

Unstoppable: Transforming Sickness and Struggle Into Triumph, Empowerment and a Celebration of Community

A Special Interview with Zen Honeycutt

By Dr. Joseph Mercola

JM: Dr. Joseph Mercola

ZH: Zen Honeycutt

JM: Welcome, everyone. This is Dr. Mercola, helping you take control of your health. Today I have a real treat for you. A woman with incredible enthusiasm, who is super dynamic and who's an inspiration to you – Yes, you. Many times I have professionals on here, learned scientists, but Zen Honeycutt, who is going to be with us today, does not fit that picture. She fits the characteristics of an inspired mom who's just committed to action.

By her example, she can hopefully inspire you – maybe not to the heights of achievement that she's done, but at least be active in your low community. We're going to get into this today. But, folks, this is a war. It is a fight. We need people on the team to participate. If you fail to participate and just sit in your chairs, you are not going to be pleased with the outcome. I can tell you that for sure. Welcome and thank you for joining us today, Zen.

ZH: Awesome. Thank you so much, Dr. Mercola, and to all your viewers. It's such a pleasure to be here with you. You've made such a big difference in my life and my family. I'm just thrilled to be with all of you. Thank you.

JM: Thank you for being here today. The extensible purpose for the interview was to discuss your recent book, “Unstoppable: Transforming Sickness and Struggle Into Triumph, Empowerment and a Celebration of Community.” It's been out for a while now. But it's a really good book. It's an inspiration for what you as a single mom – I mean not a single-parent mom, but not really uniting with anyone else, but just inspired to do something and not sit still and take action. Why don't you help us – Just go into the story of what inspired the book, and maybe a little bit of backstory about yourself too.

ZH: Yeah sure. Thank you so much. The backstory is, for like so many moms, my kids were sick. They had allergies, autoimmune issues; later on one had autism symptoms. I was completely confused and baffled. “Why was this happening?” My kids had 19, 20 and 22 food allergies. My husband and I had none of them. What was going on with the food supply? Thanks to Robyn O'Brien, Jeffrey Smith and all the scientists who started exposing information, I found out about genetically modified organisms (GMOs). Then thanks to people like you, Dr. Mercola, who shared the interview that I did with Dr. Anthony Samsel about glyphosate, the word started –

JM: That was a great interview. It was really good.

ZH: Thank you. Yeah. I really loved the moment where he shared how – Because I tried to make analogies out of things, because I'm not a scientist, so I need to wrap my head around it. When we got that, “Okay, so glyphosate is like the bad guy who breaks down the barrier or like the dam and

lets all the other bad guys in?” He was like, “Yeah.” I could get it that this is what’s happening with glyphosate. The problem is glyphosate’s so prevalent. This is the declared active chemical ingredient in Roundup that 80% of GMOs are engineered to withstand. It’s sprayed on all kinds of crops as a drying agent. It’s in most of our food.

When I found out about that, and then you combine that with all the other toxins in our environment, in our vaccines, in our pajamas, in our sofas and baby bottles and all of that, you’ve got all these chemicals and toxins coming at our kids. That’s just a recipe for disaster. Our kids are sick. One out of two of our children have a chronic illness. One out of two males and one out of three females are expected to get cancer in America today. That’s not okay with me.

JM: Excuse me. When you say, “Our kids,” do you mean “our” plural, the country, or your specific kids?

ZH: Yes. My kids were sick. They’re much better now. But our kids, yes. In the country, one out of two of our kids in the country have a chronic illness. That’s not okay. That was the impetus for me starting Moms Across America. It was to raise awareness about GMOs and toxic chemicals in our food supply.

We started out with marching in Fourth of July parades and reached millions of people on a single day. It was super fun. It just grew from there to be a non-profit. We’ve been around for six years now. Thanks to the support of people like Dr. Mercola, to you and your team, we’re able to get free flyers out to our supporters and to empower them to take action in their local communities, like you were just talking about.

JM: Yes. Maybe just walk us through the journey you went through, because it was really inspiring. Go into the details that preceded you actually going to a Monsanto board meeting and getting a resolution passed. Because you bought stock legitimately and legally so you could attend the board meeting – not the board meeting, the stockholders’ meeting.

ZH: The shareholders’ meeting. Yeah. Actually, the only stock I didn’t buy was Monsanto’s stock. I was asked to be proxy by John Harrington Investment Group, because they had purchased 2,500 dollars’ worth of stock. They were able to put forth a referendum, which got passed. I was able to speak in front of the entire shareholder meeting, which was about 1,200 people.

That was probably one of the most terrifying and I feel like significant moments of my life, because I had the opportunity to speak on behalf of mothers and parents, frankly. But you know, I was representing the mothers with sick children. I got to stand up in front of the entire shareholders meeting and basically hold them to account, to say how their products are harming our children.

I got to meet Hugh Grant. That’s the unfortunate name of the former chief executive officer (CEO) of Monsanto. I looked him in the eye and I said, “You know, Mr. Grant, it takes a big man to make a big and powerful company. But it takes an even bigger man to acknowledge when something’s not working and to go in a new direction.” I felt like I got him for a second and he actually considered that. It was important.

Also just before that, we got to talk about the progress that we were going in. I said, “You know, Moms Across America is looking forward to the day when Monsanto makes products that no longer harm our children.” He said, “We’re always looking forward to have progress. We’ve got science on our side.” I said, “Well, we actually have science on our side too, that your products harm our children.” I said, “Just consider, what if you’re wrong? What are the consequences? I get that you can believe one way or the other, right? But what are the consequences if you’re wrong? There’s a national consequence.” He said, “Actually, global.” I was like, “Yeah. Okay. So global consequence.” He said, “But if you’re wrong, you’re worrying an awful lot of people.” I said, “But if I’m wrong, the consequence is only that people are eating organic. There’s nothing wrong with organic.”

