Disturbing Toxin Test Results in American Children and Food Samples

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Toxin testing of 36 American children reveal surprising results, with huge implications of toxicity for gluten-free, vegetarian and vegan consumers.

Moms Across America sponsored a survey testing 36 American children for glyphosate, 2,4-D and 166 other toxins, including pesticides, herbicides and industrial pollutants. The lab used was Great Plains Lab of Lenexa, Kansas.

The randomly selected children, ages 2-17 years old, consisted of a mixture of demographics from across the United States. Participant information here. 79% had ADHD or autism symptoms, 21% did not. About 50% of the children were reported by the parents to eat mostly organic and about 50% did not. No one reported eating 100% organic.

The results are disturbing. 100% of the children tested positive for serious toxins. Click here for data. Over half of the American children had more than 3x the average concentration of at least one toxin. Several had 4 to 5 times the average concentrations and most had multiple above average concentrations.

In adding up the number of occurrences of above average concentrations by toxin or toxin marker we discovered a disturbing pattern.

Below is a list of the top offenders, in descending order, with the most occurrences of higher than average concentrations across the children tested. Notice that 4 out of 5 are food and water related:

- Perchlorate (fertilizer) - commonly found in food and water.
- Glyphosate (herbicide) - commonly found in food and water.
- PGO (styrene) - commonly used in food packaging and equipment.
- Tiglylglycine - a marker of DNA mutation due in part to nutritional deficiency.

- NAPR (metabolite of 1-bromopropane) - industrial solvent used in everyday products.

The chart below is a portion of the children's test results, showing the ten children that had the highest number of different toxins in their bodies and the toxins which were most frequently detected.

Moms Across America Final Glyphosate/Toxic Chemicals in USA Children's Urine Survey						Yellow + 1 standard deviation (SD) above average, Orange = 2 SDs above average, Red = 3 SDs above average, Red + Bold = 4 SDs above average, Red + Bold + underline = 5 SDs above average					
SampleID- DATA MUST Be in correct order, use column to left as guide	Summary of toxic levels	Glyphosate	NAE N-Acetyl(carbomyl ethyl)cysteine	MEP Monoethyl Phthalate	PERC Perchlorate	NAHP N-Acetyl(2-hydroxypropyl)cysteine	PGO Phenylglyoxylic Acid	NAPR N-Acetyl(propyl)cysteine	3MHA (234)-Methylhippuric Acid	2HIB 2-Hydroxyisobutyric Acid	TG Tiglylglycine
Class		Herbicide	Product Process	Industrial Materials	Industrial Materials	Industrial Materials	Industrial Materials	Solvent	Solvent	Octane Enhancers	Marker
Impact		Neuro toxin		Develop Testes	Thyroid		Central Nervous System	cognitive function	methylhippuric acid isomers	genetic disorders.	mitochondrial disorders
Carcinogen?		Yes	Probable	TBD	Yes	Probable	TBD				autism, cancer parkinsons
Solution		Avoid	glutathione	Sauna	RO Water		Avoid plastic styrofoam		Avoid/reduce exposure		
461662	12	1.75		138.211	2.51	33.826	184.075	0.543	525.073	10317.591	1.3
461787	12	1.25	126.52	102.368	2.571	**618.064**	254.108	16.916	1418.927	3759.41	1.477
461779	13	1.2		568.829	4.023	21.647	61.67	7.851	1292.216	8313.392	1.293
461717	14	1.4	34.788	**790.011**	5.216	110.911	228.046	18.402	1574.155	3597.319	1.812
461723	15	1.1	37.551	326.635	10.025	**465.574**	107.295	1.109	711.866	2864.406	0.745
461958	15	2.25	172.017	109.547	7.393	33.046	252.712	1.305	4379.585	4933.926	2.254
461672	16	1.4	127.118	200.518	2.698	38.466	245.212	20.879	8304.4	5074.197	1.722
461817	17	0.95	124.611	102.454	3.7	66.207	367.532	7.739	2312.112	5396.059	2.005
461864	19	1.2	**541.971**	387.32	6.839	72.666	277.151	4.742	1060.653	9776.634	2.684
Summary		21	12	15	24	12	21	21	11	18	21
TOTAL AVERAGE		**1.49**	**105.09**	**138.32**	**4.28**	**67.68**	**148.20**	**5.96**	**1,724.02**	**4,547.16**	**1.46**
TOTAL STDEV		**0.50**	**102.48**	**168.46**	**2.37**	**126.23**	**76.90**	**6.42**	**2,884.14**	**2,143.56**	**0.74**

