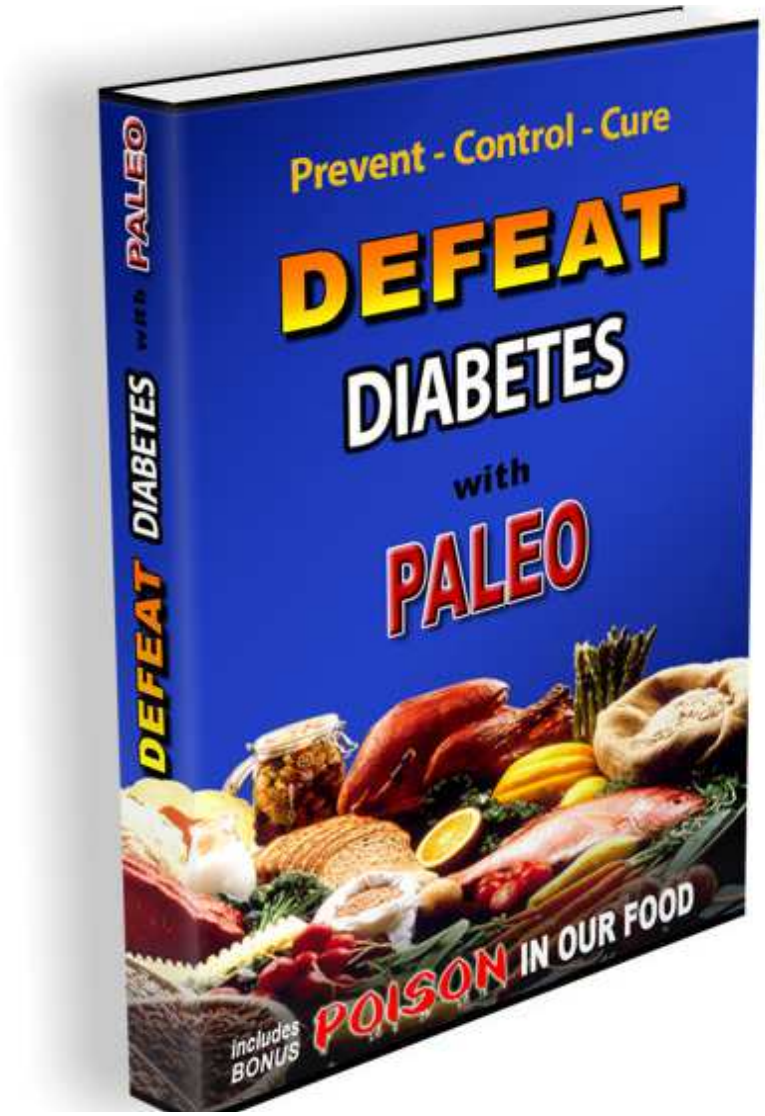

Health and Wellness Revolution

Health and Wellness Revolution is a private members website dedicated to informing members about media censored information that has a direct and vital impact on their basic health and wellness.

A growing list of information is being released by disillusioned doctors, health care professionals and members of the scientific community that is rocking the health care world to the core. Many of these whistle-blower leaks and exposés disclose corruption, collusion, fraud and malfeasance between government bodies, the health care industry itself and a number of soulless corporations.

Due to the explosive nature of much of this information we (at Health and Wellness Revolution) concluded that the safest way to share this information with the general public, and prevent our website being shut down, is to make sure we only share media censored information on our private members only web site, in our eBook products and through private member only email messages.

Click to Join the Revolution.

Health and Wellness Revolution

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INTRODUCTION
Poison In Our Food

Information leaked by corporate and government insiders and new scientific studies show that our basic food supply is laced with a deadly toxic chemical that seeps deep into living cells and kills them by destroying their cell structure, biologically, from within. Evidence shows that this chemical agent first began appearing in our food in 1996 and now, less than 20 years later, it's present in over 90% of our food supply (with government approval and little or no over-site).

Never in recorded history has there been the epidemic of health issues facing us today. Aside from heart problems and a few forms of cancer, most of today's chronic diseases and rampant health issues such as obesity, Type 2 diabetes, auto-immune diseases, gut disorders, autism and infertility were rare or unheard of in the general population before 1996.

Today, processed foods, gluten, sugar, milk and additives are being blamed for most allergies and chronic diseases. Although some of these foods may not have been around before 1996 – most of the food that was consumed prior to 1996 would now be considered unhealthy. Simple carbohydrates, such as bread (*including the gluten*),

corn, sugar, candy, soda pop, as well as milk, processed meats and fast foods were part of everyday life. So what has changed? Why were these foods considered healthy and nutritious in 1996 but not today?

While it is a common belief that today's current chronic disease and health crises are all caused by multiple, *unconnected* agents such as food allergies, environmental pollutants, gluten, dairy, sugar and antibiotics, it's much more reasonable that these chronic diseases and challenging health problems all have one common root cause

Type 2 Diabetes is classed as a life style disease and primarily thought to be triggered by obesity. However, as you'll soon learn, Type 2 Diabetes is actually one of many autoimmune diseases caused by eating food contaminated by a deadly poison. Read on to see how diabetes can be prevented, controlled and cured.

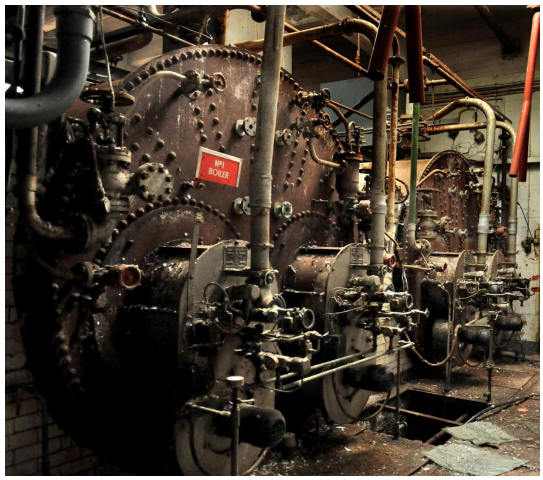
It is vital that you understand exactly what poison is permeating our food supply, destroying our immune systems and causing organ failure and death so you can learn how to protect your health and wellness.

That means learning where and when the poison was created, what it's intended purpose was, how it found it's way into our food supply and why the government continues to allow this deadly poison to be added to over 90% of our basic, everyday food supply.

**The topic "Poison In Our Food" is based in large part on a video presentation of a lecture by Dr. Thierry Vrain on November 16, 2014 at Trent University in Peterborough, Ontario Canada*

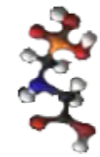
Chapter 1
1964 a descaling agent

The path leading to our current health crisis started innocently enough in 1960 by Stauffer Chemicals who was in the business of cleaning scale from industrial pipes and boilers...



Industrial pipes and boilers run boiling water continuously 24-7 so within a few weeks or months the pipes and boilers become so clogged with serious mineral deposits (scale) on the sides of the pipes and boilers that it interferes with the efficiency of the systems.

When you have an electric kettle at home, after a few months of boiling water you may notice mineral deposits collecting in the kettle.



To combat this industrial scaling problem in 1964 a team of chemists at Stauffer Chemicals invented a descaling agent, a simple molecule named **Glyphosate** (1964 US patent # **3,160,632**). Glyphosate worked by binding to metallic ions (atoms) and changing their chemical structure.

The metallic atoms that once created the scale were transformed by Glyphosate into chemically inactive particles within a liquid slurry that no longer had any of the properties of metallic ions and could be pumped out of the pipes and boilers and exchanged for clean water.

Glyphosate is an extremely broad spectrum descaling agent. Here is a short list of some of the atoms of metal it binds to.... S, Fe, Cu, Zn, Ca, Mg, Co, Mn, Mo, Se.

In summation; Glyphosate was invented in 1960 and patented in 1964 as a broad spectrum descaling agent. *(Patents are public documents that are available online).*

Chapter 2
1969 a herbicide

After cleaning the pipes and boilers you need to replace the descaling slurry with clean water. Of course after removing the contaminated slurry you must dispose of it somewhere. If you dispose of the descalling solution in nature you quickly realize that the solution kills plants. It kills all plants.

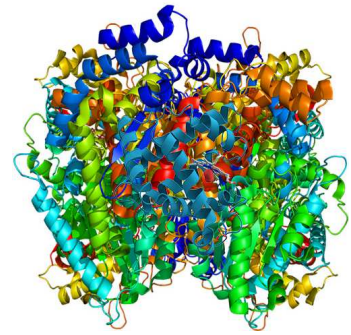
That's when the chemical company Monsanto, bought the Glyphosate molecule and re-patented it as a herbicide.

1964 a descaling agent

1969 a herbicide – Monsanto - US patent **3,455,675** Glyphosate

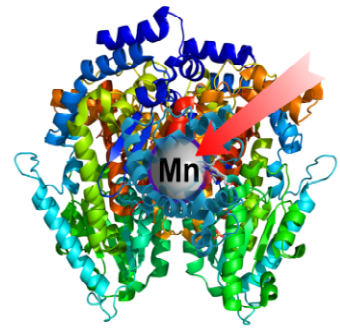
Glyphosate became the active ingredient of their line up of Monsanto's family of Roundup herbicides destined to become the worlds most popular and effective herbicide.

HOW DOES Glyphosate WORK as an herbicide?



The life processes of **all** life -- bacteria, fungi, animals, plants etc... depend on metalloproteins (also called enzymes).

Proteins are usually huge molecules and some protein "enzyme" molecules (metalloproteins) have an atom of metal at the centre of the molecule. That is why they are called metalloproteins



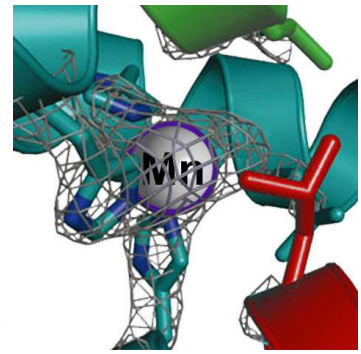
Example of metalloprotein with an atom of Manganese at it's centre.

All metalloproteins have an atom of metal and depending on the enzyme they could contain Manganese, sulfur, iron, copper, zinc etc..

As a herbicide, a molecule of Glyphosate binds (sticks) to the atom of metal at the centre of the metalloprotein changing it's chemical nature by making it chemically inactive.

(because, as a descaling agent, that is what it was invented to do)

It so happens that both bacteria and plants use the metal atom at the centre of metalloprotein/enzymes to manufacture various aromatic amino acids that facilitate their growth and ability to live (and quite a few other molecules depend on these manufactured amino acids to function properly).



When Glyphosate binds to the atom of metal at the centre of an enzyme making it bio-unavailable... the amino acid manufacturing process breaks down and no aromatic amino acids can be synthesized. That means life sustaining proteins do not function properly and the plant dies.

This is how the herbicide was deemed to work when it was patented in 1969 and registered and commercialized in 1974 as the herbicide Roundup...

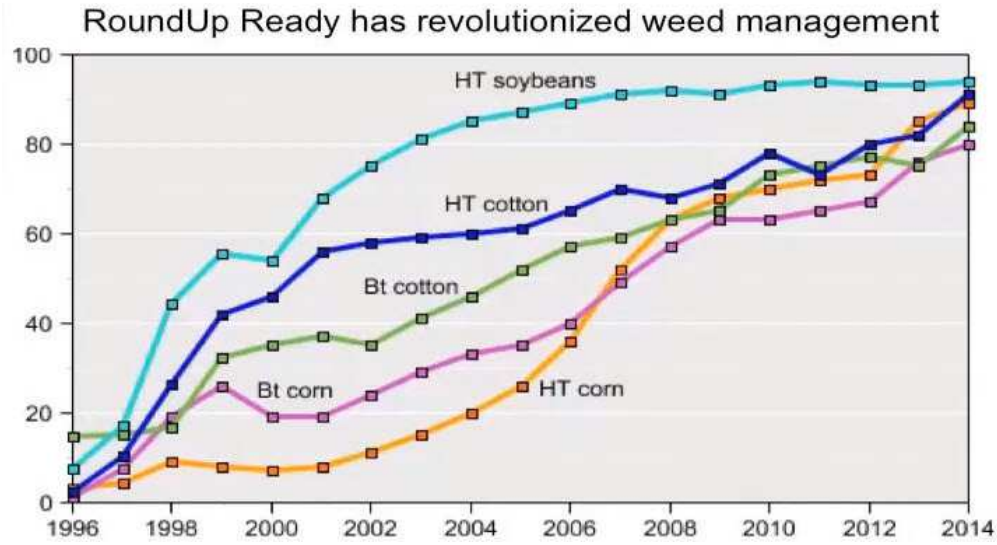
Chapter 3
1996 Roundup Ready

In agriculture, or even in your garden, when you spray a herbicide, you spray the herbicide on the weeds – and then you plant your seeds…. Because you cannot spray a herbicide on your crop… you would kill it. That is what herbicides do – they kill plants. Glyphosate, being a very broad spectrum and very powerful herbicide kills plants -- it will kill all plants.

In 1996 the technology of **Roundup Ready** was introduced by the chemical company Monsanto. The first crops registered as Roundup Ready were soy and corn. It was an amazing feat of technology – because now you could spray your weeds during the growing season without damaging the crops themselves.

You plant your seeds, never mind the weeds… then when your seedlings are up, a few weeks later, now you can spray the growing weeds making sure you kill them all.

And if you missed a few, or some of them germinate at a later time, then you can come back and spray again. You can spray as often as you want, because your crop is **Roundup Ready**. It has been engineered using a bacterial gene to make it completely resistant to the herbicide Roundup (to the active ingredient Glyphosate).



Looking at a progress chart for Roundup Ready use – it started in 1996 at zero – because that is when the first crops appeared – ending in 2014 and you can see that we're pretty close to 100%.

100% of Soy, 100% of corn, 100% of sugar beet and 100% of Canola (rape seed) are engineered in the US and Canada. That doesn't leave much room for anything else – so there is hardly any corn or soy or sugar beets or canola that are not engineered. Roundup Ready technology is an incredible success.

Of course, if you spray a crop with any chemical that is absorbed by the plant (because it's not just a contact pesticide) it goes inside the crop, inside the plant and inside each cell of the plant and kills it, you are bound to have residues of the chemical inside the plant. This result is understandable and not surprising.

What is startling are reports that the yield from Roundup Ready GMO crops contains less minerals.

