

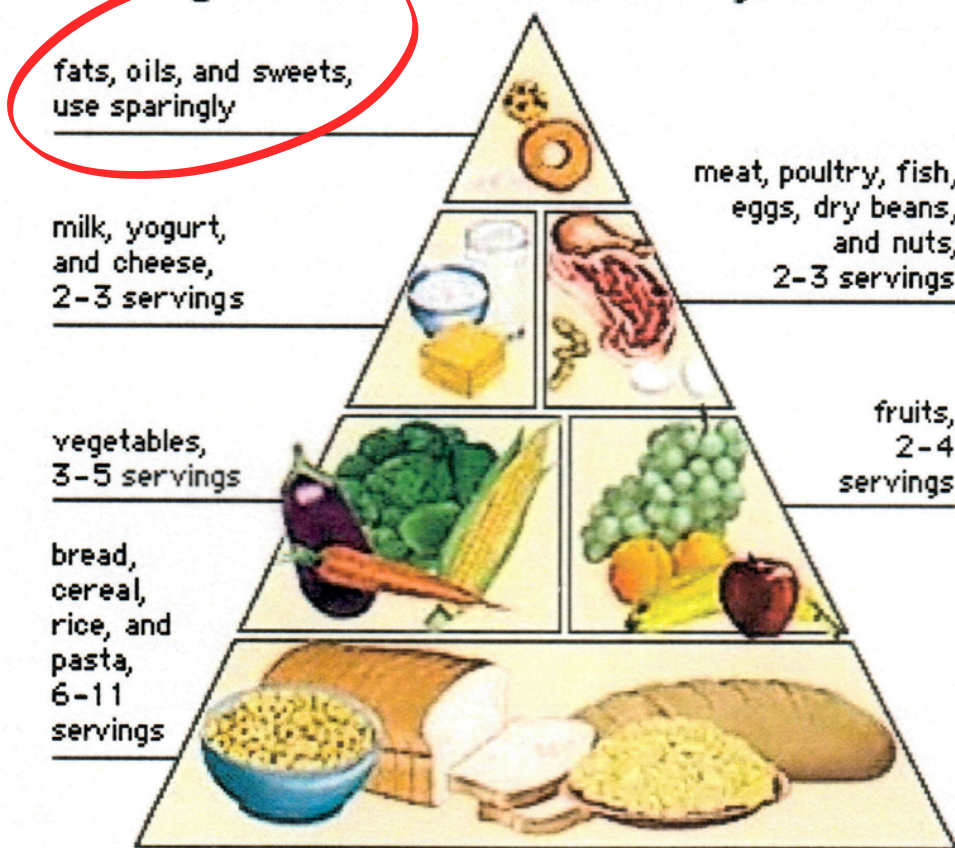


“If you always do, what you’ve always done, you’ll always get what you’ve always got!”
Know the Cause: Doug Kaufman

Fast Food Company asked, “How can we make food that people can’t stop eating?”
Food chemist #1: “That’s easy, just [strip out all the nutrients](#), and leave in the calories,
and the people will never feel satisfied.”

Food Chemist #2: ‘That’s easy, just add minute quantities of brain stimulating chemicals, like MSG that
we [use to fatten research rats](#), cause you know, “you can’t eat just one”.’

Original USDA Food Guide Pyramid



Source: U.S. Department of Agriculture

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Let’s talk about Fats!

Who didn’t love eating the the fruit flavored yogurts with 16+ grams of carbohydrates and sugar, rewarding yourself for eating low-fat?
“Between 1950 and 1998, as low-fat diets took hold, deaths from heart disease fell by an amazing fifty-three percent. But as it turns out, La Berge writes, **this was a product of medical and surgical interventions. Incidence of heart disease actually remained steady.**”
[How the Ideology of Low Fat Conquered America](#) By: ANN F. LA BERGE

Healthy fats include butter, tallow, lard, and ghee.

Let’s talk about Seed Oils!

Seed oils were originally used in industry applications for paint and lubricants. They are made through a chemical process where they’re bleached, refined and heated in order to be usable. See [Cleveland Clinic](#).

Let’s talk about Sugar!

