

Health & Wellness **REVOLUTION**

Vital Health News Should Be Made Public

Share the secret --

Poison In Our Food - Recovery

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.

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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 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 Diet/Life Style 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 do not get any consideration in their board rooms and big agribusiness will resist any change that cuts into their bottom line.

Corporations are the psychopaths of the business world. They do not have a conscience. They will do anything or sell anything, even if they know it's harmful to consumers. Look at tobacco industry corporations 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: can help support a positive balance of micro flora in the intestines. Supplementing with probiotics may help to restore and maintain friendly bacteria colonies that were depleted by stress, antibiotics and gastrointestinal disturbances. *Get the highest number of CFU's (30-50 billion etc.) and strains 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 sufferers 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.

Turpentine - taken orally: is an excellent anti-pathogenic supplement and can be used as a way to rid the body of mold and other fungi like Candidiasis.

Summary

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 than 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 judged the world's greatest villain because of Roundup.

To defend and protect your health and wellness you need to start living 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.