This result should not be unexpected when you understand how the chemical works. As a descaling agent, Glyphosate was engineered to bind to metal atoms, changing their chemical properties and making them inactive. As a result, those metal atoms have basically disappeared. They are bio-unavailable.

So by definition, crops sprayed with a chemical that binds to metal ions, making them biologically inactive, contain less usable minerals. Those mineral building blocks are no longer available for natural processes.

In 1996 when Monsanto's GMO crops were first registered to be commercialized, the concept of "Substantially Equivalent" was put forward.

When this concept was applied to corn… Yes, this is corn. It has one extra gene, it has a bacterial gene – but it really looks like corn, it grows like corn, it behaves like corn – it has exactly the same amount of protein – it tastes like corn… It is substantially equivalent – therefore it does not need to be tested.

Which brings up a question about substantial equivalent – if Glyphosate binds to metal ions (micronutrients) making them bio-unavailable, how will consumers be affected by those missing minerals? Everyone knows the human diet requires vitamins and minerals.

> *It's been documented that bio-engineered "Roundup Ready" crops have a reduced ability of to take up nutrients. Consequently these plants are less efficient and micronutrients such as iron, manganese and zinc can be reduced as much as 80-90 percent.. Many defenders of GMO plants mistakenly believe the all engineered crops are better and have improved nutrition. Scientific tests on "Roundup Ready" crops prove otherwise.*

Chapter 4
2005 A Dessicant

The date shown here is 2005 but it could be 2007 or 2010 it really it's not a patent – it is a new use for the herbicide Roundup

When you go to a page from "The Government of Saskatchewan Guide to Farmers".. you can read "Herbicide Options to Enhance Harvesting" (this practice is now common and is widely used in both Canada and the US).

This document recommends that most cereals grains like wheat, oat, barley, flax should be routinely sprayed with Roundup just before harvest – as a **desiccant** (a drying agent).

> *So far none of the cereal crops in the US or Canada are engineered.*
> *NB: they have been created but not yet commercialised.*

Other crops including but not limited to, potatoes and pulse crops (grain legumes including chickpeas, dry beans, dry peas and lentils) are also sprayed with Roundup just before harvest – even sugar cane in the tropics is now routinely sprayed just before harvest – because it increases the sugar content.

> Unfortunately there are many varieties of "special crops" including buckwheat, canary seed, forages, ginseng, spices, mustard seed, safflower seed, seeds for sowing and sunflower seed that may or may not have been sprayed with Roundup. So, unless an agricultural crop has been certified as Organic **and** certified as being grown without the use of herbicides or pesticides it must remain suspect for containing the poison Glyphosate.

What this all means is that today, it has become perfectly normal for farmers to spray cereal grain crops with Roundup (with Glyphosate) just before harvest.

So, not only can you spray engineered (GMO) crops just before harvest if some of the weeds have come up again (because the combines and harvester machines do not like weeds or any green matter). Now you can spray non-GMO, non-engineered crops as well.

However, if you spray Roundup on non-engineered crops, your going to kill them.

Doing this one week before harvest is all right though because that's what the farmers want to do. They want to dry and harden the crops – to make it easier and cheaper to harvest.

So we have a descaling agent that became a herbicide which became the magic herbicide which is sprayed on crops (as often as you want), which now has become a desiccant.

> It needs to be re-emphasized that, unlike most herbicides, Glyphosate (Roundup) is absorbed deep into all the cells of a living plant... killing it from within. Roundup can not be washed off by the consumer and it's poisonous residue remains inside every food plant it's applied to.
>
> *Therefore, you can no longer trust non-GMO labelling as proof that a food is safe to eat because we now know that non-GMO foods could in fact be laced with Roundup.*
>
> That being said, luckily we can still expect most fruits and vegetables, approved by the Paleo standards, to be "Roundup" free. No one is likely to spray Roundup on apples, pears, peas and carrots, cauliflower or kale because these whole foods are prepared and consumed fresh and raw.

Chapter 5
2010 an antibiotic (1 ppm)

And finally, in 2001 the chemical company, Monsanto file for a patent for Glyphosate as an antibiotic… and the patent was granted in 2010 (US Patent **7,771,736**)

If you look up the patent (*again, patents are public documents, you can access them very easily*) you will read that 1 part per million (1 ppm) kills all bacteria and you will see a long long long list of names of species of bacteria that are killed by this antibiotic. It turns out the Glyphosate is a very powerful and very broad spectrum antibiotic.

I guess at the time when they filed the patent… Monsanto had expectations that they could market it as a pharmaceutical drug believing it could be a very useful antibiotic.

Whenever you bring up the spectre of antibiotics in the health and wellness community alarm bells start going off. Antibiotics is universally considered one of the most destructive elements plaguing human health and intestinal biology and is recognized as the single biggest cause of chronic diseases today.

A paper was published in 2012 by a team of researches in Germany who looked at the effect of Glyphosate on potential pathogens and beneficial members of poultry micro biota (the bacteria in the gut of poultry).

All animals have bacteria in their lower intestines. – All animals – vertebrates, invertebrates… etc.

So they demonstrated that, yes indeed, 1 ppm is antibiotic (anti-life i.e. deadly) to all kinds of bacteria in the gut of the hens -- Bacillus, Lactobacillus, Campylobacter, Pseudomonas, …

But what is very interesting about this study is that salmonella and Clostridia were not affected – they were resistant to Glyphosate. If you are a veterinarian you are very aware that there are more and more epidemics of salmonella in poultry houses… and there are more and more epidemics of Clostridium botulinum bacteria in cattle… and if you are a medical doctor you are very aware that there are more and more people checking in the hospital with intestinal infection of Clostridium difficile (*Defficile in French means difficult - because it's basically impossible to cure using conventional antibiotics*). –

> *Fortunately there is one technique that works really well – it's called fecal transplant.*
>
> *Fecal transplant basically means that you take fecal matter from a very healthy person and reintroduce it into the person with the Clostridium difficile – and the intestinal infection disappears.*

Micro biota – the intestinal flora that all animals have in their lower intestines. The word has been changed by the medical establishment into the term **microbiome**… so we will now cover the topic of the microbiome…

We all have a microbiome, and the researcher, medical researcher, think of it as a new organ.. As important as the heart or the brain. Generally speaking, 10% of the cells of your body are human cells. 1% of the genes in your body are human genes. However, you have 100 trillion bacteria in your lower intestine and quite a few billions all over in any orifice you could even think of.

We are a symbiotic organism, you think your human, well you're a human shell. But, those bacteria in your gut are not just there for the ride. They interact with each other and there are thousands of species. We are just now becoming aware of the importance gut bacteria, now that analysing DNA has become so cheap that we can finally catalog the various species populating the microbiome very quickly.

There is now a human microbiome project which is a consortium of many universities in North America and Europe who are working to analyse the

microbiome of the human being. This project that is just as big and important as the human genome project was 20 years ago

What We Now Understand about the Microbiome

The brain and behavior:

Most of the neuro transmitters in your brain come from your microbiome. 100% of the serotonin in your brain comes from your microbiome. Serotonin, I'm sure all of you know that word. It's one of the major neuro transmitters, and you know very well, that if you don't have quite enough serotonin – you are depressed. And if you have less than that you are mentally ill. So this is very serious stuff.

> Bye the way… The connection from the brain to the microbiome (to the gut, the Vegas nerve) is the most important – there's more nerves going between your brain and your intestines than any other organ in your body. And you thought it was just about digesting your food… It's way more than that.

The digestive system:

Of course, for these bacteria the digestive system is home -- so they do your digestion, they recycle everything and they make all kinds of molecules that are actually essential to your health.

Circulatory System: – depends on the microbiome and the immune system to function properly and remain healthy.

The immune system:

The microbiome are 100% in charge of your immune system. They are the teachers of your immune system. Those bacteria teach your immune system how to react and when to react etc.

So if you have any problems with asthma and allergies -- especially food allergies… that's a warning sign of a damaged microbiome.

Chapter 6
In the public interest

There are thousands of studies and reports explaining the effects and repercussions associated with Glyphosate and Roundup. Unfortunately most of this data is either buried, restricted or shared between researchers who have a professional interest in the topics. What follows is a small sample of the data that is usually hidden from the general public. Information that the public really needs to know about it so they can protect their health and wellness.

Glyphosate damages human microbiome causing chronic diseases

Two researchers (Anthony Samsel / Stephanie Seneff) published this paper in 2013... and they did a review of the medical literature (with the hypothesis and evidence that glyphosate, as an antibiotic, damages the microbiome)...
So what can we expect?

Well, according to the research, we can expect Celiac because Celiac is always associated to a damaged microbiome. And, their conclusion is that Celiac – at least the Celiac epidemic of the last 15 years really has very little to do with Gluten – and a lot to do with Glyphosate – with the damaged microbiome.

And we have know for the last several years that – of course Glyphosate binds to iron, That's fine... no surprise here... but it inhibits the CYP enzymes which are a huge family of proteins (Cytochrome P450 Enzymes).. metalloproteins... and every living cell has them. Every living cell... bacteria, fungi, plants etc. 20,000 of them.

But in the human body we have... 57 CYP enzymes that are essential for our normal physiology as our first line of detoxification. These enzymes are oxidizers, most of them. and they are your detoxification system. The failure of some of these enzymes results in serious illnesses.
So a molecule of Glyphosate, which damages the microbiome by being antibiotic, impairs these CYP enzymes – therefore in the long term you become toxified.

The same two researchers did another review of the literature with the premiss "That Glyphosate inhibits the CYP enzyme and damages the Microbiome" – and what could be the consequences of that?

And the conclusions are that the negative impact of Glyphosate on the body is insidious and manifests slowly over time and is involved or mostly responsible for the epidemic of inflammatory or degenerative diseases that we have see come in the last fifteen years -- including gastrointestinal disorders, obesity, diabetes, heart disease, depression, autism, infertility, cancer and Alzheimer's disease.

Glyphosate is toxic to human cells

Toxicology studies from France in 2009 – shows that Glyphosate causes human endocrine disruption at 0.5 (half a part per million) ppm... This is done on human cells

Glyphosate induces cell death -- in vitro (in glass).

Another paper from the same group shows Glyphosate Formulations Induce Apoptosis and Necrosis in Human Umbilical, Embryonic, and Placental Cells.

> *(apoptosis is a jargon word for cell suicide -- cell death)*

That means Glyphosate, because it inhibits many enzymes, kills human cells

Glyphosate reduces testosterone

Glyphosate herbicide (1 ppm) induces apoptosis in mature rat testicular cells in vitro reducing testosterone by 35%

I'm sure you all know that male fertility has gone down considerably in the last 20 years – all over the world but mostly in the western countries.

> *In another paper, Dr. Huber (an agricultural expert whom we'll cover later) states that, in cattle, across the nation, breeders are seeing a 40% drop in the fertility of breeding stock bulls. Due mostly to Roundup contaminated feed grain and the newly registered Roundup Ready alfalfa crops.*

Roundup damages human cells

Here is a link to a Toxicology report from Vienna Austria in 2012 showing data about cell damages to human cells caused by Roundup

Rats fed Roundup Ready corn have damaged liver and kidneys

A report out of Egypt in 2012 with the conclusion that Rats fed Roundup Ready corn have damaged liver and kidneys.

And this is another study, I'm sure some of you know about this one and it reached exactly the same conclusion.

The study was published in 2012 and it was the first long-term feeding study by Dr. Seralini and his team of toxicologists in France. They fed the rats Roundup Ready Corn for two years – the whole length of the life of a rat and also some of the rats were given water with some Glyphosate in it.

They observed and recorded (parameters for blood and urine etc.) weekly for two years. During the study, it was obvious after 4 months that there were damaged liver and kidneys. After another month or two and the rats started developing tumors. I'm sure some of you remember these pictures that were on the Internet two years ago (and they still float around) of rats with huge tumors... those pictures were from this study.

Now the biotech industry could not tolerate those pictures and so many biotech people wrote letters to the editors to the newspapers and there was a huge campaign to basically vilify this study and explain how those results were not right and these toxicology researchers didn't know what they were doing.

That these biotech people were biotech people -- they were not toxicologists, that's beside the point.

The point is that the chemical company Monsanto put one of their people on the editorial board of this journal where the paper was published they very quickly retracted the paper. But, there wasn't really very much to retract – other than the fact that the results were inconclusive – which is a laughable conclusion because most scientific studies are inconclusive. That's how science works.

There is a small point of validity in that this was a toxicology study. If you want to do a toxicology study you have a certain protocol to follow and you need ten rats per treatment. If you want to do a carcinogenic study and show cancer you use a different protocol and you need 50 rats – you need a lot more sensitivity.

Because this was a toxicology study, in principle, you could not conclude there were tumors. Yet the tumors were there and the researchers felt it was their duty as human beings to report on that.

So the paper was retracted one year after of being published in plain view of the scientific community. And this is probably the only time a report has ever been retracted for inconclusive results. Of course the report was quickly republished in a different *online* journal so that it is very public – everybody can access it and you can read it yourself using the link above.

Glyphosate induces human breast cancer

Another paper published by the University in Bangkok showing that Glyphosate induces human breast cancer cell growth, cancer cell proliferation is accelerated at parts per trillion to parts per billion. Now parts per trillion is one million times less than a parts per million so you can imagine how incredibly sensitive those cancer cells are.

Babies born with birth defects

A paper published by Dr. Andrés Carrasco in 2010 Buenos Aires, Argentina

Dr. Carrasco was asked to go and investigate an epidemic of birth defects in children, in babies born with half a brain, and all kinds of really really weird congenital malformations.

In areas of Argentina where they used to raise cattle for the North America and European markets now they are growing engineered soy beans and the acreage is so extensive that they need to spray the crops by aeroplane.

Because babies started being born with birth defects, Dr. Carrasco, who was head of the embryology department in Buenos Aires, went to investigate.. Then he came back to his lab. Injected frog embryos (frog eggs) with pico litres, tiny tiny quantities of Glyphosate and was able to replicate the birth defects he saw in humans.

Birth defects in pigs fed Roundup Ready corn

This is another paper published in 2014 a team of researchers from Germany about pigs fed Roundup Ready corn and when the sows gave birth to piglets many of the piglets were deformed.. Again with congenital malformations.

Glyphosate residue found in animals and humans

In 2014 the same team in Germany from the University of Leipzig in Germany looked into Glyphosate residues in animals and humans.

If you go to the website of the chemical company Monsanto you will read that if by accident you were to ingest some glyphosate – you will flush it through the next day. It does not stick. It simply goes through your body just like water.

