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## Why RFK Jr. Is Targeting Glyphosate and Other Pesticides & What They Actually Do to YOUR health

In our 'Wins of the Week' last week we mentioned that in his first address to his Department of Health & Human Services (HHS) staff last week, Robert Kennedy Jr. named the industries and products that will face his scrutiny.

One of these 'areas of concern' that he will be focusing on is the widespread use of glyphosate (which goes by the brand name 'RoundUp') and other poisonous pesticides being used in North America and how manufacturer's such as Monsanto (owned by Bayer) have eroded public health over the last four decades.

Over the last twenty years numerous studies have shown the clear link between commercial pesticide use in high-yield agricultural operations and the increased risk for various types of cancer. However, because of the increased profits generated by pesticides there is an active (and wealthy) lobby-group that suppresses proper scientific research or media coverage of this. The unseen nature of pesticide residue on supermarket food also means that most people are oblivious to the danger of not sticking to a strict non-GMO organic diet.

And the danger is significant. A study published in June 2024 found that pesticides

have the same risk of causing cancer that smoking does, especially in communities with heavy commercial agricultural production.

The study, done at the Rocky Vista University's College of Osteopathic Medicine in Colorado and published in *Frontiers in Cancer Control and Society*, analyzed national data across all US states and 3,143 counties to determine the effect of different patterns of pesticide use on cancer rates and compared it to smoking, a well-known risk factor for cancer.

The study identified the most commonly used pesticides in areas with usage patterns linked to the highest cancer rates. For instance, atrazine, widely used to kill weeds on row crops like corn, sugarcane, and sorghum, was linked to higher rates of colon cancer. Whereas glyphosate, which is used widely in Canada, was associated with higher rates of colon cancer, pancreatic cancer, and all cancers in general.

Over time these pesticides also accumulate in the soil and consequently in the food we eat. According to a consumer report issued in April last year one in five foods sold in our 'big box' supermarket chains "have a 'significant' pesticide risk." So now we are all



being exposed to these dangerous chemicals whether we live in agriculture areas or not. However, according to the study authors, in regions with heavy agricultural production pesticide exposure presented a greater risk of certain cancers—particularly non-Hodgkin’s lymphoma, bladder cancer, and leukemia, and that this risk was greater than being a regular smoker.

*“Agriculture chemicals that include pesticides and defoliants such as Roundup (glyphosate) and other such chemicals seem to, in general, have a pro-cancer effect. These chemicals can do this by interfering with the human body’s immune system, which is the first line of defense for fighting cancer,”* holistic and integrative medicine physician Dr. Yusuf Saleeby said. *“The number one thing you should do is avoidance. Avoid exposure to these chemicals, like moving from a farm that uses agents, avoiding sprayed crops or foods, and eating as organic as possible.”*

Last year’s consumer report warned that some foods, like green peas, contain dangerous pesticides banned by authorities. *“Pesticides posed significant risks in 20 percent of the foods we examined, including popular choices such as bell peppers, blueberries, green beans, potatoes,*

*and strawberries,”* the report said. *“One food, green beans, had residues of a pesticide that hasn’t been allowed to be used on the vegetable in the US for over a decade.”*

According to the Epoch Times, the dependency on pesticides in North American agriculture means that the presence of chemicals is now basically inevitable in foods. In a 2021 FDA report, the agency analyzed 1,367 human food samples finding that only 35 percent of domestic samples and 44.5 percent of import samples had no pesticide chemical residues.

Even more shocking was a recent report by the Washington-based Environmental Working Group (EWG) that found that three-quarters of non-organic foods sampled by US agencies had *“potentially harmful pesticides.”* Among the 46 fruits and vegetables sampled in the analysis, 12 were classified as the *“Dirty Dozen.”*

In the Dirty Dozen list, 95 percent of samples contained pesticides. The items included strawberries, spinach, leafy greens such as kale, collard, and mustard greens, grapes, peaches, pears, nectarines, apples, bell and hot peppers, cherries, blueberries, and green beans. Among the Dirty Dozen, 209 pesticides were found.

