

UNSTOPPABLE



A Mini eBook of Excerpts from
UNSTOPPABLE

Transforming Sickness and Struggle into Triumph,
Empowerment, and a Celebration of Community

Zen Honeycutt

Founder and Executive Director, Moms Across America

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Cover Designer: Anne Temple

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Full Book

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Moms Across America Publishing

24000 Alicia Parkway #17-236

Mission Viejo, CA 92691

info@momsacrossamerica.org

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INTRODUCTION

Things Have Changed



In the 1970s and 80s, when we had company for dinner, my mom would cook up an array of dishes . . . bright-green broccoli and thinly sliced beef with oyster sauce, golden curry chicken with potatoes, or savory garlic shrimp and snow peas. When she brought the dishes, steaming hot, to the table, one after another, she would smile and present them like they were gifts from her heart. When we didn't have company, simple meals like roast beef on toast, sloppy joes, or humble Chinese rice porridge called jook were still presented as the most wonderful meal ever. When she made new dishes, she would enjoy the food so much, closing her eyes and saying "Mmm mmm!" that we had to take a taste just to see what the fuss was all about.



Her meals were clearly an unspoken act of love and joy. We knew that she loved us because of how well she fed us, how much she enjoyed cooking for us, how colorful the dishes were, and how happy she was to present them to us and to see us eat and enjoy them.

We never once thought about whether or not the food was genetically modified, pesticide-free, organic, gluten-free, dairy-free, nut-free, dye-free, preservative-free, vegan, vegetarian, Paleo, or ketogenic.

As a family, we didn't have allergies, rashes, autism, autoimmune disease, asthma, nonalcoholic fatty liver disease, cancer, Crohn's disease, colitis, or Hashimoto's disease. We didn't even know anyone with those health issues.

We didn't know that food could be dangerous. We weren't in a health crisis as a country.

Things have changed.

Today, millions of us Americans are struggling with sick family members. We are confused, tired, irritable, and often feel very lonely in our struggle. If you are sick, if your kids are sick, and Western medicine has offered no hope—you're not alone, and it's not too late. There are things that your doctor may not know and that big business and the government don't want you to know. My doctor didn't know why my son had life-threatening allergies. My mother didn't know. None of my friends knew why their family member was sick. And the problem was that we didn't know what we didn't know. Most people still don't. And the corporations that make the chemicals that are making us sick want to keep it that way. That's why they fight labeling, accountability, and hire lobbyists to persuade policy makers to look the other way. The concept, "What you don't know won't hurt you," is not only untrue, it is hurting us physically as well as destroying the trustability and structure of our government and the fabric of our society. The impact of toxic chemicals and the corruption of our government have created an epidemic of health issues that could bankrupt our nation. Toxic chemicals contribute to mental illness, increasing acts of violence, addictions, and more—which, in turn, threaten the security of our communities and our freedom as citizens.

America and its citizens are in distress—and it's time for us to restore our health, security, prosperity, and future.

What most people don't know is that independent science now shows that seemingly unrelated health issues such as autism, allergies, autoimmune disease, infertility, mental illness, colitis, liver disease, and cancer are all related. They all stem from an unprecedented toxic burden.

The problem is that by the time you take your child to the doctor for help due to symptoms of toxic burden, the doctors can only try to manage the illness or symptoms in front of them—preventing the toxic burden from happening is no longer an option.

In this book, you will gain insights, information, tips, and inspiration to have a whole new life experience around food and health. It may feel like a switch has suddenly been turned on or that you have suddenly seen the light at the end of the tunnel. It may also feel threatening at first. But when you come to understand the effects of our food through my eyes, a struggling mom who had had enough and got down to business and decided to do something about it, it makes sense that our food is making us sick. You will be educated and moved by the contributions from a vast community of experts and other caring people. I will be real about the ups and downs and share with you what many people in America still do not know about food, toxins, and our health. I will share with you what I know, to my core, without a

doubt, without a moment of wavering—that when moms are empowered, we can change the world. When people are empowered, when we truly get how awesome we are, we can transform entire systems, economies, education, governments, and the future. We are UNSTOPPABLE.



CHAPTER ONE

Love in Action



Today, all of us love someone who is sick. One out of two children in America has a chronic illness. One out of two males and one out of three females are expected to get cancer. One out of five has a mental illness, and one out of six has a learning disorder. One out of ten has nonalcoholic fatty liver disease . . . I could go on and on. Although the challenges of our health crisis are great, I have seen firsthand that the love for our families is greater. That love is driving a movement to transform our food supply, reduce its toxic burden, instill integrity in the regulatory agencies, and restore health in America.