I think the job of the mother right now, today, so many of us get concerned about, “Well, I don’t have enough time or I don’t have enough money or I don’t have enough knowledge,” or “What if trolls come after me? What if I get attacked?” People are actually concerned for their physical safety in this climate right now. But what I see is that we cannot be stopped. We need to be unstoppable, as I have it in the cover of my book. We cannot let fear interfere with our commitment. We need to take action.

When I was able to have that opportunity, even though it was intimidating, I saw, “Okay. I have an opportunity to represent mothers, and I better bring it.” Because I know some fierce mothers out there, and if they had an opportunity to speak to Hugh Grant and all the Monsanto shareholder meetings, I bet they would really bring it. I hope I did them justice. I know it was translated in about seven different countries in Europe. The account of that shareholder meeting is on my website, MomsAcrossAmerica.org. I hope that did make a difference. In fact, that meeting, the proxy was passed. That was just –

JM: Yeah, yeah. But –

ZH: It was just a great opportunity.

JM: Did anything come off that proxy? Other than maybe –

ZH: It was advisory, not perfunctory, they call it. Yes. It was not. But it was a big deal that it passed. The stock did drop after that significantly. I think a lot of the shareholders in that room probably were uncomfortable with owning Monsanto’s stock after that meeting.

JM: Well, I want to go into Bayer stock in a moment. But before we go there, I’d like to have you comment on the statement that Hugh Grant gave to you, which was that the science is on their side. I’m sure you can expand on that quite a bit, to the fact that, yes, there is plenty of science on their side, but like 99% of it was bought and paid for by them. Those who seek to counter that typically are discredited, lose their grants and lose their positions at universities. Why don’t you elaborate on that?

ZH: Yeah. Well, the science that they’re cherry-picking – which is an important word – that they’re choosing to present, that is “on their side,” has absolutely been shown to be funded by them, even written by them, in many cases, which was uncovered in the lawsuits – the first lawsuit

of Johnson versus Monsanto, the school pesticide applicator. That science shows that the majority of the studies that found glyphosate to not be a carcinogen – though the majority of those studies were not peer-reviewed studies – they were studies funded by Monsanto, ghostwritten by Monsanto, all of that. Then the studies that did find glyphosate-based herbicides to be carcinogenic, were peer-reviewed, independent studies, and were not considered by our own EPA. The majority of the studies that our own EPA considered and found glyphosate to not be carcinogenic were not the peer-reviewed science. They were the industry-funded science.

When people say, “Oh. But it’s science. It’s real. You have to believe in science. It’s factual.” They try to make me to be anti-science. Well, what I would like to know is who funded that science? What does that science really look like? Just because I’m a mother doesn’t mean I can’t understand what’s going on here, when the majority of the science is funded by the industry versus the majority of the sciences funded by – is independent and is peer-reviewed. That says it all right there to me.

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JM: Yes, indeed. Well, let’s get on back to the stock then. Now, obviously, since that interaction, Bayer purchased Monsanto. It seems they did so – as far as I can discern – without significant strategies to circumvent the lawsuits that are now happening. You mentioned the Dewayne Johnson lawsuit, which was ultimately awarded – The jury awarded 289 million dollars, which was subsequently reduced, but then another recent lawsuit just a few weeks ago, 80 million dollars. There’s over 11,000 pending. In addition to that, the stock of Bayer has gone down by 50 billion, with a B, 50 billion dollars, one-third. If these other lawsuits perform similarly, it could bankrupt the company, which would be karma on steroids.

ZH: Wow.

JM: Why don’t you comment on that?

ZH: Well, wow is all I have to say. I did not know that it was that much of a drop.

JM: Yes.

ZH: When I first went to the shareholders’ meetings, my mother, who is like one of the sweetest people on the planet was like, “You’re not going so that they, like, shut down their company, are you?” You’re not going to like basically tell them all, “Burn in hell,” you know what I mean? I’m not going to just be like, “You should all die,” that kind of thing. But I said, “No, mom. I’m going to tell them to go in a new direction.

Because if they don’t go in a new direction, not only are they poisoning the planet and our children, but their employees could lose their jobs, right? Because this is not going well.” They’re on a treadmill of toxic chemicals. It can only be more and more toxic and cause more harm to the Earth. In fact, I said to the shareholders, “Just consider. What if this investment that you’re making for your grandchildren’s future is the very same investment that’s destroying their present, their current health, and their future?”

That's actually what's happening. It's by investing in Monsanto and Bayer, people are beginning to see that, "Wait a second. We're destroying the planet." Unfortunately, because they didn't change direction and they have the science to do that, they have plenty of scientists that could do other things – I even said, "We need better solar and wind. We need a way to recycle trash for goodness' sakes, and to get oil and plastic out of the ocean."

When I said this down in DuPont – I don't think it was at DuPont. It might have been Dow. I went to two of them, one right after the other, their shareholder meetings.

JM: DuPont's the evil one. Dow is not so good, but they're not as bad as DuPont.

ZH: It must have been Dow. A woman came up to me and actually said, "I'm part of the sustainability program. We actually do have some microbes that eat oil that's in water. We're looking at developing that." I'm like, "Awesome. Go do that. Do that instead of toxic chemicals. That's what I'm asking you to do." If their stock is plummeting, unfortunately, it's because they didn't take action early enough to go in a new direction.