The "Summary" numbers in red on the third to last line show the frequency and severity of detection in the 36 participants, in the top ten most contaminated children. For the results per child, a yellow box indicates an amount at least +1 standard deviation, orange +2 standard deviations, and red +3, +4 or +5 standard deviations above the average or mean.

American children are being inundated by toxins, primarily through their food and water. These toxins are known to cause serious health issues. The Environmental Protection Agency allows these toxins to be present in our food, water, air, and medical treatments including vaccines.

Why are these toxins allowed in our food and environment?
Over 80,000 chemicals, industrial chemicals, solvents and pesticides have been introduced into our society since the 1940's. Of these chemicals, 800 are endocrine disruptors which can halt or harm the development of a fetus, cause birth defects, sex hormone changes, or gender confusion. Historically, the EPA has only banned or restricted 12 of these 80,000 chemicals. That means a chemical company who introduces a chemical to the public has a 99.9999% chance of being able to use that chemical freely without restriction.

The air, water, food and household/school products are now comprised of toxins which inundate the developing bodies, sex hormones, and brains of our children. It is vitally important to reduce your child's exposure to toxins, as much as possible.

The American Academy of Pediatrics has stated, *"Children encounter pesticides daily and have unique susceptibilities to their potential toxicity. Acute poisoning risks are clear, and understanding of chronic health implications from both acute and chronic exposure are emerging. Epidemiologic evidence demonstrates associations between early life exposure to pesticides and pediatric cancers, decreased cognitive function, and behavioral problems."*

Upon inspection of the above results, although glyphosate levels (the world's most widely used herbicide) seem low in comparison to the other toxins, one might assume that the other toxins were more important to investigate. However, it is important to note studies show that glyphosate based herbicides increase the harmful impact of other toxins by allowing the toxins into the brain. This would mean that the presence of glyphosate is a key factor of the harmful impact of any toxin.

We will now address the manner in which the highest number of children were impacted by toxins in our survey, exposure through food and water. Because Moms Across America has been focusing on glyphosate-based herbicides, the most widely used herbicides in the world, we will focus on glyphosate.

Disturbing Test Results

One would expect that the children who ate organic food would have lower amounts of pesticides/herbicides like glyphosate-based herbicides in their urine. In some cases this is true. What was particularly disturbing with the toxic urine test results was that the children whose parents reported "ate some to mostly organic" had equal or higher levels of chemicals in their urine as the children who did not eat organic.

One could look to environmental reasons for an explanation. Perhaps the children were playing in parks where glyphosate-based herbicides had been sprayed, or glyphosate was in their water. Due to previous testing showing low levels in the water and inhalation at a park (samples were taken in late fall and bare feet at the park would not have been likely) we do not believe this to be the case. Further investigation into the food supply brings a more plausible explanation.

It was our understanding from a Danish study that when conventional food was removed and a family ate all organic, the amount of pesticides fell to below detection. It was my own personal experience as well, in 2013, with my son, who had a sudden onset of autism symptoms, and 8.7 ppb of glyphosate in his urine. With 6 weeks of going all organic, and restoring his gut microbiome, his glyphosate levels were no longer detectable and his autism symptoms were gone. This was not what we saw in this survey of testing and we were very confused initially as to why not.

Canadian Glyphosate Test Results Bring Answers

However, upon the recent release of Tony Mitra's transcription of the Canadian glyphosate food testing of the Canadian Food Inspection Agency (CFIA) using both Elisa and HPLC/MS/MC methodology, from several different countries the reason for these results became more clear.
You may view the full data and purchase his book, *Poisoned Foods of North America,* on Amazon.

