Look & Feel Great

Nine Steps to *Look & Feel* Great!

Why Care if You're Eating Glyphosate?

Mark my words, if you don't know what glyphosate is, you will eventually and you're going to want to avoid it at all costs. For about 20 years now, our food and environment have been exposed to the substance. Researchers have been documenting the health issues and potential consequences of glyphosate in our food, our drinking water & the air we breath. Reliable studies show a potential link between this thing called glyphosate and the following diseases: cancer, non-hodgkin lymphoma, degenerative diseases, obesity, endocrine issues, autism related disorders, Alzheimer's, birth defects, celiac, gluten intolerance, kidney disease, colitis, depression, diabetes, heart disease, hypothyroidism, liver disease, inflammatory bowel disease, ALS, MS, Parkinson's, infertility, miscarriage, and respiratory illnesses. Are you concerned that you may be eating this chemical?
Do you know how to figure out if you are consuming it?
Do you even know what it is?

In plain layman terms, glyphosate is a chemical found in herbicides.

It's the most commonly used herbicide and is marketed under the name Roundup but did you know it is patented as the following:

#1: an Antibiotic – which is harmful to humans because it kills your beneficial gut bacteria which causes immune system damage

#2: a Chelating Agent which binds to minerals and chelates like Liquid Drano. The health issue is that the chelation properties may lead to vitamin and mineral deficiencies.

How can anyone in good conscience, consume or promote any food with glyphosate which has been patented as both a mineral chelator and an antibiotic…both of which have enormous implications on human and your loved one's health?

The list goes on but I don't want to overwhelm you all in one blog post but I must tell you that the highest level of glyphosate is found in the non-GMO Cheerios
so get Cascadian Farms organic ones instead.

Here's 3 ways to reduce your exposure to glyphosate:

1. Purchase 100% organic foods. One fairly easy way to cut out the glyphosate and other pesticide residue from your foods is to purchase organic items. Labeling laws require these foods to fit a certain description especially in regards to pesticide use.

Definitely choose to purchase 100% organic fruits and vegetables. Many pesticides are used to grow fruits and vegetables so choosing organic foods will automatically reduce the quantity of pesticide residues.

Also buy 100% organic meats and poultry. Even though pesticides are not used on animals, it is used on their feed (like corn or soy). This allows pesticides to get into the meat and skin of the animal.

Purchase 100% organic grains (like wheat or quinoa) as these plants as well as corn have also been implicated in having higher levels of glyphosate residues because of pre-harvest spraying.

2. Do not purchase foods known to have high levels of glyphosate:

Soy (soy products and soy/vegetable oil)
Corn and corn oil
Canola seeds used in canola oil
Beets and beet sugar
Almonds
Dried peas
Carrots
Quinoa
Sweat potatoes

3. Grow some of your own food:
Start growing your own garden. Make sure you choose a spot with plenty of sunlight and use organic dirt without pesticides. Plant vegetables or fruits that you eat frequently.

If you do not have a backyard or a large amount of space, consider doing container gardening.

Recent studies have discovered glyphosate exposure to be a cause of many chronic health problems. It can enter the body by direct absorption through the skin, by eating foods treated with glyphosate, or by drinking water contaminated with glyphosate.

Curious if you're loaded with glyphosate? Just goto our Services page and order the test kit and we will email you the results from the lab.

Glyphosate is the world's most widely produced herbicide and is the primary toxic chemical in Roundup™, as well as in many other herbicides. In addition, it is a broad-spectrum herbicide that is used in more than 700 different products from agriculture and forestry to home use. Glyphosate was introduced in the 1970s to kill weeds by targeting the enzymes that produce the amino acids tyrosine, tryptophan, and phenylalanine.

The enzymes of many bacteria are also susceptible to inhibition by this chemical, thus altering the flora of many animals. Usage of glyphosate has since amplified, after the introduction of genetically modified (GMO) glyphosate-resistant crops that can grow well in the presence of this chemical in soil. In addition, toxicity of the surfactant commonly mixed with glyphosate, polyoxyethyleneamine (POEA), is greater than the toxicity of glyphosate alone. In addition, in 2014 Enlist Duo™, a herbicide product which contains a 2,4-dichlorophenoxyacetic acid (2,4-D) salt and glyphosate, was approved for use in Canada and the U.S. for use on genetically modified soybeans and genetically modified maize, both of which were modified to be resistant to both 2,4-D and glyphosate. 2,4-D has many toxic effects of its own and can be measured in another test that is the GPL-TOX test (email for details on the GPL-Toxins test).

Glyphosate Urine Specimen Requirements:
Urine: at least 10 mL of first morning urine before food and drink is preferred. You must discontinue soy proteins one week prior to collection of specimen (soy bean oil and soy lecithin are considered acceptable).

