

Fred Pescatore, MD

logical health
ALTERNATIVES

The DEADLIEST Chemical You Eat Every Day

*And the Natural “Repair Crew”
that Helps Keep You Alive*

By Fred Pescatore, M.D.



There is one toxin in particular that I believe is the worst of them all. In part because it's so dangerous. And in part because it's everywhere.

Studies show it's in our food. And our water. And the air we breathe. There's a good chance it's even in your garden shed right now. And you can be certain that it's inside your body. You might think I'm talking about BPA—but the fact is, this deadly toxin could be even worse.

This toxin is called glyphosate, which is the generic name for the chemical weed killer in Roundup.

Roundup is now used in more than 160 countries, with more than 1.4 billion pounds applied per year. It's the most commonly used herbicide in the world, with a whopping \$6.5 billion in yearly sales.

There's now a large body of independent research showing that glyphosate poses serious health threats to humans.

And yet, the U.S. government continues to deny the risks. The good news is, there ARE ways to protect yourself from the deadly hazards glyphosate poses.

Roundup's safety profile—bought and paid for by Monsanto

Glyphosate and Roundup are made by one of my least favorite companies on the planet—Monsanto. In the 32 years since Monsanto first inflicted glyphosate on the world, there have been studies linking Roundup use to today's deadliest health epidemics.

Animal and some human studies show glyphosate is linked to practically every kind of cancer. This includes cancer of the pituitary gland, brain, lungs, liver, thyroid, stomach, bladder, adrenal glands, ovaries, colon, uterus, prostate, breast, and skin—plus non-Hodgkin lymphoma.

Research from scientists at MIT has found that Roundup may reduce the body's stores of magnesium, which can lead to Alzheimer's and Parkinson's diseases, autism, and depression.

The herbicide has also been shown in a variety of studies to cause reproductive problems like infertility, miscarriages, and birth defects. And

it's suspected to contribute to chronic kidney and liver diseases, diabetes, heart disease, stroke, hypothyroidism, chronic fatigue, and leaky gut syndrome.

In lab studies, it was shown to *suffocate* human cells.

Of course, Monsanto denies all of these claims. And they're constantly citing studies that supposedly “prove” Roundup is safe. But what they don't tell you is that many of these studies were *paid for by Monsanto*.

Apparently, that doesn't raise the eyebrows of anyone at the U.S. Environmental Protection Agency (EPA). According to the EPA, there isn't sufficient “evidence to show that glyphosate causes cancer.”

What does that say about the EPA? In bed with Monsanto perhaps?

But at least we know who Monsanto isn't in bed with...

In 2015, the World Health Organization declared that, based on the scientific evidence, glyphosate is “probably carcinogenic to humans.”²

Monsanto, of course, was outraged that anyone would think its toxic chemical was unsafe.

The American Soybean Association and National Corn Growers Association also denounced the finding. Not surprisingly, so did CropLife America, a trade association representing pesticide manufacturers. What I'd love to know is who runs these organizations and how do they sleep at night?

Because they've unleashed a deadly poison into the world that essentially NO ONE can escape from.

And the news just keeps getting worse. New research reveals one of the so-called “inactive” ingredients in Roundup could be just as dangerous as the glyphosate itself.

According to researchers at France's University of Caen, this “inactive” ingredient has the ability to suffocate human cells—and is particularly deadly to human embryos.

This finding confirms that we still don't know all the dangers of this toxic pesticide—and the impact it will have on ourselves or on the environment.

You're exposed to Roundup every day—even if you don't use it

You may think you're safe from glyphosate's toxic health effects because you don't use Roundup in your garden. But if you eat non-organic food, you're most likely dining on glyphosate.

Research shows this toxin is in 75% of the air and rain in the Mississippi River delta. That number represents an 18-fold increase in just 12 years. (And that research dates back to 2007, so you can bet the percentage is even higher now.)

Plus, a recent U.S. Geological Survey study found glyphosate in the majority of rivers, streams, and ditches in 38 states.

Again, this doesn't seem to bother the EPA, which continues to declare that up to 0.7 mcg/L of glyphosate in drinking water is safe. Even after published research shows glyphosate can cause health problems at levels below this limit.

In fact, the EPA standard for glyphosate is seven times higher than the 0.1 mcg/L the European Union allows. And even with that limit in place, a few years ago, the environmental group Friends of the Earth found glyphosate in the urine of 44% of Europeans.

Of course, conveniently, the U.S. government doesn't monitor glyphosate levels in humans. But an independent review of urine samples collected from people throughout the U.S. found that Americans' glyphosate levels were *10 times* higher than those reported in the European survey. (And—surprise, surprise—concentrations were highest in the urine of people with chronic diseases.)

Yet, Monsanto continues to insist that glyphosate doesn't accumulate in human tissues.