THANKSGIVING DINNER

One minute we were sitting at a huge table of happy relatives, all stuffing our faces with turkey and cranberry sauce—and



The Real State of Emergency

- 1 in 3 American children are overweight
- 1 in 6 has learning disabilities
- 1 in 9 has asthma
- 1 in 11 has ADHD
- 1 in 13 has food allergies
- 1 in 20 has seizures
- 1 in 36 has autism

54% (half) of all children have a chronic illness or are overweight

THIS IS OUR NEW NORMAL

How do we prevent this?

Stop feeding or injecting toxins into our children NOW.

*2016 CDC statistics

Find out more about GMOs and related toxic chemicals at www.momsacrossamerica.org

the next minute my five-year-old son Ben was looking at me with a pleading in his eyes that spoke of misery.

I know now that a few minutes more and we could have lost him. The swelling of his body could have closed his airways and within minutes he would have been unable to breathe. We would not have been able to resuscitate him on our own—he would have needed a tube. There are hundreds of parents who lose their child from nut allergies every year—even with an EpiPen or even with a doctor as a parent. It just so happened that we made it to the hospital in time that night.

It may not seem like a “big deal” to anyone else for someone to have a child with a nut or food allergy—after all, “it’s just a rash” and it will go away . . . but the fact is that a mom

of a child with a life-threatening nut or food allergy is suddenly the mom of a child whose life is threatened . . . *all . . . the . . . time*. Especially when they eat—which seems to be all the time. She is on guard. She is seriously analyzing the surroundings and protecting her child. *Food is no longer fun. Other people's food is not a treat—it is a threat.*

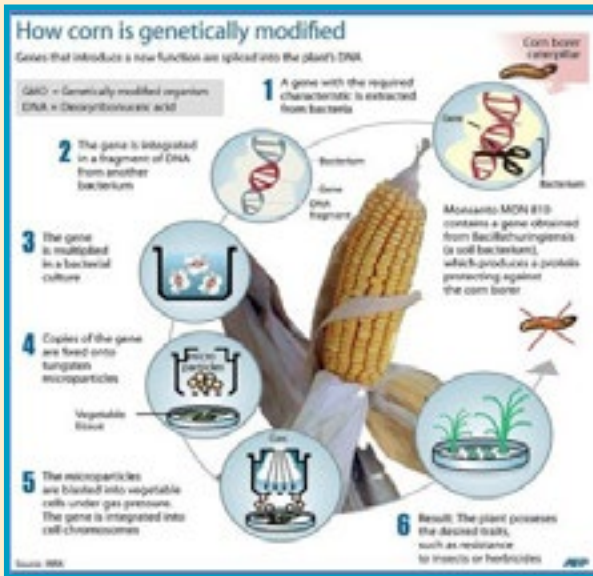


CHAPTER TWO

Learning the Truth About GMOs



The love for my child led me to research things I had never considered. My moment of discovery about GMOs (genetically modified organisms) led me to a whole new understanding of the food system, our government, and how the world works. Robyn O'Brien's TEDx Talk introduced a completely foreign concept to me in an unthreatening way. This is why it had tens of thousands of views at the time and over a million today. When her child puffed up as a result of eating food she began to wonder, "Why is my child allergic to food? What is a food allergy?" She learned it was when the body detected a foreign invader. Then she asked whether there were foreign invaders in our food. She discovered that the answer was yes. In 1996, food manufacturers introduced



milk with genetically modified growth hormone, and soy and corn that were also GMO.

Robyn wondered if foreign protein had something to do with her child's allergies. She then went on to describe all the health issues that have skyrocketed since GMOs were put in our food. She also explained that sixty-two (the data is now sixty-four) other countries label and twenty-four ban GMOs, but not the United States. My blood began to boil. She said that our food manufacturers such as Kraft, General Mills, and Kellogg's make non-GMO cereals for Europe and Asia, but *not* for the USA! What? Why? Because we are too naive to demand it? Why isn't the media telling us about GMOs? Why did the government allow GMOs in the first place?

I felt deep betrayal squeeze my heart. I was in a dark place. I did not want to believe that my government could not be trusted, but I realized it was true. Everything that Robyn said made sense. Her realization, explained in an easy to understand, relatable manner, shook me to my core.

WHY HAVE GMOS AND TOXINS BEEN ALLOWED IN OUR FOOD?