Stay up-to-date with recent news and research. If you're trying to live a healthier lifestyle and avoid pesticides, especially those that are harmful like glyphosate, it's important to stay update with new and emerging research on these chemicals.

Take Charge of your health by joining Total Wellness Monthly Membership today. This is a proven system that keeps you moving towards your optimal health goals with weekly videos and action items. Love for you to join the Community & gain access to the empowering information to positively impact your life.

Are you worth it? I think YOU are 😉

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Certificate of Analysis

April 29, 2016

FOOD DEMOCRACY NOW!

Anresco No. 320160506

Sample Information

Product

Eleven Samples of Chips Marked As Follows:

1. Lay's Potato Chips Classic
2. Lay's Barbecue Flavored Potato Chips
3. Lay's Cheddar & Sour Cream Flavored Potato Chips
4. Lay's Kettled Cooked Original
5. Lay's Kettled Cooked Original 40% Less Fat(Sea Salt and Vinegar)
6. Ruffles Original
7. Ruffles Cheddar and Sour Cream
8. Doritos (original- Nacho Cheese - 10 oz)
9. Doritos Cool Ranch
10. Fritos (original) (100% Whole Grain)
11. Sun Chips

Sampling
Received

Received from Client.
March 29, 2016

Analytical Results

Analysis
Method

Glyphosate and Aminomethylphosphonic Acid (AMPA)
Simultaneous LC-MS/MS Analysis of Glyphosate, Glufosinate, and Their Metabolic Products in Beer, Barley Tea, and Their Ingredients
Biosci, Biotechnology, Biochem 77 (11), 2218-2221, 2013

Analysis Date
Analyst

March 29, 2016 to April 29, 2016
Edmund Moy

Findings

Sample ID	Amount Glyphosate (ppb)	Amount AMPA (ppb)
1. Lay's Potato Chips Classic	No Recovery	No Recovery
2. Lay's Barbecue	No Recovery	No Recovery
3. Lay's Cheddar & Sour Cream	No Recovery	No Recovery
4. Lay's Kettled Cooked Original	452.71*	No Recovery
5. Lay's Kettled Cooked Sea Salt and Vinegar	No Recovery	No Recovery
6. Ruffles Original	No Recovery	No Recovery
7. Ruffles Cheddar and Sour Cream	No Recovery	No Recovery
8. Doritos Nacho Cheese	No Recovery	No Recovery
9. Doritos Cool Ranch	481.27*	No Recovery
10. Fritos (original) (100% Whole Grain)	174.71*	No Recovery
11. Sun Chips		No Recovery

Limit of Quantitation: 5 ppb

*These samples exhibit very low recovery and/or response. The above amounts found are rough extimates at best and may not represent an accurate representation of the sample.

Reported by
Anresco, Inc.

Vu Lam
Senior Chemist

ANRESCO, INCORPORATED OCTOBER 1 1978 CALIFORNIA

Edmund Moy
Senior Chemist

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Certificate of Analysis

April 15, 2016

FOOD DEMOCRACY NOW!

Anresco No. 320160503

Sample Information

Product	Five Samples of General Mills Marked As Follows: 1. Cheerios - 100% Whole Grain Oats (8.9 oz) 2. Honey Nut Cheerios - Whole Grain Oats - (12.25 oz) 3. Wheaties - Toasted whole Wheat Flakes (15.6 oz) 4. Trix (10.7 oz) 5. Total Whole Grain (10.6 oz)
Sampling	Received from Client.
Received	March 29, 2016

Analytical Results

Analysis	Glyphosate and Aminomethylphosphonic Acid (AMPA)
Method	Simultaneous LC-MS/MS Analysis of Glyphosate, Glufosinate, and Their Metabolic Products in Beer, Barley Tea, and Their Ingredients Biosci, Biotechnology, Biochem 77 (11), 2218-2221, 2013
Analysis Date	April 11, 2016 to April 15, 2016
Analyst	Edmund Moy

Findings

Sample ID	Amount Glyphosate (ppb)	Amount AMPA (ppb)
1. Cheerios	1125.3 ppb	26.4 ppb
2. Honey Nut Cheerios	670.2 ppb	14.5 ppb
3. Wheaties	31.2 ppb	None Detected
4. Trix	9.9 ppb	None Detected
5. Total Whole Grain	Below LoQ	None Detected

Limit of Quantitation: 5 ppb

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Anresco No. 320160504

Sample Information

Product	Five Samples of Kelloggs Marked As Follows: 1. Corn Flakes (18 oz) 2. Raisin Bran (Post) Whole Grain Wheat & Bran Cereal (20 oz) 3. Kashi - Organic Promise (16.3 oz) 4. Special K - Original Toasted Rice Cereal (12 oz) 5. Frosted Flakes Kelloggs (10.5 oz)
Sampling	Received from Client.
Received	March 29, 2016