Sugar converts to glucose and glucose needs insulin to get into cells. Too much sugar creates fatigue in cell function known as “insulin resistance” If your cells become too resistant to insulin, it leads to elevated blood glucose levels ([hyperglycemia](#)), which, over time, leads to [prediabetes](#), [Type 2 diabetes](#) and sugar feeds cancer cells.

Let’s talk about Cholesterol and Statins!

- Were you told that approximately [60% of your brain is fat and 20% is made up of cholesterol](#)?
- Were you told that cholesterol is a primary building block to develop hormones?
- Were you told that statin’s deplete your Co-Q10 levels and cause muscle wasting?

[Recent study](#) shows that statins have 'no consistent evidence' of improving heart attack patients' survival:

Taking a pill every day for five years adds just [FOUR DAYS](#) to your life

- Statins have been promoted by pharma companies on 'cherry-picked science'.
- Heart attack survivors should improve their health through diet and exercise.
- Commonly reported side effects include headache, muscle pain, and nausea.
- Studies on statin use show potential for Statins & Irreversible Muscle Damage, ALS-Like Syndrome and Myositis.

Cholesterol is a critical building block for the production of hormones. From cholesterol, your body makes a chemical called pregnenolone, a mother hormone, from which all the other hormones are derived. Hormones play a vital role in the health of your brain and how you think, feel, and act. If your cholesterol is too low, you won’t have the precursors to produce adequate levels of hormones.

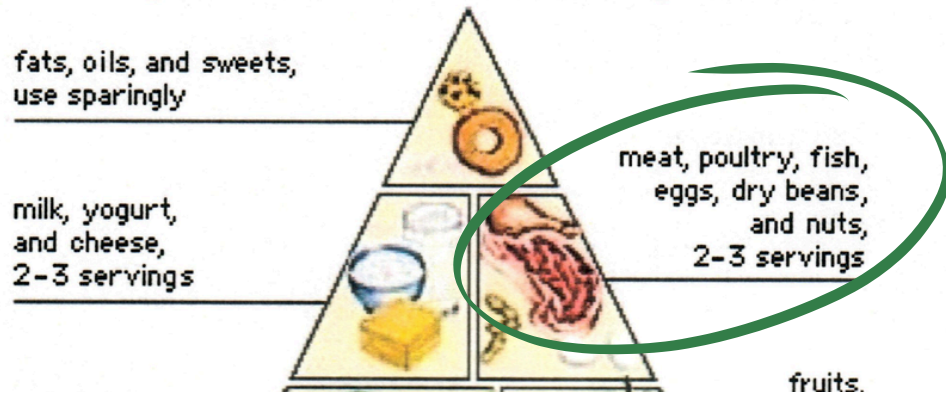
[THE CHOLESTEROL-HORMONE-MENTAL HEALTH CONNECTION](#)

[Hormonal deficiencies](#) are linked to a number of psychiatric and cognitive health symptoms, including:

- Estrogen—Low levels of estrogen are linked to [depression](#), fatigue, brain fog, [memory loss](#), and [focus problems](#).
- Progesterone—Common symptoms of low progesterone include [anxiety](#), depression, and [trouble sleeping](#).
- Testosterone—Symptoms of low testosterone levels include depression, anxiety, difficulty concentrating, and lack of motivation.
- Thyroid—Thyroid deficiencies can create depression, attentional problems, memory problems, and fatigue.
- DHEA—Falling levels of DHEA have been linked to depression, fatigue, and mental fog.
- Vitamin D—Low levels of this vitamin (which is actually a hormone) have been implicated in depression, [bipolar disorder](#), and memory problems, including Alzheimer’s disease.
- Vitamin B12 deficiency can often be mistaken for schizophrenia or bipolar disorder. According to a [published case report](#), large numbers of psychiatric patients often have abnormally low B12 levels.



Original USDA Food Guide Pyramid



Let's talk about GMO!

Genetically Modified Organisms (GMOs) food products were introduced to the commercial market in the early 1990s. The products were submitted to the FDA who classified GMOs as Generally Regarded as Safe (GRAS) and deemed "substantially equivalent" to the native variety thereby not requiring extensive safety testing.