My only, I guess – I don't want to say "hope that they stick around" – but I hope that they get that they have to change direction now. They've got to pull Roundup off the shelves. They've got to stop selling 2,4-D, dicamba, paraquat, all of these toxic chemicals. They need a different business model, for sure. Chemical companies should not be involved in our food supply. That's all there is to it.

JM: Yes, indeed. I was really motivated to find out more about the history of Bayer since they bought Monsanto. There's at least a 10-year or 15-year-old book called "Hell's Cartel." I don't know if you've heard of it.

ZH: No.

JM: It's the backstory of Bayer. It goes in really great detail about their history. Bayer was, I believe, the first pharmaceutical company. Obviously, they're based in Germany. Their first drug, the first drug that ever existed was actually a dye. It was called methylene blue. It's still available today, although really hard to get under obscure clinical conditions. But it's relatively not toxic compared to regular drugs.

But anyway, they came up with aspirin, of course. There's a big story behind that. But it had a lot of competition and really fell behind after World War I. Between World War I and World War II, they actually formed a cartel, a collection of all the other chemicals and essentially would progress into drug companies. They formed together and they called it IG Farben. It's pretty clear that their response –

IG Farben at one time was the biggest company in the entire world, which most people don't realize. They really produced all the materials needed, that Germany needed for World War II, like synthetic diesel and synthetic rubber. They essentially build the infrastructure for Germany to do what they did. They were, of course, brought to trial in Auschwitz – not Auschwitz – Nuremberg.

But after World War II, they changed their name from IG Farben back to Bayer. To me, it would be so appropriate for them to go bankrupt from purchasing Monsanto.

ZH: I would think that would be appropriate, considering their history. Yup.

JM: Yes. Yes, indeed. Like most good marriages, your husband played a big role in supporting you and going through it. But during that process, he actually lost his job. Can you tell us what led up to that and how he's been such a good support?

ZH: Yes. When I started Moms Across America, I had a lot of sort of visions for what I wanted to do. One of them was to actually meet with Hugh Grant and speak to him. I got to do that with the shareholder meeting. Another one was to put billboards up across the country about the benefits of organic, about GMOs and toxins.

Lo and behold, somebody introduced me to a billboard company. They sponsored to have billboards up all across the country. It was phenomenal. The first billboard that I put up was actually outside of the Monsanto shareholder meeting during the day of that particular shareholder meeting. They did not like it. It was all about, "Invest in the future, invest in organic," instead of "GMOs and toxins." Unfortunately, two weeks later, an outside consultant came into my husband's company and reorganized the company. My husband was the only one fired. Now, I can't say that it was definitely connected to Monsanto, but Monsanto was one of their clients.

JM: Just a coincidence.

ZH: Yeah. Just a coincidence. My husband was in the information technology (IT) division. He had nothing to do with Monsanto. He had nothing to do with sales. I don't even think he knew that they were a client for a very long time, not until I got into this. He lost his job. At first, we thought that this was devastating, just like many people in Hawaii felt like it was devastating when the sugarcane workers lost their jobs. But back then, and even today, I still stand for – To every breakdown, you can create a huge breakthrough. Everything that seems like it's devastating can actually be the best thing that ever happened to you.

We made this into the best thing that ever happened to us. My husband got training. He did search engine optimization training. In fact, your website and all of your traffic and everything was used in his training. He became a consultant. His company is called Organic Results.

He actually does consulting for companies that we believe in, to improve the traffic to their websites. He's a consultant for Moms Across America. He runs our marketing. He's the chief technology officer (CTO) – Well, not CTO. He basically does all the technical things and helps us with our Health Solutions Store and all of that. He's just been an integral part of Moms Across America, and part of the reason why we're able to still stay around – The cool thing is we get to work together every day. He gets to be with our sons who are 16, 13 and 10 now. They get to have their dad around. It's just phenomenal. I just absolutely love it that we get to do what we're doing.

JM: Why don't you give us a little history of which of your children were sick and how they're doing now and the process you went through to help them regain their health?

ZH: Yeah. Like many parents, I was so confused when my children started having food allergies. In fact, my first son, when he was 18 months old, ate a nut. We weren't sure if it was the nut or the dog he pet, but he was having a bunch of allergic reactions. Then when he was 5, he almost died on Thanksgiving evening from a pecan in the stuffing. It was horrifying. His body swelled up like a raspberry when we were in the car. We didn't even think about calling the ambulance. We just got in the car and just went to the hospital. In the car, his eyes rolled back in his head. I thought he was going to die. It was devastating. Thank God he didn't.

He pulled through. For the next couple of years, we just were resigned and doubtful in the sense that we just needed to avoid nuts, right? We were just very – We were on high alert. Every single birthday party, every gathering was like a warzone. It was like there were mines everywhere. It was like, “What if there was a kid who ate a cookie with a walnut in it, who then wiped his mouth and put it on a counter? Then my son touched it and then wiped his eye or whatever?” It was just – Moms who have kids with allergies, they can relate to this. It's like you're on high-alert all the time. You're stressed out. Birthday parties are like a very stressful situation. We just did that for a couple of years.

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One day, when he was about 8 years old, he had this rash around his mouth that has been going on and off for about seven months. It would last for about two weeks at a time. We didn't know what it was. He looked at me really forlornly. He said, “Mom, I wish all my allergies would go away.” I said, “Me too, buddy.” But in my head, I was thinking, “That's never going to happen.”