“Someday we shall look back on this dark era of agriculture and shake our heads. How could we have ever believed that it was a good idea to grow our food with poisons?”

—DR. JANE GOODALL

The GMO and chemical producers convinced the FDA to classify GMOs and pesticides as a “process” and not an “additive” to food. Had GMOs been considered an additive as well (which would make sense because you can test the foods and find them in the food after the process), they would have been required to be safety tested and labeled clearly on the package as required by law. The GMO and chemical manufacturers made very sure, early on, to make use of this loophole, tricking the entire American public into unknowingly eating GMOs and toxic chemicals and allowing these manufacturers to legally poison us.



CHAPTER THREE

Learning the Truth About Glyphosate



I was on the East Coast visiting my family. I decided to call on Anthony Samsel, an independent scientist in New Hampshire who was working with MIT scientist Dr. Stephanie Seneff. I wanted to interview Dr. Samsel about glyphosate, the declared active chemical ingredient in Roundup, which 80 percent of GMOs were engineered to withstand. I knew that GMOs themselves were a huge problem, but I had a growing suspicion that glyphosate herbicides were an even bigger problem than was being recognized. I had a feeling that GMOs and the toxic chemicals used in conjunction with them, or pesticides alone used on non-organic crops, were equally harmful or—possibly—that the chemicals were even more harmful.



Samsel, one of the few experts in the field of glyphosate research at the time, began to walk me through the world of glyphosate-based herbicides.

“There should be zero glyphosate in our food and water. It is an insidiously harmful chemical and should be completely banned,” he told me.

Samsel told me that it was not just GMOs that were being sprayed with glyphosate, but that hundreds of non-GMO crops had high residue levels because the farmers were being encouraged to spray glyphosate as a desiccant (drying agent) before harvest. Glyphosate was also sprayed as a burn down before planting, and crops such as carrots, potatoes, and berries then uptake the chemical through their roots.

He showed me the list on the EPA website of the 160 food crops and their allowable levels of glyphosate. I felt like I had been punched in the gut.

Below is just a sample of some food crops and what the EPA says are their allowable glyphosate residues:

Animal Feed, Grains	400 ppm
Berries	0.2 ppm
Carrots and Potatoes	5 ppm
Canola and Soy	20 ppm
Corn	13 ppm
Grass, Forage, Fodder	200 ppm
Grains, Wheat, Buckwheat, Sorghum	30 ppm
Legumes, Quinoa	5 ppm
Nuts, Tree	1 ppm
Sweet Potatoes	5 ppm
Wheat	30 ppm
Sugar	25 ppm
Sunflower and Safflower Oil	85 ppm
Tea	7 ppm

I left the meeting with Samsel in despair. I knew that we had to raise awareness, not just about GMOs to transform the

food supply, but also about glyphosate and the entire system of chemical farming. Suddenly, my mission was bigger—and seemed more daunting than ever.

REALITY CHECK

To summarize, chemical farming, GMOs, and glyphosate herbicides are destroying our gut bacteria and therefore our immune systems, causing organ damage, reproductive harm, compromising our blood-brain barriers and cell formation—all of which lead to the systematic destruction of the potential of our children and the future of America.

However, this alarming information has roused groups of people across the country and around the world to speak up, connect, teach, and support each other . . . creating new communities of caring people who inspire and strengthen our nation.



CHAPTER FOUR

Trust, Truth, and Community



TRUSTING FARMERS, TRUSTING NATURE

The family farm community is the epicenter of the organic food movement. Meeting honest, caring, hardworking farmers and learning the truth about their work has been one of the biggest blessings of being involved in this cause. The farmers I have met care not just about feeding people, their livelihood and family, but also about the land . . . protecting the soil for generations to come.

Monsanto claims to be a “sustainable agriculture company,” which means, according to Merriam-Webster Dictionary, *relating to, or being a method of harvesting or using a resource so that the resource is not depleted or permanently damaged*. Nothing could be further from the truth. The products that Monsanto sells—herbicides—have been proven to deplete



and harm the soil for decades, pollute the water, damage and diminish our resources of clean water and food. Furthermore, by taking seeds that exist in nature, genetically altering and patenting them, then charging up to 30 percent more each year for the “technology” that usually causes the seeds to tolerate herbicides, they are actually entrapping farmers into their cycle of chemical sales. When Monsanto merges with Bayer as planned, they will monopolize 70 percent of the cottonseed market, and higher prices will be inevitable. The only thing that GMO chemical companies hope to sustain is their profits. Their hidden agenda and deceit have not gone unnoticed by many farmers, however, who have switched and forged ahead without GMOs and toxic chemicals.

