Toxic Forever Chemicals

Sewage sludge used to be dumped into the ocean, but that wasn’t environmentally responsible, so it was marketed as “fertilizer” and dumped on farmland.

The thing that makes sewage sludge so nasty isn’t the human waste, it’s the polyfluoroalkyl substances (PFAS).

This class of highly toxic man-made fluorinated chemicals are used in a variety of products, including waterproof fabric, stain-resistant carpets, nonstick pans, flame retardant furniture, take-out containers, cosmetics and firefighting foam.

PFAS lasts forever, accumulating in the environment, and it kills. There is scientific evidence that it causes cancer, kidney disease, birth defects, and liver damage, while beating up the immune system.

TAKE ACTION: Tell Congress to Ban PFAS!
https://orgcns.org/4bID4nB


Stop Canadian Supplement Restrictions Coming to the US

Alliance for Natural Health

“Recently, we reported that Sen. Durbin is planning on introducing his anti-supplement bill sometime in 2024. This bill would institute “mandatory product listing” (MPL) for supplements. Creating a registry of the supplement industry may sound harmless, but for the reasons we’ve outlined in the past, this policy is a real threat to your supplement access. To help show why, we need only look to our neighbors in the north: Canada. The evolution of the Canadian system shows how additional supplement regulations sought by Sen. Durbin and the FDA lead us down a path where consumers have ever fewer choices because so many products—especially the most efficacious—will be eliminated.”

Read more: https://orgcns.org/3yOlaXs

Could Eating More Fermented Foods Help Improve Mental Health?

Analysis by Dr. Joseph Mercola:

“Fermented foods like sauerkraut and kimchi “offer an affordable dietary intervention strategy” for better mental health. Fermented foods are rich in phytochemicals and microbial metabolites that include neurotransmitters and neuromodulators. These compounds stimulate pathways of the microbiota-gut-brain axis, including those of the immune system and neuroendocrine, enteric nervous and circulatory systems. Fermented foods may block dysregulation of the hypothalamic-pituitary-adrenal (HPA) axis, the system responsible for the management of stress, which has also been linked to multiple neuropsychiatric disorders”

Read more: https://bit.ly/3y297tR

Why We Have Lawns

Braelei Hardt, NFW Blog:

“Many envision the ‘perfect’ American lawn as a lush, uniform green carpet that covers their outdoor space. But beneath this verdant facade lies a complex social history and significant environmental dilemma. The lawns that stretch across the United States, covering an astonishing 40 million acres—an area as expansive as Colorado—embody a tradition deeply rooted in cultural status but fraught with ecological consequences. These perfectly manicured landscapes, while picturesque, now consume around 9 billion gallons of water daily, introduce a myriad of toxins into our ecosystems, and offer scant refuge for the local wildlife that once thrived in these spaces. Why then, do we even have lawns? This blog navigates the origins of lawn culture, from its aristocratic beginnings in Europe to its emblematic—and at time insidious—role in American suburbia. As we peel back the layers of tradition and confront the unsettling reasons our culture cherishes open green space to begin with, we invite you to reassess the allure of a lawn—to consider instead landscaping informed by a bright future, rather than a dark history.”

Read more: https://orgcns.org/3JHUqyw

In the Search for Wellness, Hack Your Health Goes Straight to the Gut

By Roxanne Fequiere, Tudum by Netflix

“In recent years, doctors and scientists have studied the gut with renewed interest. Research has revealed that the digestive system is more than just a processing center for the food we eat, and that it has a much bigger effect on our overall health than previously thought. Issues as varied as stubborn weight gain and Parkinson’s disease can be linked to the gut, which means that understanding our digestive system — and, by extension, how it thrives or suffers based on what we eat — is crucial. In a new documentary, Hack Your Health: The Secrets of Your Gut, German scientist Giulia Enders partners with colleagues to explain how the gut works — and how to make it work for you.”

Read more: https://orgcns.org/3UE1bYC

5 Things You Should Know Before Buying A Chocolate Bar

by Katherine Sacks, Footprint:

“When it comes to buying a chocolate bar, things can get complicated. While you might be drawn to your favorite childhood treat, like a Kit Kat or Take 5 bar, you could change your mind when you find out more about how the chocolate was made. Chocolate production, especially mass-produced chocolate from the most prominent brands, has some unsavory practices, including environmental and human rights problems. There are some chocolate facts to take into consideration when choosing between all those bars in the candy aisle.”

Read more: https://orgcns.org/3JK0q9W