Then I realized what I was saying in my head. I was like, “Wait a second. That's all resigned and everything. That's not what I'm committed to. I'm committed to empowerment. What if there was something we could do?” I remembered my cousin, Sara, who had gone gluten-free for a long time and then was able to eat gluten about a year later. I said, “Ben, would you like to be able to eat a slice of pizza or have a piece of birthday cake at a birthday party like a year from now?” I painted that picture, right? That future. He said, “Yes.” I said, “Well then, would you be my partner in your health? Would you drink green drinks and go to alternative doctors?” He said, “Yes.” I said, “Okay. Then I promise you, buddy, you will get better.” I shook his hand. We made a deal, and he did.

I did the research. He took the actions. He drank the green drinks. We took care of his gut bacteria. Within four months of going GMO-free, the rash was dramatically better. You could barely see it. It was a faint pink line under his lip if he was exposed to the allergen, which we figured out was carrageenan, by going to an alternative doctor. And then within about a year or two of going organic – I don't remember the exact timeframe right now, but it was at least a year; it might even be two years of going organic – his allergies to walnuts and pecans went from a 19 down to 0.2. He no longer has a life-threatening food allergy.

I have to say that the peace of mind that I have as a mother that my son won't die from food is priceless. It's enormous. Our doctor's bills, by the way, are dramatically lower. I mean we used to spend 12,000 to 15,000 dollars with good health insurance. Now it's maybe a couple hundred. It's nothing. That's just for check-ups or whatever. We haven't had to go for a sick doctor visit in three

and a half years. He's dramatically better. Then my son with autism symptoms happened a little bit later. It was when he was –

JM: Was he vaccinated?

ZH: Yes. All my children were almost fully vaccinated. I did not find out about vaccine ingredients until just a few years ago.

JM: Okay.

ZH: Yes. They did also eat a lot of GMO and glyphosate-sprayed food for many years as well.

JM: I heard you gave them cellphones when they were about 3 or 4 years old.

ZH: No. But yeah. They were exposed to electromagnetic fields (EMFs) just like everybody else, you know, in the world. But they didn't have cellphones until much later.

JM: Good.

ZH: Yeah. My middle one had a sudden onset of autism symptoms. We didn't know what it was at first. He was just hitting, screaming, yelling and all kinds of behavioral issues. School was suddenly very hard for him. The teacher actually even called us and said, "There's something going on with him." I took him into the doctor even though my husband said, "Oh. It's just a phase." A lot of parents just want to think it's a phase. The doctors tested him and he had gut dysbiosis. He had *C. difficile* in his gut. He had very high bacteria and fungus in his gut.

The doctor, who is an autism doctor – I was going to him because at least the vaccines were spaced out. He would do a spaced-out vaccine schedule. He said that it was most likely the fungus was affecting his gut so much that it would affect his brain. It would cause inflammation in his brain. I said, "Gee. That sounds an awful lot like glyphosate." Because it wasn't long after that interview with Samsel, right? When I had found out that glyphosate does that.

JM: The leaky gut. It causes leaky gut.

ZH: Yes. Leaky gut and inflammation in the brain, which can impact behavior and all that. I gave my doctor a talk about glyphosate and he said, "Wow. You should speak at the Medical Academy of Pediatrics (MAPS)." I'm like, "I'm not a medical doctor, so I can't do that. I need you to do that." We went all organic with my son.

By the way, at that time of the sudden onset of autism symptoms, my son was the first one to be tested in America for glyphosate in his urine. We had finally initiated that. Moms Across America had put out a word to everybody. You can get your urine, your tap water and your breast milk tested for glyphosate. My son was the first one. His levels were eight times higher than was ever found in Europe, when Friends of the Earth did testing in Europe. I was furious that Roundup was in my son.

We went 100% organic. I mean everything, right? Especially after the results from the doctor. Within six weeks, we retested him. His glyphosate levels were no longer detectable, and his autism symptoms were gone. All we did was take care of his gut. We did give him an antifungal. We didn't have to do a probiotic in there, but we gave him lots of sauerkraut, organic food. He ate no sugar from Thanksgiving to New Year's, no sugar at all, so he didn't feed the bad gut bacteria. He recovered himself. He has not had a single autism symptom. I think it's been five years now.

JM: What type of symptoms did he have initially that resolved?

ZH: His grades went from As to Ds in math. Everything was just way too hard for him, his focus. He was basically like an 8-year-old who was acting like a 3- or 4-year old. He was having tantrums. There was – unfortunately as embarrassing for him – bedwetting. His pee smelled very, very bad. He had rashes. Just the anger and the behavioral issues, the lack of ability to focus. His behavior was very erratic. He was actually trying to hit us, things like that. He was not being himself.

I know many parents struggle with that today. I do want people to know that not all of their children may be completely recovered, but not to give up hope that you can recover them somewhat. I really do believe that with taking care of your gut bacteria, whether the harm was caused by vaccines or by GMOs and glyphosate or both or an antibiotic. There are a lot of different reasons. I truly believe that the solution is to eat organic food, remove toxins from your body and to pay attention and to care for the microbiome in your gut. When you do that, so many of the symptoms can go away.

JM: Yes, indeed. When I first started practicing in the '80s, the incidence of autism was 1 in 10,000. I didn't see any autism patients until about 10 to 15 years later in the mid-90s. I started seeing a few. They started to trickle in. By the late '90s, I had hundreds, because many were seeing me from out of town and across the country, because we offer some novel approaches.

What I'd like you to address is what do you believe is responsible for your ability to essentially take control of your family's health situation? Because it is relatively unusual. It is so important, which is one of the reasons I'm so delighted to have you on. Because we interview a lot of experts, as I said earlier, but that's not as powerful as someone like you, a normal mother with no formal science training, who just essentially took the reins of control, did the independent research and took action for her children and resolved the illness. And not only that, now you're inspiring tens, hundreds of thousands of other mothers to do the same. Is there anything that you believe might be responsible in your upbringing that contributed to this? And then the extension of that is "What can you recommend for moms out there like you to catalyze them to this type of responsible action?"