The 7800 Canadian glyphosate tests reveal that the majority of non organic wheat bran, lentils, Australian Mung Beans, garbanzo beans, black beans and gluten-free foods were very high in glyphosate residues, between 1000-12699 ppb.

In wheat, glyphosate residues were in violation, at more than 6600 ppb on wheat bran. 78-99% of foods made with wheat were positive for glyphosate.

Type	Origin	Description	ppb
Bran - Wheat	CANADA	WHEAT BRAN	6630
Bran - Wheat	CANADA	WHEAT BRAN	4560
Bran - Wheat	CANADA	WHEAT BRAN	3940
Bran - Wheat	CANADA	WHEAT BRAN	2550
Bran - Wheat	UNKNOWN	WHEAT BRAN	4680
Bran - Wheat	UNKNOWN	WHEAT BRAN	4610
Bran - Wheat	UNKNOWN	WHEAT BRAN	4090
Bran - Wheat	UNKNOWN	WHEAT BRAN	4070
Bran - Wheat	UNITED STATES	Wheat Bran Rich in Dietary Fibre Unprocessed Miller's	192
Bran - Wheat	UNITED STATES	UNPROCESSED MILLER'S WHEAT BRAN	84
Bran - Wheat	UNITED STATES	WHEAT BRAN	68
Bran - Wheat	UNITED STATES	WHEAT BRAN	66

According to farmer educators, this can be explained by the practice of spraying these non organic crops with glyphosate based herbicides as a drying agent before harvest. This is particularly common in northern, wetter regions and would explain why Canadian crops are more likely to be higher in glyphosate.

Garbanzo, white and black bean flours, commonly found in gluten free foods, were 91-100% positive for glyphosate. Separate from the CFIA testing, soy and corn, also common in gluten free, vegetarian and vegan foods, have previously been proven to be high in glyphosate residues.

The presence of glyphosate in children whose parents reported "ate mostly organic" can now be explained.

> Health conscious parents who feed their children organic food are much more likely to also feed their children gluten-free, vegan or vegetarian foods whether or not they are not organic. This means they consume more lentils, beans, and hummus (garbanzo beans), soy, oat flour, and corn, thus, much higher levels of glyphosate than children who do not eat gluten free, vegan or vegetarian.

First of all, gluten-free, vegan and vegetarian foods *that are also organic* are very difficult to find. In addition, gluten-free, vegan and vegetarian foods are often perceived to be healthier, so many parents and consumers will buy non organic versions of these foods and feel comfortable with their decision. Many gluten-free breads, chips and crackers contain soy, corn, oat, garbanzo, black and white bean flour. Almost all vegetarian, and vegan foods such as vegan burgers and veggie chicken nuggets, contain wheat, soy, or beans which are, in large part, *not* organic. The results below show that in fact gluten free foods tested positively for glyphosate more often than not gluten free.

The above chart shows that eating gluten free in North America inherently more dangerous, not more healthy, as was once considered to be true.

UNITED STATES - GLYPHOSATE IN FOOD TYPES - LIST 1 UNITED STATES	Nos	% Dirty	ppb
Flour - Bean	33	91	1359
Chickpea Products	16	94	668
Flour - Soy	11	73	534
Oatmeal	12	83	509
Pea Products	16	50	283
Lentil Products	28	86	272
Pizza Products	37	97	152
Millet	20	80	122
Buckwheat Products	20	100	118
Flour - Other	16	81	116
Millet Products	22	82	69
Bran - Wheat	10	80	66

Again, it should be noted that the foods on the left are very common in gluten-free, vegetarian and vegan foods. In fact, many vegetarian and vegan consumers consume much larger amounts of garbanzo beans, soy, wheat, and lentils than standard American diets, consequently consuming much higher levels of glyphosate herbicide.

The number in the first left column below shows the frequencies in which toxins were present above a standard deviation. The non organic gluten-free foods are in red on the right.