An environmental disaster in the making

The EPA is really drinking Monsanto's toxic Kool-Aid if it thinks Roundup gets rid of every

weed. Monsanto has tried to brainwash farmers into believing that glyphosate makes weed control easier, but what it's actually done is created new types of “superweeds” that require more pesticides to kill them. (It's like the botanical version of antibiotic-resistant superbugs.)

Meaning *more* chemicals are being added to our food supply, courtesy of Monsanto.

If that weren't bad enough, Monsanto has developed genetically modified seeds that are “Roundup Ready,” meaning that a farmer can apply Roundup directly to the crop itself without the crop dying. The only thing that dies is some of the weeds—and potentially the people who eat that crop.

One of the first high-profile cases of accidental poisoning through food was in 1986 in Sierra Leone. A truck that once carried one of Roundup's chemical cousins was then used to transport flour. When the flour was made into bread...twenty people died after eating it.

More recently, an accidental overdose in school lunches killed at least 25 children in India in a matter of hours in 2013.

And just this year, 92 students and 3 teachers were sickened in northern Peru when a crop-dusting airplane dropped this pesticide 10 yards from their school windows.

Even organic crops aren't a safe bet

Roundup is so ubiquitous that it's used on millions of acres of non-organic corn, soy, canola, sugar beets, and wheat in the United States. The EPA also reports that glyphosate is routinely sprayed on fruit trees. And in greenhouses, aquatic areas, forests, and roadside rights-of-way “for total vegetation control.”

The researchers also found glyphosate in the bodies of slaughtered cows. So if you eat non-organic meat that's fed conventional crops, chances are you're also eating glyphosate.

Certified organic crops, of course, can't be grown with Roundup or Roundup Ready seed. But organic farmers report that the wind blows these toxic

seeds onto their land. Meaning that no matter how carefully you eat, you're probably ingesting some of this awful chemical.

While the EPA dithers on glyphosate, other countries—and California—take action

Last year, the EPA announced it would take the WHO findings on cancer into account during its routine review of glyphosate that happens every 15 years. That review is currently underway. But I'm not holding my breath on anything actually happening as a result of this review.

Meanwhile, California has already made its decision. The state's Office of Environmental Health Hazard Assessment announced last September that it will require glyphosate to be labeled a carcinogen on all products that contain it and are sold in California.

That's a great first step, but so much more needs to be done.

The Organic Consumers Association reports that other countries have already taken steps to ensure the health of their populations.

Sri Lanka, alarmed by research showing links between glyphosate and cancer, has banned the chemical. Brazil, Germany, and Argentina are considering similar moves. Mexico, France, and the Netherlands have imposed new restrictions on glyphosate use, and Canada is evaluating new regulations.

Why the government doesn't protect us from glyphosate

So, you may ask the same thing I did when writing this: Who is protecting Americans' health?

Unfortunately, when it comes to glyphosate, the government is not the answer.

Our government officials and health regulators often ignore studies showing the health perils of glyphosate, even if they're published in peer-reviewed journals. They point out that many of the studies are done in other countries, which they think somehow makes them less valid than U.S. studies.

And then there's Monsanto's robust PR and legal departments, which seem to work overtime discrediting any new research. And Monsanto spends millions of dollars on its own self-serving "research" to counter studies conducted by independent organizations.

Here's the bottom line. Glyphosate is one of the most toxic substances ever launched on the public. It adversely affects almost every tissue and cell in a mammal's body.

Fortunately, there are some simple things you can do to protect yourself from this health hazard. In fact, you can substantially detoxify your body from Roundup and other nasty chemicals in three easy steps.

Your 3-step plan for safeguarding yourself against the world's most toxic pesticide

1) Eat organic food and beverages. USDA organic certification ensures a food or beverage doesn't contain any genetically modified organisms, like Roundup Ready seeds.

As I said earlier, there's a chance that some Monsanto seeds could have drifted into the organic fields where your food was grown. But at least the organic seal ensures that Roundup or any other pesticides or herbicides were not directly sprayed on the crops.

2) Detox quarterly. Since there's unfortunately no way to avoid Roundup—and other toxins—completely, I recommend regular detoxes. In fact, I recommend detoxing quarterly.

Of course, you should talk to your doctor before starting this or any detox regimen. But be forewarned: Most mainstream physicians aren't likely to have the first clue about detoxing. So don't expect much in the way of brilliant feedback. It's probably best to work with a naturopathic physician if you're undertaking any serious detox regimen.

[Editor's note: For the specific two-week detox plan Dr. Pescatore gives his patients, refer back to the September 2013 issue. Just visit www.drpescatore.com and log in to the Subscriber area with your

username and password to access this article from the full Archive.]

3) Support your gut with a powerful new discovery that helps flush glyphosate right out of your cells.

