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NEWS FROM THE WONDERFUL WORLD OF SOIL AND PLANTS

By John Ferguson

Subject: glyphosate food contamination sweeteners PFAS organic food

I often talk about glyphosate-based herbicides and all the health and environmental damage they cause. A new study from the University of Illinois with support from 24 other universities, has found the effectiveness of glyphosate is declining.

The researchers found that for some species it was 100% effective when first introduced. Today the effectiveness has fallen to below 50% for many species and even below 30% for others. Journal PNAS Nexus (2023)

The organization "Moms Across America" funded testing on food from Americas top 10 most popular fast-food chains. They found two types of animal antibiotics and animal contraceptives in the food. The testing was done by the non-profit Health Research Institute.

Another reason to avoid fast foods and grow one's own fruits, herbs, and vegetables organically. Or at least buy organic when one can and avoid GMO's.

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Speaking of food and health, artificial sweeteners have been linked to the soaring obesity and type 2 diabetes along with other health issues including increase risk of cancer.

A new study published in the journal Nature Medicine (2023) has found the sweetener erythritol is associated with an increased risk of major heart attacks and strokes.

Gardeners whom want non-sugar alternatives can grow the herb Stevia (*Stevia rebaudiana*) or Aztec Sweet Herb (*Lippia dulcis*).

I have grown Aztec Sweet herb for decades as it makes a drought and heat tolerant perennial ground cover that grows in any soil including heavy black clay.

When my sweet tooth acts up, I use a raw unfiltered wildflower honey as it does not contain toxins or pollen from GMO's. Raw honey also provides many health benefits.

A study by Keck School of Medicine at the University of Southern California has found that the chemicals known as PFAS, “alters several critical biological processes, including metabolism of fats and amino acids...” Journal Environmental Health Perspectives (2023)

For gardeners, a major source of exposure is fertilizers (Milorganite, Houactinite, etc.) and compost made from sewage sludge. Biosolids is the marketing name for sewage sludge.

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Several companies in our area sell products like biosolid compost or soil blends made with biosolid compost directly. They also sell biosolid compost to small independent dirt yards to blend into their products.

See “News From the Wonderful World of Soil and Plants” issues 201-204 for detailed information on the dangers of these type products.

Another reason to grow our fruit and vegetables organically was found by Newcastle University in the UK.

They found that organic milk and meat contains 50% more beneficial omega-3 fatty acids than conventional.

Organic also had higher levels of fat-soluble vitamins like vitamin E and carotenoids plus 40% higher CLA.

Organic crops were found to be 60% higher in key antioxidants in addition to less heavy metals. British Journal of Nutrition (2016).

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