12	461787	9yrs	Male	105 lbs	White	Small city	34994	Stuart	FL	75-90% organic	Organic peanut butter, Udi's GF bread,Organic apples,Grassfed burgers,Vans GF waffles, Applegate Natural chicken nuggets
16	461672	9 yrs	Male	56 lbs	Caucasian	Suburban	66030	Gardner	KS	75-90% organic	GFCF Bread from our local bakery (Mama Resch's) Organic Apples Organic Strawberries . Ians Gluten Free Chicken Nuggets with organic ketchup Quesadillas made with Rudis GF tortillas, Daiya cheese and organic chicken Earth Balance Soy Free Butter

A good deal of health conscious parents also feed their children gluten-free oatmeal and "100% natural" oatmeal bars, thinking that they are making a healthier choice. Oats are also often sprayed with glyphosate-based herbicides as a drying agent and residues have been found by the FDA to be 1.67 ppm (million) in oatmeal baby food. A baby consuming this oatmeal 4 x a day would consume 15,000 times more glyphosate than the rats which contracted non alcoholic fatty liver disease in a new study by Michael Antoniou, Giles Seralini and team. Sustainable Pulse and Food Democracy Now testing showed Cheerios, made of oats, to have residues over 1250 ppb. Oat flours in gluten free foods would likely have the same levels. Gluten-free oatmeal or oat bars would be expected to have similar high levels. This is not at all what a health conscious parent would expect when paying more for a gluten free oatmeal bar or baby food. According to the Liver Foundation, currently, 1 in 10 in America have developed non alcoholic fatty liver disease. Many of these are young children, a phenomenon which is extremely rare until chemical farming practices which developed over the past 20 years.

The contamination of our "healthy" foods could explain why some parents do not see health improvements in their children's health issues when they make efforts to buy "healthy" foods.

According to the CFIA data, unfortunately, people who are striving to be more healthy, and spend more money for gluten-free, vegetarian or vegan food, are often poisoning themselves or their family with high levels of glyphosate. Our data from the 36 children, confirms that further steps, besides eating some organic and non-organic gluten free, vegan, and vegetarian foods, must be taken.

Vegans, vegetarians and gluten-free consumers should note that their food must *also be organic* in order to reduce exposure to glyphosate and other toxins used in conventional chemical farming and support optimal health. Some foods, like garbanzo, chick peas, and some lentils should be eliminated completely unless imported.

This news is challenging information to digest, as again, it is extremely difficult to find both gluten-free ***and*** organic products. For gluten-free consumers, especially those with Celiac's disease, this is almost impossible information to consider. There simply are not enough gluten-free *and* organic products. We will address what consumers can do below.

Vegan and vegetarian food products, especially in restaurants, are almost never organic. Meatless chicken and beef dishes are made with non organic wheat and soy, both shown to be high in glyphosate residues. Popular Indian food, vegetarian, lentil and bean dishes will also be high in glyphosate. Common Mediterranean foods, such as hummus and falafel will also be high in glyphosate herbicide.

Bringing the concept of eating organic to the vegetarian and vegan leaders has not been easy. Renowned vegan and vegetarian proponents have been asked to promote eating organic as well and their response has been, "Let's just get people off eating meat first and worry about organic later." Unfortunately, this may not bode well for vegetarian and vegan consumer's health, causing the exact opposite intention of eating vegetarian and vegan. The new reality is that a dietitian recommending a vegetarian client to eat a whole wheat pita with hummus for lunch in North America is unknowingly recommending that they poison themselves.

The challenges within our food supply touch all consumers however, whether conventional, vegan, vegetarian, gluten-free, or organic consumers. The contamination of our food supply impacts us all.

Organic food also contaminated with glyphosate

The CFIA data showed that 31% of USA organic food samples were positive for glyphosate. This is extremely disturbing. Levels of glyphosate in organic food samples were, in most cases, much lower than conventional. However, some types of organic foods, such as

garbanzo, pinto and buckwheat flour, had glyphosate levels almost parallel to non organic, which is unacceptable, and reason to avoid them altogether unless you can find them from imported sources other than North America or India.
(see second chart below).

It is clear from the charts below that the practice of desiccating crops before harvest with glyphosate must stop. Both conventional and organic crops are being contaminated.