And this paper tells exactly the opposite. It does stick. Not only does it stick – it bio-accumulates.

And the same paper has this interesting observation... Chronically ill people have higher glyphosate residue in their urine than healthy people.

Glyphosate effects on agriculture

Dr. Don Huber is an expert in an area of science that relates to the toxicity of genetically engineered (GE) foods. His specific areas of training include soil-borne diseases, microbial ecology, and host-parasite relationships.

Dr. Huber also taught plant pathology, soil microbiology, and micro-ecological interactions as they relate to plant disease as a staff Professor at Purdue University for 35 years

In an interview Dr. Huber's research, spanning 55 years, found that GMO crops are breaking our agricultural systems. When you change one part of that system, you change the interaction between all the other components, because they work together. It is simply impossible to change just one minor aspect without altering the entire system.

The idea behind Monsanto's patented Roundup Ready corn, cotton, soybean and sugar beets is that farmers can increase yields by killing pesky weeds. Unfortunately, this practice is beginning to create super-weeds at an alarming rate. It's been stated in the British Institute of Science in Society, the US is faring the worst, combating 13 different glyphosate-resistant weed species in 73 different locations.

But the introduction of glyphosate-resistance has also had a direct impact on soil microbes. With each new Roundup Ready crop approved, the glyphosate residues in the soil increases, and the tolerance levels in the weeds increases as well..

About 20 percent of the glyphosate migrates out of the plant's roots and into the surrounding soil. Once in the soil, glyphosate affects beneficial soil microorganisms in the same way that it affects weeds (because they have the same critical metabolic functions). The Glyphosate in Roundup forms a barrier around specific nutrients (metal ions) preventing any life form that needs that element from utilizing it properly. This applies to both plants and soil microbes -- as well as animals and humans.

This basic concept explains why Roundup Ready crops cause such profound health problems in those who consume them.

Glyphosate, even in Roundup Ready crops, affects about 25 different enzymes required to make that plant or organism function properly. Plants compromised by Glyphosate can have micronutrients and minerals such as iron, manganese and zinc reduced as much as 80-90 percent.

According to Dr. Huber:

> *"The plant can only utilize certain [reduced] forms of all the nutrients... The way nutrients becomes available in the soil is through beneficial microorganisms. We also have microorganisms for legumes like soybeans, alfalfa, peas, or any of the other legumes that can fix up to 75 percent of their actual nitrogen for protein in amino acid synthesis that actually comes from the air through the microorganisms in the soil.*
>
> *Glyphosate is extremely toxic to all of those organisms.*
>
> *What we see with our continued use and abuse of this powerful weed killer is that it is also totally eliminating many of those organisms from the soil. We no longer have the same balance that we used to have. Consequently, we see an increase of over 40 new plant diseases, diseases we used to have under fairly effective control, which now all of a sudden is another serious problem."*

Once extremely rare, toxic botulism is now becoming a more common cause of death in dairy cows because the beneficial gut bacteria is being destroyed by Glyphosate.

To make matters worse for cattle and other herbivores, The US Department of Agriculture (USAD) recently deregulated GMO alfalfa (our fourth most important economic crop and the most nutritional feed for cattle).

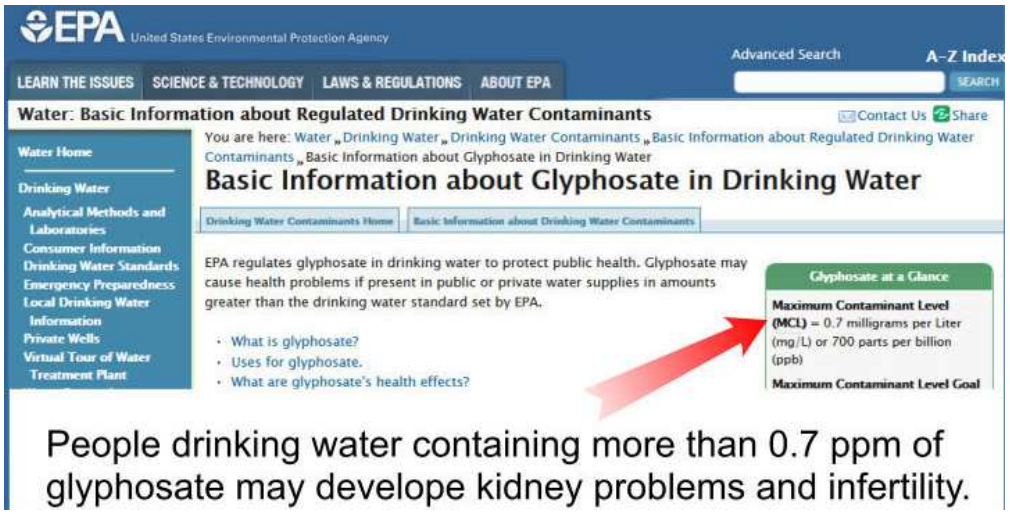
Not only will this have a lethal effect on the herbivore microbiome leading to toxic botulism and death it will also result in the destruction of soil microorganisms leading to nutritional deficiency and making the plant susceptible to diseases.

According to Dr. Huber, It's possible that those who **do not** consume an **all-organic** diet, which is the majority of Americans, to some extent or another, are destroying their gut flora with every bite of food they eat.

The reduction of mineral content inherent in Glyphosate treated foods will certainly make you far more susceptible to potentially dangerous pathogens and chronic diseases.

In a paper published by Dr. Bonnie Kaplan, a psychiatrist in the University Hospital in Calgary Alberta Canada. Doing what she calls nutritional psychiatry, Dr. Kaplan works with Autistic children and she feeds them mineral supplements and they get better – quickly.

And this is from the EPA website. There are several pages on basic information about Glyphosate in drinking water and you will read that the maximum

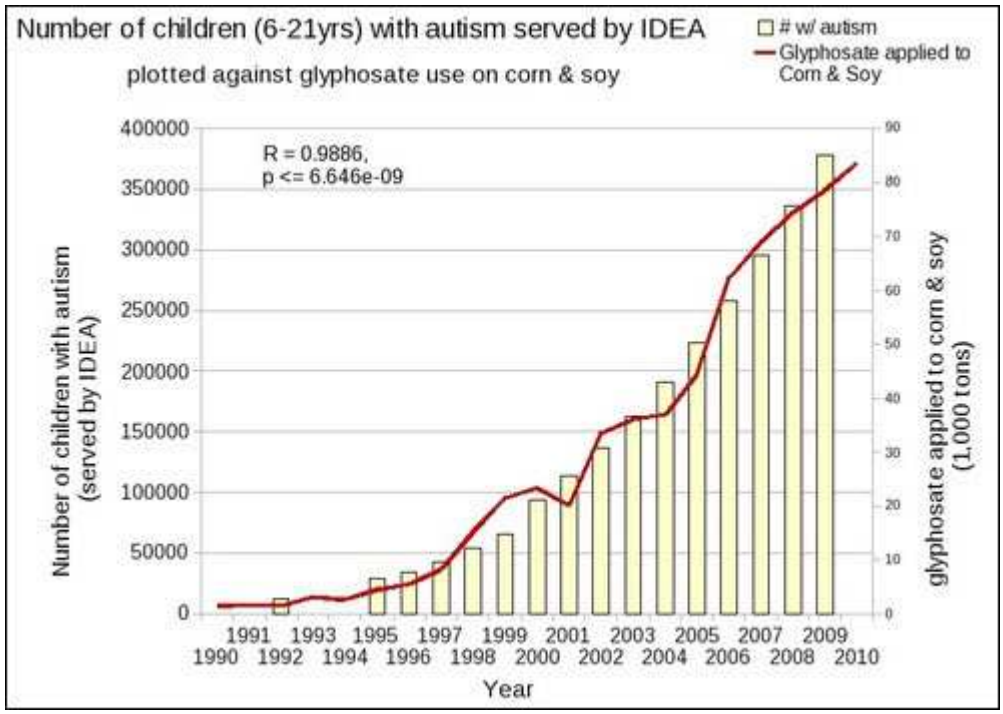


contaminant level is 0.7 mg per liter and a little further on in the page that people drinking water containing more then 0.7 ppm of Glyphosate may develop kidney problems and infertility.

From what you have read so far, there are a whole host of other symptoms that would appear when you become contaminated or poisoned with Glyphosate.

> *While the debate on the safety of GMOs remains important, it must not distract from the serious health risks of glyphosate sprayed on both Roundup Ready and non-engineered crops.*
>
> *There are many sides to the GMO discussion but few mention the herbicide, glyphosate -- when more than 90% of all grain crops in North America are sprayed with a herbicide that should have remained a pipe and boiler cleaner.*

Chapter 7
Statistical Analysis



Dr. Nancy Swanson did a correlation analysis of two sets of data in 2014 between two sets of existing data.

One set of data came from the US Centre for Disease Control in Atlanta Georgia that keeps a tab on the health of American citizens... how many people were diagnosed with obesity, how many people went to the hospital with kidney failure or kidney damage this year or last year etc. How many children were diagnosed on the Autistic spectrum this year.

And the second set of data were from the US Department of Agriculture, which of course keeps tab on Agriculture. How many millions of acres were planted in Roundup Ready soy or corn this year, last year etc.

Putting the two sets of data together, the line axis shows you the incredible success of the Roundup Ready soy and corn technology as they keep going up and up and up… almost to 100%

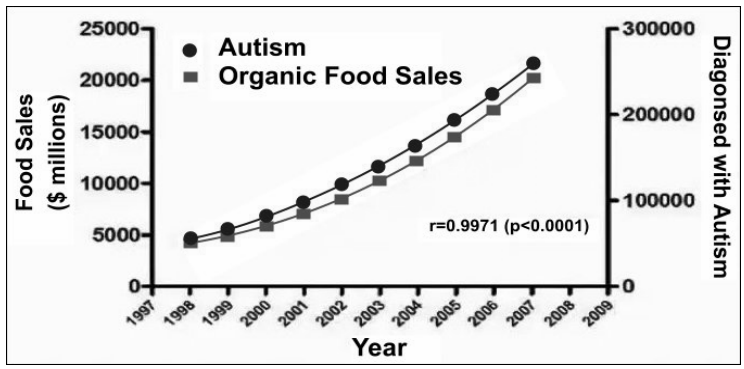
The bar graph shows the number of American children diagnosed on autism spectrum from the years 1990 to 2010 as recorded to the USDC.

You can plainly see that it's a pretty good fit.

When you do a correlation analysis you end up with a few important numbers – one of them is called the correlation coefficient R value… And if you have an R value of 1.0 you have a perfect positive relationship fit.

When you have an R value of 0.9, 0.95, 0.99 (a very high correlation coefficient value) this is basically telling you there is a link. It tells scientists who does this sort of statistical analysis -– this is where you should look. This is where you want to dig and do some experiments to make a clearer connection between the sets of data.

Unfortunately, formal statistical correlation analysis has a weakness. The weakness is that you could replace one of the sets of the data with a different data source and if you come up with the same correlation and coefficient values you could well say that the results become meaningless.



For example I often get this reaction from the biotech people. Autism is obviously caused by organic food. Therefore the correlation analysis paper and everything should be thrown out.

If you are a scientist you are looking for a link -- for a finger pointing at something. When you do have a link between the two sets of data, saying that there is a co-incidence or play games with the data is absolutely meaningless and a very unscientific stance.

Roundup Ready soy and corn and Autism	**0.99**
Roundup Ready soy and corn and Celiac	**0.98**
Roundup Ready soy and corn and Intestinal infection	**0.97**
Roundup Ready soy and corn and Thyroid cancer	**0.99**
Roundup Ready soy and corn and Liver cancer	**0.96**
Roundup Ready soy and corn and Bladder cancer	**0.98**
Roundup Ready soy and corn and Pancreatic cancer	**0.92**
Roundup Ready soy and corn and Kidney cancer	**0.97**
Roundup Ready soy and corn and Kidney failure	**0.98**
Roundup Ready soy and corn and Diabetes	**0.97**
Roundup Ready soy and corn and Obesity	**0.96**
Roundup Ready soy and corn and Dementia	**0.99**

Based on data from the US Centre for Disease Control and the US Department of Agriculture

A summary of Dr. Swanson's Analysis for Roundup Ready soy and corn with the correlation coefficients are here.. You can see the high correlation R values for Celiac, Intestinal infection, all kinds of cancers, Kidney failure, Diabetes, Obesity, Dementia. (Quite a few others are not shown).

So basically, her correlation analysis illustrates the link suggested by other papers and data introduced earlier.

Finally, to round up this statistical analysis segment... The map below basically shows the state of the GMO world today. North Americans tend to live in a bit of a biotech bubble and think the world is all the same -- but it isn't.

In white are the countries with absolutely no regulation of Roundup. When Glyphosate was registered in 1974 as completely innocuous (it has no acute toxicity therefore it is absolutely safe). There is absolutely no need to regulate it at all.

> *Nobody at the time even thought that because of it's chemistry and how it works there may be some chronic implications for health in humans and animals.*

In orange are all the countries that have some legislation, some form of regulations, often times it's just labelling in the food stores.

Then there are the few countries in red that have banned the technology. No Roundup Ready crops are grown in those countries. No Roundup Ready foods are imported in those countries and there is no need for labelling.

We need to do what we can to change all the colors on this map to solid red.

Chapter 8
Final Thoughts

It is bad enough to discover Glyphosate contaminates all of Monsanto's "Roundup Ready" GMO food crops such as corn, soy beans, alfalfa and sugar Beets (because these GMO crops were created to be resistant to Glyphosate).
*To bad **we** are not resistant to Glyphosate....*

However, to find it standard practise for grain farmers to spray all of their grain crops (wheat, rye, oats, barley etc.) with Roundup to kill, artificially dry and harden the grain just before harvesting is absolutely shocking.

NOTE: *Roundup is also used by sugar cane producers to prematurely kill the canes (because it increases the sugar content of the sugar canes) and by potato farmers to make it easier to dispose of the green tops.*

While these practices may be financially beneficial to the farmers, the rest of us must suffer the devastating consequences of having the majority of our food supply contaminated with Glyphosate (*demonstrated to be dangerous for human consumption*). Even the World Health Organisation has now recognised that Glyphosate as a probable carcinogenic.

The active ingredient Glyphosate (in the herbicide Roundup) works by being absorbed deep inside the cells of a plant and destroying the plants from within.

