

Does it bug you that you're eating Roundup? It should.

I watched this video last week and felt so sad knowing many of my loved ones are seeking help for illness from the medical field while they're eating foods that not only can't sustain them, but are literally harming them. In this interview, the actual mechanisms of harm are identified. I just had to share.

Many thanks to [Jeffrey Smith](#) and [Dr. Stephanie Seneff](#) for describing in detail what happens to the body as a result of exposure to Round-up. These destructive actions are contributing to most, if not all, of the diseases of our time. **If you or anyone you know has one of the concerns listed directly below the video, I urge you to take an hour and watch.** For those who can't, I've summarized key points below, along with the time reading from the interview so you can go directly to that topic if you like. This **IS** effecting you. It **IS** harming you.

[Jeffrey Smith interviews Dr. Stephanie Seneff about Glyphosate](#) from [Kristin Canty](#) on [Vimeo](#).

Problems influenced by glyphosate – the active ingredient in Roundup: anxiety, aggression, autism, ADHD, Alzheimers, cancer, depression, diabetes, fibromyalgia, gastrointestinal problems, heart disease, infertility, multiple sclerosis, and Parkinsons. If you have any of these issues and your health care professional has not advised you to stop eating conventionally raised food, you have not been given the whole truth. That professional has likely not been made aware of the **danger**, but it is **real**.

The interview begins by explaining that crops are now “Roundup Ready”, meaning the plants actually drink up the pesticide which leaves more in the food end product. Smith points out

that the allowable residues have gone up since the plants were made Roundup Ready. Initially we were told Roundup would make it so less pesticides would have to be used, but the pests became resistant, and now its use has more than doubled. In the first 16 years, 527 million pounds of Roundup has been used. Current studies show, in the Midwest {7:20}, 60% to 100% of ALL samples of air, water and rain contain glyphosate. This is call for alarm. It is even found in the blood of newborn babies.

In a [recent post](#) on my site, I talk about how disease is caused by exposure to toxins and not having enough nutrients to protect ourselves. These are exactly the concerns Dr. Seneff cites {2:45} that Roundup is responsible for. She relates that glyphosate depletes calcium, magnesium, iron, zinc, cobalt and other minerals causing nutritional deficiencies AND leaves toxins in the body.

Dr. Seneff points out that Monsanto was able to say that the active ingredient in Roundup didn't effect human cells because it works on a metabolic pathway called the shikimate pathway, which humans don't have. However, as I pointed out in [last week's post on the Microbiome](#), we have 10 times more bacterial cells than human cells, and those bacteria ARE negatively effected by glyphosate, causing inflammation and other harmful responses.

What does glyphosate do in the body?

1. Harms our good bacteria and then bad (pathogenic) bacteria can take over (autism {5:00}) and produce toxins (i.e. ammonia and formaldehyde) that can lead to encephalopathy (Alzheimers {20:00}) and DNA damage {13:00} (cancer {34:30}). Dr. Seneff stressed the #1 action to take for Alzheimers is to remove all sources of glyphosate (it is in processed food and used often in lawn/yard care).

2. Blocks the CYP 450 enzyme pathway {17:00} which harms the

liver, enzymes that help us detoxify, hormones and our ability to make vitamin D.

3. Destroys amino acids in food as well as interrupting the body's ability to make aromatic essential amino acids {25:03} like tryptophan and tyrosine. We need these amino acids to make serotonin (lack = depression, aggression, obesity) and dopamine (Parkinson's {32:00} and fibromyalgia).

4. Contributes to multiple sclerosis {41:00} both by destroying the myelin sheath and by causing leaky gut which leads to the body attacking itself (autoimmune disorders – of which we are seeing a dramatic increase). Leaky gut, or intestinal permeability, also leads to bowel inflammatory disorders {45:30} like Crohn's disease, colitis and IBS.

5. Since minerals like zinc, cobalt and manganese are no longer available in our foods and our body requires these to function, we keep eating more and more in our body's desperate attempt to get what it needs (Obesity {59:00}).

6. Disrupts our cells' ability to store sugar (Diabetes {59:00}).

What about safety studies? {36:20} Monsanto did do short term (90 day) studies for safety. However, when independent studies were done, in the fourth month of research, the female test animals (80%) developed mammary tumors (breast cancer) and the males developed tumors in their kidneys and liver problems. Much more on Monsanto's pseudo-science is available from the [Institute for Responsible Technology](#).

GMO crops in this country include alfalfa, canola, corn, cotton, papaya, soy, sugar beets and squash (zucchini and yellow summer squash). And it's not just GMOs anymore, folks. Smith points out {60:00} that glyphosate is now being sprayed on non GMO crops such as barley, rice, wheat and rye immediately before harvest.

Bottom line...the mechanisms showing glyphosate/Roundup cause disease are now known and while you and I may not understand them in the detail Dr. Seneff does, we can take action to minimize their damaging effects on us. Eat NO GMOs. Eat organic. Do NOT spray your lawn and yard with Roundup or other toxic chemicals (that get on your shoes, your pets' feet, young children playing outside).

If you haven't already, I urge you to watch the film [Genetic Roulette](#) – The Gamble of Our Lives.

As always, wishing you **REAL** food, for **REAL** health so you can be **REAL** happy.

[The First Step to Better Health - Bacon Fat*](#)

*from grass fed pigs...and organic evco

This post is dedicated to the incredible activist film maker Chris Bedford who introduced me to the sad and insidious world of food politics. He guided me – and thousands of others – to the possibilities for making our world sustainable. Today's blog is controversial...Chris always loved controversy.

