

Natural Health News

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EVERGREEN SPA & WELLNESS
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GLYPHOSATE AND CANCER

Those of us who have been asserting that glyphosate is very harmful to humans are all rejoicing in the outcome of a recent trial against Monsanto in favor of the plaintiff. This was the first time anyone has succeeded in a lawsuit claiming that glyphosate causes cancer. Dewayne “Lee” Johnson, a California schoolyard groundskeeper who routinely used a glyphosate formulation to control weeds, was diagnosed with non-Hodgkin’s lymphoma a few years after being exposed topically to glyphosate due to a faulty sprayer. Prior to the diagnosis but after the accident, he developed a nasty skin rash all over his body. He tried to contact Monsanto personnel to ask them if he should be concerned about the glyphosate in connection with the rash, and also with respect to potential harm to the school children. He never heard back from the company. The trial went on for over two weeks. The two lawyers, Robert F. Kennedy and Brent Wisner, are very certain that a steady stream of lawsuits numbering in the thousands will follow. Key information from secret e-mails among Monsanto employees, obtained by the counsel, revealed blatant schemes to get prominent experts in the field to put their names on papers ghostwritten by Monsanto—papers “showing” that glyphosate is safe—in exchange for a handsome monetary reward. On August 10, 2018, the jury awarded Johnson two hundred and eighty-nine million dollars. This unexpectedly high award produced a number of important follow-on effects. First, the stock price of German conglomerate Bayer—the company that recently bought out Monsanto—plummeted, losing over ten billion euros in value in the week after the verdict. Next, activist groups like the Environmental Working Group (EWG) made mainstream news headlines with reports of high levels of glyphosate in common breakfast cereals like Cheerios. France engaged in a more aggressive debate about legislation to restrict glyphosate. And, as predicted, thousands of new cases accusing glyphosate of causing non-Hodgkin’s lymphoma are being brought to the attention of lawyers around the country. Those of us who have long been warning of the dangers of glyphosate to human health are starting to feel that this might be the long-awaited “tipping point.” This historic trial produced evidence that glyphosate causes serious health problems including cancer. Here are some of the findings in summary: Human and animal studies show that glyphosate causes oxidative damage and chromosomal aberrations, which are two well-known precursors to cancer. Thyroid cancer and liver cancer are both rising dramatically in the U.S. population, coinciding with the rise in glyphosate usage on core crops. Autoimmune disease, including celiac disease, is on the rise and is a strong risk factor for non-Hodgkin’s lymphoma. Glyphosate sets up a perfect storm in the gut to induce autoimmune disease through its severe disruption of the gut microbiome. Glyphosate induces excessive calcium uptake in multiple cell types, which can trigger runaway processes that also contribute to mutations and tumor cell proliferation. In addition to cancer, the runaway processes set into motion could be responsible for increases in sudden death and heart failure in both the young and the old.

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9:30 am-5:30 pm

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Glyphosate uptake in utero can lead to rare genetic mutations and rare birth defects in the next generation. Glyphosate is pervasive in our environment. It has been found in the water supply and rain, in tampons and other cotton products, in vaccines and, especially, in the food supply. Glyphosate usage on core crops has been going up exponentially over the past two decades, and people use it routinely in their yards to control weeds. It is also in the air, especially if you live near agricultural fields where it is routinely sprayed. It may be released into the air on highways as well, since we now require ethanol added to gasoline, and the ethanol is derived from either GMO Roundup-Ready corn or sugar cane sprayed with Roundup right before harvest as a ripener. It is likely present in cigarettes, since tobacco is a genetically engineered glyphosate-resistant crop. Glyphosate is stable even at high temperatures. What this means is that it is impossible to avoid glyphosate completely. However, there are simply steps you can take to help reduce your exposure. 1. Stop using glyphosate/Roundup in your yard, and try to convince your neighbors to do the same. There are alternative methods to kill weeds, such as pulling them by hand or using a vinegar-soap-salt mixture. 2. Buy organic cotton clothing, organic tampons and, if you are a smoker, organic cigarettes. Or even better, quit smoking! 3. Test your water supply for glyphosate contamination. If necessary, install a reverse osmosis filter to remove it. 4. Choose only certified organic foods when you shop at the grocery store. This is possibly the most important thing you can do. We are fortunate that the certified organic label exists; one of its clear restriction is that glyphosate cannot be used on organic crops. This can make a significant difference in your exposure level, because many foods are highly contaminated with glyphosate and ingesting it means a direct hit to your gut microbiome. You can become aware of exactly which foods are most problematic by reading Tony Mitra's book *'Poison Foods of North America'*. Tony convinced the Canadian government to test over eight thousand food items for glyphosate, and his book provides detailed tables showing the amounts detected in various foods imported into or grown in Canada. Some surprises were the high levels found in non-organic lentils and chick peas, as well as, significant contamination of oat- and wheat-based products, such as oatmeal and pasta. None of these crops are GMO, but all are often sprayed with glyphosate right before harvest. Mexican and European imports generally had significantly lower levels of glyphosate than foods grown in the U.S. or Canada.

5. Regularly consume fermented foods, such as kimchi, apple cider vinegar, sauerkraut, kombucha, yogurt and kefir. Monsanto claims that glyphosate passes through the body mostly unmodified, and that nearly all of it is excreted either through the kidneys or the feces. The company knows that a certain percentage goes into the tissues and accumulates there—as they have clearly shown in unpublished experiments where they used traceable radiolabeled glyphosate. There are only a few species of microbes that can fully metabolize glyphosate, and one of them is *Acetobacter*. Fermented foods typically contain this friendly microbe and therefore I strongly advice you to consume fermented foods on a daily basis.

6. Consume a lot of organic herbs, spices and colorful fruits and vegetables, which are rich in polyphenols and flavonoids. This is another strategy that will help to protect from glyphosate damage. Polyphenols in honey, turmeric and resveratrol (found in grapes, red wine, peanuts and mulberries) have all been shown to have beneficial effects. 7. Make a conscious effort to consume mineral-rich foods such as organic eggs and seafood. Glyphosate's chelation of many minerals makes them less available to the body. 8. There are now several products on the market that claim to help treat glyphosate poisoning, and these are often based on probiotics, organic matter from the soil (humic acid and fulvic acid) and mineral supplements. A study done on cows exposed to glyphosate showed that a combination of sauerkraut juice, activated charcoal, humic acid and fulvic acid was beneficial for removing glyphosate and helping to ease disease symptoms. Humic acid was also used successfully to treat glyphosate damage in chickens.

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