Welcome back everyone to the Rebel Nutritionist podcast today. Guess what? You get me yours truly. As a solo podcast episode, because we've got lots to talk about and I'm going to make it short and sweet, but I really want to give you some information.

We've been getting a lot of questions. There's been a lot of talk in the media is social media about these topics. And I feel like it's particularly important and timely now to really go through and address some of these things like. What is going on with our food supply, what's in our food and why do we need to be paying attention to it and how far reaching these issues are?

So today we're going to cover topics like BT toxins and leaky gut. If you want to know. If we want to go more in depth on any of these, please send me your questions on them, because I can certainly do that. But in the essence of the context and the time today, I want to highlight these things because these are things I really want you guys to pay attention to.

As you go food shopping, as you become more aware of what's going on with our food supply, because I think now more than ever. Well, I think it's always been a thing, but I think now more than ever, it's really coming to light. There's been a lot of meetings in Washington. With top, um, executives from, well, not even executives, I mean, executives from some of these companies that are willing to come out and, and talk about it, but a grassroots effort by. So many individuals that are looking to, and some **organizations that are really looking to make change in our food supply and what we eat and what we have access to.**

So BT toxins and leaky gut, for example, glyphosate, what that is and why it's such a huge concern for us. Things like what's going on with Kellogg's if you've heard the whole thing, the food babe has been really instrumental in bringing to light the chemicals in our food. Kellogg's the cereal company, or it's a Kellogg's. And the cereals they produce, uh, amongst them. Agriculture and chemical companies what's going on there?

Plastic in our brains. Yes. You heard that correctly. Plastic in our brains. Uh, the rigged healthcare system what's going on with that and ultra processed food versus tobacco. What is the link there? We're going to dive into all of that today and cover these topics. Again, it's going to be more the 30,000 foot view today.

But my hope is that we get, you guys fired up about wanting to know more about this. And we will do more of a deep dive on this, but first and foremost really want you to become more aware of what's going on with our food and why we need to pay such. Close attention to the foods that we are eating and to the foods that we are feeding our family, children are very susceptible to these chemicals.

Their brains are highly susceptible. So if we're wondering, like what's going on. With our children with **rise of things like autism and add and ADHD and even childhood illnesses and cancers**

and things like that. Guess what can be linked directly back to some of the things that we are going to talk about today? So please be sure to like, to subscribe, to share any of this information.

It's so important and getting it out there, share it with people that you know, and make sure you subscribe to stay connected to us. And, um, In the know about all of these things that we are going to continue to talk about. So let's start with, um, BT toxin. **So BT toxins are. A certain kind of toxin. That comes from it's actually a pesticide or a fungicide that's used.**

And it is, um, used in, in agriculture and what has been found. So a lot of these things glyphosate originally was labeled as safe. BT toxins were originally. Labeled as generally safe for human consumption. And when I'm talking about. You know, when these things came out, back in the sixties and seventies and. Even earlier, you know, the pesticide fungicide revolution links, uh, backers is connected back to, uh, to world war II.

When some of those, um, the, the, the poisons and the chemicals that were used in chemical warfare during war time. From Germany, we're actually exported to the us. And we started using them. Agriculture started using them on crops. Like that's when a lot of this first started. **So this has been in our food supply for a very, very long time. And what we know is, you know, there's now hundreds and hundreds of chemicals. In our food supply that do nefarious things.**

They are not good for us. And yet, somehow this is not mainstream. We are not talking about this. Well, not until now. And, and, you know, I often. Um, Dis social media because of the misinformation that it can spew. Well, I mean, look, it's in this, on this topic too. I think there's, there's certainly its fair share of fallacies.

But what I do want to commend all of these people who are out there doing this work. Is that they are bringing a really, really important subject to light. And, um, kudos to all of you who are were in Washington in the last few weeks that, that raised this awareness and raise these questions and look. We are not getting political.

I don't get political on any of this. But I do think, um, I really have to give it to Robert Kennedy who has been bringing a lot of these issues to the forefront and talking about how do we make our families, our children, ourselves healthy in light of what is going on with our healthcare system.

And. These companies that really are just, um, not doing the right thing by us Americans. So. Like I said, not political, but I do love his message. So that's what we're going to talk about. Like I said, agriculture, we talked about the plastic and, um, ultra processed food versus tobacco. Is there, is there a similarity there?

