



Stop Glyphosate's Catastrophic Threat

Make Your State the First to Ban Monsanto's Roundup Weedkiller!

Monsanto/Bayer has duped, assaulted, injured and killed farmers, farmworkers, rural villagers and urban consumers with its reckless use of toxic chemicals and pesticides (PCBs, DDT, Agent Orange, Dioxin, Roundup, 2,4D), and genetically modified organisms (GMOs). With two recent multi million dollar awards to Roundup cancer victims from Bayer/Monsanto and another almost 40,000 Roundup-related cases in store for the chemical, biotech and seed behemoth, the timing is right to make your state the first to ban Monsanto's Roundup Weedkiller!

TAKE ACTION: Make Your State the First to Ban Monsanto's Roundup Weedkiller! <https://orgcns.org/388UEKY>

The Smell of Money: The Fight To Take On 'Unbelievable' Pig Farm Pollution

Radheyen Simonpillai writes in The Guardian:

"Rural residents in east North Carolina are being shit on. That's the crude but literal way to put the very grave injustice captured in The Smell of Money, Shawn Bannon's infuriating documentary about the harm committed by factory farming against humans, animals and the environment.

The film captures the toxic hog waste produced in North Carolina's concentrated animal feeding operations, which is then sprayed across fields near people's homes, producing a foul and debilitating stench that has severe health impacts."

Read more: <https://orgcns.org/3RjWoZo>

Pesticide Exposure: Risk Factors for Depression, Pesticide Poisoning: Risk Factor for Suicidal Behavior

Beyond Pesticides reports:

"A study published in Environmental Pollution finds farming and organophosphate (OP) pesticide exposure are risk factors for depression, with pesticide poisoning being a risk factor for suicidal behavior. Additionally, psychiatric disorder prognosis affects men more than women, with depression and suicidal outcomes more common among pesticide-exposed males. Age also affected depression and suicidal consequences, with elevated rates among older farmers.

Research on pesticide-induced diseases commonly investigates pesticide exposure concerning the development of various physical illnesses. However, previous studies show that occupational (work-related) risks of developing depression are high in agriculture, where pesticide use is widespread. Acute exposure to chemicals, including organophosphate, organochlorine, triazine, and carbamate pesticides, tends to put farmers at elevated risk. More study is needed on pesticide exposure and similar psychological (psychiatric) effects in the general population."

Read more: <https://orgcns.org/3RogEcu>

'My Wife Was Not a Weed': One Family's Roundup Cancer Story

Beyond Side Affects, Drug watch

"Kathy Spreadbury was an avid gardener...That is where she was exposed to the weedkiller Roundup and its active ingredient, glyphosate — a chemical that the International Agency for Research on Cancer has deemed a probable human carcinogen.

But Roundup was marketed as safe. Neither Kathy nor Paul Spreadbury ever imagined that something she loved would expose her to a dangerous chemical that would lead to a cancer diagnosis. After a long battle with B-cell lymphoma, Kathy Spreadbury died on Christmas Eve, 2020."

Read more: <https://orgcns.org/4768w66>

The Crucial Role of Vitamin D in Physical and Mental Health

Analysis by Dr. Joseph Mercola:

"* Vitamin D is a potent immunomodulator, influencing both your innate and adaptive immune responses. As such, vitamin D deficiency has been linked to health conditions such as osteoporosis, autoimmune diseases, cardiovascular diseases and cancer.

* Vitamin D is also crucial for the maintenance of healthy bones and nervous system function

* Sun exposure is the primary source of vitamin D, and while sunburn needs to be avoided, this risk needs to be balanced with the need for vitamin D production

* In the critically ill, vitamin D deficiency has been shown to increase infection and mortality rates, and is associated with longer hospital stays

* Chinese researchers concluded that vitamin D status can predict your risk of death from COVID-19, as well as the severity of your symptoms in the acute phase. Having a vitamin D level lower than 36.04 ng/mL was predictive for death"

Read more: <https://orgcns.org/47YOsE4>

The Nutritious Reason For Buying Frozen Blueberries Over Fresh

Stephanie Friedman writes in the Tasting Table:

"When it comes to produce, fresh sounds like it should always be the obvious choice. And yet, there are a few good reasons you may want to choose frozen blueberries instead.

Perhaps the biggest benefit of consuming these fruits ice-cold is that you may get a little more nutritional value from eating frozen blueberries. According to a study from South Dakota State University, we can better access the antioxidants in these fruits more easily when they're frozen. "They are equal in quality to fresh," said Professor Basil Dalaly from the university. In fact, the antioxidant compounds, called anthocyanins, actually become more concentrated when they go in the freezer."

Read more: <https://orgcns.org/3TmsGFO>