See [What is Genetically Modified Food?](#)

The predominate purposes for genetic modification are:

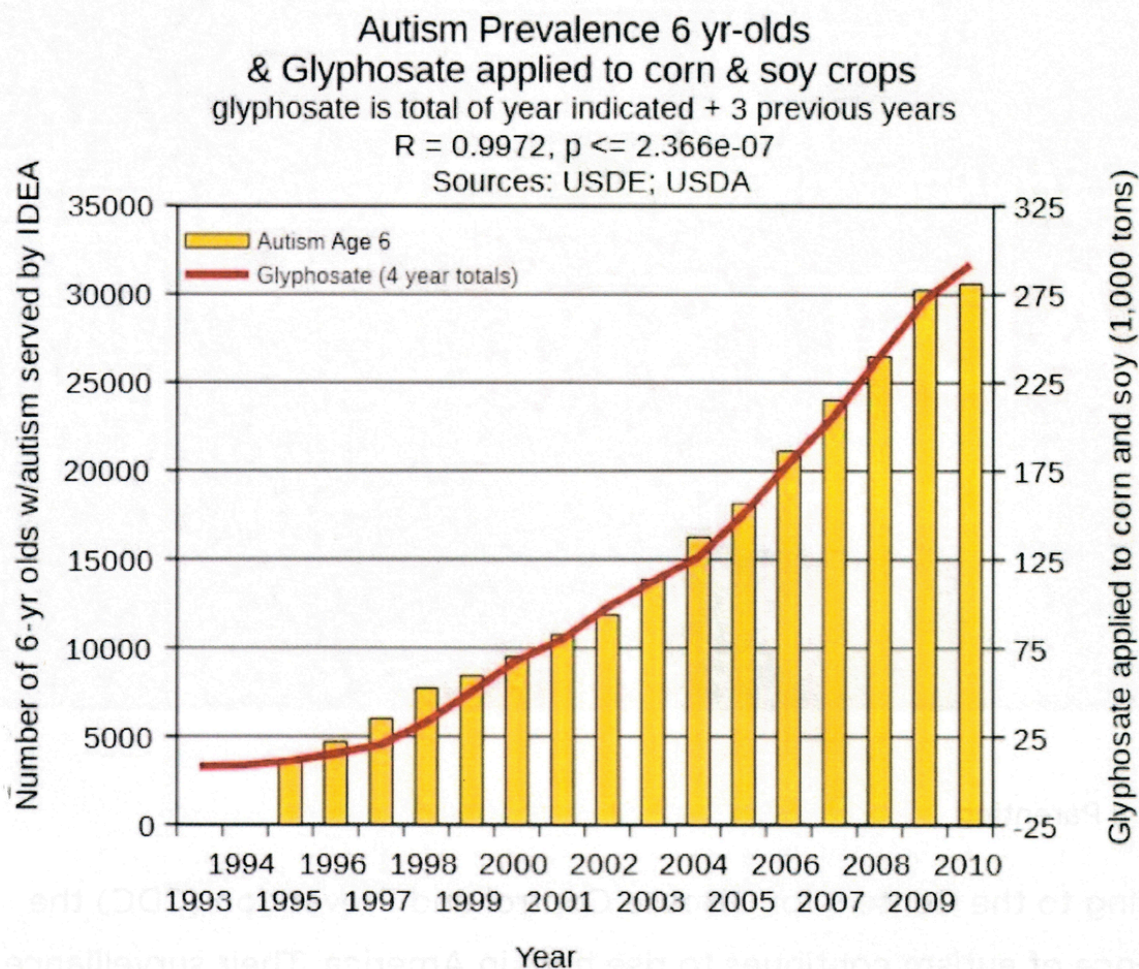
- For herbicide resistance such as "Round-up Ready" seeds for corn, soybean, sugar beet, canola, papaya, etc. such that the GMO plant is not negatively impacted by the glyphosate.
- For pesticide resistance with Bacillus Thuringiensis (BT), which is a bacteria found in the soil that is lethal to many insects. This BT bacteria disrupts the shikimate pathway in plants and insects. Theory was that since humans and animals do not have a shikimate pathway, then glyphosate would not be harmful to human and animals. The gross error is that mammals' gut microbiome contain beneficial bacteria that have a shikimate pathway and glyphosate is harmful to these gut microbes.