You might be surprised to hear it's a specialized strain of probiotics called *Lactobacillus fermentum* **ME-3**. This probiotic strain has the ability to increase your body's production of two natural detoxifiers which act like a built-in "repair crew" for your cells.

First is the "master antioxidant" glutathione.

Glutathione is key for helping your liver detox — and that helps flush Roundup and other chemicals out of your system. Your body also uses glutathione to remove toxic metals such as mercury, cadmium, and arsenic — as well as many OTC and prescription medications, including acetaminophen (Tylenol).

Problem is, levels of glutathione can drop with age, meaning this "repair crew" gets rusty over time. And that puts our health — and even our lives — at risk.

There are really only two effective ways to boost your body's glutathione levels: Take *Lactobacillus fermentum*...or get expensive, time-consuming intravenous injections. Glutathione supplements are available, but I've found they simply don't work. Research suggests that oral glutathione is poorly absorbed.

Lactobacillus fermentum avoids this problem because it actually synthesizes glutathione naturally in your gut. Human clinical trials sponsored by the manufacturer show supplementing with

this probiotic led to a **49% increase** in active glutathione.

Research also shows glutathione is absolutely vital for maintaining a healthy immune system and supporting cardiovascular health. Basically, every cell in the human body uses glutathione to function optimally. It's no wonder scientists call it the "master antioxidant."

Lactobacillus fermentum also helps protect you by "powering up" a second natural detoxifier called paraoxonase 1, or PON1.

PON1 is the **only** enzyme in your body that can flush out damaging pesticides like glyphosate — so you can see why boosting it is important.

A clinical study of 100 people revealed taking this probiotic can increase PON1 activity by **18% in just two weeks**.

On top of that, total antioxidant activity increased by 26%! Antioxidants are particularly important during detoxification, when your body is already fighting off free radical damage.

Interestingly, PON-1 may also support cardiovascular health by boosting the benefits of HDL cholesterol. At the same time, it helps prevent the buildup of "bad" LDL and the hardening of artery walls.

This explains why researchers also found that *Lactobacillus fermentum* can also help maintain healthy levels of LDL cholesterol. A human clinical trial revealed that supplementing with this probiotic helped reduce levels of *oxidized* LDL by 16%.

I recommend taking it in addition to your regular probiotic to help your body process the toxins you encounter on a daily basis more effectively (and to support your overall health).

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About the Author

Fred Pescatore, MD, is one of the most sought-after natural physicians in the country, specializing in making you feel like the best version of you!

Dr. Pescatore is the author of the *New York Times* best-selling book, ***The Hamptons Diet*** and the No. 1 best-selling children's health book, ***Feed Your Kids Well***. His other books include: *Thin For Good*, *The Allergy and Asthma Cure*, *The Hamptons Diet Cookbook* and *Boost Your Health with Bacteria*.

You may have already met Dr. Pescatore on *The O'Reilly Factor*, *Rachael Ray*, *The Today Show*, *Extra*, *The View*, and many more – sharing the latest breakthroughs in integrative and nutritional medicine. And for years, he was heard daily as the host of the No. 1 health radio show in New York City called, *The Logical Alternative*. He is currently on the editorial board of *Us Weekly* magazine and is a regular contributor to *In Touch*, *First for Women* and *Women's World* magazines.

He's spent over 3 decades studying, researching and practicing medicine around the world alongside some of today's most well respected physicians. Through his non-stop research and unique medical connections across the globe he hears about the most groundbreaking natural discoveries and healing techniques as they happen...sometimes decades before they trickle out to the mainstream.

Now Dr. Pescatore is putting the research, techniques, and in-depth healing protocols right in your hands—and not in clunky medical textbook fashion. Dr. Pescatore makes good health easy to understand and attainable for any age, at any fitness level. His natural approach to healing confronts the modern day cure-all obsession for drugs and surgery that come with countless side effects. Dr. Pescatore features it all in one of the most exclusive health newsletters available, ***Logical Health Alternatives***. These cutting-edge cures and simple healing miracles are also shared daily with his loyal readers in his free e-letter ***Reality Health Check***.

Dr. Pescatore is the President of the International and American Associations of Clinical Nutritionists, a member of the American College for the Advancement of Medicine, and belongs to many other professional organizations.

After graduating medical school at Columbia University, Dr. Pescatore studied in Southeast Asia, India, Japan, Africa, and Europe. The techniques he gathered have become part of his broad knowledge of healing. Prior to opening his own practice, for five years, Dr. Pescatore was the Associate Medical Director of The Atkins Center for Complementary Medicine working as the right-hand-man to Dr. Robert C. Atkins.

His passion for traveling and education has given Dr. Pescatore vast opportunity to research and create some of the best nutritional supplements available today. Launching his own line in 2012, NuLogic Nutritionals, Dr. Pescatore has had hands-on experience formulating only the highest quality ingredients derived from ideal climates around the world.

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