



Andre Leu, President of I.F.O.A.M. has written **Poisoning Our Children: The Parents Guide to the Myths of Safe Pesticides** which discloses the many deficiencies in the regulations and in the testing of many chemicals in our food supply. Andre suggests as parents we should be very concerned that both the government and industry neglect to observe the published, peer-reviewed science and by doing so are exposing our children to a lifetime of very serious health problems.

Numerous scientific studies show that the current regulatory systems around the world have failed to protect unborn and growing children from exposure to a massive cocktail of these pesticides which are linked to cancers, thyroid problems, immune system problems, lower IQs, attention deficit hyperactivity disorders, lack of physical coordination, anger management issues, bipolar/schizophrenia, depression, digestive system problems, cardiovascular disease, reproductive problems as adults, changes to metabolic systems, including obesity and diabetes. The Environmental Working Group found up to 232 chemicals in the placental cord blood of babies and we read of mother's milk when tested records evidence of toxic residues, especially glyphosate.

Unfortunately children are at highest risk due to their smaller body size and the fact that their organs and tissues rely on balanced hormone signals to ensure they develop in orderly sequences. Even small disruptions can significantly alter how these body parts and metabolic systems develop which will last a lifetime and in effect program children for a lifetime of ill health.

What can you do?

Eliminating pesticides in the house and garden will make a significant difference. Research shows that 80% of cancers are caused by environmental exposure, especially toxic chemicals. So clean up your environment as we all know it is easier to prevent than cure.

However the greatest difference will come from only consuming foods free of pesticides. Research has shown that eating organic foods can eliminate harmful pesticide exposure in days. Not only are organic foods more nutritious, the majority of studies show that organic foods have significantly higher levels of disease-preventing antioxidants. The extra cost of organic food is therefore worth every cent. In fact the true cost of conventional food is that there is no guarantee of nutrient density or of being free of pesticides. Where is the value in these foods then?

Andre is working with parents to help them understand that we are being fed a number of myths. In reality he says that the commonly used statements are basically a series of myths:

1. The "Rigorously Tested" Myth
2. The "Very Small Amount" Myth
3. The "Breakdown" Myth
4. The "Reliable Regulatory Authority" Myth
5. The "Pesticides Are Essential" Myth

These statements are covering up the truth and we all need to be more mindful of what we are being told especially if you are eating any processed foods and not cooking from scratch.

Farming Secrets says: Spend a Week Writing Down Everything That Is In What You And Your Children Are Eating.

Ref: Inspired by an article in Acres US Dec 17