> ***The most insidious aspect of the way Glyphosate works is that the poison cannot be washed off -- it's deep inside the cells of the food we eat.***

Wearing the hat of an antibiotic, Glyphosate residue in our basic food supply targets and destroys our intestinal flora, resulting in the weakening of our immune systems. Over time this relentless toxic attack on our microbiome results in functional and mental illnesses (including intestinal disorders, auto-immune diseases, cancer, autism, **diabetes**, obesity, depression, infertility and birth defects). The only way we can protect ourselves from this deadly poison is to stop eating any food or food product that may be contaminated with (Roundup).

That means we must stop eating **every** agriculture grain and grain product, including but not limited to -- corn and corn products, wheat and wheat products, oat, barley, rye, and flax products, soy, canola and potato products as well as sugar products made from sugar beets or sugar cane if they have not certified as organic.

Glyphosate contaminates over 90% of the products in our local supermarkets including but not limited to flour, bread, buns, crackers, pasta, cereals, soft drinks and snacks or anything made with or including sugar or any grain or grain products.

Fortunately, the Paleo diet, organic and most natural whole foods provides a ready defence and solution for Glyphosate (Roundup) contamination.

What is Diabetes

Diabetes Mellitus is a metabolic disease in which the body does not produce enough insulin or does not respond normally to the insulin produced those results in abnormal elevations of blood glucose.

Types Of Diabetes

People are most familiar with Type 2 diabetes, as this is the most common form and accounts for more than 90% of the 29.1 million diagnosed cases of diabetes, but there are actually a few different types.

Type 1 Diabetes

This form of diabetes occurs when the body does not produce enough insulin and is most commonly diagnosed in children and teenagers. It only accounts for 5% to 10% of all 29 million diabetes cases. While the number of people affected varies by region, it is estimated that 1 to 3 million people in the United States have Type 1 diabetes. While there is no way to prevent the disease, the effects of it can be controlled through insulin intake, which will be ongoing for the duration of the person's life. Researchers continue to study the development trends, effects, and treatments of Type 1 diabetes.

Prediabetes

Those who test with a range of 5.7% to 6.4% Hemoglobin A1C are considered to have prediabetes, any reading between 6.0% and 6.4% is considered at an especially high risk.

This is a threshold area and is an alert that there is a very high risk of type 2 diabetes onset in the future. Those with prediabetes can do a lot to prevent onset, including diet, exercise, weight loss as needed, and medication.

Type 2 Diabetes

This form of diabetes develops as the body begins to resist the insulin produced, which could eventually lead to a lack of insulin. Every time you eat, the body breaks down starches and sugars (carbohydrates) you consume and turns them into glucose. Glucose is the product that fuels the cells of the body. The Pancreas releases insulin, and insulin transports the glucose to the cells so it can be used as energy. In type 2 diabetes, insulin production is either lacking or insulin resistance occurs and glucose remains in the bloodstream, consequently the cells of the body can become energy-starved and eventually, the high glucose levels begin to affect the nerves, eyes, kidneys, and/or heart.

Type 2 diabetes accounts for 90% to 95% of all diabetes cases. Globally, the number has increased significantly in the last two decades, from 30 million cases in 1985 to 285 million in 2010. Obesity is thought to be a major cause of Type 2 diabetes, particularly for those whose genetics make them more susceptible to the disease. A healthy diet and regular exercise may control the disease, and various medications exist that can help control blood sugar. Type 2 diabetes is diagnosed with a standard blood test called Hemoglobin A1C.

Symptoms of type 2 diabetes can include heightened thirst and hunger as well as frequent urination, though often sufferers never experience symptoms. Experts believe that diabetes can largely be prevented by eating healthy, exercising regularly, and maintaining a normal body weight.

Gestational Diabetes

This form of diabetes occurs in pregnant women (with no previous diagnosis of diabetes) who develop high blood sugar, usually during the 3rd trimester. Experts believe that it is due to the baby inadvertently interfering with insulin receptors. The symptoms are minor, and so it is typically diagnosed during regular pregnancy tests. About 10% of pregnancies result in this form of diabetes, and while it typically does not last after pregnancy, 5-10% of women who have gestational diabetes will develop Type 1 or 2 diabetes after giving birth (usually type 2).

Type 2 Diabetes

Type 2 diabetes is the only form that can be “reversed.” Medications can help with this, but regular exercise (the more the better); weight loss as needed and a healthy diet are the foundation for managing the disease and possibly reversing it. Individuals who are obese have also found that bariatric surgery to remove excess weight is successful in reversing the disease.

Implications And Comorbidities

- Diabetes was the leading cause of blindness, **amputations** and kidney failure and the 7th leading cause of death in 2014.
- People with diabetes have a two times risk of death from any cause as compared to those of the same age without the disease.
- 50% of diabetics die of heart disease and stroke.
- 71% of adults with diabetes also have hypertension.
- 44% of all kidney failures in 2011 were the result of diabetes.
- 60% of all non-traumatic amputations of lower limbs occur in people with diabetes due to nerve damage.
- 7,686 cases of diabetic retinopathy were diagnosed in 2010, and this number is up from 2,063 in the year 2000. Diabetic retinopathy is the leading cause of blindness in adults age 20 to 74.
- Diabetics are two times more likely to suffer from depression.
- Birth defects, large babies and other dangerous complications to the mother and baby can result from uncontrolled diabetes during pregnancy.

Considerations For Managing Type 2 Diabetes

If you've just gotten the diagnosis of type 2 diagnosis, you may be wondering what's next—how do you manage such a complex disease? Certainly, your doctor may have prescribed or just recommended that you take a medication for your condition but it is important to remember that medication alone may not be enough to control your blood sugar level. You need to consider other options to help manage this condition.

Weight Considerations

First, what is your weight? Weigh yourself and calculate your body mass index. Here's how it's done. Your body mass index or BMI is your weight in pounds divided by your height in inches squared times 703. Ideally, the calculated number should be between 18 and 25. This is considered normal weight. Any number between 25 and 29.9 is considered as overweight and you need to consider losing that weight through diet and exercise. If the BMI is 30 or above, you are considered obese and you would seriously benefit from significant weight loss.

How do you go about losing weight? There are many "fast fixes" and "super pills" on the market that claim fast weight loss, but none has really been proven to be effective or to bring lasting results. You need to resort to old-fashioned diet and exercise forms of weight loss. It's really the only way that true long-lasting weight loss can happen.

Speak to a nutritionist about what number of calories you need to eat in a given day should be. There is a diet called the "1500 Calorie ADA diet" put out by the American Diabetic Association that can also guide you in the weight loss process. It asks you to keep track of your caloric intake and your carbohydrate intake each

day, limiting your caloric intake to 1500 calories and your carbohydrate count to 170-240 grams per day. You can actually count carbs using a carbohydrate-counting book or you can use an exchange list available online or from your doctor. The exchange list gives you food choices based on the number of carbohydrates in the foods. If you follow this diet, you will gradually and safely lose weight.

Diabetes and a Normal Weight

If you have diabetes and you're not overweight, you should still monitor the amount of sugar you take in each day. Sugar that comes from sweets or table sugar gets into your system very quickly and can cause wide fluctuations in your blood glucose level. Instead, your carbohydrates should be of the complex variety, such as those that come from vegetables, whole fruits, and grains. You should try to have as much fiber in your diet as possible because the fiber will keep sugar in your gut from flooding your bloodstream and will keep your blood sugars more even.

Exercise

Find an exercise program you like and do it regularly. It might be walking, running, cycling, swimming, or any other exercise that gets your heart rate up. This will help with weight loss and promote good cardiovascular health. Remember that diabetics are more prone to develop heart disease so anything you can do to prevent the complications of heart attack or stroke will prolong your life and improve its quality. Aim for at least a half hour a day of exercise 4-7 times per week. Do it with a friend if it gets too boring.

Always consult a physician before starting any exercise program to be sure what is safe for your particular condition and any associated complications you may have.

Medications

For some people, diet and exercise will not be enough to bring the blood sugars into an acceptable range. In such cases, follow your doctor's advice about taking medications that lower insulin resistance in your body or that help your pancreas work well in response to a sugar load. Metformin is often prescribed by doctors, though other medications are also used. The combination of diet, exercise, and medications should keep your diabetes in check.

Aside from the drugs prescribed by your doctor you must also heal the damage to your gut microbiome and immune system.

If you have been diagnosed with Type 2 Diabetes, you can be sure that you need to be taking a good probiotic and a supplement named "**L-Glutamine**" to repair the damage done by glyphosate. If you are also getting on in years, your digestive system most likely would also benefit from taking a good digestive enzyme

> *NOTE: In people who have never taken an antibiotic in their life, their healthy microbiome is made up of thousands of different bacteria all working together to keep you and your immune system healthy. However, if you have ever taken an antibiotic proscribed by your doctor or have been poisoned by Glyphosate (Roundup) then your microbiome has been damaged and very likely most of the bacteria in your gut have been destroyed. There is only one way to fully repair your microbiome... a fecal transplant (costing thousands of dollars).*
>
> *For most of us, a fecal transplant is probably not an option, so to help our microbiome function in an acceptable fashion we will probably need to take probiotics for the rest of our lives. A good probiotic will probably supply two or three main bacterial cultures and perhaps up to 3, 6, 8 or a few more (depending on cost). This is a far cry from a natural microbiome (with thousands of bacterial strains) but it is the best that can be expected at this time.*

Poisoned -- A Solution

We at Health and Wellness Revolution are deeply troubled by the fact that Glyphosate now contaminates over 90% of our food supply. Eating any food poisoned by Glyphosate (Roundup) poses a deadly threat to our health and wellness (diabetic and non-diabetic alike).

With this in mind, we firmly believe the only safe nutritional guideline for diabetics (or anyone else) is one that follows the Paleo lifestyle (which fundamentally excludes those types of foods Glyphosate targets).

With respect to Type 2 Diabetes in particular, most nutritional guidelines and diets for diabetics recommend agricultural grains with their dietary plans such as corn, soy, wheat, and other cereal grains. These products have proven to be the principle source of the poison Glyphosate.

Unfortunately, most of the dietary information aimed at diabetic sufferers does not contain any warnings about Glyphosate. Why? Because scientific research on Glyphosate contamination is so new that doctors and authors concerned with Diabetes have not yet heard of the Glyphosate problem and don't realise how serious the danger is.

As our own research has shown, the Paleo nutritional life style is the only nutritional plan or concept that specifically excludes those products most likely to contain Glyphosate... such as grains and legumes.

Understanding that Type2 Diabetes is primarily caused by Glyphosate contamination then the most logical way to prevent, control and cure this disease is to stop eating food poisoned by Roundup.

One of the most important considerations in managing type 2 diabetes is making appropriate diet choices, anything that you eat needs to be considered in terms of blood sugar impact. Nutrition therapy is key, as it is food that causes blood sugar spikes and greatly influences blood glucose levels. It is possible to keep those glucose levels stable, and it all begins with meal planning.

Goals Of Nutrition Therapy

The serious complications associated with Type 2 diabetes can be avoided with careful blood sugar management, diet, exercise and weight loss (if needed). Careful monitoring of blood sugars and the condition in general by a medical professional is important since out of control blood sugars can lead to diabetic coma, along with all the other complications.

The goals of nutrition therapy:

According to the American Diabetes Association, the goal of any sound nutritional plan for diabetes is to support and promote healthy eating, with a diet plan that includes a variety of nutrient dense foods in appropriate portion sizes.

Goals Of Nutritional Therapy:

- Reduce the hemoglobin A1C test to less than 7%
- Maintain healthy blood pressure.
- Maintain healthy cholesterol levels.
- Maintain a healthy weight.
- Delay or prevent any possible complications of diabetes.

- Create a personalized diet plan that meets the individual's personal and cultural circumstances and one that considers the patient's access to healthy food, and their willingness to make lifestyle changes or else address any barriers to make such changes.
- Enjoy variety in diet and include restrictions only when they are backed by scientific evidence.
- Focus on practical day-to-day meal planning instead of complicated counting of nutrients, carbs, or particular foods.

Paleo Approved

While the Paleo diet may provide the best nutrition for the human body and is free from Glyphosate, some item's such as white rice or potatoes may not be appropriate for Diabetics. **Pay close attention to GI values**.

Palio Primer

For 2.5 million years, early man foraged and hunted for seafood, meat, vegetables, fruit, nuts, roots and seeds. This period of human evolution, before the development of agriculture, is known as the **Paleo**lithic era.

The Paleo diet, also known as the stone age diet, hunter-gathering diet and the caveman diet. No matter what you call our early ancestors, our biological digestive system hasn't had time to evolved much since man began farming, about 10,000 years ago.

Our minds may be modern, but our bodies and brains still require the same food as our early ancestors. Gastroenterologist Walter L. Voegtlin first popularized the Paleo diet in the 1970's. He argued in, “The Stone Age Diet” - humans as carnivores, chiefly need fats, proteins and a small amount of carbohydrates for optimum performance. Modern diets do not meet that standard and they are loaded with chemicals and poisons like Monsanto's Glyphosate.

The Paleo diet derives its philosophy from the fact that people who inhabited the earth more than 10,000 years ago did not eat any processed food yet they were healthy and not obese. They did not experience modern-day diseases like arthritis, cardiovascular complications and cancers. So based on this fact, anyone wishing to live a healthy life should only eat food a caveman would eat.

In 2005, the Paleo diet went mainstream after famous people started asking their followers to embrace it. Since then various authoritative materials such as books and articles have been published to explain its benefits to health and fitness.

Health and fitness go hand in hand with the Paleo diet. It includes unprocessed meats, fresh fruits and vegetables as well as nuts. The Paleo diet eliminates grains and dairy products and is low on refined sugars and unhealthy oils. The elimination of these main ingredients creates a calorie deficit and a nutrient surplus that leads to overall health improvements and successful weight loss. Indeed, taking into account the poison Glyphosate in our food, the time to take up the Paleo diet is now. Defend your health and wellness. Start living life the Paleo way

Does the Paleo Survival Guide apply to our pets?

You better believe it. Over millions of years, just like humans, dogs and cats, and all other creatures as well, were also biologically evolved to eat certain basic foods.

Cats evolved as true carnivores and evolutionarily they require a full meat diet. Dogs on the other hand are scroungers and they evolved to eat a more varied diet. Similar to humans, today's modern processed diets are harmful to their health.