US ORGANIC FOODS WITH HIGH GLYPHOSATE LEVELS		
ORIGIN	**DESCRIPTION**	**ppb**
UNITED STATES	*Organic Chick Pea Flour*	2350
UNITED STATES	*Organic Chickpea Flour*	2350
UNITED STATES	*Organic Garbanzo Beans*	952
UNITED STATES	*Organic Pinto Beans*	503
UNITED STATES	*Buckwheat Flour Whole Grain Organic*	330
UNITED STATES	*Organic Whole Grain Buckwheat Flour*	266

ORGANIC FOODS			
ORIGIN	**Sample Nos**	**% Dirty**	**Avg ppb**
Canada	175	24	8.74
Unknown	285	31	26.14
United States	353	31	30.26
India	7	29	44.27
China	28	7	0.60
Total / Avg	**848**	**29**	**23.57**

Wheat product avg ppb

	Avg ppb	ppb Organic
Bran	1144	1.9
Flour	260	10.7
Germ	146	
Crackers	141	0.1
Couscous	84	0.9
Pizza	71	
Pasta	40	2.1
Baking Mix	38	0.0
Whole	17	1.3

— Table-C

Although we want all toxic chemicals out of all foods, both conventional and organic, any contamination of organic food is particularly unacceptable. The agreement from organic farmers, organic certification, and the expectation of the consumer, is that toxic herbicides such as glyphosate based herbicides will not be used or allowed in organic food. It must be noted however, that the USDA allows for food labeled with the USDA organic seal to be only 95% organic, so some contamination is tolerated.

If a product is labeled 100% organic, there is zero tolerance for toxins. Testing to determine contamination is not made public however, as brands and farmers' livelihoods could be ruined. The release of this information by Moms Across America and Tony Mitra is not to intended to harm organic farmers in any way, but to show the public and our regulators that action MUST be taken to protect organic farmers and consumers. The license for glyphosate must be revoked and chemical farming must stop. Further testing and certification has been developed by the Detox Project: a Glyphosate Residue Free label is now available for food manufacturers who want to assure their customers that glyphosate is not in their products.

Organic foods are still the optimal choice and worth the extra expense.

Tests have shown in the CFIA data, previous wine tests and other food testings, that if organic is contaminated (and not all is) that in most cases, the levels are at least 22-28 to hundreds of times lower than conventional foods. In addition, according to 343 studies, organic food is more nutritious, consumers report it tastes better and farmers report organic farming is better for the soil and the environment. Rich soil quality means higher water absorption and reduced drought. Soil with high organic matter also absorbs more carbon, effectively reducing climate change. The economy thrives as well when we support local small farmers. BioDynamic and nutrient dense foods, grass fed, and pasture raised are also excellent choices.

Why is organic food contaminated with glyphosate?

Glyphosate herbicide contamination, according to seasoned farmers, is not only happening from drift and manure from animals which ate GMO/glyphosate sprayed grains, but primarily from irrigation water and rain. This is of grave concern, as it is not controllable or avoidable. Farmers explained that pesticide rains happen when glyphosate-based herbicides, or any pesticide is sprayed on plants in hot weather. The chemicals will dissipate into the heat. Moisture will collect around the chemical particles and fall to the ground as rain hundreds or thousands of miles away. The pesticide rains are contaminating conventional and organic crops, from staple grains to back yard gardens. In the future, if allowed, one could expect RNAi genetic sprays which are being developed, to also drift or dissipate, creating RNAi rains. What will the impact be on life on the planet? What is the impact on life on the planet now?

Spraying of chemicals

Pesticide Rain

Chemical Damage

Another reason for the contamination of organic food could be the import of organic products from other countries. The organic standards in other countries may not be as strict as in the USA. For example organic watchdog groups, "found **widespread fraud** and unapproved production methods in organic products, either directly from Turkey, or perhaps routed through Turkey after originating elsewhere". The CFIA data showed that soybean foods from China were largely void of glyphosate residues. This is surprising as China is the largest producer and exporter of glyphosate-based herbicides in the world. The absence of a number in the 4th column below shows insufficient detection of glyphosate in Chinese samples. Chinese food samples were 50 times less contaminated than Canadian food samples. Mexican food samples were 70 less contaminated.