Yes. We're going to get into that and, and here we go. So let's talk about BT toxins, BT toxins, and leaky gut. **Leaky gut for those of you, just to kind of recap, we've done some podcasts on that, but leaky gut is when the lining of the intestine and, um, intestines start to kind of pull apart**

and become. A little more. Um, susceptible to damage and to, um, damage from toxins that come in the body.

And what happens is, is the lining and the cells of the gut start to just gently pull apart. And so **toxins and bacteria and, um, organisms go through into the areas where it shouldn't be and triggers an immune response and triggers all kinds of symptoms.** And so again, I have a whole podcast on leaky gut and what that is, but. So I used to say leaky gut is not something we want to be dealing with.

It can cause all kinds of problems in our body. Wreak havoc on our system. Uh, cause all kinds of symptoms from GI symptoms to brain symptoms, brain fog, and memory issues come as a result of, of, of an impaired digestive system. And that's what leaky gut is. It's an impaired imbalanced digestive system.

So these. Pro these toxins. Are causing issue with our digestive system. It's changing the bacteria in our digestive system. **It's causing more bad bacteria to grow when there's more bad bacteria growing, we get more infection. We get more of an immune response.** So oftentimes even, uh, skin issues, right.

We see more eczema. We see even things like psoriasis and acne as a result of these toxins that go in and, and eat up the gut. So we do know there is a correlation between some of the toxins that are used in agriculture. And now what we're seeing in. In humans. So the other thing that is really become a big topic is glyphosate.

Glyphosate is, um, an ingredient in, you used in something called Roundup, right? You guys have heard Roundup. It's like the weed killer Roundup. Some of you may have it in your homes. Hopefully you won't have it in there too much longer, but glyphosate has seen a huge increase since its introduction in 1974.

So it was initially used by farmers to control. Weeds right. Weeds that are growing in their crops. And, um, what happened was the more people used it. Uh, the more that it was then used with what we call genetically modified crops. So Monsanto, who is the maker of Roundup found that this was so effective, that then they started creating Roundup ready crops, meaning seeds like soy, where, I mean, now it's been wheat and I will talk about the crops that have been affected, but soy was genetically modified. So that it would resist the spraying, the Roundup, but that everything else around that would die.

And so it controlled the weeds that way. And then, but then the company just kept making more and more of these genetically modified seeds to resist the spraying of this insecticide or resist dying, you know, being, um, being killed by the insecticide. But yet. The insecticide would kill everything else.

Problem is, is the insecticide was so effective at killing everything else. That it completely now has deteriorated our cropland. And if you guys want to know more about that and what, uh, how pervasive this damage is and how it's damaging to our. Entire ecosystem. Go watch the movie, kiss the ground.

Um, Unbelievable. Unbelievable. We'll really, uh, give you some insight into just how nefarious these companies are and what's going on in our agricultural, um, World. So anyway, so the **Roundup ready crops were, um, introduced into in like the 1990s. And we know glyphosate has been linked to serious health concerns, including cancer.**

There've been numerous, numerous, numerous. I mean like hundreds of lawsuits. Against Monsanto, which is now bear by the way bear bought Monsanto. Um, and so, and it's millions at this point, it's probably billions of dollars that have been handed out in payment for, for these people who come down with things like non-Hodgkin's lymphoma. Uh, and **it is now classified as a probable carcinogen by the world health organization** suffice to say it is a hundred percent of carcinogen.

We know we've seen studies that have shown glyphosate, disrupts, hormone balance. It causes oxidative damage to DNA. So it is actually going in and damaging DNA. It affects the bacteria in our gut. Um, it harms the beneficial, good bacteria in our gut. So now we're seeing glyphosate and we're talking about the BT toxins and other toxins that, I mean, there's, there's hundreds of other toxins that do this.

So just imagine the cumulative effect that these toxins have on our body, because it is cumulative. It's not just Roundup. It's not just the BT toxins, it's all of these other toxins. So if you think about the hundreds of chemicals that are sprayed. On our crops on our agriculture. It's it's just mind blowing. So we know that the widespread use of glyphosate and I am, yes, I am reading because I want to make sure I cover these topics, but the widespread use has led to contamination. Of food products, um, including food products that are labeled as organic and non GMO.