In an article by Dr. Mercola entitled 'The Hidden Harvest: Unveiling the Truth About Grains in Our Food System' which was published in July 2024 he said:

*“Non-GMO labeling does not mean chemical-free farming. These crops may still be treated with pesticides and herbicides. Many nonorganic grains are heavily sprayed with toxic pesticides like glyphosate just before harvest, a practice called desiccation. A recent study found glyphosate in 44 out of 46 organic and nonorganic gluten-free products tested, with some at alarmingly high levels.*

*Glyphosate exposure can disrupt gut health by killing beneficial bacteria and promoting the growth of harmful bacteria. Consuming organic food has been linked to reduced cancer risk, according to a study published in JAMA Internal Medicine. The EPA's acceptable daily intake for glyphosate is 7,000 times higher than European standards, raising concerns about regulatory oversight. Supporting organic and regenerative farming practices through consumer choices can help drive positive change in the food system”*

With glyphosate being banned in Europe many North Americans supposedly suffering from 'gluten-intolerance' find they can eat as much bread as they like when holidaying in Europe. This points to the fact that they are likely not gluten-intolerant, but instead suffer from accumulated glyphosate poisoning.

Unfortunately the danger of pesticide poisoning is carried over from the farm grown foods and into processed food ingredients such as flour and 'ready-to-eat' breakfast cereals. Recent studies show that chlormequat, a pesticide linked to reproductive issues, has been found in popular breakfast cereals such as Quaker Oats and Cheerios, which are overtly targeted at children.

In a study published in the Journal of Exposure Science & Environmental Epidemiology on February 15, researchers revealed alarming findings regarding the prevalence of chlormequat

that has been detected in the urine of four out of five people, or 80 percent, of North Americans. Additionally, 92 percent of oat-based foods now contain chlormequat.

Chlormequat is sprayed onto grain crops to reduce stem height to make the harvesting process more efficient. Because it improves crop yield and profitability chlormequat is now the world's most common plant growth regulator according to a 2020 study published in Toxicology.

In the United States, chlormequat is permitted exclusively for use on ornamental plants and is prohibited for application on food crops grown within the country. Therefore, the presence of chlormequat in Cheerios and other oat-based foods sold in the United States raises questions regarding its introduction into the food supply chain. No doubt this will be one of the specific questions that RFK Jr. will be wanting to get answered, as clearly a lot of commercial operations are using it without permission.

Or is it that the FDA are knowingly turning a blind eye to its widespread use? In April 2023, the EPA proposed allowing the first-ever use of chlormequat on barley, oats, wheat, and triticale grown in the United States. If the FDA were to agree to this, exposure levels would dramatically increase raising further concerns about its impact on public health and food safety.

In conclusion, Dr. Mercola's advice to us all is to *“remember, knowledge is power! And in this case, it's the power to make better choices about what you put in your body. This will not be a "top-down" effort, as the government does not put public health first. Instead, change will be from the "bottom-up" through consumer demand. Since public health is secondary to corporate interests, it is on us as consumers to educate ourselves about these issues, ask questions, and make informed choices about the foods we consume.*

*Organic is the better option relative to non-GMO for grains. However, the ideal solution*

would be sourcing from regenerative farms, although these can be harder to find.

*Supporting organic and regenerative farming practices and demanding transparency in food production from farmers, cooperatives, and food companies are crucial steps towards a healthier food system. It really is on us!*

*You can make a difference by supporting organic and regenerative farmers. Think of it as voting with your fork (or spoon). Every time you choose an organic grain product, you're essentially voting against the chemical-based conventional farming system."*

Although Dr. Mercola wrote this prior to Donald Trump's election victory or the confirmation of RFK Jr. as Secretary of HHS, he is still correct in that historically the government does not put public health first, and neither do the Big Agriculture corporations who only care about profits.

Our health is, and always has been, up to us. Although at least now we have RFK Jr. on our side as well, and that I think could be the tipping point to start the massive clear-up of our ravaged North American food chain and finally start improving our health.

To watch the short (5 minute) documentary 'Farm to Fuel' on Vimeo click:

<https://childrenshealthdefense.org/defender/farm-to-fuel-documentary-neonicotinoid-pesticides-destroyed-small-town/>.

"Farm to Fuel," exposes how a local ethanol plant in Nebraska poisoned the land, water and air through their reckless disposal of pesticide-laced waste creating a massive – yet largely unreported

– environmental disaster. At the heart of this crisis were neonicotinoid pesticides, which are still widely used across Canada and the U.S. despite mounting evidence of their harm.

Sources for this article include:

<https://www.frontiersin.org/journals/cancer-control-and-society/articles/10.3389/fcacs.2024.1368086/full>

<https://www.theepochtimes.com/health/pesticides-potentially-as-bad-as-smoking-for-increased-risk-of-certain-cancers-5692056>

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<https://articles.mercola.com/sites/articles/archive/2024/07/30/truth-about-grains-in-our-food-system.aspx>

<https://www.nature.com/articles/s41370-024-00643-4>

<https://www.theepochtimes.com/health/pesticide-linked-to-reproductive-issues-found-in-popular-breakfast-cereals-5629058>

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