Nearly 25 years ago it was first noticed that when dogs (fed dry dog food) did their daily business on the lawn, their droppings would begin killing the grass within a short period of time. This is perhaps the only tangible and visible evidence of grain in food being contaminated with Glyphosate (Roundup). If the glyphosate in pet poop kills the grass think what does to our gut flora -- our microbiome ?

What Is A Paleo Diet?

The concept behind the so called Paleo diet is basically very simple. Over millions of years as a species, we were biologically evolved to eat certain basic natural foods such as meat, fish, eggs, vegetables, fruits and nuts. It's nutrition our body, brain and organs need to function properly. Some people refer to this simple concept as the cave man diet.

In the last few centuries human societies have drastically changed in terms of technology, culture and diet. About 10,000 years ago humans started practising agriculture and new foods became available for consumption. Farming has changed our diet significantly but nothing more dramatically than grain farming.

Paleo eaters argue that even though our environment has changed, our bodies have not. Compared to our ancient ancestors, our genes having only changed by a mere 0.001% and modern diets are just not suitable for our bodies.

Modern foods have been associated with a lot of medical conditions such as cancer due to the many harmful ingredients they contain; and while they may be tasty and visually appealing, natural foods are healthier.

what exactly is the Paleo diet?

The Paleo Diet aims for food with low sugar, low sodium and high protein. It's objective is to promote a healthy lifestyle by following in the footsteps of our Paleolithic ancestors. The basic principle behind this diet is to provide optimum health - but it is also a good alternative if your aim is to lose weight.

A lot of evidence exists to prove that our Paleo ancestors had excellent health and this is attributed to their diet. Different people may have various definitions to answer this question but there are similarities in all of these definitions i.e. minimally processed, locally available, in-season foods. A good way to also define

this diet is by saying what it is not i.e. Paleo diet does not contain processed food, refined oil, sugar, dairy, alcohol etc.

Pastured, free-range chicken, grass-fed beef and anything organic are the most preferred foods for a Paleo dieter. In terms of proteins, seafood/fish, poultry, lean meats and wild game are favored because they contain less saturated fats and additives than processed meats. When it comes to nuts or seeds, the ones with the most concentration of omega-3 i.e. walnuts, macadamia, almonds and cashews are the best. Fruits with low glycemic index e.g. tomatoes, melons, onions and broccoli are favored - unlike modern fruits grown to be sweet and look good. Herbs and spices are recommended regardless of whether they have been processes since they are organic anyway i.e. vinegar.

Fast foods or foods in flashy wrappers are attractive, sweet and tempting; I bet you always salivate when you walk past a fast food café. The smell of fries, burgers and a drink of cold soda, well it is completely normal to feel that way (almost everyone does) but after trying Paleo for about 6 months, you would be surprised that a diet soda tastes very different than what you used to know, you can literally taste all the chemicals in it.

The Paleo diet is growing daily as more people are getting concerned with what they eat, we are looking for ways to prevent or lose weight. By recreating our early human diet, we are getting in touch with all natural foods while reaping all the benefits that come with it. I believe this has answered the question, what exactly is the Paleo diet and a couple of the foods recommended.

Aside from the bountiful benefits of switching to a Paleo diet and life style we cannot stress strongly enough that the paleo life style is the only possible way to defend your health and wellness from poisonous Glyphosate contamination.

While there may be some justification for some GMO foods (drought resistant, flood resistant etc.). Any genetic modification whose only purpose is to allow the use of Glyphosate and other poisonous chemicals to increase

profit margins without regard to public health and wellness is unconscionable.

Putting profits before people is not only horrendous it should be criminal. Unfortunately, the only way people can defend and protect their health is to make themselves aware of the growing list of dangerous chemicals employed by greedy corporate agribusiness and stop using such products.

> ***The only message corporations pay attention to is the comments you make with your pocket book.***

As we have discussed, the Paleo diet is based on man's ancient diet which included animals and wild plants that were consumed 2. 5 million years ago during the Paleolithic era.

It is preservative and gluten free and commonly centred on foods like eggs, fish, grass fed pasture raised meats, leafy and root vegetables like potatoes and carrots, fungi, fruits and nuts. But let's now explore how this diet came back from extinction and learn the history of it

The recent history of the Paleo diet can be traced back to 1975 when Walter L. Voegtlin, a gastroenterologist, published a book that highlighted the modern version of the diet. He arrived at his revelations after studying eating habits of Paleolithic man while looking for a cure for Crohn's disease, colitis and irritable bowel syndrome. The diet followed by early man seemed to have a therapeutic effect on these intestinal conditions and patients improved quickly without any side effects.

His vision of the diet was based on the fact that human genetics have change little since the Paleolithic era. His primary focus was on the carnivorous history of man and his studies confirmed that humans are genetically evolved to feed on fats, protein and vegetable matter. Starchy carbohydrates played little part in their daily diets.

A decade later Professor Melvin Konner an anthropologist took the concepts to the scientific community with the assistance of an associate named Boyd Eaton. They did this by publishing a paper on the concepts in the New England Journal of Medicine. Professionals in the medical field started discussing the diet which is a very important stage of the history of the Paleo diet. A high percentage was convinced about the advantages of the diet.

Three years down the line Eaton, Konner and Marjorie Shostak published a book on the diet. The book was however written with a twist. Instead of focusing on the foods that should not be included in the diet. Unlike the Paleolithic era diet, they talked about the importance of eating similar portions of carbohydrates, fats and proteins.

Their version had some foods that were not allowed by Voegtlin. Their diet permitted agricultural foods like whole grain bread, brown rice, potatoes and dairy products like skimmed milk that were not featured on the original diet. They worked on the rationale that nutrient proportion and not food choice was what made the Paleolithic diet healthy. Which makes little sense considering Paleo man never had access to bread or skimmed milk but they may well have eaten wild grain seeds now and then.

> ***NOTE:*** *Their diet was also lacking the current knowledge of Glyphosate and how it makes grain and foods containing grain unfit for human consumption.*

Momentum for the diet continued to grow even in the 1990s as more nutritionists and medical professionals began to back the theory. More doctors started recommending it to their patients as part of a healthy eating plan for the sick patients and even the ones who were well. Most of them relied on the original concept where the diet consisted of the foods present before the introduction of agriculture.

As the years went by more and more people were drawn to the diet. Although hotly debated, it is still widely accepted. Today there are stacks books and websites written on and about the diet as more and more people embrace it. At this point, it does not show any signs of dying away.

> *When you stop eating food laced with poison and start eating the wholesome and nutritious food you were genetically designed for, your body and health will automatically start improving.*

If you want to lose weight and start feeling better, stop eating Glyphosate contaminated foods and join the Paleo Health and Wellness Revolution. Learn how you can help make a Glyphosate free future.

Is It All It's Cracked Up To Be?

The Paleo diet has become more popular due to all of the health benefits of it. If you are thinking about going on this diet yourself, there are a lot of reasons to seriously consider it. This can become a way of life that can make you healthy and really change your outlook on food!

Benefits of Going Paleo

Weight Loss

Losing weight is hard for most people because they are either going on crazy diets or they are simply eating foods that aren't good for them. The Paleo diet can help you lose weight because the foods you will be eating are healthy and good for you! These can help you cut out fats and calories that you just don't need. This will result in weight loss that doesn't come from you starving or having to give up eating foods you enjoy. Most people continuously lose weight while on this diet because it's so healthy and easy to stick with.

Weight Gain

Although most people use the Paleo diet because of nutrition and weight loss a small segment of people interested in paleo have difficulty gaining weight. When people without a weight problem or who are actually underweight go on the Paleo diet they find gaining weight a real problem.

There is little information available about Paleo and gaining weight. This is where you need to use a little common sense and read between the lines as it were. When you read Paleo instructions telling you not to eat something or only eat small portion you need to ask yourself the reason behind the instructions.

Paleo is **not** a carb free diet. If a food is restricted because it is harmful (like grain, milk or sugar) don't eat it. If a food is restricted simply because "it's fattening" or "it's not paleo" find out if it's actually harmful.

> *You will find foods like white rice, organic potatoes, sweet potatoes, plantains and bananas can boost calorie intake and weight gain but watch out for food allergies and the glycemic index if you are diabetic etc.*
>
> is white rice healthy?

Energy

Have you ever felt really tired and lethargic after eating a big meal full of carbohydrates and fats? Fast foods and unhealthy meals can make you feel terrible because they don't have anything good for you inside of them. By changing the foods you eat to those that are healthy, you will have more energy overall and feel great each day! Getting the proper vitamins and nutrients in your diet can make a huge difference with the way you feel and really help you get extra energy you have been lacking.

Nutrition

When eating a diet of junk food, candy, sugar, carbs and other bad foods it's difficult to get the proper vitamins and nutrients that are essential for a healthy body. When you switch to the Paleo way of life you will easily be able to get the nutrients that you need. All of the foods you eat will be packed full of things like fiber, vitamin A, vitamin C and other nutrients that are great for your body. When you have better nutrition in your life you will feel better and look better!

Allergies

The junk foods that people eat today are packed full of toxic ingredients that can easily hurt the body. For example, gluten intolerance is universally considered one of the biggest problems most people have today.

Prior to 1996, gluten was never seen as a problem, but after Glyphosate started poisoning the food chain it didn't take long before people started developing various intestinal problems. That was when nutritionists and medical professionals began pointing the finger at wheat gluten and gluten intolerance. New research now shows that it's much more likely that Glyphosate food poisoning is the real culprit?

The Paleo diet will make it possible to eat good food without having to worry about food allergens. Of course you should pay attention to what you eat if you are sensitive to certain things, but you won't have to deal with any chemicals or hidden toxins.

Recipes

There are a lot of different recipes you can make for the Paleo diet. These are easy to find (in eBooks or on the Internet) and they taste great as well. These can help you find new foods that you will enjoy eating and that are really good for you. When you aren't starving yourself or feeling deprived it will be easy to eat healthy and change the way you eat on a daily basis.

All of these benefits are worth considering if you want to change your eating habits and your health. The Paleo way of life is easy to adopt and can make you feel great from day one.

Be mindful that information about Glyphosate food poisoning is relatively new and that a lot of paleo information may recommend unhealthy food choices (such as whole wheat products and/or grains and grain products that today are known to contain Glyphosate).

Also recognize that most commercial meat animals such as pork, beef and chicken are regularly fed corn and other grain products and therefore their meat must be considered laced with Glyphosate. Most people will not have access to true registered organic meat sources so the best you can do is try and make sure you keep meat portions small, trim away visible fat and eat only lean cuts.
Consider yourself very lucky to know a local farmer who raises organic chickens, turkeys or other meat animals that are only fed (Roundup free) organic feed.

Preparing For Your Paleo Diet

The Paleo diet is quite simple to follow since it doesn't involve counting calories or other restrictions. It focuses on eating natural and fresh foods just like ancient hunters and gatherers did. As long as you are eating fresh sea food, lean meat, nuts, fruits and vegetables as provided in this diet then you can take as much as you wish without counting carbohydrates, fats and calories.

Before you embark on the Paleo diet you must have an inquiring and open mind. You have to sit down and decide when to start and what to eat in the first week. Primarily, if you choose to begin with a full on diet then you will experience an adjustment period. This period will most likely involve some mental, emotional and physical withdrawal symptoms as you begin changing your usual eating habits.

Because of the adjustment phase, it is advisable to start the diet when your life is relatively calm and without stressful situations. Some people can experience a slight headache while others show symptoms of flu for just a few days. The adjustment period can last for a week or two. During this phase, there is a feeling of fatigue, dizziness and a powerful craving for some delicious carbohydrate foods.

How to manage cravings and symptoms

One most strange aspect of human psychology is that people crave foods that have no nutritional value for their bodies. This is exactly true for dairy products and grains, therefore people who start the Paleo diet experience an intense craving for such foods. Here are some things to do to make the change of lifestyle a bit easier.

Drink a lot of water

Include garlic and onions in your food. They are rich in sulphur and amino acids. Sulphur is an important component of the detox system. Add plenty of turmeric in your food. Turmeric is a strong anti-inflammatory and antioxidant agent.

Cook your meals with coconut oil or olive oil. Oily fish is also very good.

Planning your Paleo diet

You must not embark on the diet before planning what foods you are going to take during the first week. Buy the things that are needed in advance to avoid reaching out for some sugary snacks immediately craving starts. It is wise to have adequate supply of snacks like walnuts, almonds, macadamia nuts and fruits. When planning your Paleo diet you have to focus on mealtimes. Here is a sample meal plan.

Breakfast

-Eggs, mushroom, garlic, onions and steamed spinach

-Use coconut oil

-Avocado

Lunch

-Chicken salad with red onions

-Herb, olive oil and lemon juice dressing

-Pecans, cantaloupe and blackberries Snack

- ¼ cup macadamias

Dinner

-Venison steak or lean beef

-Ginger cabbage and olive oil

-Steamed summer squash with lemon juice, cinnamon and coconut milk

Desert

-Shaved almonds

Your first shopping trip ought to include fresh vegetables, lean meat, chicken, fish and some allowed snacks. Buy load of herbs, coconut oil, epsom salt, olive oil and anything that will help you survive the adjustment phase.

Taking care of yourself

It is a great idea to observe your body's reaction to the new diet. There are plenty of nutrients and no filers in the Paleo diet. Many people experience a detoxification period where their bodies learn how to use fats as the main source of energy instead of carbohydrates.

What To Eat And What To Avoid

For adopting the Paleo diet, here is the chapter for you that enumerates what to eat and what to avoid while on the diet plan. Read on.

#What to Eat

*Vegetables

Vegetables are highly encouraged. However, the consumption of starchy vegetables such as yams, sweet potatoes, potatoes and cassava should be limited or better avoided -- especially if you are trying to lose weight. Some enthusiasts of the Paleo diet are of the opinion that any vegetable that cannot be consumed raw should be eliminated from the diet.

*Fruits

Fruits such as berries, apples and oranges are perfectly fine for the diet but you should consume them in moderation. Equally important, don't consume fruits in their dried version e.g. dried apricots or other dried fruit products. Again, If you are fighting a weight problem or have diabetes, fruits such as grapes and bananas should be avoided as they contain a lot of starch or sugar.

*Eggs and Meat

The Paleo diet advocates for the consumption of meat and eggs. However, you should stick to the grass-fed products and avoid deli and processed meats that contain additives and preservatives. Pork, game, beef, chicken, turkey and fish are the best for this diet. Chicken eggs, quail eggs and any other type of eggs are included in the diet.