ZH: Well, yeah. Thank you for asking. Everybody has that different moment when they decide to take action. There are a lot of different moments for me. But when you talk about upbringing, I do want to mention my father who recently passed. I believe it was connected also to vaccines, his decline. I think he would have lived a lot longer. But he was very supportive of me being able to do whatever I wanted to do.

To give you just an example, I came home from school, I was about 12 years old, maybe 13. I was in eighth grade. He asked me, "How was your day?" I said, "Fine. They're having elections

for president in two weeks or whatever, for class president.” He said, “You’re going to run, aren’t you?” I said, “Me? Why me?” He said, “Why not?” I was like, “Oh. Okay. Why not?” I ran and I won.

I just think that if we all just had that moment of “Why not me?” If there’s something that you want to do or you’re interested in doing, or just something that you want to take on, why not you? That quote from, I think, Lilly Tomlin, “I always thought someone should do something about that, and then I realized I am somebody.” That’s it. I want everybody to believe that they are somebody, that they are, in fact, what my mom would say is amazing.

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She altered my life too. Because when I was holding my son on the first day of life, I was looking at him and I was just in awe of my baby. I was like, “Mom, isn’t he amazing? Aren’t all babies amazing?” She looked me in the eye and gently touched me on the shoulder and said, “We all still are.” We all still are. I was just like, “Wow.” I got her love for me. I got her love for humanity. I also got that I didn’t think I was amazing, especially not as amazing as this baby. I figured, maybe amazing sort of sloughed off along the way, right? We get jaded or whatever. But then I realized that it was a choice. It was her choice to see me as amazing, just as it’s my choice to see myself as amazing or my choice to see the other people as amazing.

I think the secret is to see yourself as amazing and to see other people as amazing, even the people who appear to be opposition, even the people you think will not support you in your cause. If you open up your mind a little bit and start to find some ways in which they could be amazing, maybe, they could be your hero, maybe that city council member that’s fighting you on Roundup, what if you saw him as your potential partner and your potential hero? Well, you’re going to get a lot more done looking at people that way than if you look at people like, “Oh no. They’re never going to do that, right?”

I think that’s it. To be in the inquiry of “Why not you?” and what if you could do this, right? What if you saw people and yourself as amazing and you went for what you want? Versus looking at all of the reasons why you couldn’t have that? I’m just like any other mom. I did not have education to start a non-profit or a big event. My goodness, my background was an entrepreneur and a fashion designer. I did not have this experience. If I had let that define my future, I wouldn’t have done any of this, or the fact that I had sick kids and not a lot of money and definitely not a lot of time. But the future that I’m committed to is creating health and freedom.

My personal commitment now is to empower community leaders to be global game changers, because that’s what it’s going to take. It’s going to take community leaders. Moms who are watching us right now, in your communities, say, “You know what? I’m the one who’s going to get Roundup out of my town. I’m the one who’s going to stop this vaccine mandate in my city. I’m the one who’s going to get my school to have GMO-free food.” When you do that, you – us, all of us collectively, we change the game around the world.

JM: Yes, indeed. When you say mandated vaccines, that was not some potential risk or threat in the future. That actually happened the day we’re recording this.

ZH: Yes.

JM: Rockland County in New York – Actually, a judge overturned this, but they initially prohibited unimmunized children from being in public spaces. But that is lame compared to what the mayor of New York City just implemented today. It's requiring mandatory vaccines going door-to-door and vaccinating people or kids – I'm not sure. I haven't read the specific regulation that was passed. But they're going to go door-to-door, probably with force. I guess you could still choose to refuse, but there's going to be 1,000-dollar fines or thousands of dollars. I haven't read all the specifics, as I said, but it's come to that.

Before we started the interview, you had mentioned that there were only six people responsible for eliminating Jews, or the gas chambers in Germany. The reason – I'm not going to dwell on this, but I want people to know that this risk is real. This is something we're looking at. If it's vaccines today, who knows what it's going to be tomorrow? Who knows?

ZH: Yeah.

JM: It can be statins. They can level it up from there.

ZH: Yes. They can require all kinds of medications. They could require all kinds of reproductive controls, the vaccines. They're trying to get vaccinations in food, so then, of course, if we have to eat certain foods, we're going to be getting vaccinations there. Yeah. I was told – I don't know if this data is exactly right – but it was only six people who walked 4,000 people into the gas chambers, right? The just devastating thing about that is that the 4,000 people allowed that to happen. There was something about their human spirit that was crushed, that just – They went along with it.

I'm not criticizing. I mean I wasn't there. I don't want to say anything. But the fact that humanity allowed that to happen, that that happened in the first place, is just devastating. But that should be a warning to all of us, that not taking action to stop these kinds of atrocities will let them spread. These types of control over human beings can be used in many different ways. What you're talking about happening in New York right now is absolutely heartbreaking and unacceptable. Not only for a civil liberties issue, but because we mothers now know what's in vaccines and the harm that can happen because of them.

In fact, when I read the ingredients in vaccines several years ago, a mom just posted on Facebook, "Here are the ingredients of vaccines." That's all she did. I was like, "Wait a second. There's not only polysorbate 80 in there" – which I didn't know until later, but it can break down the blood-brain barrier, like glyphosate does and let toxins in.