Scientist and farmer Dr. Don Huber, professor emeritus of plant pathology at Perdue University also warns us, “future historians may well look back upon our time and write, not about how many pounds of pesticide we did or did not apply, but how willing we were to sacrifice our children and jeopardize future generations with this massive experiment we call genetic engineering that is based on flawed science and failed promises just to benefit the bottom line of a commercial enterprise.”

SCIENTISTS SPEAKING THE TRUTH

The scientific community plays a crucial role in progress. However, a problem arises when new science is automatically perceived as being progress without care having been paid to scientific integrity.

There is much talk about science in the news . . . believing in it, science being real . . . people marching “for science.” I find this language purposely vague and manipulative. For science . . . which science? The science paid for by the chemical companies that stand to profit from the results? Or the science conducted by independent scientists that debunks the claims of the corporations? Which scientists should we trust?

THE SILENT COMMUNITY

Many of our communities do not come together out of joy, but out of grief. Almost all women who have miscarried have

experienced the profound anger, sadness, and sometimes guilt and shame that accompany such an extreme loss.

When I learned about GMOs in 2012 and later more about glyphosate, the issue that concerned me the most was that when rats were fed GMOs, they experienced reproductive harm and the third generation was completely sterile. Infertility, miscarriages, and stillborn infants are particularly devastating. A study by S. Parvez et al. released in March 2018 showed that maternal exposure to glyphosate led to a significant increase in shortened gestation of the pregnancy. Shortened gestation means not only a premature birth, with probable developmental delays, but could also mean a miscarriage or infant death.

The lack of knowledge in young women, mothers-to-be, and the community in general about the endocrine disrupting capabilities of glyphosate and many chemicals in our food, water, plastics, household furniture, and even pajamas spurs me to keep going and telling others about the risks.



CHAPTER FIVE

A Healthy Community Starts with a Healthy Family



Once I learned enough from my community to feel like I could talk to my family and others confidently about the subject (I am still learning), and once I lived through enough experiences and learned what works and what does not—for my family, anyway—I began to compile these steps. You may add to them, or you may have done some of these already—either way, check through this list and try these steps with your family. The most important factors are for you to be determined to get well, to have faith that you will, and to be UNSTOPPABLE in trying new things until you discover what works.

SIX STEPS TO A HEALTHY FAMILY

1. Eliminate exposure to all harmful chemicals, antibiotics, and GMOs.
2. Detox.
3. Restore your gut.
4. Reduce inflammation.
5. Balance gut bacteria.
6. Replenish minerals.

SHOPPING FOR HEALTHY FOOD

Unlike our grandmothers, who could shop without paying much regard to the labels on their food and could easily identify what the ingredients were, we have a very different landscape in the grocery store.

Today we can buy meals in a box with fifty unpronounceable mystery ingredients. These meals will feed our whole family if we simply heat the plastic package for a few minutes in a microwave (leaching estrogenic hormones from the plastic while we're at it) or thirty minutes in the oven (during which that time you could have cooked a fresh meal, by the way). But it's challenging to resist the apparent convenience. I call it the "disease of ease" when the choices for convenience overtake us. We can become too accustomed to fast, cheap, tasty, and easy. We too often grab the cheap, processed, GMO, packaged snacks and frozen dinners because they are convenient. It's not worth it, however, when you understand the impact on your family's health.

SOME SYMBOLS TO LOOK FOR:



FOOD ALLERGIES

An important reason why most people read labels these days is the rise of food allergies. Common allergens now include wheat, milk, soy, corn, peanuts, nuts, food dyes, and eggs.

The problem with ingredient labeling is that many ingredients are not clearly identified. Ingredients such as soy lecithin are obviously made from soy—however, one would never expect that monosodium glutamate, gelatin, carob, autolyzed yeast, oyster sauce, fish sauce, texturized vegetable protein, vegetable broth, vegetable starch, or natural flavoring would contain soy. Over 90 percent of the soy crops in the United States are GMO.

Corn (which is predominantly GMO) is also hiding out in many food products. Citric acid, confectioner's sugar, dextrin, dextrose, fructose, lactic acid, monosodium glutamate, sorbitol, and starch can all contain corn—just to name a few.