So this is a pervasive problem because we know that these. Glyphosate contaminated crops are getting into even the most pristine of the food supply.

So how do we avoid glyphosate exposure? Um, we really want to start to look for, we're starting to see now products that are being labeled as glyphosate residue free. Um, and so **buy organic foods, as much as possible**, again, it's not going to be a hundred percent guaranteed that you're not going to get, but remember, reduced exposure is certainly better than known exposure. So, um, and, and crops that we know that are not treated with glyphosate, uh, Uh, glyphosate formulas.

So. Foods that are most likely to be contaminated. So here are the crops that are most likely to be contaminated. With glyphosate things like soy, for sure. Wheat. Rice corn, some fruits and vegetables, and this is why buying organic as much as possible. Um, certainly organic non-GMO again, as much as we can control it really important because we know that glyphosate and all of those other chemicals, it's not just sprayed on the fruit people say, well, if I peel it. No, all of these things go into the soil.

All of your food is grown in soil. So the more pristine, the more clean the soil, the cleaner your food is going to be. Plus we know that these chemicals actually denature the nutritional value, right? So like there's been some studies done. There has been like the amount there was studies done on spinach.

There were studies done on pears, for example, like I know. **In order to get the nutritional value of what a pear was like in 1970. You'd have to eat like four pears now**. Like it's just ridiculous. Right? So try to, uh, buy organic and GMO-free as much as possible. Uh, despite the regulatory bodies, like the EPA and the FBI, FDA being slow to address this issue, independent testing has revealed that high levels of glyphosate are in common foods. So, how do we avoid that support local farmers, again, use organic practices, like maybe grow your own fruit and vegetables.

This is a great way to ensure that you're not getting the glyphosate residue. And look for companies that are testing. So I did a podcast with the glyphosate girl a couple of weeks ago, Kelly Ryerson, amazing podcast. If you guys haven't heard it, go back and listen to it. Cause she, and I go more in depth into all of this and, and expose some of this, but she has done recently a, um, Uh, independent testing of many companies that you would think so like, and I am going to expose them bonds of pasta, who I used to use. Right.

So the chickpea pasta, uh, chick pea, um, uh, pizza crusts and, and those kinds of things that are made from chickpeas. She did a independent testing on them. Came up with some of the highest residue. Of glyphosate. Bob's red mill, the wheat. I mean, they, people have been advocating and talking to Bob's red mill for years. Uh, I want to say since even 2015, since it came out that they had high residues of glyphosate.

So we really need to push these companies who we assume are, are doing things in our best interests. And they're not testing for this glyphosate, so we know maybe not genetically modified, maybe it even says organic. Some of the stuff, the Bob's red mill. I think the one that was tested was not organic, but just be aware of things like the flours that you're using, even the alternative flours, took the flours, almond flours.

You gotta be really, really careful. So we want to make sure that we are as informed about things like life, say it as possible. We.

We also want to look at, so that's glyphosate. We talked about BT toxins. Again, things I want you to be aware of. Kellogg's cereal. What is the deal with Kellogg cereal? Is that, uh, recently, as I said, a lot of these advocacy groups have been to Washington to really kind of push this issue home. And so what there was an example of was, um, T**he cereals like fruit loops or lucky charms or whatever that in the UK and in the European countries, there's like four ingredients in these cereals.**

Whereas in the United States, it's like a litany list of ingredients. Most of which you cannot pronounce, most of which are chemically derived. And have additives and preservatives and things like that. **So we know additives and coloring food coloring. Effects. Brain health** and especially like, forget about all the sugar that's in these cereals.

Like, go look. At the sugar content and these cereals that's mind blowing enough, right? These children should not be eating. Cereal like this. It's just like, it's like, here's your dose of sugar in the morning. And that makes our brains just especially children's brains. Like we wonder why they have add and ADHD.

Well, you feed a kid, a bunch of sugar and guess what? Without with zero nutritional value and that's, what's going to happen. But in addition to the sugar, it has additives and coloring. And **those food colorings. Actually disrupt the neurotransmitters, the chemicals in the brain that allow children to concentrate and focus and that make them excited**. Like it actually causes like this, what we call hot brain this, you know, excitatory, boom, boom, boom.

