

The Poisoning of Our Food Supply

One of the reasons our bodies have become increasingly toxic is the abundance of chemicals that have been introduced into our food chain. Fertilizers, herbicides, pesticides, and fungicides are just a few of the toxins that are now wreaking havoc on our foods and our bodies.

One of the big problems with these chemicals is that many of them are petroleum-based, which makes them fat-soluble. And where do fat-soluble substances reside? If you said fat cells, then you're correct.

Furthermore, if eating organic foods is not high on your priority list, it should be. Yes, they are slightly more expensive but far cheaper than the health issues that may help prevent. Overtime, consuming pesticides and other chemicals that have contaminated our conventional food supply build-up in the body. These deadly chemicals accumulate in your fat cells, "hiding" there for years, and also pose a tremendous burden on your liver – the body's major filter.

As the liver becomes more toxic, its function becomes severely compromised. Less and less is it able to do its over 500 roles which include regulating your blood sugar and lipid levels, producing sex hormones and the fat-emulsifying bile, and overseeing over 2,000 different enzyme processes!

The issue with low-grade chemicals is that they rarely produce "instant" effects. What we mean is that the effects these toxins can create may take years and even decades to manifest. Instead, they lay dormant in your body and slowly but surely wear you down.

So now that you have a slightly better understanding of why the poisons that are present in our foods don't do your body any good, let's have a more detailed look at what some of these chemicals are all about.

Chemical Fertilizers

Crop rotation was once widely practiced to ensure that soil nutrients were replaced season after season. The natural growing of corn, for instance, uses so much nitrogen that it seriously depletes the soil of nitrogen.

After a year of corn, beans or peas should be used to replace the nitrogen, as they concentrate nitrogen in their roots. However, these days it is commonplace to follow a year of corn with a heavy dose of chemical fertilizers, followed by another year of corn, and then more fertilizers because, chemical fertilizers are not cheap, so in order to pay for the fertilizers, farmers must continue to plant the crop that will yield them the highest payoff for their efforts – a vicious cycle which ensures that you will have plenty of chemicals in your food for years to come.

What About Pesticides, Fungicides, Insecticides, and Herbicides?

Since the same crops are planted year after year in the same place, pests and fungi know exactly where to go for a good dinner. As a result, farmers need to douse their crops in pesticides, insecticides, fungicides, and herbicides – only over the years, these chemicals become less and less capable of keeping pests away as the pests acquire resistance to the chemicals. This means more and more chemicals over the years – and more toxicity in the soil, your food, and your body.

The World Health Organization estimates that 3 million agricultural workers in the developing world suffer pesticide poisoning. Many pesticides are nerve agents, and are one of the most common causes of poisoning worldwide. Pesticides are associated with acute abdominal pain, dizziness, headaches, nausea, vomiting, skin problems, and eye problems, as well as long-term problems such as, memory disorders, respiratory problems, cancer, depression, neurological deficits, miscarriages, and birth defects.

There are pesticides, which are so deadly that farmers must take courses and exams to be able to purchase them! And if farmers must wear chemical suits to pour pesticides into spraying machines, and then spray them all over foods that people will consume...do you really want to be eating those foods?

Agent Orange

How can we write a report on conventional farming methods without mentioning Agent Orange? Agent Orange is the herbicide that was sprayed in South Vietnam between 1962 and 1971 by American forces to clear dense foliage, draw out the Communist enemies, and destroy the food crops on which they survived.

The effects were disastrous. Filled with dioxins – Agent Orange is responsible for various types of cancer, birth defects, and a whole lot of suffering in the lives of those exposed – Vietnam War Veterans, their families, and millions of Vietnamese victims.

According to the Vietnamese Ministry of Foreign Affairs, 4.8 millions Vietnamese people were exposed to Agent Orange, which resulted in 400,000 deaths and disabilities, and 500,000 children born with birth defects. And these numbers do not include people who have lived their lives in pain since this exposure, and have died premature deaths due to “natural causes”.

This herbicide was fatal for so many people and even though it is hard to imagine that Agent Orange would still be used today, the collateral damage it has already created around the world will be felt for decades to come.

But you have a choice, and you can choose to avoid herbicide treated foods.

Ethylene Gas

When fruits and vegetables are picked early, before they are ripe, ethylene gas may be used to ripen them for sale. Ethylene gas is produced naturally by plants during the ripening stage. But if the plant is covered and the gas is trapped, the plants will ripen a lot faster. You may have heard of placing an avocado or a banana in a paper bag to hasten the ripening process, but in large-scale industrial food production, paper bags just don't make the cut.

Instead, large rooms are equipped with ethylene generators. The rooms are monitored and their environments are fully controlled. There is no evidence as to what long term exposure of small amounts does to consumers, but large amounts of ethylene gas in air can produce dizziness and decrease coordination and judgment, while very high concentration (8% oxygen in air) of ethylene gas can cause acute death.

What this means is that fruits and vegetables can be picked early, before they have all their nutrients, and companies can sell you produce that has sat in transportation or storage for long periods of time – even years, that appears ripe, but is void of any nutrients! What is scary is that, recently, we even bought organic bananas that NEVER ripened. They literally sat in our kitchen for over a month, and we finally threw them away.

Ethephon

Ethephon is a man-made chemical that reacts with water to release ethylene gas. It is sprayed on crops just weeks before harvest to maximize harvest efficiency. One study characterizes it as “slightly toxic on a sub-acute dietary basis to bobwhite quails and mallard ducks.” And human studies found a “sudden onset of diarrhea or an urgency of bowel movements, stomach cramps or gas and increased urgency or frequency of urination.”

We're not sure how anything can be slightly toxic on a sub-acute dietary basis... We almost always get a laugh out of journal-speak, especially when studies are funded by companies trying to market products that are obviously harmful when ingested! We're not sure what to think about this chemical, but we definitely don't support its usage on the food we eat.

Final Remarks

The reason for this lesson is to reiterate the need to consume foods in their natural state. Foods that have been sprayed with poisons or artificially ripened are not in their natural state, provide little nutritional value, and can pose serious threats to your health. Perhaps eating organic foods isn't feasible for you? Maybe it is?

But, either way, cleansing is a very helpful means of replenishing the health of your overburdened organs (such as your liver and kidneys) and providing your body with a much needed “vacation” from the overwhelming physical stress that certain foods are creating.

Source: <http://www.totalwellnesscleanse.com/>