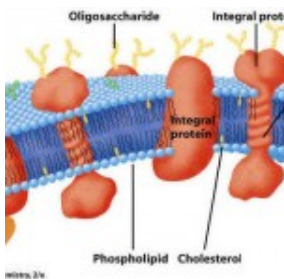


My family's
favorite fat

Fats? Seriously? We're supposed to avoid them, right? They clog our arteries and make us unhealthy. Especially animal fats. NOT!

Many people ask me what the first step toward better health is – I say switch out your fat. In my studies and travels I've met a growing number of very healthy people who understand the dire importance of good fats in the diet. But I've found the majority of people who live in my beautiful corner of the world, the Lakeshore of West Michigan, don't have a clue. So I write this for them. The rest of you, nod your head and say "yup".

Our bodies need fats. And saturated fats, those dreaded rascals that the American Heart Association and American Cancer Society have been warning us against for decades, are in EVERY cell in your body. Our heart, nerves, hormones and brain need them everyday. Has the advice we've been getting all these years shown a dramatic decline in cancer and heart disease? Let's be honest...No.



Lipids and cholesterol = healthy cell membranes

That's because our cells are starving. Look at any anatomy book and you'll find that saturated fats and cholesterol form a key part of the outer edge (membrane) of all the cells that make up YOU.

So we have been encouraged to swap out animal fat with [vegetable oils](#) that aren't healthy at the cellular level. Our

poor cell membranes don't get what they need to stay pliable and do their jobs in relation to the cells around them (cell signalling). After years of consumption of these liquid vegetable oils we end up with problems all over the body – immune system disruption, heart disease, memory issues, cancer and more. Yes, other lifestyle factors contribute to these concerns also, but why increase your risk? Dr. Mary Enig, the world renowned expert on the biochemical structure and effect of fats in the body discusses the issue at length in this interview, if you want to know more (and you REALLY should). No, you won't see this on television or in the mass media because there's no money in it. At least not for big business. But the truth is coming out, thanks to organizations like the [Price Pottenger Foundation](#) and the [Weston A Price Foundation](#) and the Internet (as long as we remain uncensored).

Well done Dr. Enig!! How sad that so many young people's eyes were damaged because the advice we were given was flat out wrong. How long is it going to take to get this truth into the mainstream?

We must be aware of the QUALITY of the fats we eat. The fats from a grassfed cow are going to be healthy and the fats from a feed-lot cow eating GMO grains grown with pesticides and then filled with antibiotics and hormones are going to be VERY different. The [organic extra virgin coconut oil](#) that our cells thrive on and that can be safely heated to high temperatures is miles ahead of the rancid refined vegetable oil on the grocery store shelves that gets further damaged when we cook with it.

We've been sick long enough. It's time for a change. The very first step I recommend is get rid of those truly dangerous fats and start adding in the coconut oil and fats that come from critters raised outside naturally. By the way, grass fed bacon grease is one of THE most tasty ways to add flavor to your casseroles and stir-frys.

We'll talk about the superfood cod liver oil some other day.

Until next time, wishing you Real Food for Real Health so you can be Real Happy

[Eat Red Meat!*](#)

* from grass fed cows – local farms if you can



I just got done listening to an interview with Dr. James Carlson about the importance of red meat and saturated fat in the diet and how the recent study that came out from Harvard is fraught with poor research and advice. That report says any level of red meat consumption increases the rate of mortality. I strongly encourage you to take a listen at [red-meat-bane-or-boon](#).

Dr. Carlson is the author of a book entitled *Genocide: How Your Doctor's Dietary Ignorance Will Kill You*. Think about that title, please, because it speaks a sad and deadly truth. Dr. Carlson specializes in treating patients with heart disease, diabetes and obesity and does so by encouraging his patients to eat more red meat and animal products and reduce their consumption of whole grains and fruits. He says he sees “wonderful health benefits” when they change their diet in

this way.

Because I know how busy everyone is and how inundated we are with SO much information, I felt compelled to note some of the highlights of the interview. This is very very important information that is contrary to the mainstream ill-advice the media is perpetuating.

The above mentioned “study” is based on questionnaires filled out by people from memory. Inferences were then drawn from those results. Lifestyle factors (confounding factors) like smoking, drinking, BMI and being sedentary were not adequately considered. No differentiation in the source of the meat was made. So corn fed, hormone and antibiotic laden factory cows were put in the same category as beef from cows raised in the sunshine on pasture. There is a difference. We are what we eat and the cows are what they eat.

Dr. Carlson points out in the interview the importance of cholesterol and saturated fat in the diet for proper nervous and circulatory system function. As a biochemist, he stresses that the danger comes not from eating cholesterol but from when our body creates cholesterol out of glucose and fructose. In the modern U.S. diet, this means processed food – and items like whole grains, pasta, rice and fruit. These products contain an overabundance of carbohydrates that break down to simple sugars which form the cholesterol that causes deadly plaque in the arteries. When his patients back off on carbs, their critical lab numbers (i.e. blood sugar and blood pressure) improve. He also contends that he has seen HDL increase more with the consumption of good saturated fats than with exercise.

Denise Minger’s analysis of the Harvard study was discussed. I encourage you to look further into her [critical, well written examination](#) of the faulty research.

Carlson’s “take home” from the interview is to be VERY

cautious about the advice from this study. He ends by saying if you're obese and have issues with diabetes and heart disease, grass fed red meat is the way to go (and back off whole grains and fruit)...based on his clinical practice of over 20 years.

As always, I encourage you to do your own research and come up with your own conclusions.

Until next time, wishing you Real Food for Real Health so you can be Real Happy
