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JOHN'S CORNER:

NEWS FROM THE WONDERFUL WORLD OF SOIL AND PLANTS

by John Ferguson

In past issues we have reported on the dangers of fluoride from hurting plants, killing microbes and inducing disease into animals and humans. A article in the magazine *Pharmacognosy* stated that according to the CDC 66.3% of the USA population is being subjected to fluoride poisoning. A research study from Mohanial Sukhadia University has found that the spice turmeric (curcumin) offers powerful benefits in terms of protecting the human brain against fluoride poisoning. The *European Journal of Clinical Nutrition* published a study that found the fruit from the Tamarind plant can help the body rid itself of fluoride compounds. By eating only 1/3 ounce per day of this fruit for just 18 days greatly increased fluoride excretion from the body in the boys tested.

In issue #69 we discussed some of the issues with sewage sludge on our soils and health. Another issue has emerged dealing with artificial sweeteners that pass through ones digestive system into the sewage sludge or waste water (purple pipe). These chemicals can cause good microbes in the soil to turn toxic (or become pathogenic) when compost from biosolids or waste water is applied to the soil.

Another issue with sewage sludge (biosolids) is that it now contains radioactive isotopes from both medicine and industry that bio-accumulate in the sludge. These radioactive compounds cause DNA damage and increase the damage from natural gamma radiation. In addition there are now many petrochemical derivatives in the sewage sludge and over 80,000 different chemicals have been identified. There has been NO testing on how they interact. Compost made from the sludge like "Dillo Dirt" or fertilizer pellets like "Milorganite" (dried and pelletized sewage sludge) contain chemicals that cause many health problems from birth defects to cancer. Additionally, over 2 dozen human pathogens can survive the standard treatment process. These toxic products have no place in gardening or horticulture, however many companies think our gardens and yards are a great place to dump this toxic waste (This is why the PR folks give it the friendly name "Biosolids").



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The Dr. Mercola's e-newsletter had a recent article on this issue and it can be [found here](#).

A study in the Soil Science Society of the American Journal by researchers at South Dakota State University that compared applying the same amount of nutrients with artificial fertilizers and by manure. They found the manure worked far better and gave many improvements to the soil:

- manure help balance and maintain correct pH
- manure increase soil organic carbon which created better soil structure
- manure significantly increased total nitrogen (N) stored in the soil
- manure increased water stable aggregates that prevent erosion (artificial fertilizer decreased these aggregates)
- manure did increase soil electrical conductivity (salts) which was the only negative result but less than the artificial fertilizers.

Note: Other studies have shown that manure increases earthworm activity (a very good thing) and beneficial microbes while artificial fertilizers kill earthworms and many beneficial microbes reducing their activity and soil benefits.

We are learning that many of the plants we call "weeds" have a role in nature. Soils that are deficient (or the nutrient is chemically tied up and unavailable) will often be found with clover and broadleaf species growing. Many plants have a role in nature, the plants above are trying to correct a magnesium (Mg) deficiency in the soil. Modern farmers know that these weeds are critical to herd health as they are full of magnesium. These plants are able to collect many times the levels of magnesium than other plants. Being deep rooted annuals they collect magnesium from deep in the soil layer and when they die they release the magnesium into the soil trying to correct the problem. Using the herbicide glyphosate (think Round-Up) actually causes these weed problems to increase. One of the patients on glyphosate was a pipe de-scalar as it binds tightly to magnesium and prevents it from being absorbed or utilized. When one uses this type herbicide product they set themselves up for increased weed problems in the future that may take years to correct.

[Here is a link](#) to a short interview with a man dying from cancer caused by using Round-Up.

Speaking of Round-Up, due to the recent lawsuits against Monsanto, the Journal Critical Reviews in Toxicology has issued corrections to articles previously published. It turns out that several papers published in the journal, on the safety of glyphosate, were actually written by Monsanto. The authors



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(scientists) were paid \$20,000-27,000 each for putting their names on the papers. Additionally, the citations listed to increase credibility were other papers written by Monsanto