Like imagine like a ping pong ball going off of a wall. Like that's, what's going on in these kids' brains when they consume these additives and these chemicals. So again, we can go in much more depth, but I wanted to highlight this and I was. I'm talking fast. I'm getting, I get excited about all of this, but because I want to cover everything and I'm trying to kind of lump it into this episode.

That's not too long because I want you guys to pay attention and get on, you know, whether it's social media and go follow, uh, like the real food allergy and food babe and glyphosate girl, and Dr. Kelly means, and we'll put all of this in the, um, Kelly. And, um, Casey means who are doing a tremendous work in this area. Uh, in terms of, you know, bringing these important. Uh, subjects to light.

So that's the Kellogg's thing. So if you go onto the food Babe's, um, uh, Instagram, she's got the petition. I urge you I've signed it. My staff has signed it like. Go sign this petition urging Kellogg's to get this crap out of the food that we are eating and that our children are eating. So, and, and that just speaks to food regulations.

You know, we talked about the FDA. I mean, I can think of a few choice words to say for the FDA, but trust me, they are, um, just as in cahoots. With the pharmaceutical industry and big food. And

big pharma. So big pharma, big food, big government, like they're all together on this. And so, um, It's not my, you can separate one from the other.

So I don't really personally trust anything that comes out of the FDA. Um, Let's talk about agriculture and chemical companies where, you know what we traced back. Like I mentioned a little bit earlier about how the, uh, pesticides and fungicides and all of these products started to become. Pervasive in our food supply.

And so these chemical companies and have just played a huge role, like the more farmers would have relied on, you know, One thing doesn't work anymore. They go to something else and now they double duty on it. Like the number of contaminants and toxins that gets sprayed. Like, have you ever seen anybody spraying, like the commercials for. The crops being sprayed, how the person doing the spraying is all like. Get made up in, in, uh, protective gear, right.

They have on the suit they have on the face mask and that you're there they're spraying the food that you're eating. And yet they have to be covered. Like, just think about how toxic is it is. If they have to be like gloved head to toe. To be protected from this stuff like that, to me is the biggest like oxymoron in all of this. So, um, so suffice to say that there are just too many chemicals to count that are being sprayed on the food. And I don't know if you guys have heard this, but we do know that **when the blood, the cord blood, the amniotic blood of, or the scar. The umbilical cord is tested at birth. That babies are coming out already toxic. Right because mom's toxic babies coming out toxic.**

So we wonder why we're seeing such a spike. In childhood illnesses in brain diseases and things like that, guys, it's environmental. We have got to start paying attention to all of these things and, you know, I don't, I'm not trying to be the Debbie downer here, but I think it's really important that we are informed. About what is going on with our food supply and all of the things it's not just glyphosate, it's not just the BT toxins. It's the additives.

It's the chemicals that are, you know, BHT, which is a preservative, is a known carcinogen. Go look on the cereal box. It is in there B H T as a preservative known carcinogen. So you just pile on these carcinogens after carcinogens, and we wonder why we are sick. So that's the agricultural tie and the chemical companies, they are just. In cahoots there and we just don't see any sign of that stopping, unless we, we kind of put a, put a stop to it.

Right. We have to be that voice. Uh, plastic in our brains. That's another conversation that's come up. Yes. I said it right. Plastic in our brains. Right. We know that plastics are everywhere. If you guys are not drinking out of like glass or stainless, and you're still drinking out of those plastic bottles, you're storing your food in plastic.

Your, um, I mean, it is like it's in chewing gum, it's in the wrappers of everything. It's in the receipts that you get from the store and. Oh, they're, they're just everywhere. And, um, these

microplastics, we know they invade the liver. We know they invade the kidneys. Well, guess what? Now we're finding that 0.5%. Half a percent of our brains weight.

Like that's significant. Is now, now contains microplastics. So we start, we say, oh, well, we're seeing now. Arise in, um, In brain disorders and cognitive disorders. And Alzheimer's like, this is a thing. So we've got to start paying attention to. Where were all these plastics going? Like we're drinking plastic.