"Our systematic search of the literature has led us to the realization that many of the health problems that appear to be associated with a Western diet could be explained by biological disruptions that have already been attributed to glyphosate.

These include digestive issues, obesity, autism, Alzheimer's disease, depression, Parkinson's disease, liver diseases, and cancer, among others."

MIT Author(s) - Anthony Samsel; Stephanie Seneff - See [Seneff podcast](#)

Below is the correlation between Round UP Ready GMO foods being introduced to the public beginning in 1996 and the increase of various illnesses. Data is taken from the US Department of Agriculture and US Centers for Disease Control and Prevention supported by Pub Med publications as of 2010.

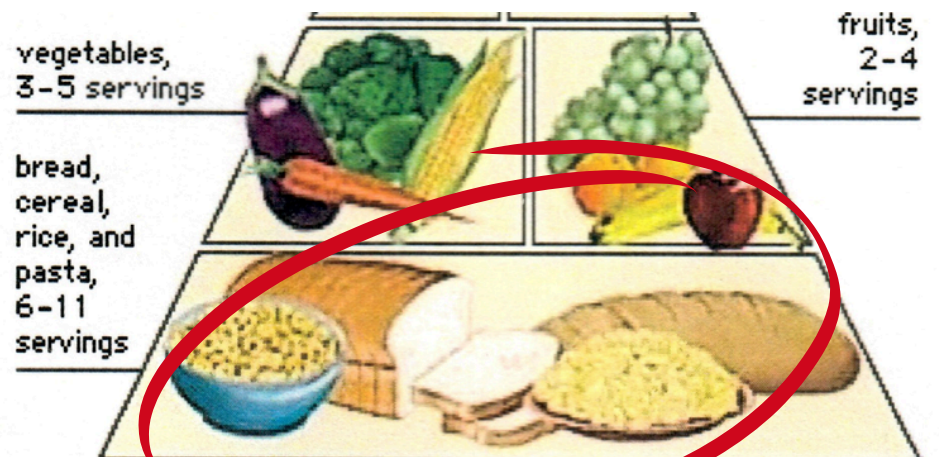


Let's talk about Protein!

Do you think your ancestors had year round fruits, sugar, and vegetables to eat on the wagon trails or do you think they ate what they could get from animals along the way?

Meat, milk, cream, butter, tallow, eggs, etc. The Carnivore diet is accredited to resolving numerous health problems such as **autoimmune, inflammation, arthritis, and heart disease, etc.**

See [Autism-Related Issues Disappeared With the Carnivore Diet](#)



Source: U.S. Department of Agriculture
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From the 2018 Environmental Working Group study, "[Roundup for Breakfast, Part 2: In New Tests, Weed Killer Found in All Kids' Cereals Sampled.](#)" by Annesco labs. The EWG's health benchmark for glyphosate exposure is 160 parts per billion, or ppb or less.

Product	ppb
Quaker Simply Granola Oats, Honey & Almond	862
Quaker Instant Oatmeal Apples & Cinnamon	543
Quaker Real Medleys Super Grains Banana Walnut	608
Quaker Overnight Oats Raisin Walnut & Honey Heaven	1029
Quaker Overnight Oats Unsweetened with Chia Seeds	1799
Quaker Oatmeal Squares Brown Sugar	2746
Quaker Oatmeal Squares Honey Nut	2837
Honey Nut Cheerios	833
Cheerios Oat Crunch Cinnamon	1171

Let's talk about Glyphosate!

Glyphosate was first patented as a "mineral chelator" in 1964 by Stauffer Chemical Co, which means it inhibits the uptake of minerals to plants thereby damaging the nutrition quality of the GMO plant. In 1974, Monsanto introduced and patented glyphosate as an herbicide along with numerous patents which include as a desiccant for non-GMO plants like oats to dry out the grain for easier harvesting, and as an antibiotic to name a few.

Question:

With the excessive concentrations of glyphosate being present in foods sold to the public, and with distribution of antibiotics requiring a physician prescription, is Bayer/Monsanto violating Texas law by practicing medicine without a license by delivering an antibiotic without a prescription?