HOW TO AVOID FOOD ALLERGY ATTACKS

- Read every label. Always. Never assume a different flavor of the same brand of cookie/food will be nut-free/allergen-free just because the one you normally buy is.
- Do not serve your child anything at a potluck that you didn't make or that is not a whole food such as an apple. For example, avoid salads, guacamole, or home baked muffins—they all could have nuts.
- If you do serve your child someone else's dish, only do so if you have spoken to the person who made the

food and asked them specifically about the ingredients your child is allergic to when this person is not tired, rushed, or drunk.

- Make sure utensils that have come in contact with allergens are not used to serve food to your child.
- Advise all caretakers in person and in writing of your child's allergies.
- Always carry snacks with you and bring your own food to parties. I tell my family, "We are going to this birthday party to celebrate Joshua, not the food. We have our own tasty, organic snacks."
- *Always* carry an EpiPen (or a similar, less expensive epinephrine brand) and Benadryl and give a second set to all caretakers.
- If your child does eat an allergen and is just experiencing a mild rash, have them immediately drink two glasses of water to flush out food more quickly. If they can vomit the food out of their body, that may help alleviate the reaction.
- If any swelling occurs anywhere on the body go immediately to the ER after administering the epinephrine.

- If you cannot afford the allergy tests your doctor recommends and are experiencing allergy symptoms, you may want to try what is called the elimination diet. Eliminate the most common allergy foods for two weeks to a month and see how you feel. Reintroduce them into your diet, see how you feel, and adjust your diet accordingly. Many people have resolved their health issues by taking these simple steps.

GLUTEN-FREE

Millions of Americans now also seek out the label “gluten-free” or “GF.” In 2014, statistics showed that one out of four women over the age of thirty had a gluten intolerance, and most were unaware of it. Symptoms of a gluten intolerance can include bloating, weight gain, rashes, bumps on the upper arms, fatigue, headaches, brain fog, and irritability. People with a gluten intolerance can be extremely edgy, quick to anger, and have a hard time controlling themselves. For people trying to regain energy and lose weight, going completely gluten-free—not just partially gluten-free—is crucial. Gluten can remain in the body for months.



CHAPTER SIX

Toxins in Daily Life



Allergies do not begin and end in the kitchen. Over the counter medications, toothpaste, suntan lotions, clothing detergents, fabric softeners, and body care products are more likely to give a contact reaction today than they were in years past. More chemicals are being allowed in our products than ever before. Toxins from nonstick pans, flame retardant on pajamas and sofas, formaldehyde in many kitchen cabinets, off-gassing from rubber turf playgrounds, aerial spraying, plastic food packaging, car exhaust and jet fuel, toxins in our drinking water and medications are all inundating us. In fact, over eighty thousand chemicals have been approved by the EPA since the 1940s and hundreds of those are endocrine disruptors, which can cause sex hormone changes. Over time, these chemicals can also cause inflammation—and, potentially, serious diseases.



PROTECTING OUR ANIMALS

It's not just ourselves that are likely being impacted by toxins. Our pets and wildlife are being harmed as well. Have you noticed an increase of tumors in dogs? Does your cat struggle with anxiety? Did your pet die earlier than was expected? Have you heard of the increase of heart attacks in racehorses on the tracks? There are many factors that are contributing to this tragic increase of animal sickness and death including food, environmental factors, and vaccines. To keep our pets and animals safe, we must reduce their toxic burden. Food is the most consistent contributor to an animal's health. Unfortunately, the pet owner community and animal advocates can no longer just trust the label on a pet food package, even if

it says “natural.” In general, the safety standards and requirements to disclose ingredients are far less rigorous for animal food than human food. Many ingredients do not have to be disclosed, and many euphemisms can be used for some of the unhealthiest ingredients.

Today, however, according to animal rights activists, animals are fed food that could easily be rotten or diseased—including meat from other cats and dogs, roadkill, and expired grocery store meat still in the Styrofoam packaging. Of course, they are also eating unregulated meat from animals fed GMO grains with a vast array of pesticide, herbicide, and fungicide residues.