We're not thinking about it. We're keeping it in the sunlight. We keep it in our cars. Like all of that plastic that gets broken down. Guess what the body has to do something with it. **And the body has to get rid of it. And if your body is not functioning at a hundred percent, right. If you're not detoxifying because you're not eating a good, healthy, nutritionally supported diet.**

And if you're under stress and you're not sleeping well, and all of these lifestyle things now just think of how. This is compounded. So we're just compounding thing. After thing, after thing in our, in our bodies that our bodies can't handle. And so brain issues are a big one. So get those plastics out of your brain. The other thing is, well, I just mentioned about how the FDA, the pharmaceutical company, um, yeah, they're kind of all in cahoots, so here's what I want to tell you.

The messaging that you know comes out and so, and media outlets we've got about social media, I think is the best place in some cases to get, to get more of the real answers, because whether it's television commercials or even the news, I'm going to tell you the news is funded by big pharma. The news is funded by. By these companies that have an agenda. Newsflash.

So I don't really trust much of what comes out of mainstream media. And, um, and they just don't talk about these topics. They'll talk about health and they'll tell you about medications, but how are they telling you to get off your medications or to do things that are natural? You don't hear it, right?

So there's definitely an agenda there. So be very careful on where you get your information and who you're trusting to get your information from what the source of that is. This is why I'm doing these. Like, we want to expose these people at a high level so that we can start. To get some change happening and it's going to happen at the grassroots level.

It just that's how it's, that's how it's happening. Right. These people, these activists have been around for a very long time talking about it and it's finally coming to light. So. Again, so happy about that. So let's talk about **ultra processed foods and big tobacco, right? What is, what are the disturbing similarities between the marketing strategies of ultra processed food and the tobacco industry?**

They're kind of the same. Why? Because they're targeting young people and the cigarette companies always did that. They targeted the younger people to. But it was cool to do this. Right.

So you think about it. Why does your child not want to take lunch to school? Well, this kid has, you know, the candy and then this, and then that like, that's the cool kid who has all the junk, but you know, you're stigmatized for bringing healthy food.

How do we flip that? How do we re make bringing healthy food to school as a school lunch? The thing to do. Right because bringing Lunchables, I guys, these Lunchables, there's nothing redeeming in these packaged and processed foods are these hyper what we call hyper palatable foods. Are leading to disordered eating behaviors and kids because they don't even. They, they. Nature can't mimic what these ultra processed foods tastes like, the sweetness and the mouth feel. They're designed to be like this, like, this is what these companies pay millions of dollars for in marketing and strategic development so that they become addictive. And so don't get lost in these claims.

Like there are no claims on any of these ultra processed foods that lead to health zero. And so it's just causing more these seed oils. If you haven't heard about the **seed oils, right? These oils that are ultra processed, like go look, you know, that show like how things are made. Go look at how oils industrial oils are processed.**

They have to be extracted. They use things like formaldehyde and tell you lean and like benzene, all these unsafe chemicals. We just talked about the chemical industry to, to extract the oil and then they have to use perfumes. Comes and dies to make it actually like even palatable. And all of that stuff goes in and depletes.

We talked about leaky gut. Well, these seed oils, these ultra processed seed oils lead to leaky gut. So like we could go on and on and on. I think you get the point that. We need to start paying attention to what is in and on our food, how our food is grown. The chemicals that are in the environment that we are exposed to, how they affect our health negatively, both that of, you know, our families, our children's and the environment.

We know glyphosate. I didn't say this, but **glyphosate has been linked to bee colony collapse, right? Like if we don't have bees, we don't have pollination. We don't have food. Like we, as a species go, bye-bye**. So, um, we really, like I said, this is an area that I've become super passionate about. We're going to be talking about more and we're going to be bringing on guests to talk about this.

I'm excited to talk to, we've got someone coming to talk about how some of these. The links to the food. The ultra processed food is leading to food disorders in children. And that, you know, how are we getting our kids to really eat? But it's not, we're not just talking about eating disorders. We're talking about feeding disorders. Real things as a result of eating ultra processed foods.

So super excited about all the things to come, but pay attention to all of that start. Doing your due diligence. If you want to do some research, happy to share where to get that information. So send

us comments and questions about that again. Continue to do this, but really paying attention to all things that, uh, that affect our food supply that affect our overall health and the things that we can do to, uh, make a difference in, in speaking our minds, our voices, and especially with our dollars. So that's a wrap here today for our podcast.

I hope you've learned something new. I hope you're fired up to, to make start making some changes. Like I said, like subscribe, share this information. And we look forward to seeing you on the next podcast. This is your Rebel Nutritionist. Make it a great day.