13	Bean - Soy	CHINA		ORGANIC SHELLED SOYBEANS
14	Bean - Soy	CHINA		ORGANIC SHELLED SOYBEANS (EDAMAME) FROZEN
15	Bean - Soy	CHINA		ORGANIC SOY BEAN
16	Bean - Soy	CHINA		ORGANIC SOY BEAN IN SHELL FROZEN
17	Bean - Soy	CHINA		ORGANIC SOYBEAN
18	Bean - Soy	CHINA		ORGANIC SOYBEAN
19	Bean - Soy	CHINA		SOY BEAN
20	Bean - Soy	CHINA		SOYBEAN
22	Soy Products	CHINA		DRY ROASTED EDAMAME SALTED GLUTEN FREE

Further inquiry should be done as to the regulation of glyphosate contamination from all countries.

The Demand for Organic is Surpassing our Supply

Feed America First! Grow Organic

The demand for organic food is increasing dramatically each year and the import of organic crops will rise unless our conventional USA farmers switch. Recent reports show that 93% of soybeans in the USA are GMO, with over 1.9 billion bushels exported, and yet 80% of the soybeans used in organic foods in the USA are imported. The amount of GMO corn exports are similar. The United States is importing the majority of important organic

ingredients from other countries. Clearly, knowing the origins of our food and the status of their organic standards, is essential to making healthy food choices.

The contamination of organic food, which is misleading consumers who are paying more to protect their families from toxic chemicals, must be a national security issue.

- In order to stop the widespread contamination of local organic food, the license of glyphosate must be revoked.
- In order to stop the contamination of our children from thousands of toxic chemicals stricter laws must be put into place both federally and locally.
- In order to meet growing demand for organic, the United States needs to support conventional farmers to switch to growing organic and supply Americans with organic food instead of exporting GMO crops.

The latter can be accomplished in the upcoming Farm Bill, a transfer of subsidies from GMO chemical farming to organic farming would reduce foreign dependence on organic food imports and lower the risk of loss due to the cancellation of GMO exports.

The Problem with Glyphosate Herbicides and the EPA Approval System

The detection of multiple toxins in our children, including any amount of glyphosate is extremely concerning for several reasons.

1. Glyphosate increases the harmful impact of other environmental toxins.
2. Glyphosate-based herbicides are poisons. Weed killer should not be in our food, especially our children or baby's food, as they have more vulnerable immune systems and developing organs which could be impacted permanently.
3. Glyphosate-based herbicides (GBH) do not wash or peel off.
4. Only 0.1pp**b** of GBH has been shown to destroy gut bacteria, where 70% of the immune system lies. 0.1pp**t** of glyphosate has been shown to stimulate the growth of breast cancer cells. 0.2-400 pp**m** of glyphosate are allowed on our food and feed crops. The World Health Organization has classified glyphosate a probable carcinogen. GBH have been proven to cause liver disease and double the risk of non Hodgkin's Lymphoma.

5. The EPA only bases the approval of GBH and other chemical products on the one ingredient, glyphosate, not the final formulation.
6. The co formulants in GBH, which are proprietary information, have been proven to be 1000X more toxic than glyphosate alone and cause neurotoxicity.
7. GBH break down the blood brain barrier and allow other toxins into the brain, such as those found in the environment, vaccines, and food, increasing harm to health.
8. GBH formulants have been proven to be endocrine disruptors, which means even a minuscule amount during a fetus's development can harm or halt the growth.

The presence of glyphosate-based herbicides, increasing the harmful effects of these toxins, is likely a major contributing factor to the health crisis we are facing in America today. In the past twenty years, only since GMOs and glyphosate based herbicides have been sprayed directly on our food and feed crops, the following health issues have arisen:

- 1 out of 2 American children have a chronic illness including autism, allergies, auto immune disease, asthma, diabetes or obesity. Food allergies alone have increased 400%.
- 1 out of 2 males and 1 out of 3 females are expected to get cancer in America today.
- 1 out of 5 Americans have mental illness.
- 1 out of 6 children in the US have developmental delays.
- 1 out of 10 American children have non alcoholic fatty liver disease.

