

# Dairy, Sugar, Meat, GMO and the Food Apocalypse

## Fast Food

The author of Fast Food Nation speaks:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=PUSPRBT7KP4](https://www.youtube.com/watch?v=PUSPRBT7KP4)

## DAIRY

*What the Dairy Industry Doesn't Want You to Know* - Neal Barnard MD - FULL TALK

1,001,707 views. This is Dr. Neal Barnard's full one hour talk on cheese, milk and the many reasons you want to break the dairy addiction.

[https://www.youtube.com/watch?v=h3c\\_D0s391Q](https://www.youtube.com/watch?v=h3c_D0s391Q)

## Sugar

That Sugar Film:

<https://www.youtube.com/watch?v=xerBCMaShB0>

Sugar Crash: Documentary about sugar and disease, 2016:

<https://www.youtube.com/watch?v=Tjr-l7rMYHc>

Jamie's Sugar Rush: a documentary about sugar

<https://www.youtube.com/watch?v=Bpr20BdngSY>

BBC Sugar Documentary 2015

<https://www.youtube.com/watch?v=9E9bnjwQG9s>

## Articles

Companies and scientists hiding the truth about sugar:

<https://www.rt.com/usa/359127-sugar-industry-faked-research/>

Links to several articles that are critical of glucose

<http://www.nutritionalanarchy.com/?s=sugar>

[http://www.naturalnews.com/054829\\_obesity\\_children\\_sugar\\_consumption.html](http://www.naturalnews.com/054829_obesity_children_sugar_consumption.html)

The dangers of sugar. Long article. Read first bit and then use ctrl + f to find cancer

<http://www.holistichelp.net/candida-diet.html>

<https://www.sciencedaily.com/releases/2009/08/090817184539.htm>

<http://www.businessinsider.com/chart-american-sugar-consumption-2012-2>

The dangers of sugar. Long article. Read first bit and then use ctrl + f to find cancer

<http://www.holistichelp.net/candida-diet.html>

ORAL PRESENTATION OUTLINE:

1. Start by connecting to your audience, or by highlighting a tragic story, or by emphasizing a problem.
2. Discuss other stories, problems and obstacles to solutions.
3. Recommend solutions – personal and/or governmental.
4. Possibly predict the future.

Write about how we can stop the world's sugar addiction.

Should we apply sugar taxes—or taxes on anything containing processed sugar, would help pay for sugar-related health-care costs and would make sugar more expensive, which might lower the amount of sugar people consume.

What about prohibition? Should we make processed sugar illegal just as alcohol was illegal in North America about a century ago? What about educating children in school about the dangers of sugar? How about printing health warnings on anything containing processed sugar?

Argue for one or more solutions and explain why some or all might not or will not succeed.

Here are some links to related information you can quote in your argument:

A Sugar Tax

<https://www.dandc.eu/en/article/soft-drink-manufacturers-fight-policies-serve-curb-excessive-sugar-consumption>

A history and failure of temperance, or prohibition of alcohol in Canada:

<http://www.thecanadianencyclopedia.ca/en/article/prohibition/>

<http://prohibitionincanada.blogspot.ca/p/prohibition-timeline.html>

## GMO Food and Health

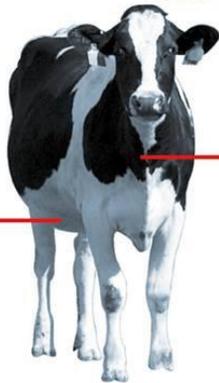
While the world is experiencing a chronic disease epidemic the likes of which the world has never seen, we might wonder, why are cancer, diabetes, heart disease and numerous auto-immune disorders exploding?

We might consider studying the food we eat. What are we eating? Genetically modified food was never eaten by human beings until the 20<sup>th</sup> century, and yet most people eat it without knowing it. In North America, GMO foods do not even need to be identified as such.

And what manmade chemicals are in the food we eat? The ingredients list on any food you buy will not tell you if pesticides and herbicides are in your food, and fresh vegetables and fruit do not bear ingredient lists, but they should. Glyphosate is the name of the world's most widely used herbicide and pesticide.

### ● **STUDY** **Detection of Glyphosate Residues in Animals and Humans**

- **Cows kept in genetically modified free regions had significantly lower glyphosate concentrations in their urine compared with cows under conventional husbandry.**



- **Glyphosate was detected in different organs of slaughtered cows including intestine, liver, muscles, spleen and kidney.**

- **Glyphosate was significantly higher in humans fed conventional food compared with those fed predominantly organic food.**

- **Chronically ill humans had significantly higher glyphosate residues in urine than healthy humans.**
- **Glyphosate residues cannot be removed by washing and they are not broken down by cooking. Glyphosate residues can remain stable in foods for a year or more, even if the foods are frozen, dried or processed.**



[www.gmofreeusa.org](http://www.gmofreeusa.org)  
[www.facebook.com/gmofreeusa](https://www.facebook.com/gmofreeusa)  
[www.tsu.co/gmofreeusa](http://www.tsu.co/gmofreeusa)  
[www.facebook.com/gmofreecanadagroup](https://www.facebook.com/gmofreecanadagroup)



“Every year, Rommens developed more than 5,000 varieties of [GMO potatoes](#). He found that none of his modifications increased the vigor or yield potential of the crop plant.

“Instead, most of the GMO potatoes turned out to be mutated, sterile, short on chlorophyll, or stunted. Rommens forced the issue and created variants with high resistance to disease, no signs of discoloration on the tuber, and lower risk levels of causing cancer.”

<https://www.naturalnews.com/2019-07-03-former-mosanto-bioengineer-comes-clean-says-gmo-potatoes-absorb-more-toxins.html>

Video: Vandana Shiva on GMO and Biodiversity. “Smallholder Farmers Who Feed the World”

<https://www.globalresearch.ca/video-vandana-shiva-on-gmo-and-biodiversity-smallholder-farmers-who-feed-the-world/5660368>

Jeffrey M. Smith - Why It's Imperative to Avoid GMOs And Roundup

<https://www.youtube.com/watch?v=kjCfKT4vT1M>

The End Game with Jeffrey Smith (GMO and Health)

<https://www.activistpost.com/2019/05/roundup-glyphosate-exposed-for-what-they-are-toxic-disease-causing-chemicals.html>

The Terror Beneath / Seeds of Destruction - Full Movie

<https://www.youtube.com/watch?v=Z1yU8AQkneQ>

The Corbett Report: The Truth About the Gene Revolution

<https://www.youtube.com/watch?v=YvD5bXD3uMk>

GMO - Seeds of Destruction - Lecture by F. William Engdahl

<https://www.youtube.com/watch?v=69bLgOgbZVk>

9/19: Barbara Peterson Of FarmWars.Info On The GMO Apocalypse

<https://www.groundzeromedia.org/barbara-peterson-of-farmwars-info-on-the-gmo-apocalypse/>

Top 10 Health Benefits of a Raw Food Diet

<https://www.healthfitnessrevolution.com/top-10-health-benefits-raw-food-diet/>

## Resources

<https://livingnongmo.org/>