

# Fake Meat Dangers with Dr. Joseph Mercola

Analysis by [Dr. Joseph Mercola](#)

December 22, 2024

## STORY AT-A-GLANCE

- › I spoke with “Tea Time,” a program by Children’s Health Defense, about the dangers of fake meat products to help raise awareness about this latest assault on human health
- › Fake food – including lab-grown meat, animal-free dairy and plant-based meat – is the globalists’ latest attempt to control the food supply
- › The globalists are trying to replace animal husbandry with lab-grown meat, which will allow private companies to effectively control the human population
- › The idea that animals must be removed from agriculture to save the planet is flawed; animals are an integral, and necessary, part of the restorative process
- › Fake meat is an ultraprocessed mixture of chemicals, GE ingredients, pesticides and toxic linoleic acid that will promote chronic disease

***Editor's Note: This article is a reprint. It was originally published March 12, 2023.***

At face value, fake meat sounds like the perfect solution to end world hunger, protect animal welfare and save the planet from environmental destruction. Even a brief look below the surface reveals a much more nefarious reality, however.

To help raise awareness about this latest assault on human health, I recently spoke with host Polly Tommey on “Tea Time,” a program by Children’s Health Defense, about the dangers of fake meat products.<sup>1</sup>

## **Fake Meat Is All About Controlling the Food Supply**

Fake food – including lab-grown meat, animal-free dairy and plant-based meat – is the globalists' latest attempt to control the food supply. Former U.S. Secretary of State and national security adviser Henry Kissinger once said, "Control oil and you control nations; control food and you control people."<sup>2</sup> Controlling people is their whole agenda.

The globalists have long held a monopoly on the grain industry with their patented genetically modified organisms (GMOs). In the early 2010s, not many people knew about GMOs. In 2011, we started to educate the public about their dangers, as they posed a major threat to public health and the environment.

In 2012, a ballot initiative was launched in California to require mandatory labeling of genetically engineered (GE) foods and food ingredients. The initiative was narrowly defeated due to massive donations from multinational corporations, but we won in the long term because awareness of GMOs in the food supply significantly increased. Now, most health-conscious people avoid GE/GMOs.

A similar trend is now occurring with fake food. The globalists are trying to replace animal husbandry with lab-grown meat, which will allow private companies to effectively control the entire food supply.

## **Fake Meat Is Even Worse Than CAFOs**

Many people are aware of the pitfalls of concentrated animal feeding operations (CAFOs) – unnatural diets of GMO grains, crowded conditions, inhumane treatment, excessive pollution and rampant spread of disease. CAFOs are bad – but the new fake food era is going to be even worse.

With their patented fake meat products, the globalists will have unprecedented control over people's health.<sup>3</sup> It sounds noble to try to provide for the entire world's population using animal-free methods, but it's a deception.

Will Harris is a regenerative farming pioneer who runs White Oak Pastures in Bluffton, Georgia. He produces high-quality grass fed products, including beef and other animal products, in a way that's good for consumers, the environment and the financial health of his business. While the globalists are spinning the idea that animal foods are destroying the planet, when raised regeneratively the way Harris does, this is far from the truth.

It's the fake foods that will ultimately jeopardize the environment. "We are sequestering 3.5 pounds of carbon dioxide equivalent for every pound of grass fed beef we sell. Ironically, the same environmental engineers did an analysis on Impossible Burgers," Harris said on "The Joe Rogan Experience." "They're emitting 3.5 pounds of carbon dioxide equivalent."<sup>4</sup>

## **Regenerative Farming Beats Fake Foods**

Impossible Foods, along with Beyond Meat, is a major player in the fake meat marketplace. It claimed to have a better carbon footprint than live animal farms and hired Quantis, a group of scientists and strategists, to prove its point. According to the executive summary, its product reduced environmental impact between 87% and 96% in the categories studied, including land occupation and water consumption.<sup>5</sup>

This, however, compares fake meat to meat from CAFOs, which are notoriously destructive to the environment and nothing like Harris' farm. Harris commissioned the same analysis by Quantis for White Oaks and published a 33-page study showing comparisons of White Oaks Pastures' emissions against conventional beef production.<sup>6</sup>

While the manufactured fake meat reduced its carbon footprint up to 96% in some categories, White Oaks had a net total emission in the negative numbers as compared to CAFO-produced meat.