Glyphosate contaminated chickens produce Glyphosate contaminated eggs.

*Seeds and Nuts

All nuts and seeds, save for peanuts, are allowed. Peanuts are exempted because they are legumes. However, if you'd like to lose weight, you should moderate your consumption to about four ounces every day. Coconut and almond flour are also included in this list.

*Oils

Unprocessed oils such as coconut oil, walnut oil, tallow, lard, olive oil are highly recommended. Fish oil supplements are also encouraged. However, processed vegetable and hydrogenated oils are heavily discouraged. Furthermore, the existence of processed oils came with agriculture and industrialization and most of these products will contain Glyphosate.

*Beverages

Drinking a lot of water is highly emphasized in the Paleo diet. Plain tea "without milk" as well as fruit and vegetable juices are also allowed.

#Foods to Avoid

*Grains

The entire family of cereal grains should be avoided. This includes wheat, corn, oats and barley. Proponents of the diet put much emphasis on avoiding white flour because it contains refined carbohydrates. Although most contemporary paleo information does not mention grains and grain products being laced with poisonous Glyphosate -- keep focusing on the fact that Glyphosate contamination is the main reason to avoid all grain products.

*Legumes

As aforementioned, legumes are not included in the Paleo diet plan. This includes all

kinds of beans; string beans, kidney beans, black beans, soybeans, lima beans and mung beans. Again, black-eye peas, sugar-nap peas, snow peas and peanuts should be avoided. Legumes are excluded from the Paleo diet because they contain phytic acid which binds to nutrients in food, preventing you from absorbing them. Nuts have the same problem but it boils down to a problem of how much you eat. *However, it should be noted that new studies indicate that **green** beans and peas actually contain very little phytic acid because these particular legumes are harvested in their immature green state and therefore are generally safe to eat.*

*Dairy Products

Dairy products such as butter, yogurt, skim milk, whole milk, cream, cheese, ice cream and dairy creamer are prohibited.

> *It should be recognized that humans never evolved to consume milk beyond the short time a baby is breast feeding. Cow's milk is particularly bad for human consumption. It contains elements specifically designed for raising baby calves that cause mucus, phlegm and digestive problems in humans. The claims that milk is good for you is just more promotional BS pushed by greedy agribusiness. #Also dairy cows contaminated with Glyphosate produce Glyphosate contaminated milk.*

Aside from wine in moderation, you should also steer clear of alcohol and beer (unless you know how to make moonshine from organic *Glyphosate free* potatoes), soft drinks, refined sweeteners and iodized salt. Processed foods should also be eliminated from the diet. It's important to note that the Paleolithic diet offers a number of benefits including weight loss, increase activity and general body health. Adopt it, stick to it and you'll gradually start to enjoy its benefits.

One group of beverages often over looked by the Paleo crowd are the selections of wholesome ciders now available. Hard cider made with apples, pears or berries are becoming more and more popular and are naturally gluten free. Ciders are governed by the FDA and must provide a list of ingredients so watch out for added sugar, gluten and preservatives like potassium sorbate and sodium benzoate.

Paleo Diet, A Typical Day

On any given day a Paleo meal plan may include foods like vegetables, eggs, fresh fruits, nuts, lean meats and seafood. Such a meal provides you with nutrients such as phyto-nutrients, soluble fiber, antioxidants, carbohydrates and monounsaturated fats.

When preparing a Paleo meal, you need to focus on poultry, red meat, fish, eggs, nuts and seeds, vegetables and fruits. A small amount of honey, plant oils and dried fruits can also be included in your meals. Avoid any processed food with artificial ingredients, refined sugars, grains, salt and saturated fats.

Once you have made an effort to reduce your intake of packaged foods and grains, then you are ready to start following a daily Paleo diet. Read on to see a sample daily meal plan on the Paleo diet.

***Paleo breakfast**

Eating simply is one of the basics of the Paleo diet; *simply* generally means that you eat less food. For your breakfast you can prepare two scrambled eggs and turkey bacon. This a good and hearty meal that can be combined with Paleo pancakes. You can prepare a Paleo pancake by combining one cup of almond flour, three eggs, ¼ teaspoon of a vanilla extract and ¼ teaspoon of cinnamon. This will give you around 4 to 5 pancakes. You can also try spinach and tomato omelet together with strawberries. If you like cereal for breakfast, nothing beats rice and coconut milk topped with a selection of berries or raisins.
NOTE: a number of new certified organic breakfast cereals are beginning to appear.

***Paleo lunch**

You can try a protein-style hamburgers or a big salad. Begin with a combination of greens, sliced carrots, sliced avocado, diced red pepper, raw mushrooms sliced, chopped walnuts, diced spring onions, lemon juice and equal amounts of olive oil.

***Paleo Dinner**

Prepare any combination of eggs, vegetables and meat. A sofrito of the olive oil, onions, garlic and red, orange and green peppers are just sautéed Paleo. You can also try ground beef, tomatoes, sliced potatoes and spices to give a different but great taste sensation.

For a dessert, you can bake some apples slices with cinnamon and walnuts.

***Snacks**

The best snacks to eat early in the afternoon are fresh fruits such as bananas, apples strawberries and blueberries. You can also try guacamole together with raw broccoli plus carrots, peanuts, almonds, cashew, or even a homemade jerky.

All dairy products such as yogurt, milk and cheese are excluded in this died. Coffee, legumes and alcohol are also not allowed in your daily intake.

The Paleo diet is simple and only requires you to eat healthy and natural food. This diet has no calorie counting therefore ideal for those who want lose weight. It does not require you to purchase any expensive prepackaged food, all you need to carefully plan your meals and then prepare them. Other benefits of Paleo diet includes a smoother, healthier skin, increased energy and a deeper and much more restful sleep. Remember to consult with your doctor for more advice.

> *Today's paleo diet is a bit if a misnomer because humans living in the paleolithic period would recognize few of the foods we now includein our paleo diets. Hunter gathers of the period lived on a very limited diet. Depending on where they lived, they could only eat what they could kill or gather by hand -- day in and day out .*
>
> *There were no local supermarkets where they could go shopping. In season, they ate bugs and grubs, tubers they could dig up or berries they could gather and leafy plants like dandelions and cattails. There were no oranges from Florida, potatoes from Idaho or grapes from California. They never tasted milk, cheese or ice cream -- no cows - no dairy.*

Paleo Mistakes To Avoid

What follows are some of the most common mistakes people make every single day while on the Paleo diet. The idea behind informing you of these mistakes is to prevent you from making the same ones yourself and undoing all of the good work that you have already put into your diet regime. There is no doubt that this particular diet can have some amazing results when it is done correctly, so read on in order to find out more about what you should not do.

First, people will often try to completely eliminate fat from their diet as they believe that it is evil and will result in them putting on weight rather than losing it. The truth of the matter is that you need some of it in your diet as it makes you feel full and helps to absorb various nutrients and minerals in your food, so include some fats without going crazy and you will benefit from doing so.

Another mistake is that they become fanatical about the Paleo diet and this will then put undue pressure them. We all naturally have cravings for some kind of treat every now and then.

The problem is that many people go from one extreme to the other. In actual fact it's all right for you to have a little treat every now and then as long as it does not become a mainstay in your diet. While the main focus of this type of diet has to be on eating natural meat and vegetables, for the majority of your food, little tit-bits can be thrown in occasionally to keep your interest alive.

People are also guilty of thinking that they can eat as many nuts as they like because nuts are acceptable in the Paleo diet?

In actual fact, you should look at limiting the amount of nuts you eat because they do not actually help you to lose any weight, so if you are having them as a snack, then always make sure that they are small portions rather than a big bag or you will undo the hard work you have already put in to lose some weight.

Finally, people believe that they need to eat less in order to lose weight on this diet because they believe in the idea that food was scarce during the Palaeolithic era. This approach of diet restrictions leads to binges rather than controlled meals on a regular basis.

This is the wrong way to do things because you need to eat small meals on a regular basis and make sure that you get enough fats and protein in order to give your body the fuel it needs to actually work. Binging in your diet will only result in your metabolism going haywire. As a result, losing weight will become extremely difficult. Eating small meals on a regular basis is undoubtedly the best way forward.

People regularly make these common mistakes while on the Paleo diet. In order to avoid making them yourself, you simply need to take a that little bit more care and fully understand what the diet involves before you even start. By taking your time you will not only manage to lose weight, but you will also be healthier and benefit from the Paleo diet now and in the long-term as well

How To Shop For Paleo Food?

Shopping for food on the Paleo diet doesn't have to be difficult. If you're on a budget then there is a simple plan you can follow to get the healthiest food for your money. First, prioritize animal protein, and then move on to vegetables followed by fruits and lastly fats.

Animal protein is where you want to spend the bulk of your budget. Always go for organic grass-fed or pasteurized meat. Buy it fresh and buy what is available. If you can't find organic grass fed lamb but you see organic beef, then buy the beef and change your dinner recipe for that night. If you see organic chicken on special, then buy a bunch of them and eat chicken all week, or freeze some of them.

If your budget is too tight to afford the best quality, then at least try to stick to meat from ruminants (beef, lamb, venison, goat, buffalo etc). These animals feed on their natural diet for at least a portion of their lives. Their meat also has a better ratio of Omega-6 to Omega-3 than meat like pork or chicken.

> *Remember, today there is a good chance that ruminants will be fed Roundup Ready alfalfa and will probably be more contaminated by Glyphosate than in the past.*

It's best to buy the leanest cuts of meat and trim the fat from them. Many of the unhealthy things like environmental toxins, hormones and antibiotics reside in the fat, so it should be trimmed or drained before consumption. Eat non-organic chicken without the skin for the same reasons. It's best to avoid pork altogether (or only eat lean cuts) because their diet mainly consists of GMO corn and their fat is toxic.

The next source of animal protein is fish. Since this will only last for a day at home, don't overspend here. Buy enough for one meal unless you are planning to freeze it. Wild-caught fish is good but pricey. You can buy less expensive fish that is often just as good. Look at frozen fish as well; these are often a good substitute to the pricey stuff.

The final source for animal protein is eggs. There is only one rule here; buy organic. They are more expensive than "cage free" eggs but even so, they are still one of your cheapest sources of high quality protein without Glyphosate contamination.

Once you have your animal protein sorted, it's time to look at fruit and vegetables. It is not always best to buy organic. It's better to spend less on fruits and vegetables and more on better quality meat. Most fruits, berries and vegetables will not be contaminated by Roundup. A little pesticide on your produce that can be washed off is tolerable if it means you get high quality protein from meat, fish and eggs.

As a general rule, always buy in season and buy what's on special. Get your vegetables sorted before you purchase fruit. You can do without fruit if necessary but you need to eat your veggies. Buy dark, leafy vegetables, as they are more nutrient-rich. Stay away from vegetables like lettuce, celery and cucumbers, as they don't have much nutrition. To save money you can also purchase frozen vegetables.

The next stop is fats. Dietary fat can be expensive so don't go crazy on things like nuts and seeds. Coconut products are a good inexpensive source of fats, especially coconut milk. In addition, avocados are a good source of fat and are available all year round. Olives preserved in salt and water are also a good choice. These are the staples for fats so go for them first. If you still have some room in your budget, you can buy nuts and seeds last.

When your budget allows, you can go for higher priced items like cold-pressed extra-virgin olive oil, unrefined coconut oil and organic pastured butter. These are all good sources of fat and they can last for months.

The last thing you may want to consider is stocking up on herbs and spices. They can be expensive but, adding a little to your spice rack each week will make eating chicken five nights a week much more interesting.

Unfortunately, it a sad truth that the most vulnerable in society are always left short at the end of the month. Even having access to natural whole foods is a challenge for many people -- never mind paying for good food when you do find it.

It's just an unwritten law that the well to do always get the best jobs, the best food, the best medication and the best that life has to offer. But the problem of poison in our food affects everyone equally. However, if you are on a tight budget (or no budget), you will just have to struggle that much harder, dig deeper and be more determined to protect your health and wellness. Don't let your circumstances prevent you from protecting your health and wellness.

Remember that the Paleo Diet is just a nutritional concept for replacing harmful foods with natural whole foods and everyone has the power to define what a Paleo life style actually means for themselves. Purists have very strict rules for defining what constitutes a Paleo diet but none of us will ever really eat like a Paleo cave man -- or would want to.

First of all, don't pay much attention to high end cookbooks or recipes. Stick to the basics such as meat and organic potatoes and what vegetables you can afford. If you can't get your vegetables fresh then shop for canned or frozen. When you must eat at a fast food outlet try to order salads. But, if you must order a burger and fries, did you know burgers and fries are mostly Paleo friendly -- if you don't eat the bun or the fries.

The single most important thing you can do to defend and protect your health is to stop eating junk food laced with poison because the absolute worse thing you can eat is sugar or grain products like corn and wheat or soy or canola oil contaminated by Glyphosate.

Join the Health and Wellness Revolution, at least in spirit, and start protecting your health and wellness from Glyphosate contamination.

Danger Foods For Diabetics

Given that healthy eating is such an instrumental component in controlling diabetes, specifically blood sugars, it's imperative that diabetics know the proper foods to eat, but it can also be just as important to know which foods to avoid or limit.

As previously mentioned, choosing foods low on the glycemic index is important in controlling blood sugar. It involves choosing foods based on how they affect the blood glucose levels. These foods slow digestion and absorption rates and have less impact on blood sugar levels.

The dangerous foods are those that do the opposite, and cause spikes in blood glucose that only make type 2 diabetes worse and increase the risk for the complications and comorbidities associated with it, including heart disease, kidney disease, neuropathy, and others.

Because most of these foods contain the poison Glyphosate, these foods should never be eaten. If you know for a fact that a food in this section does not contain Glyphosate it should still be limited in a diabetes friendly diet.

1. **White Starches** - Carbohydrates turn into sugars as they are digested and should be limited, especially the white starch varieties.

   Health specialists suggest that the carbohydrate content of a diabetic meal should be limited to 45-75 grams depending on your size. White carbs such as pancakes, bread, and rice will easily blow these limits.

   Unlike whole grains, processed

grains, like white rice, flour, bread, and pasta have a much higher impact on blood sugars, in part because of a much lower fiber count.

2. **Soda And Flavored Coffee Drinks -** Soda and flavored coffee drinks are loaded with sugar and have absolutely no nutritional value. Limit your intake or better yet replace them with water, seltzers, hot cocoa, plain coffee with skim milk, or tea with lemon.