Independent scientific studies have linked all of these illnesses and more to glyphosate based herbicides. Although this seems far fetched, when one understand how glyphosate works, as a chelator, endocrine disruptor, antibiotic and neurotoxin, which also has been proven to cause liver disease, it makes sense. For resources and further information go to www.momsacrossamerica.org/data

We Can Protect Our Families

Although it is becoming more and more difficult to reduce exposure to toxins, due to chemical drift and air, water and food pollution, there is evidence that we can.

Based on a study from Sweden, showing the elimination of 100% of pesticides from a family's urine in two weeks, we can say with confidence that you can reduce the toxic burden by following these suggestions:

- Eat a diet with organically grown food that is at least 90% or more of total consumption. 100% organic is optimal. Add fermented foods, activated charcoal and bentonite clay, which can detox pesticides.

- At minimum, use reverse osmosis or water filtration system for your drinking supply. Add trace mineral drops back into the water to prevent calcium chelation.
- Invest in minerals and organic supplements to support critical systems like your gut, adrenals, and metabolism which have been taxed from years of toxic burden.
- Avoid everyday products made of toxins such as cleaners, polishes, perfumes, body care products, fabric softeners and harsh detergents.
- Reduce exposure to biocide contaminated areas (ex: sprayed parks, back yards, and homeowner association property sprayed with GBH)
- Use a sauna or exercise until sweating for 30 minutes, several times a week to detox.
- Consult your integrative doctor about cellular detox and chelation therapy.
- Gluten free consumers can buy organic gluten free flour bulk online and prepare baking mixtures for more efficient and cost effective baked goods. Make written requests to grocery stores for gluten free and organic items.
- Request that gluten free, vegan and vegetarian food companies make all their ingredients organic.
- Many consumers with a gluten intolerance, can, due to the lower gluten amounts, consume organic ancient grains and organic sourdough bread without adverse effects.
- If dining out, and you are vegan or vegetarian, ask if the food is organic. If it is not, avoid wheat, lentils, oats, soy, garbanzo and black beans and tell them why.
- Ask your favorite food and beverage companies to get tested for glyphosate get Glyphosate Residue Free certified.
- Products like Restore* can support the tight junctions of the gut to restore gut health and enable the body to protect itself from glyphosate exposure. For more information on solutions* visit www.momsacrossamerica.org/health_solutions_store

Our Food Supply is a Global Issue

It is not enough, however, just for our own families to eat organic. Our children may someday want to get married and have children. This may not be possible with our current food system laden with endocrine disruptors. Our food supply is a community health issue. Everyone must know about the risks of GMO chemical farming and the benefits of organic food. To find out more about sharing GMO information and the solutions, go to www.momsacrossamerica.com/action or Materials to order flyers.

Consumers must also work together to protect organic food. Please see the National Organic Standards Board meeting information to attend or comment about glyphosate contamination and other issues which threaten the integrity of organic food.
https://www.ams.usda.gov/rules-regulations/organic/nosb

It is also important for all farmers to be protected from toxic chemicals however, not just organic farmers. Newsweek reported that the highest numbers of suicides of all the careers in the United States, come from farmers. The article links this tragic situation to the pesticides used on the farms. Further studies correlate neurotoxicity with pesticides.

The fact is we must eliminate GMO Chemical Farming to prevent contamination of organic crops, harm to all farmers, soil, water, animals, and consumers. Glyphosate and toxic chemicals used in farming simply cannot co exist. To stop GMO chemical farming and to revoke the license of glyphosate, which is now up for review, consumers are invited to contact the EPA.

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Contact your Senators and Representatives and educate them about GMO chemical farming and the importance of organic farming.

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93% of soy GMO
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80% of soybeans supplying the U.S. organic market were imported in 2016.
http://www.huffingtonpost.com/margie-kelly/genetically-modified-food_b_2039455.html
Glyphosate formulants proven to be endocrine disruptors
http://www.criigen.org/communique/102/display/Les-co-formulants-des-herbicides-a-base-de-glyphosate-sont-des-perturbateurs-endocriniens-

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