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JOHN'S CORNER:

NEWS FROM THE WONDERFUL WORLD OF SOIL AND PLANTS

by John Ferguson

I was reading this morning in a new book called "Grassroots Rising" and there was an interesting statistic given: "there are now more mal-fed, overweight, and obese people in the world (1.9 billion), many who have been supersized by a cheap junk food diet that is low in nutrition but high in carbs, sugar, and bad fats, than there are malnourished people suffering from hunger". "Meanwhile, the enormous hidden costs of cheap industrial food (damage to public health, the environment, and the climate) are routinely ignored or under reported."

"Gardening including organic gardening, is now the number one hobby in America, with a full 15% of households, especially younger households getting involved, often growing at least some of their food."

I observed this the other day in our nursery where a non-stop stream of dozens of folks was buying organically grown heirloom vegetable transplants for their garden. The word is getting out that heirloom varieties not only taste better but also have much higher nutritional levels (nutrient dense) and other compounds that fight diseases like cancer. They were also buying herbs, fruit trees and other plants that provide health benefits in addition to ornamentals.



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There was a very good article in the Dr. Mercola's health newsletter titled, "[Quercetin and Vitamin D — Allies Against Coronavirus?](#)"

It was all about nutrition and supplements to help protect ourselves from this new virus.

From our study of the herbicide glyphosate found in Round-Up a few years ago, we know it stimulates the growth of many types of pathogens. It also prevents the absorption of essential elements from our food supply that our immune system needs to be healthy like boron, calcium, cobalt, copper, iron, magnesium, potassium, manganese, zinc, selenium, and many more.

In last week's article we discussed that several of these elements are very effective in helping our immune system fight viruses.

Without these essential elements our immune system cannot function effectively!

The following slides are courtesy of Dr. Don Huber, Purdue University

Diseases Increasing in Incidence (Epidemic)

(after Fox, 2012; Antoniou et al., 2012; Samsel & Seneff, 2013; Swanson, 2013)





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Many health problems have increased in direct proportion to the increased usage of Glyphosate on our food.

Rate (ppm)	System affected	Reference
0.5	Human cell endocrine disruption	Toxicology 262:184-196, 2009
0.5	Anti-androgenic	Gasner et al, 2009
1.0	Disrupts aromatase enzymes	Gasnier et al, 2009
1-10	Inhibits LDH, AST, ALF enzymes	Malatesta et al, 2005
1-10	Damages liver, mitochondria, nuclei	Malatesta et al, 2005
2.0	Anti-Oestrogenic	Gasnier et al, 2009
5.0	DNA damage	Toxicology 262:184-196, 2009
5.0	Human placental, umbilical, embryo	Chem.Res.Toxicol.J. 22:2009
10	Cytotoxic	Toxicology 262:184-196, 2009
10	Multiple cell damage	Seralini et al, 2009
10	Total cell death	Chem.Res.Toxicol.J. 22:2009
All	Systemic throughout body	Andon et al, 2009
1-10	Suppress mitochondrial respiration	Peixoto et al, 2005
	Parkinson's	El Demerdash et al, 2001
	POEA, AMPA even more toxic	Seralini et al, 2009

After reading this morning about the malnutrition that was mentioned in the first paragraph above, I cannot help but wonder how much of the severity and spread of the Coronavirus is due to junk food AND other foods that have glyphosate in and on them.

Genetically modified plants (GMO's) have much higher levels of glyphosate than regular foods. I often hear people say "I do not eat GMO foods", and they do not realize our food supply is contaminated with dangerous GMO's from corn chips at our favorite Mexican restaurant to the bread at the grocery store.

The slide below is a good example of how we are being poisoned.





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Hence, one of the best ways one can protect themselves and their families is to buy only certified organic or grow one's own vegetables and fruits. Local farmers markets often have organically grown produce.

In Houston we have a great non-profit organization called Urban Harvest that teaches about sustainable and organic growing of fruits and vegetables. They also sponsor many community gardens and farmers markets where one can find quality produce free of GMO's and toxic chemicals.

For those whom want to learn more, I am proud to have been on the board of a non-profit organization called OHBA (Organic Horticulture Benefits Alliance) for many years. This group provides quality education on gardening/horticulture, the environment and how they are linked to our health. The seminars are open to the public and the event schedule can be found at www.ohbaonline.org. When you visit the website please sign up for the newsletter and seminar announcements via e-mail.