



Inflammation Bootcamp

"The core of all our health problems is poor soil health, genetically engineered foods and glyphosate usage but there is a solution."

Can we step back for a second and ask, "Why are autoimmune diseases so rampant, why do so many people get viruses and infections? Why do so many people have gut issues, why is autism increasing, why is the number of cases of diabetes skyrocketing? And why is there such a dramatic increase in dementia and Alzheimer's?"

Dr. Arden Anderson in his book, *Food Plague*, makes a powerful research backed argument that the core of all our health problems is threefold. First, our sick topsoil is creating demineralized plants. Second, GMOs are creating "Frankenstein" foods and the results are frightening. Finally, the chemical poisons like glyphosate compounds the effects of sick soil and GMOs.

Dr. Anderson painstakingly provides detailed research data and alternative solutions, but let me give you an overview. Let's go back to the soil.

Since our soil is lacking minerals, plants are not able to grow in a healthy manner and have reduced nutrient value.



The plants may look good but they are not strong and vibrant. They do not contain the nutrients that they did 75 years ago. Liquid Nitrogen is sprayed on plants in the form of ammonia to stimulate growth. However, without healthy soil, the plants can't develop to their potential, in essence they're unhealthy.

Here's a key point, insects don't like to eat healthy plants. Their digestive system can't break down the cell walls. But insects love unhealthy plants because they have access to the nitrogen that makes the sick plants grow. Creating healthy soil and growing

healthy plants would drastically reduce the need for endocrine disrupting pesticides.

Healthy soil grows healthy plants with extensive root systems. Healthy plants may not crowd out weeds completely, but they definitely minimize them. Also, healthy plants provide minerals needed to detoxify the chemicals from our environment.

The second problem is the GMOs. Here are just a few reasons we must avoid them.

1) Every animal, wild or domestic, chooses regular food

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over GMO food 100% of the time unless they are starved.

2) In every single animal study using GMO foods, animals showed gastric inflammation. With what we know about the gut and autoimmune disease this alone should be enough alone to motivate people to stop eating them.

3) A Horizontal Gene transfer process from the foreign infective gene complex of the food product to our gut bacteria has been identified. One example is with BT Sweet corn.

The protein Cry1B was found in the blood of 93% of pregnant women and 8% of fetuses. (Here's the scary part) The amount found in blood was much higher than they could have ingested by the mother. The infective gene complex of the food turned on bacteria in her gut to produce this toxic foreign protein.

4) An Australian study showed three different species of animals fed the Cry1B protein developed "pathological intestinal liquefaction and their behavior resembled those of the most acute autistic characteristics."

5) Nine groups of rats and mice were fed a diet of potatoes, corn, grapes and tomatoes containing 10% genetically engineered foods and 90% non GMOs.

Four weeks into the study researchers observed shrinkage of kidneys, saw changes in liver and spleen. Next, malignancies appeared, there was kidney failure and hemorrhages in the intestine, and learning and memory were seriously altered. Death rate of babies fed GMO diet increased by 35%. 50% were dead after 3 weeks.

The third problem is glyphosate and the marriage between it and the GMOs. More recently glyphosate's antimicrobial properties have been exposed. Glyphosate was a patented product known to kill healthy micro-organisms in the soil, allowing pathogenic microorganisms to kill the weeds. Since 1990 the amount of glyphosate



sprayed on non GMO plants as a desiccant or drying agent has dramatically increased. We unknowingly eat plants with traces of Round Up. Glyphosate is showing up in urine of the urban population. Guess what? Glyphosate acts as an antimicrobial agent in our food but it acts as an antimicrobial agent in

our GI system as well. In other words, it kills the healthy bacteria in our gut allowing dysbiotic bacteria to proliferate.

How do we turn the tide? One of the first steps is to consider the foods you eat. Next, ask your Wellness clinician about a 15 - 30 day cleanse program that will address gut problems, cleanse toxins from your body and reduce inflammation.

Perhaps you have symptoms such as fatigue, joint and muscle pain, headaches, insomnia or skin conditions. A small unpublished trial showed with a simple 15-30 cleanse program, patients reduced 64% of their symptom burden. A lot of healing can take place in 30 days when you are reducing poisons and eating clean food.

The realities of the "Food Plague" by Dr. Anderson affect us all. We can be victims or take action. You can get your health back but you need to "get in the game". Contact the clinic on this page and experience how getting off GMOs and glyphosates can make a big difference to regain your health.

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