3. **Hamburgers And Fries -** Burgers are fries are high in fat, carbs, and sodium. Potatoes score a 100 on the GI index, the top score any food can receive, and when they are fried in oil they become a health nightmare, not only for diabetes but also as far as heart disease is concerned.

4. **Saturated Fat -** Since diabetics are at a higher risk for heart disease, reducing intake of unhealthy saturated fat is important. Trans fats should be eliminated altogether. Swap lard, butter, and shortening for healthy vegetable, canola, safflower, walnut, and olive oils. Watch red meat intake and choose lean protein with less saturated fat, like beans, tofu, and fish. Fatty fish also provide you with essential omega 3-fatty acids.

5. **High Sugar And Canned Fruit -** Fruit is high in natural sugar, and some have more than others do, berries contain the least sugar so you can eat more of them and satisfy your sweet tooth. Whole fruit is best; avoid canned products in heavy syrup, and limit preservers and juice.

6. **Sweets** - Cake, cookies, pie, muffins, cupcakes and other baked goods should be eaten in extreme moderation since they are made with white flour and refined sugar. An occasional indulgence is fine, but dessert with every meal will quickly cause blood sugars to spike and will place an undue burden upon

the Pancreas.

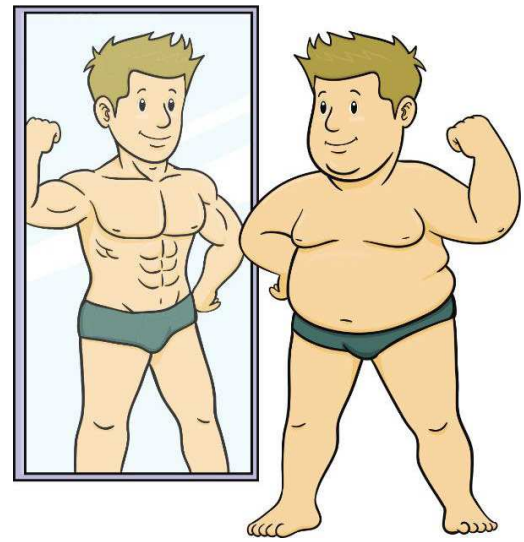
7. **Alcohol -** Alcohol can increase pain associated with diabetic neuropathy. Excessive alcohol, especially, sweet mixed drinks can cause blood sugar spikes. Light beer and dry wine in moderation is best.

8. **Fried Foods -** Fried foods have too many starchy carbohydrates from the coating, along with saturated fat, and sodium. It's an all-around bad choice for diabetics.

9. **Heavy Mexican Foods – Burritos, Tacos, and Tortilla Chips -** Who doesn't love to snack on chips and salsa as they wait for their main course. However, one basket of chips almost doubles the amount of carbs that a diabetic should consume in one meal, not including the main course! Mexican food is typically high in fat, salt, and carbs.

The Bodyweight Connection To Type 2 Diabetes

Researchers have determined that type 2 diabetes is a matter of both heredity (genetics) and your environment. One big piece of this environment is your weight. You can be born with the genes for type 2 diabetes and may never develop it if you stay fit and healthy your whole life. If you gain weight, that added piece may bring on the disease. In the same way, you can control diabetes better if you lose weight once you have the diagnosis of diabetes.



Statistics show that 80% of those with type 2 diabetes are overweight or obese. Healthy diet and exercise can reduce the risk for type 2 diabetes by 58% in those ages 59 or younger and by 71% in those ages 60 or older.

No one knows exactly why there is a relationship between type 2 diabetes and weight. Weight seems to worsen a person's resistance to insulin, which is the underlying mechanism in getting diabetes. The cells of the body depend on insulin to put blood sugar into the cells for fuel but the process, for whatever reason, doesn't happen and blood sugar rises in the bloodstream. The pancreas puts out even more insulin to compensate for the blood sugar elevations and eventually, the pancreatic activity becomes too much and the pancreas fails. This is when diabetes is inevitable.

Scientific Proof

A program known as the Diabetes Prevention Program or DPP has proved that weight loss either can prevent diabetes from happening or can delay the onset of type 2 diabetes. They looked at over 3000 people who were at a high risk for developing diabetes due to heredity. If these people lost even 5% to 7% of their total body weight (which is about 10-14 pounds in a person weighing 200 pounds), this alone slowed or prevented the onset of type 2 diabetes.

These were people who were overweight and who had a strong family history of type 2 diabetes. Some were high risk because they belonged to an ethnic group known to be prone to diabetes or had a history of gestational diabetes. Some were simply older than 60 years of age. They all suffered from a condition known as pre-diabetes in which the circulating blood glucose levels were higher than the average population but didn't have numbers reaching diabetes levels.

In the study, those people who exercised at least 30 minutes per day and lowered their caloric intake lost weight and were able to prevent or delay the onset of diabetes. Some of the study subjects simply took metformin, a medication that lowers insulin resistance. They delayed the onset of type 2 diabetes as well but not as well as those who just lost weight. These people were also compared to a group of people who received diabetes education and took a placebo pill that didn't have any medication in it. Those who took the placebo pill didn't lose weight and developed diabetes sooner than the other two groups.

The researchers followed the groups of people with pre-diabetes for three years and found that those who lost weight reduced their risk of getting type 2 diabetes by 58%. Those over sixty years old did even better, reducing their risk by 71%. The group who took metformin only was able to reduce their risk of getting type 2 diabetes by only 31%.

Are there lasting results?

The researchers of the Diabetes Prevention Program Outcomes Study looked at these people for a longer period—for at least ten years. They found that those who lost weight through lifestyle changes did the best and reduced their risk of eventually developing diabetes by 34%, with the over sixty group lowering their risk by 49%.

It seems clear that there is a close connection between weight and the development of diabetes and that, by losing weight and keeping it off, you can prevent the onset of type 2 diabetes and therefore reduce the subsequent complications of the disease.

Top 10 Diabetic Diet Myths

There are many myths regarding the proper diet for a diabetic. It's already intimidating to learn that you have diabetes and have to change your diet, don't let rumors ruin your hope of managing your diabetes. Learn the facts and grab your health with both hands. Stop eating Glyphosate contaminated food.

1. **Your medication compensates for your diet; eat whatever you want.**
   Diabetes medication is not designed to compensate for the food you eat. This is a widely spread rumor that can be very dangerous. If you take medication, it should be done in conjunction with a proper diet.
2. **Too much sugar is the main cause of diabetes.**
   This may be the largest diabetes rumor on the planet. Sugar does not cause diabetes. Glyphosate (Roundup) is the primarily cause of Type 2 diabetes (in which the body resists insulin). The cause of Type 1 diabetes (an inability to produce insulin) is unknown.
3. **You'll never eat hamburgers and fries again.**
   This myth is spread in many forms: "You'll never eat fried chicken again," "You'll never eat potatoes again," and more commonly, "You'll never eat your favorite foods again." Diabetes doesn't restrict you from eating any specific type of food. However, it does restrict you in the portion size of certain foods, particularly foods high in carbs and saturated fats. Moderation is always key.
4. **Sweets can no longer be part of your diet.**
   In piggy backing off the previous myth, sweets can be consumed in moderation. However, remember to continue to monitor your blood glucose levels, as the amount of sugar in your blood stream is directly related to the effects of this disease.
5. **Special weight loss diets must be incorporated into your lifestyle.**
   While it's true that weight loss helps to control and even reverse the effects of diabetes, you do not need to burden yourself with following strict weight loss plans or special diabetic diet plans. This can get time consuming and expensive. Rather, eat a balanced diet and monitor your portion sizes. This, in conjunction with exercise, will naturally help you to lose weight and manage your diabetes.

6. **Focus on protein rather than carbs.**
   While it's true that too many carbs can be harmful, so can too much protein, especially bad proteins such as greasy red meat and those high in saturated fat.

7. **The fewer carbs you eat, the healthier you'll be.**
   Extremes are usually bad. Do not harm yourself by starving yourself of carbs. The body needs carbs and it serves important functions in providing energy, in immunity and others. As a diabetic, you should consume 45-75 carbohydrates per meal, depending on your size and weight.

8. **Alcohol must be cut out completely.**
   Alcohol is not digested in the same way as sugar, as many may believe. If you moderate your drinking, this should be safe for diabetics. Typically, it is not the alcohol that causes blood sugar spikes, but sweet mixers. The American Diabetes Association recommends light beer and dry wines, with one or two drinks daily. Consult with your physician because some medications affect the consumption of alcohol.

9. **Eat as much fruit as you want.**
   Fruit is healthy, but many fruits actually contain a significant number of carbohydrates, so be sure that you're monitoring your intake. Berries are good choices as they are low in sugar carbs and high in fiber.

10. **When you exercise, your blood sugar gets low, so you must eat more sugars to compensate.**
    This myth is actually two myths packed into one. First, it is not fact that your blood sugar will drop when you exercise. Some specialists say that certain diabetic medications may cause blood sugar to fall during exercise, but it is widely accepted that this varies per person, and in some people, blood sugars can actually rise during exercise. Monitor your blood sugar levels when you exercise to see how your body responds at different times of the day.

    Secondly, do not think that you should eat more sugars after you exercise; this lessens the benefits of the exercise in the first place. You don't get a "free pass to sugars" just for exercising. Exercise is a natural way to balance the glucose in your system; don't negate the effects by indulging in sweets.

Exercise Considerations For Diabetics

It's no new phenomenon that diet and exercise are the two keys to managing diabetes, but did you know that certain methods of exercise can be harmful to you? Did you also know that exercise could be used to reverse type 2 diabetes or greatly lessen the health risks associated with it?

Caution And Safety

First, you should check with your doctor to see what type of exercise is appropriate for you.

It's important as a diabetic to ease into exercise, particularly if you've been a couch potato for a while. Too much intense exercise at once can cause blood glucose levels to spike, either when you begin exercising or once you stop. The importance of monitoring your blood glucose levels cannot be stressed enough.

Blood glucose levels can change based on the length and intensity of your workout. There have even been reported cases of glucose levels going up or down during exercise based on the time of day.

At least for the first few times you exercise, monitor your levels before and after so that you can get an idea of how your body responds. If you can keep up this degree of monitoring long-term, that would be ideal, but if it would deter you from working out, just monitor your levels often at first, and then sporadically.

Everyone's body reacts differently. Keep in mind that you may need to make some minor changes based on how regularly you exercise and how your body responds to it.

The Role Of Exercise In Type 2 Diabetes

Exercise has tremendous benefits for diabetics. Not only does it help you burn off fat, but it also shrinks the risk of heart disease, helps your body process insulin (thus lowering blood sugar), strengthens your muscles, reduces blood pressure, reduces the chances of a stroke, and improves blood circulation (which can be a problem for diabetics that can lead to limb amputation).

Nearly all of these things are associated with the long-term effects of diabetes – stroke, heart disease, etc. By combating these things through exercise, you are essentially reversing the effects of Type 2 diabetes on your body!

How To Exercise As A Diabetic

The two keys to remember in regards to exercise are:

1. **Moderation**
2. **Consistency**

Intense exercise, especially at first, can be harmful to your blood glucose levels. Studies actually show that more moderate exercise over a longer period, such as walking, is the most beneficial kind of exercise of all.

Your muscles spend more time absorbing glucose, thus reducing your blood sugar levels. Consistency is also incredibly important. Weight loss is a process, and once the weight is lost, exercise is needed in order to keep off the weight.

Think of it like brushing your teeth. If you only do it rarely, then your teeth will turn yellow over time. It's the same with exercise. You must remain consistent in order to manage your weight and blood glucose levels.

Best Exercises

Aerobic exercise works the heart and burns fat and calories.

Aerobic activity includes:

- Walking
- Running
- Cycling
- Swimming
- Fitness classes
- Hiking
- Dancing
- Exercise machines, such as treadmills, bikes and elliptical machines

Brisk walking is one of the best options, in fact, experts report that taking a walk after meals can balance blood sugars and lessen the impact of food. Be sure to warm up and cool down for 5-10 minutes before and after your workout so that your body can easily adjust to it.

Strength Training

Strength training helps to build lean muscle tone that helps to increase metabolism and is highly recommended as part of a well-balanced fitness regimen. As people age muscle mass declines and strength deteriorates, which can cause serious issues in old age, including inhibited mobility, higher risk of falls and others.

Expert Assistance

Those with type 2 diabetes are well served by hiring a certified personal trainer that can help devise a safe and personalized workout plan for you. Since diabetes is an important consideration in working out, and the ways in which you exercise can depend on your age, current weight, and fitness level, an expert can be very helpful in devising the right plan.

Exercise For Diabetic Neuropathy

People with diabetic neuropathy have suffered damage to their nerves. Part of the problem is that the circulation to the arms and legs does not reach well to the small vessels that supply these nerves. The high blood sugar in the bloodstream of diabetics who are out of control with their diabetes may also damage and inflame nerves without the circulation effects. The nerves most affected are the ones as far away from the heart as possible, namely the toes and feet, and the hands.

Symptoms of Diabetic Neuropathy

Diabetics can have peripheral neuropathy, autonomic neuropathy, diabetic amyotrophy, or mononeuropathy.

Peripheral Neuropathy

The most common type is peripheral neuropathy, which affects the feet first.

The symptoms include the following:

- Tingling or burning feelings of the toes or feet
- Numbness of the feet (or arms)
- An increase in the ability to sense touch so that even mild touch is painful
- Cramps or sharp pains
- Muscle weakness
- Loss of ankle reflexes
- Diabetic foot ulcers
- Bony or joint pain
- Loss of balance of feet
- Loss of coordination of hands

Autonomic Neuropathy

If the autonomic system is involved in neuropathy, you get symptoms affecting the bladder, lungs, intestines, sex organs, eyes, and heart. You lose the ability to detect

when your blood sugars are low and you can suffer from urinary retention or incontinence. Diarrhea or constipation can occur. There can be gastroparesis or slow emptying of the stomach, difficulty swallowing, and male and female sexual difficulties. It can be difficult to regulate your body temperature and your heart can race, even at rest. There can be sharp drops in blood pressure upon standing and difficulty adjusting the eyes from lightness to darkness.

Diabetic Amyotrophy

If you develop diabetic amyotrophy, the nerves of your buttocks, hips, thighs, and legs are affected, usually on one side of the body. It can manifest itself as severe pain in the above areas, weak muscles of the thigh. Eventually you can't rise from a sitting position and lose muscle weight loss.

