9/8/2022 10:48:20 AM

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