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JOHN'S CORNER:

NEWS FROM THE WONDERFUL WORLD OF SOIL AND PLANTS

by John Ferguson

Many people are developing a condition called "leaky Gut Syndrome" that causes many health problems. A new study from several universities in Australia have found that the "Bt proteins" produced by GMO crops are not safe. Cells in the stomach are normally held tightly together to prevent bacteria, viruses, or food particles from escaping the stomach and getting into other body tissue where they can do harm (allergies, infections, etc.). The studies found that rats fed GMO corn had gaps in their cell walls that was five times greater than found in normal healthy stomachs. Glands in the stomach of rats fed GM corn were swollen and often contained debris and mucus. In addition some of the glands showed signs of dysplasia (abnormal cells) that leads to cancer. Note: Most corn and corn products today are made from GMO corn. The only way to protect your families is to only purchase organic products or grow them yourself.

Research continues to reveal the environmental importance of wildfires to protect ecosystems. Plants remove carbon from the atmosphere by absorbing carbon dioxide (CO₂) from which they build their bodies by creating sugars, cellulose, lignin, etc. all of which have many carbon atoms in their structure. Studies by the University of Zurich published in the Journal Nature Geoscience has found that when wild fires burn grasslands, one third of the carbon in the plants is converted to "black carbon". This type of carbon can be stored in soils for thousands of years preventing the carbon from contributing to climate change.

Another study published in the journal Environmental Research Letters 2018 by the University of California-Davis has found that grasslands are even better carbon sinks (carbon storage) than forests. Grasslands sequester most of their carbon below ground in their roots and their exudates. Hence when grasslands burn only a small percentage of the total stored carbon is released to the air.



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A plant throughout history known to promote health is Myrrh (*Commiphora myrrha*). Myrrh is best known for its fragrant scent and for embalming the dead. It has also been used as a natural antiseptic in cleaning wounds and preventing infection. When breathed the herb has a calming effect and is sometimes used in incense. Myrrh contains several compounds that support our immune systems and several reports have found that it fights inflammation. It is now being used to help fight intestinal disorders as it help protect the lining of the intestines. Myrrh is used to fight the parasite that causes Schistosomiasis with a cure rate of almost 92% (Journal of American Tropical Medicine and Hygiene). Other chemicals in Myrrh help balance hormones producing those that make us feel good. Most recently a study in the journal Chemical-Biological Interactions 2017, myrrh was found to improve liver function and prevent the growth of cancer cells. The Journal of Medicinal Plants Research (2011) also reported anti-cancer effects. Good reasons to add this plant to our herb gardens.

Speaking about cancer and plant nutrients, the organization "The truth About Cancer" released a paper by Dr. David Jockers called "Are You Eating These 8 Nutrients That Block Cancer". Researched believe that 30% of deaths associated with cancer today can be prevented from diet alone. These plants are easily grown in our vegetable and herb gardens. The top nutrients are:

- 1) **Ursolic acid** - a phytonutrient found in herbs like basil, oregano, the skin on apples and in bilberries.
- 2) **Vitamin-D** - This vitamin is critical to the production of cancer fighting proteins. We get this from sunlight or eating meat from organically raised animals or eggs.
- 3) **Curcumin** - This plant gives turmeric its yellow color and has many health benefits.
- 4) **EGCG** (epigallocatechin-3-gallate) - This is a phenolic compound found concentrated in green tea. I has been used for centuries in Chinese medicine to promote health.
- 5) **Sulforaphane** - This chemo-protective nutrient prevent the formation of free radicals and reduces inflammation. Organically grown Broccoli and other cruciferous vegetables like cauliflower, Brussels sprouts and kale are also high in this nutrient and others.



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6) Quercetin - Quercetin is a super anti-oxidant that has many health benefits. It is found in onions, capers, blackberries, raspberries, black and green tea, dark cherries, cocoa powder, kale, apples and herbs like sage and parsley.

7) Apigenin - This is a flavonoid that reduces free radical damage and aids in the elimination of toxins from our bodies. One of the best sources of apigenin is parsley.

8) Luteolin - This another flavonoid found in green peppers, chamomile teas, and celery.

For more information see <https://thetruthaboutcancer.com/multi-vitamins-cancer-prevention/?mpweb=144-7303827-418122170>

Note:

Many of the flavonoids are produced by fungi living in a symbiotic relationship with the roots of plants, where the plant can then absorb them. In conventional agriculture fungicides are used that prevent this health benefit as it kills the good fungi. The reason to purchase or better yet grow organic foods continues to increase.