There's aluminum, very high levels of aluminum that are way over what the U.S. Food and Drug Administration (FDA) says is allowable. There's bovine serum, which is blood serum from cows. There are chicken parts. There are eggs. There's dairy. There's sugar. There are all kinds of things. I said, "Wait a second. Those ingredients are GMO. If they're GMO, they're likely contaminated with glyphosate, because glyphosate doesn't wash off. It doesn't dry off. It just goes right into

those things. The animals that eat it, it goes into their body parts.” We sent five childhood vaccines to be tested for glyphosate. Every single one of them came back positive.

The measles, mumps, rubella (MMR) vaccine came back 25 times higher than the other vaccines. Another scientist independently tested 14 more vaccines, and they also came back and confirmed our results. His MMR vaccine came back 35 times higher. We all know that the problem around the MMR vaccine is that, as Andrew Wakefield said, that it causes gut dysbiosis. He didn’t say it causes autism. He said it causes gut dysbiosis. Incidentally, practically every child who has autism has gut dysbiosis, right?

This, to me, was huge, because what I’m thinking is, “What if glyphosate in vaccines is one of the major contributing factors to vaccine damage?” If you think about it, mercury was in vaccines back in 1929, but it wasn’t until the late ‘90s when GMOs and glyphosate came on the scene, that there was a huge spike in autism.

Now, to be fair, there was also a huge spike in the numbers of vaccines that were given, right? Our children are now getting 49 to 69, 49 doses by second grade – sorry – 49 doses by age 12 and 69 doses by age 18. The numbers of vaccines our children are getting are also extremely high.

But there are children who get one vaccine and they’re damaged after that. You have to look at what changed in the ingredients. These vaccines are not the way they used to be. They have mandates and people going door-to-door, essentially forcing vaccines or fining people who don’t get vaccines. It is simply scientifically not founded. It’s not safe, considering what’s in vaccines right now and the amount of doses that they’re getting. Even if the concept is based on a good one, just like the concept of GMOs, “Feed the world,” frankly, the concept is not the reality. It’s not working the way they intended it to.

JM: Yeah. It’s designed to be safe, but there are no studies that prove it. Or if there are, they’re conflicted, just like the GMO studies that you referenced earlier. The other variable that happened in the late ‘90s was also the radical and dramatic exponential increase in the exposure to wireless radiation frequencies, typically in the gigahertz range, from cellphones and Wi-Fi stations at homes and businesses. Basically, you can’t walk down a major street in America and not have dozens of wireless routers hitting you. This is not helping things. There’s no way it’s helping things. There’s probably a toxic synergy between the two that is contributing to the devastation of health that we see in so many people.

That’s the bad news. The good news is that, as you so inspiringly stated, you have the ability to make a difference. You as a single person can make a difference. I want you to elaborate on what you’ve done with Moms Across America, and how those watching – hopefully, if they are inspired by your incredible example – can participate in this process.

ZH: Thank you. If you go to MomsAcrossAmerica.org and you click on Action – That’s one of the pages that we would love for you to click on. After you click on our newsletter, you sign up for our email. When you do that, you’ll get a free mini e-Book of my book, “Unstoppable: Transforming Sickness and Struggle Into Triumph, Empowerment and a Celebration of Community.” You’ll get a free mini e-Book of that.

Then when you go to Action, we want you to sign up to volunteer. The best way to volunteer and get involved that we think of is to ask others to get involved. We ask you to post an event. When you post an event, it doesn't have to be a big deal. Events sound like a big deal. No. It could be a playdate gathering at your park on Friday, when you always go to the park on Friday anyway, right? Just post it as an event and invite your other friends and family to go. We could even share it, if you'd like, with our network in your state on Facebook and other social media outlets as well.

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When you have that event, we know you're serious about getting the word out, right? So we send you free materials. You have to pay for shipping, but we'll send you a box of free materials that our sponsors have empowered us to be able to print out hundreds of thousands of them. We've shipped out over half a million flyers already. You get to have those flyers to give to your friends and family or the moms who come to your mom's club. What I invite you to do is not just give them one or two flyers, give them 100 flyers, because we'll send you 1,000 if you want. You give them a stack of 100 flyers and you say, "Could you leave this at your school? Or your library? Or your community center?" That's your first step, I would think, I would invite you to take into activism. Just get the word out about what's happening in our food supply.

We have some great flyers, "Why Eat Organic?" "What's Going on With Toxins in Our Food Supply?" All of that. They are family-friendly. There are no skulls and crossbones on them. We don't make it a scary situation. It's just informative. We always bring solutions. That's a great way to get involved. We've had over 600 leaders who have hosted over 1,000 events in the past five to six years. It's a really easy way to get involved. You can also join in the Fourth of July parades. It costs anywhere from nothing to maybe 30 to 50 dollars, if you want to buy a banner and also pass out flyers. You can do that.

You can have movie nights. There are some great movies that you can show and just have people over and make it an organic potluck and have movie nights. That's my favorite thing to do. I love doing that. It really is – It's fun to get involved. We'll connect you with other moms on our Monday Moms Connect Calls at 5 p.m., Pacific time. If you sign up to our newsletter, you'll get an invitation to do that. We'll get to chat, you and I and many other moms across the country. We really do invite you to get involved.

JM: Great. I'm wondering if you are restricting that advocacy and activism to quality food, organic and non-GMO, or if you're starting to incorporate some vaccine advocacy in there?

ZH: That's a good question. We've expanded our mission to "We educate and inspire mothers and others" – by the way, lots of dads and students too – "to transform the food industry and environment, creating healthy communities together." By environment, we include anything that's coming at our kids. If that's a vaccine, if it's drugs, if it's pollution, if it's EMFs, no matter what it is that's coming at our kids, that's going to overwhelm them, increase the toxic burden, we will address that.