Mononeuropathy

Mononeuropathy involves single-nerve damage. The nerve can be anywhere on the body and can cause severe but temporary nerve pain or dysfunction of the nerves of the eyes or face.

What is the best exercise for those with diabetic neuropathy?

Just because you have diabetic neuropathy doesn't mean you can't exercise. One caveat, however: if you are doing an exercise that involves wearing shoes, you should have custom tennis shoes made for you. Most insurance companies and Medicare will pay for a new custom pair of shoes each year. The shoes will be molded to fit the feet without pushing on prominences of the toes or feet.

- **Some great exercises for diabetics include the following:**
  Walking: With the right shoes, you can walk as far as you are able. Start slow if you are not used to it and build up your speed and length of walk as you become stronger. Walk with headphones or a friend to make the walk enjoyable and fun. Be sure and check your feet for blisters or abrasions after each walk and wear socks while you walk.

- **Yoga:** Yoga is perhaps the best exercise for diabetics. It is usually done bare foot so that you don't have to put extra pressure on your feet from shoes. There are many types of yoga, some that focus strictly on stretching, while others focus on balance and even some cardio work. It is an activity for all ages of diabetic, and can be relaxing and focusing. Several poses help to massage the pancreas in order to release toxins and therefore improve the diabetic outlook.

- **Pilates:** Pilates focuses particularly on the strength of the core muscles of the body. It is also often done barefoot so you can free your feet from pressure. There are many Pilates DVDs on the market there so that you can change up your routine as you strengthen your muscles.
- **Swimming:** Swimming is a great aerobic exercise for diabetics. You get to use all your muscles in a smooth, free flowing exercise that can get your heart going and keep you invigorated. Muscle strengthening, particularly of the arms and legs can be achieved using this exercise.

Always check with your doctor before starting any exercise program.

Get Started Today

Remember; the Paleo diet is an eating plan designed to replicate the nutritional habits of our hunter-gatherer ancestors. It is based on the principle that human beings might attain better health and optimal weight by avoiding diets high in carbohydrates, sugar and instead eat a lot of lean meats, fish, fruits and vegetables.

BTW: The Paleo life style is the only nutritional plan fundamentally capable of protecting you from the Glyphosate (Roundup) "Poison In Our Food"...

Below are 6 tips to help you start the Paleo diet today:

1. Awareness

You get a pretty excellent idea of what the Paleo diet is all about by researching on the Internet, books, journals or joining Paleo groups in the different social networking sites such as Facebook, twitter and meetuip.com. You should know which foods the Paleo diet avoids also.

Advocates of the Paleo diet believe that there is a direct link between the increasing prevalence of chronic diseases, like obesity, diabetes, autism, as well as auto-immune and heart diseases, with the increasing intake of carbohydrates and sugar. To attain better health, advocates recommend eating a diet like that of our hunter-gatherer ancestors where foods like sugar, bread, pasta, cereals, dairy products, trans fats and fatty meats were simply not available. Moreover, advocates recommend keeping away from starchy vegetables like corn and potatoes, legumes, peanuts, beans, and every type of fruit juices and sodas.

2. Identify the best Paleo diet foods

A Paleo diet is nutrient rich, which enhances satiety and increases weight loss. The best Paleo diet foods should incorporate chicken, fish, shellfish, avocados, eggs, nuts, berries, turnips and carrots.

3. Include Paleo diet in your everyday plan

Arrange how you'll include the Paleo diet in your everyday plan. Foods high in carbohydrate, whole grain foods, are easily accessible in fast-food cafe and vending machines, however Paleo diet foods have a short shelf life and few can be kept in a pantry. When first starting out, get into the pantry and remove all processed food, such as beans, bread, sugar, cereals, pasta, candy, sodas, cake mixes and potato chips that is kept there. Donate unopened and usable products to local food pantry or either throw it all away or feast on it until it’s all eliminated. An effective start of the Paleo diet implies scheduling the foods you'll take for breakfast, lunch as well as dinner. In this way, you'll not be prone to reaching for processed foods once hungry.

4. Get ready for the effects of radically reducing carbohydrates intake

People taking a diet rich in carbohydrates might experience a range of consequences when commencing a Paleo diet. It can result to dizziness, tiredness and constipation. Moreover, a Paleo diet might stimulate ketosis, a condition which leads to rapid breakdown of body fat. This might be particularly risky for expectant women and individuals suffering from diabetes.

5. Gradual transition

Slowly shun your processed food intake patterns and substitute them with Paleo diet foods. You can take up even a month. A best way to include this is to avoid purchasing any processed foods once you go to the market.

6. Detox

A best way to start a Paleo diet is to detox your body first. You can simply cleanse your body by taking just water together with lemon juice, cayenne pepper and maple syrup for a period of between 1-7 days.

Conclusion

If the health consequences of diabetes don't scare you into eating better, think about the level of self-improvement you can achieve by following these eating tips. You'll lose weight, look healthier, feel better, and gain more self-esteem. Furthermore, your family will have more peace of mind knowing that you are taking care of yourself and living a healthy life.

It is definitely difficult to give up salty snacks for celery sticks, and hamburgers and fries for grilled chicken and broccoli, but try turning it into a hobby. Buy healthy eating cookbooks or create your own, and spend more time in the kitchen experimenting with different foods. Cooking can be quite fun when you have a purpose for doing it!

Type 2 diabetes is a serious disease, but with careful consideration to diet, exercise, and regular medical care, it can be managed and all its complications can be avoided to allow anyone to live a long and healthy life.

> **The most important thing is to never ignore type 2 diabetes, as out of control blood sugars will lead to serious problems.**

See your doctor, use the online forums to get support, visit a holistic practitioner, as there are many natural complementary therapies that can only serve you in managing this disease.

Pay attention to food choices, and choose to exercise regularly. Remember the choices are yours, and once you begin to make healthier selections in your meals, you will see just how much control you have over this disease.

Closing Shots

Recovery

It can't be stressed strongly enough that the single most important thing you can do to protect your health is to stop eating any food that may be contaminated by Glyphosate (Roundup). Monsanto patenting Glyphosate as an antibiotic says it all. By definition an antibiotic is "anti-life", a poison, meaning it destroys life and I know from experience how damaging an antibiotic can be to your digestive and immune systems.

During the dark ages, whenever some unexplained disastrous event happened, such as a farmer's cow dying, commonly a neighbour was accused of witchcraft and perhaps burned at the stake. Similarly, when we started seeing a drastic rise in chronic diseases and stomach problems, everyone started pointing fingers at wheat gluten, milk, sugar and any number of food additives. Anything that could possibly be the cause of these health issues was fair game.

Unfortunately, the most likely suspect, Glyphosate, a hidden poisonous contaminant buried deep inside of our food, was never accused… because no one knew anything about it.

Glyphosate, backed by lobbyists with power and money, received full (unrestricted) support of the Government's Food and Drug Administration. And we all know, if a food product or additive is approved by the FDA then it must be safe. Right?

Only now, are we beginning to hear about how dangerous Glyphosate really is from independent science labs around the world and we must wonder who the FDA is really trying to protect. In this case it's certainty is not you or I, the consumer.

Demonstrate your outrage over Glyphosate by refusing to eat any food that may be contaminated by Roundup. Not only will you be protecting your own health, you'll also be sending a powerful message to both Monsanto and the Government telling them exactly what you think of their despicable conduct.

A better future depends on you

The Paleo Survival Guide can help you escape the dangers associated with Glyphosate (Roundup) contamination -- help you start healing the damage that may already be done to your body and help prevent further damage from occurring.

The single biggest hurdle you need to overcome is your own attitude towards the importance of eating healthy food. If you are a typical consumer you are already addicted to the junk food that is poisoning your body, junk food that is scientifically formulated with additives so you become addicted to it's taste and texture. Junk food addiction can be just as hard to break as cocaine or heroin.

Another hurdle to over come is the fact that the food industry itself is addicted to the money they make selling cheap chemically laced products. Health and nutrition get no consideration in their board rooms. Big agribusiness will resist any change that cuts into their bottom line.

Corporations do not have a conscience. They will do anything or sell anything, even if they know it's harmful to consumers. Look at the tobacco industry for example. Farmers are still growing tobacco and cigarettes are still being manufactured even though tobacco products have been proven harmful and even deadly. When sales started dropping in their traditional markets, because of tighter restrictions and health concious consumers... they moved their sales to children in third world counties where consumers are more ignorant of the dangers.

If we, as consumers, want to stop the sale and use of Roundup and Roundup Ready crops we must demand better food and food regulations. We must force the farmers to stop using those products by refusing to buy their poison laced products. Money talks. As more and more consumers start demanding organic food (and paying for it)... then more and more farmers will start growing it.

How can you do your part? If you know a farmer, make them aware of the damage that using Roundup does. Actively look for organic farmers and organic products in your neighbourhood and support them by buying their products. The more you buy the more they grow. The more you eat the better you feel.

Supplements

If you are a victim of "Poison In Our Food" (and who isn't) then you will require a number of supplements to help you recover or at least improve your level of health. *Unfortunately, depending on the level of damage, you may need to take some of these supplements for years or even for the rest of your life.*

Here are a few core supplements I have personally found helpful for repairing the damage done by Glyphosate.

- Probiotics
- L-Glutamine
- Digestive Enzymes
- Betaine HCl
- Caprylic Acid

Probiotics

Once destroyed by Glyphosate, the thousands of strains of micro flora can never be replaced except perhaps by a fecal transplant. Taking supplemental *probiotics can only replace 4 - 12 strains.*

Probiotics: Nearly everything you eat will be contaminated to some degree by Glyphosate so you will constantly need probiotics to help support a positive balance of micro flora in the intestines. Supplementing with probiotics will help to restore and maintain friendly bacteria colonies depleted by stress, antibiotics, Glyphosate and other gastrointestinal disturbances.
Get the highest number of CFU's (30-50 billion etc.) and strain colonies you can afford.

L-Glutamine: used for rebuilding and maintaining a healthy gut lining, recovery from Leaky Gut and supporting the immune system.

Digestive enzymes: are essential to the body's absorption and full use of food. The capacity of the body to make enzymes diminishes with age, and therefore the efficiency of digestion declines.

Betaine HCl: may support the stomach's digestive capacity and to help to stimulate the body's production of digestive enzymes.

Caprylic Acid: supports healthy digestion through its ability to promote a healthy balance of intestinal flora. It also has anti-fungal properties and has been used for candidiasis and treating other infections.

Other specific supplements may also be required to help repair the immune system, such as:

- Serrazimes
- Beta-Glucans
- CoQ10 – Ubiquinol
- NAC – N-Acetyl Cysteine
- Oregano Oil
- Olive Leaf Extract

Serrazimes: may help maintain and support cardiovascular and lymphatic health through its ability to help break down excess fibrin. Serrazimes may also help support the immune system and promote a healthy response to external stresses.

Beta-Glucans: may help to support a healthy immune system through its ability to maintain and modulate several aspects of immune function, including macrophage activity and immunoglobulin production.

CoQ10 or Ubiquinol: In every cell in your body, there are small "engines" called mitochondria. Ninety-five percent of the total energy created within the body comes from these mitochondria, and none of it can take place without CoQ10. The brain requires active and healthy mitochondria to function properly and do its job.

NAC: supports the production and utilization of glutathione, the foremost protective and regulatory antioxidant naturally concentrated in all healthy cells. **NAC is particularly important to suffers of COPD or Emphysema and other similar lung diseases because it helps to loosen lung congestion and clear the lung passages for easier breathing.**

Oregano Oil: oregano is used to support digestive, respiratory and joint health. Recent in vitro research indicates that carvacrol, an active constituent of oil of oregano, may provide support to the immune system.

Olive Leaf Extract: works as an excellent anti-pathogenic supplement and can be used as a way to rid the body of mold and other fungi.

Probably the most devastating attack on our health and wellness was Monsanto's decision to develop, produce and market the weed killer Roundup. While some people think the jury is still out, the evidence continues to mount and Roundup could end up being multiple times more destructive then DDT, PCB, Thalidomide or Agent Orange.

Like the tobacco industry, Monsanto denies any problem with the product or any culpability; regardless of the vast numbers of people who have already developed or will develop chronic diseases; and those who may have already died. In some future time Monsanto may be fairly judge the world's greatest villain because of Roundup.

To defend and protect your health and wellness you need to start living life the Paleo way. Never eat any processed foods; especially those that contain any grain products like corn, wheat, soy or refined sugar. Only eat fresh whole foods and vegetables that are not contaminated by Glyphosate aka Roundup.

The more you include wholesome fresh healthy foods in your diet the more you build up an army of nutrients that make your body strong and able to fight off chronic disease and recover from Glyphosate food poisoning.

> I predict in the coming months and years you will see an increase in GMO (Roundup) free products on the supermarket shelves. Just within the last few months I've noticed breakfast cereals of this nature as well as dry pet foods being advertised as not containing corn or grains. So some food producers are starting to pay attention.

BTW: It should also be recognized that cooking also makes a big difference in the value of food, for example, a plain baked potato is a whole nutrient rich food, French fries, not at all. Only use natural cooking oils such as coconut oil, palm oil or olive oil for cooking and stay away from Glyphosate contaminated processed vegetable oils like canola, soy, corn and sunflower oils.

A balanced diet filled with a variety of natural foods makes sure that your body gets the proper nourishment, maintains optimal performance, health and wellness, which can serve you well into old age.

Finis

Did you know that Doctors only get a couple of hours of instruction on nutrition (learning a bit about how vitamins affect your body) during their many years of training. Somehow, they think that what you feed your body is irrelevant; which is irrational, illogical and unscientific.

Even a child can understand that what you eat and drink is digested and becomes your blood composition. So, unless you believe your blood is made magically, you understand that your blood is made of what you eat and drink. Then, your blood circulates throughout your body feeding your organs, fuelling your brain and rebuilding all of the cells in your body. Clearly, what's in your blood becomes your physical body.

You are literally what you eat physically. It's an inescapable conclusion. So, if you're eating junk, or eating toxins, or eating heavy metals and poisons, your body, your brains, your organs, your skin and everything that's in your physical body becomes junk, becomes toxic and poisonous, becomes not natural. The entire medical profession cannot grasp a simple concept that a five year old understands almost automatically.

Well that brings us to the end of the Defeat Diabetes with Paleo. I hope we have obtained our objective and helped you understand the horrific problem of "Poison In Our Food" and shown that the Paleo diet is the only solution that can defend and protect our health and wellness.

Stay well. Take care. Stop eating food contaminated with Glyphosate!