Wildlife such as birds, insects, moose, and more are being terribly impacted by toxins. Glyphosate and other toxins used in farming are also used in “conservation” efforts in the wilderness to “protect” native species. California fisheries reported a 70 percent drop in fish populations in 2015. A 2017 Canadian report showed that over half of Canada’s monitored wildlife is in decline, with the declining species having lost *83 percent of their population*. Monarch butterflies are disappearing, and even the rain is showing levels of herbicides. Our bees have experienced a 30 to 90 percent die-off in some areas. In October 2017, a study from Germany revealed a 75 percent die-off over three decades of the insect population *in a nature reserve* around pesticide sprayed farms. The frightening thing to consider is that history shows that we have been

through five mass extinctions on our planet. Through all five, insects have survived. If we are killing off our insects at this rate, what future do we humans have? The massive decline of songbird populations is already being attributed to the loss of insects and presence of toxic chemicals. The health and environmental crisis from the impact on this planet of the poisoning from toxic chemicals is real. If we don't do something fast, the world our grandchildren will grow up in—if our children are able to conceive—will be one devoid of most of the wonders of nature that we have enjoyed.



CHAPTER SEVEN

Activism



Being an activist means being willing to accept the hard truth. It means looking for the truth and being skeptical about what you are being served up by the media and the government and then asking hard questions.

Being an activist means doing your own research, talking with people who are affected by the issue, and taking action to support justice. It is simply what you do if you care about something.



CHAPTER EIGHT

In the Lion's Den



Media cameras lined the walls, and everyone was staring at me. I read my statement:

My name is Zen Honeycutt and I am representing John Harrington of Harrington Investments. We are asking for shareholder support for item number five, shareowner proxy access—an essential mechanism for accountability supported by institutional investors and the SEC.

As the founder of Moms Across America, I was asked to speak on behalf of millions of mothers.

One out of two children in America today have a chronic illness such as asthma, allergies, autism,

autoimmune disease, cancer, obesity, and diabetes. These conditions and more can be directly linked to GMOs and glyphosate—to Monsanto's products. I am here to say on behalf of struggling parents, *stop poisoning* our children! Glyphosate—a patented antibiotic—has been detected in the air, water, food, our children's urine, our breast milk, Fruit Loops, and in nutrients fed to children with cancer, at levels far above what has been shown to destroy gut bacteria—where 70 percent of the immune system lies.

Shareholders must know that without proper gut bacteria, our bodies cannot make tryptophan, melatonin, or serotonin. Serotonin regulates insulin—and therefore diabetes, which is on course to bankrupt US health care in thirteen years.

Without serotonin and melatonin, our bodies cannot prevent insomnia, depression, anxiety, and bipolar disorder. Fifty-seven point seven million Americans have mental illness today.

When the gut bacteria are destroyed, food particles and pathogens escape through the intestines, causing allergies and autoimmune diseases. Allergy ER visits have increased 265 percent since GMOs.



Glyphosate is a:

- DNA mutagen and cell disintegrator allowing toxins into the brain.
- A chelator, causing mineral deficiency and the inability to fight cancer.
- An endocrine disruptor, causing infertility, sterility, miscarriages, and birth defects.

I am submitting hundreds of testimonials from mothers describing what Monsanto products are doing to their children and showing that our children get better when they get off GMOs and glyphosate.

I submit studies and papers today showing how glyphosate impacts the gut brain connection, leading to Parkinson's, non-Hodgkin lymphoma, Alzheimer's, Celiac's, autism, and more. Based on our current diagnosis, we can expect that in twenty years, 50 percent of our children will be born with autism.

I understand no one wants to believe this is true, but has anyone on this board seen the newest studies and reports?

What if the very investments shareholders are making to build a foundation of security for our children and grandchildren are the same investments that are *destroying* their future? What if instead of creating health and prosperity, you are causing economic ruin?

What if instead of trying to help feed millions of people with GMOs, you are in fact hurting *generations to come*? Mothers say, *stop it. Stop it now.*

You can make a difference that will alter the future of *your* family and *our* country. Vote yes on Proxy 5 and vote a pediatrician onto this board. Have the courage to create a new future for Monsanto and America. Thank you.

It was simply a dream come true that I was able to say what I said not just directly to the CEO of Monsanto, but also to the majority of the shareholders and the entire board. It was one of the most fulfilling, thrilling, and terrifying experiences of my life.



Conclusion



The food industry may be broken and bought but the people of America and the world are not. We are creative, courageous, and are making a huge contribution to each other's lives by speaking up and taking action. We will not stop! We will not give up! The love for our families and for freedom will never end!

Congratulations! You're on your way to being UNSTOPPABLE! To find out more about Zen Honeycutt visit www.zenhoneycutt.com To read UNSTOPPABLE in its entirety visit Amazon. To learn about Moms Across America and all the latest information about health and the toxins in our world visit <https://www.momsacrossamerica.org>.