Now, are we experts in everything? No. We're also looking for more advisers. We've got a great advisory board now. We're looking for more advisers and more moms who want to take on the

role of really supporting other moms to be educated in these areas. If you're interested in that, please do let us know.

JM: I'm wondering also if you've ever thought of joining your advocacy with other existing groups, like National Vaccine Information Center (NVIC) who have their own vaccine portal, which is really focused on addressing activism against the legislators in various states, so their local communities, from passing exemptions from existing vaccine requirements.

ZH: Absolutely. We have teamed up with a lot of different groups. Originally, of course, Organic Consumers Association, Beyond Pesticides, Friends of the Earth – wonderful organizations. Now, we're also, because we found glyphosate in vaccines, it really was like a bridge. I mean, here it is. Big Ag is polluting the products of Big Pharma. It's widespread contamination going on here. There's a bridge now. People in the vaccine group are saying, "Wait a second. Our vaccines are contaminated. We are affected by GMOs and glyphosate." The GMO and glyphosate people are saying, "Wait a second. Our vaccines are contaminated with glyphosate." We're starting to work together.

In my book, I mention NVIC. We are partnering up with groups locally here – A Voice for Choice, Parents United for Kids, Dr. Bob Seers and many different – I mean Del Bigtree. I've been on his show a couple of times. Del Bigtree. Bobby Kennedy, Jr. is one of our advisers. The health freedom movement is a major part of our focus as well. We just really applaud the organization and the unity and just the astonishingly fast organization and coordination of the health freedom movement. We really are excited to be meeting so many people who are so committed and so courageous to speak up about their children's health.

JM: Yes, indeed. We really need to think about the original American pioneers who sacrificed so much to give us this freedom. Because we have the similar challenges against this. It's not against the British, of course. It's against something even worse: international corporations or multinational corporations that have really made business deals with the government, that are exploiting each and every one of us and causing serious health [concerns] to our families and ourselves. We need groups like yours to address this.

ZH: Thank you. I love that you mention the original pioneers, because I had an experience when I went to Plimoth Plantation with my father. We met the actors that are in this little plantation. They had the little houses that are just like what the settlers' were. There was an actor who was like a captain in one of the homes. His wife was at the hearth, stirring up a big pot of stew.

I walked in. Just to make conversation, I said, "Is that feverfew?" [They were] the herbs that were hanging over the hearth. He said, "Nay. That there be chamomile." Or no. It was the other way around. But I said, "Is that chamomile?" He said, "Nay. That there be feverfew," which is an herb I did not know of. He said, "You have a servant to take care of your family, do you?" I said, "Uh. No." Then he said, "Then how do you take care of your family?" I said, "You mean when they get sick?" He said, "Aye." I said, "Well, I just take them to the doctors now and then." He said, "Doctors, hooligans and charlatans, the lot of them." He said, "It's better to know yerself." I thought, "Wow. Yeah. It is better to know yerself."

It dawned on me. He said, “The missus has an herb garden out back that takes care of all our ailments.” I said, “Well, what do you do if you need surgery?” He says, “The butcher’s son does a fine chop.” What I got was that back in the day, the settlers of this country and the indigenous people, which, by the way, my children have their nationality is both settlers and indigenous people. They would not have survived the harsh winters, the diseases. We would not exist today if our ancestors did not know about the benefits of plants, herbs, roots and fungus and all that. We just wouldn’t have survived. What’s happened in this current climate is Big Pharma has robbed us of our ability to know how to use herbs.

Thanks to you, people use many supplements that are herbal-based. They don’t have to know everything about them, right? They just have to know which ones are the best ones for them, with the help of their naturopathic or functional medicine doctor. But most people have stopped using herbs and plants as medicine. They’re using chemical drugs. The agriculture system, the industrial agriculture system feeds that. They make the chemicals that make us sick, and then Big Pharma, which is their sister companies, they make the drugs that make us “better.”

To opt out of this toxic system, we need to not only eat organic food or grow our own organic food. We need to also learn how to take care of ourselves through herbs and plants and opt out of that whole Big Pharma system.

JM: Yes, indeed. Well, you mentioned I’m promoting supplements. We do recommend supplements, but I’m pretty frequently reminding people that supplements are just what the word says: supplements, that means in addition to. The primary initial action needs to be focusing on your diet and eliminating all processed foods and going to organic and really compressing your eating window to six to eight hours.

Because that’s virtually – Certainly less than 90% of people are eating less than 12 hours a day. More than 90% of people eat more than 12 hours a day. That fact alone can devastate your metabolic health. And then integrating regular periods where you don’t eat at all. That more closely resembles the eating patterns that our ancestors did. By following that, we can avoid many of the common degenerative diseases that we have today, like heart disease and cancer, which essentially were very rare diseases not much more than a century ago. It’s the simple patterns that we need to follow. I don’t want people ever to believe that it’s taking some magic supplement that’s going to cure you. It isn’t.

ZH: Right, right.

JM: If it’s the only thing you do, it will do virtually nothing. You’ve got to do the other foundational lifestyle changes, like walking without many clothes on in the bright sunshine. I mean, that’s free. The magic that it does to your body is just profound. There is not anything that even closely resembles swallowing a vitamin D pill.

ZH: Right. Sweating, which is free if you take a run, right? Like sweating to detox, that’s free. Being out in nature and getting more microbiome in your body, that’s free. Taking and watching nature.

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JM: Absolutely. That'll build the diversity. But sweating in a near-infrared sauna is actually significantly different than an exercise-induced sweat, because when you're exercising, you're activating your sympathetic nervous system. It's a little more difficult to release the toxins. But when you're in a sauna that's EMF-free and you've got these near-infrared bulbs – not far- but near- – then it's a lot easier to be in a parasympathetic mode and excrete those toxins.