Further, grass fed beef from White Oak Pastures had a carbon footprint that was 111% lower than a typical U.S. CAFO, and its regenerative system effectively captured soil carbon, which offset the majority of emissions related to beef production.<sup>7</sup>

"The WOP [White Oak Pastures] system effectively captures soil carbon, offsetting a majority of the emissions related to beef production," the report stated. "In the best case, the WOP beef production may have a net positive effect on climate. The results show great potential."<sup>8</sup>

So, the idea that animals must be removed from agriculture to save the planet is entirely flawed. In fact, animals are an integral, and necessary, part of the restorative process.

## **What Is Fake Meat?**

Fake meat is marketed as a health food, but it's nothing more than a highly ultraprocessed mixture of chemicals. Impossible Foods, for instance, uses genetic engineering to insert the DNA from soy plants into yeast, creating GE yeast with the gene for soy leghemoglobin.<sup>9</sup>

Impossible Foods refers to this compound as "heme," but technically plants produce non-heme iron, and this is GE yeast-derived soy leghemoglobin.<sup>10</sup> Heme iron only occurs in meat and seafood. Impossible Foods' GE heme is used in their fake meat burgers as a color additive that makes the product appear to "bleed" like real meat.

The health effects of GE heme are unknown, but this didn't stop the U.S. Food and Drug Administration from approving soy leghemoglobin in 2019. The Center for Food Safety (CFS) filed a lawsuit challenging the approval, which they called "unusually rapid"<sup>11</sup> and risky for public health.

In their lawsuit, CFS points out that soy leghemoglobin is produced using synthetic biology, or "genetic engineering on steroids," which does not shuffle DNA pieces between species but instead constructs new biological parts, devices and systems that do not exist in the natural world.<sup>12</sup>

The reason why Impossible Foods turned to synthetic biology to produce GE soy leghemoglobin is because it couldn't extract enough of the substance directly from soybean roots to produce its fake meat products on an industrial, mass-produced scale.

The FDA GRAS for soy leghemoglobin is 526 pages long, if that gives you any idea of the industrialized complexity of this so-called GRAS "health" food.<sup>13</sup>

Beyond Meat is similarly industrially processed. Beyond Burger patties contain 22 ingredients. Among them are expeller-pressed canola oil, pea protein isolate, cellulose from bamboo, modified food starch and methylcellulose<sup>14</sup> — hardly "health" foods. To morph these ingredients into a patty that resembles meat require further processing.

It's revealing, too, that while truly natural foods cannot be patented, Impossible Foods holds at least 14 patents, with about 100 more pending.<sup>15</sup>

## **Impossible Foods' Fake Meat Is Loaded with Glyphosate, LA**

Considering that many ingredients in fake meat products are made from GE soy,<sup>16</sup> it's not surprising that they're also contaminated with the herbicide glyphosate. Consumer advocacy group Moms Across America (MAA) commissioned Health Research Institute Labs (HRI Labs), an independent laboratory that tests both micronutrients and toxins found in food, to determine how much glyphosate is in the Impossible Burger and its competitor, the Beyond Burger.

The total result of glyphosate and AMPA, the main metabolite of glyphosate, in the burgers was 11.3 parts per billion (ppb) in the Impossible Burger and 1 ppb in the Beyond Burger.<sup>17</sup>

When the concerning results were revealed, Impossible Foods engaged in a smear campaign to try and discredit MAA, labeling the group of moms "an anti-GMO, anti-vaccine, anti-science, fundamentalist group that cynically peddles a toxic brew of medical misinformation and completely unregulated, untested, potentially toxic quack 'supplements' ..."18

The glyphosate in fake meat is one issue. The excess amounts of omega-6 fat in the form of linoleic acid (LA) are another. In my opinion, this metabolic poison is the primary contributor to rising rates of chronic disease. It's important to realize that fake meat

alternatives do not contain healthy animal fats. All the fat comes from industrial seed oils like soy and canola oil, which are top sources of LA.