Analytical Results

Analysis	Glyphosate and Aminomethylphosphonic Acid (AMPA)
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Analysis Date	April 11, 2016 to April 15, 2016
Analyst	Edmund Moy

Findings

Sample ID	Amount Glyphosate (ppb)	Amount AMPA (ppb)
1. Corn Flakes	78.9 ppb	Below LoQ
2. Raisin Bran	82.9 ppb	None Detected
3. Kashi - Organic Promise	24.9 ppb	None Detected
4. Special K	74.6 ppb	None Detected
5. Frosted Flakes	72.8 ppb	None Detected

Limit of Quantitation: 5 ppb

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Anresco No. 320160506

Sample Information

Product: Ten Samples of Cookies Marked As Follows:

1. Annies Gluten Free - Cocoa and Vanilla Bunny Cookies
2. Nabisco Barnum's Animals Crackers
3. Nabisco Oreo Original
4. Nabisco Oreo Double Stuff
5. Nabisco Oreo Double Stuff Golden
6. Nabisco Chips Ahoy!
7. Little Debbie - Oatmeal Creme Pies
8. Kashi Oatmeal Dark Chocolate - Soft Baked Cookies
9. Snackwells Devil's Food Cookies
10. Lucy's Oatmeal Cookies

Sampling: Received from Client.

Received: March 29, 2016

Analytical Results

Analysis: Glyphosate and Aminomethylphosphonic Acid (AMPA)

Method: Simultaneous LC-MS/MS Analysis of Glyphosate, Glufosinate, and Their Metabolic Products in Beer, Barley Tea, and Their Ingredients Biosci, Biotechnology, Biochem 77 (11), 2218-2221, 2013

Analysis Date: March 29, 2016 to April 29, 2016

Analyst: Edmund Moy

Findings

Sample ID	Amount Glyphosate (ppb)	Amount AMPA (ppb)
1. Annies Gluten Free - Cocoa and Vanilla Bunny Cookies	55.13*	No Recovery
2. Nabisco Barnum's Animals Crackers	None Detected	No Recovery
3. Nabisco Oreo Original	289.47*	No Recovery
4. Nabisco Oreo Double Stuff	140.90*	No Recovery
5. Nabisco Oreo Double Stuff Golden	215.4*	No Recovery
6. Nabisco Chips Ahoy!	None Detected	No Recovery
7. Little Debbie - Oatmeal Creme Pies	264.28*	No Recovery
8. Kashi Oatmeal Dark Chocolate - Soft Baked Cookies	275.58*	No Recovery
9. Snackwells Devil's Food Cookies	None Detected	No Recovery
10. Lucy's Oatmeal Cookies	452.44*	No Recovery

Limit of Quantitation: 5 ppb

*These samples exhibit very low recovery and/or response. The above amounts found are rough extimates at best and may not represent an accurate representation of the sample.

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Anresco No. 320160506

Sample Information

Product: Ten Samples of Crackers Marked As Follows:

1. Pepperidge Farm - Goldfish Crackers - (original cheddar)
2. Pepperidge Farm – Goldfish Crackers - (colors)
3. Pepperidge Farm – Goldfish Crackers - (Cheddar Made with Whole Grains)
4. Cheez-Its (Original)
5. Cheez-Its Whole Grain
6. Ritz
7. Triscuits
8. Stacy's Pita crackers
9. 365 Whole Foods Golden Round crackers
10. Back to Nature Crispy cheddar crackers

Sampling: Received from Client.
Received: March 29, 2016

Analytical Results

Analysis: Glyphosate and Aminomethylphosphonic Acid (AMPA)
Method: Simultaneous LC-MS/MS Analysis of Glyphosate, Glufosinate, and Their Metabolic Products in Beer, Barley Tea, and Their Ingredients
Biosci, Biotechnology, Biochem 77 (11), 2218-2221, 2013

Analysis Date: March 29, 2016 to April 29, 2016
Analyst: Edmund Moy

Findings

Sample ID	Amount Glyphosate (ppb)	Amount AMPA (ppb)
1. Goldfish Crackers - original	18.40	No Recovery
2. Goldfish Crackers - colors	8.02	No Recovery
3. Goldfish Crackers - Whole Grains	24.58	No Recovery
4. Cheez-Its (Original)	24.60	No Recovery
5. Cheez-Its Whole Grain	36.25*	No Recovery
6. Ritz	270.24	No Recovery
7. Triscuits	89.68	No Recovery
8. Stacy's Pita crackers	812.53	No Recovery
9. 365 Whole Foods Golden Round	119.12*	No Recovery
10. Back to Nature Crispy cheddar	327.22*	No Recovery

Limit of Quantitation: 5 ppb

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