ZH: That's great. I want to mention something about detoxing. I want to share with you.

JM: Sure.

ZH: I just want to know what you think about it too. My father came to us about a year and a half ago with dementia. This was about a year after he got the high-dose flu shot and the tetanus, diphtheria, pertussis (Tdap) shot. Within two months of that, he had chronic obstructive pulmonary disease (COPD), emphysema, chronic kidney disease, his renal failure, and he had to have open-heart surgery, like emergency open-heart surgery within two months. I am convinced it was the Tdap and the high-dose flu shot combination.

JM: What's a Tdap? I don't know if I've heard of that.

ZH: Tdap.

JM: Oh, Tdap. I'm sorry.

ZH: Tdap. Yeah. Pertussis and diphtheria.

JM: How old was he?

ZH: He was – I think he was 91 or 92 at that time. He just passed and he was 93. This was about two years ago. He went through the open-heart surgery. He went to rehab. He had to live in a home at one point, because he fell and he was on oxygen and it was costing 16,000 dollars a month for his care. He wanted the money that he had to go to our children for college. He had worked all his life as a teacher and all of that to do that.

We took him into our home, also because we didn't want him to be in a home, eating crap food. Within about four months, he went from 11 medications down to two, eating organic. We tested his aluminum. It was at 246 units in his blood. A year later, it was down to 6. All we did was organic food, Fiji water, which has silica in it, which removes aluminum, it's been shown to do that, a primary detox product that we have from Bioarray, and turmeric tea. We didn't do that detox product consistently. That was just a little bit. And the turmeric tea, which was just a little bit towards the end. But we did get the aluminum out of his body.

When he came to us, he wasn't really interested in reading very much. But in the past months, a few months of his life, he read "A Brief History in Time," by Stephen Hawkins, and he was reading "The Secret Life of Plants" two weeks before he died. He did not die of an adult brain. He died of, I think, the repercussions of the liver and the heart issues that he had from these vaccines. But I

am very encouraged that we were able to get the aluminum out of his body. Are there other things that you see in getting aluminum out of the body?

JM: Yeah. I was going to comment on that. Fiji water is useful. Chris Exley, I believe is the investigator in England who identified it, but it has orthosilicic acid. But it's really expensive to ship water. It's something we tend not to do when we sell things on our store. Because why do you want to pay a shipper, so that the active ingredient is orthosilicic acid. You can get that in a supplement called Biosil, Bio-S-I-L. It comes as tablets, liquids or capsules. I like the liquid, but it tastes really bad. It really works well if you put it in with some acidic acid. The best way to get acidic acid is with apple cider vinegar with the mother. That increases – Not only does it improve the taste, but it also increases the solubility and your ability to absorb it. That's, I think, a lot more cost-effective and certainly easier solution than Fiji water. That's probably the single best detox for aluminum.

ZH: That's great. I'm so glad to hear that. We were happy to be able to get that out of him. But yeah, very unfortunate circumstance with the vaccines. But you can use food, as we were talking about earlier. You can use food as medicine. The organic food definitely played a major part in that, as did turmeric. I know that turmeric can pull chemicals and heavy metals out of the brain too, right?

JM: Sure. Yeah. In the right doses. Detoxification is a complex process. That's why I alluded earlier to not eating all the time and partial fasting. My new book is "KetoFast," which describes that process, where you cycle in and out of these things. You feast and then you famine. Feast and famine, going through that at a very prescribed fashion can really facilitate your body's ability to safely and effectively remove these fat-soluble toxins from your body.

ZH: That's great. Yeah. I do intermittent fasting. I don't eat until about 10 o'clock. Even then it's just a giant glass of celery juice. I don't actually eat a meal until around noon time. I feel better. I don't even crave food in the morning. I feel better.

JM: Yeah, yeah.

ZH: It's good. I feel good.

JM: Yes. Celery is loaded with a phytochemical called apigenin. Apigenin is a cluster of differentiation 38 (CD38) inhibitor. What is CD38? CD38 is an enzyme that's outside your cells. It's the largest enzyme outside your cells that consumes nicotinamide adenine dinucleotide (NAD+). NAD+ is really essential and important for helping you detox. Celery juice helps.

ZH: That's great. All I know is I feel awesome after I drink it. My whole body feels like it's tingling. I feel alive. Yeah. I feel wonderful.

JM: That's great. Again, you're a real major inspiration. I can't thank you enough for what you're doing, because we need an army of people like you. I'm so glad you made a commitment. I'm sure it wasn't easy. Probably you went through a lot of struggles, but you're making a big difference. Hopefully, you're going to inspire a lot of people to join your efforts.

ZH: Thank you so much, Dr. Mercola. I really appreciate it. I do want to mention, I did not do it by myself. I've had a lot of people who supported Moms Across America. I appreciate every single one of you.

All of you who want to make a difference out there, just start with what is most important to you, what group are you most connected to. If it's moms, your church or your school, just start connecting with those people. Get a buddy. Sign up to Moms Across America and see where you can start taking action. Because when you do, it's incredibly fulfilling. You sleep better at night, which is important for everyone, for you and your family. You do make a difference around the world. I appreciate this time so much with you, Dr. Mercola.

JM: Okay. The website again, the URL is MomsAcrossAmerica.org. That's all one word, no hyphens or anything.

ZH: Yes. MomsAcrossAmerica.org.

JM: Yes. Very good. Alright. Thanks again. I really appreciate all your efforts.

ZH: Thank you, Dr. Mercola.

[END]