Eliminating ultraprocessed foods from your diet is essential to keeping your LA intake low, and this includes fake meat.

## **'Precision Fermentation' Isn't Natural Either**

Fake food companies want you to believe their products are natural because they're made with components of plants, even though nothing like them exists in nature. Precision fermentation is another term used by the biotech industry to piggyback off the popularity of truly health-promoting natural fermentation.

Precision fermentation, however, is nothing like its natural counterpart. What is perhaps most disturbing about the use of precision fermentation is that companies are allowed to claim that it's natural.

Metabolic engineering is a major subset of precision fermentation, which involves methods such as next-generation sequencing, high-throughput library screening, molecular cloning and multiomics "to optimize microbial strains, metabolic pathways, product yields, and bioprocess scale-up."<sup>19</sup> It sounds just like something down on the farm, doesn't it?

Whether it's called precision fermentation, gene editing, GMO or something else, don't fall for the hype that it's good for you or the planet.

## **Where Should You Get Your Meat?**

If fake meat isn't healthy, and CAFO meat isn't a good choice either, a reasonable question is where can you find meat that's beneficial for your health and the planet? The answer is to get to know a farmer in your area. Visit the farm and view how the animals are being raised.

Get to know the resources available to you within your local community. The community will naturally validate the vendors who are raising food the right way. If you can't find a local farm for ruminant animals like cows, buffalo or lamb, look for certified organic options at your local grocery store. However, it's best to stay local and find a source of real, whole food near you.

As much as you can, plant a garden for vegetables, grow fruit trees and even raise chickens if it's allowed in your area. For the food you can't source on your own, lean on your community to fill in the gaps.

Just as was the case with GMOs, raising awareness about the dangers of fake meat is also important, especially in this early and aggressively expanding phase. Tell your social circle that to save the planet and support your health, it's necessary to skip all the fake meat alternatives and opt for real food instead.

When you shop for food, know your farmer and look for regenerative, biodynamic and/or grass fed farming methods, which are what we need to support a healthy, autonomous population.

## Sources and References

---

- <sup>1</sup> [Children's Health Defense, Fake Meat Dangers with Dr. Joseph Mercola February 27, 2023](#)
- <sup>2, 3</sup> [Children's Health Defense, Fake Meat Dangers with Dr. Joseph Mercola February 27, 2023, 6:40](#)
- <sup>4</sup> [Youtube, The Joe Rogan Experience, Will Harris, Episode 1893](#)
- <sup>5</sup> [Impossible Food, Environmental Life Cycle Analysis: Impossible Burger 2.0, March 20th, 2019 \(Archived\)](#)
- <sup>6, 7, 8</sup> [Quantis, Carbon Footprint Evaluation of Regenerative Grazing at White Oaks Pastures](#)
- <sup>9</sup> [Impossible Foods, Heme \(Archived\)](#)
- <sup>10</sup> [Hemochromatosis Help](#)
- <sup>11</sup> [Center for Food Safety, The risky additive that makes Impossible Burgers appear to "bleed"](#)
- <sup>12</sup> [Center for Food Safety August 18, 2020](#)
- <sup>13</sup> [FDA, GRAS Notification for Soy Leghemoglobin Protein Preparation Derived From Pichia Pastoris](#)
- <sup>14</sup> [Business Insider June 7, 2019](#)
- <sup>15</sup> [Medium May 25, 2020](#)
- <sup>16</sup> [Food Chemistry June 15, 2014](#)
- <sup>17</sup> [Moms Across America July 8, 2019](#)
- <sup>18</sup> [Impossible, The Unofficial Correction of "Moms Across America" May 18, 2019](#)
- <sup>19</sup> [Current Opinion in Food Science October 2022, Volume 47, 100881](#)