

mirandola

Dear Dr Mercola, thank you for highlighting which positive, wonderful, strongly ethical organic foods sources we can and should patronize, such as Bob's Red Mill, Eden Foods, Clif Bar et al. To strengthen the good is extremely important, not only to knock down the negative. The Great Boycott which you tell us about, and which food sources not to patronize, is important, very important. But if we do not patronize the right sources, they too can suffer. We must support the good people, this is fundamental to growing the wave. Thank you for the very heartening stories about those who refused huge money and stuck to their principles instead. This takes enormously good character. Above and beyond maintaining the high organic standards, these people are also inspiring others, by positive example. Please continue to tout such sources and tell us their stories. The entire premise of Positive News (USA and EU) is to inspire by examples of great character. This infects others who, based on their inspiration, resolve to do much the same. Please keep this going, Dr Mercola! Gratitude.

Posted On 07/30/2017

Krofter

Although Dr Mercola does a great job of highlighting alternative medical practitioners who are doing positive work in their fields, I second the move for more articles that highlight the positive work being done by those in the food industry. I especially like the pieces he's done on farmers like Joel Salatin and the Harris farm in Georgia. I'd also like to see some articles about what may very well be the best source for fresh, local, healthy food.... farmers markets.

Posted On 07/30/2017

iamblessediam

EXCELLENT suggestion Krofter about farmers markets - I'd add coops to your suggestion. I know where that suggestion came from - you raise and cook a lot of your own food. Be well everyone! LBP!

Posted On 07/30/2017

mirandola

Thank you, Krofter and iamblessediam! Good suggestions. I think the hope generated by the fact that the organics movement is booming, that eating locally and seasonally sourced food is touted even by the newspapers in Washington DC, San Francisco Chronicle and many other mainstream news sources, should encourage us all. Schools and preschools are starting to teach kids about gardening and some even teach them about organic foods. A trend is catching on. If the Big Food sources are buying out organic farmers, it's because it is a wildly popular trend. Let us take hope! I think if we all go to the local farmer's markets and spread word, and continue to support the local, organic farmer, we will be doing a lot of good.

Whenever I have suggested writing letters to the editor as a way to go, people shoot it down. I have written many---- many! When my 100th letter was printed, I lost count. Why are people so skeptical? It's honestly a really good way to stimulate thought in the readers and to spread word. If this is not the way people think is the way to go, then what other ways do you all suggest for spreading word? Please pitch in, thank you!

Posted On 07/30/2017

iamblessediam

Hi mirandola...off subject, but since you be a music teacher, me thinks you'll enjoy this read and embedded video: www.openculture.com/.../the-neuroscience-of-drumming.html]. Be well my friend! LBP!

Posted On 07/30/2017

forbiddenhealing

Yet all these lyin snake politicians talk "small business" as they subsidize, tax-break, regulate in favor of and even decimate foreign sovereigns on behalf of monopolies...Eco diversity is a real principle where centralization is a recipe for collapse....Everywhere you look, downtowns stand vacant while chains dominate their surroundings...Moms/Pops and small producers economically driven out of business, off their land or outlawed outright...free enterprise a myth..wealth concentrated..power to corrupt power..to overlook frauds and pollutions..to kill, sicken, mind control and enslave..Freedom and dependency share no common grounds.

Posted On 07/30/2017

stanleybecker

otis - weed grows itself - home grown is still the safest bet - I'm sure there were mom and pop distillers in the Prohibition days - what happened to them?

Posted On 07/30/2017

forbiddenhealing

Hi Otis...Sure, but I think med marijuana regs actually help fix prices and eliminate all other legal competition...All those investors are lookin for big payouts...like kickin grandma! No insurance.high prices...Ain't it totally despicable to rip off the sick/aged??? For a plant anyone could grow for free or purchase from an unregulated sm farmer?

Posted On 07/30/2017

This is a bit on regulations. www.canorml.org/camjlaws.html Then there is the water control board, the air quality folks, the ADA which means growing and drying sheds will have to have access for those with disabilities. Plus toilet facilities. Growers will be collecting and paying sales tax, and producer tax. Renewing licenses with all the agencies. Being aware of surprise inspections by the powers that should't be. It has been difficult for growers to just keep up with the changing and pending regulations.

Stan, there are so many "varietals" of home grown, sorta like wine, and they each have various appropriate uses. Time will tell how this all shakes out for the small farmer. In the mid 90s pot was selling for \$5,000/lb and now is below \$1,000/lb and falling. That is if you can find a buyer. Our County, known around the world as the go to place to grow is overrun by folks looking for a quick buck. They are finding out it doesn't exist anymore. Home invasions are on the rise. Very sad situation for all.

Posted On 07/30/2017

stanleybecker

it is no surprise that Power strives to consolidate and reinforce its power - what is surprising is that Modern Business has decided to ignore ethics altogether as not "GOOD FOR BUSINESS" - why would morality have no part to play ? - we live in the Time of the Reptile - this is a harking back to the Age of T Rex and other saurian ancestors - "red in tooth and claw" - "never give a sucker any break at all" - the impulse is to grab as much as possible by any means possible - morality becomes a hindrance - corrupt power has always historically signified the break down and decay of civilization - there is so much corruption in our era that "honest", ethical behavior carries with it a business ridicule of "weakness" and lack of courage - if you can't rip food out of a baby's mouth you are a wimp - blood money by harming new born babies with commercially driven toxic vaccinations is what Bill Gates our contemporary Midas advocates - to Hell with the new born - there is money to be made and who cares about autism anyway - this is how the Modern Philanthropist speaks - money trumps all other considerations - to Hell with our Future and the Future of our species - and its getting worse - Monsanto is consolidating by selling out to the Corporation that engineered the gas crematoria and manufactured the Zyklon B gas - Bayer, then called I G Farben, was Hitler's main financial donor - this is not fiction folks - the Naazis are back and they mean BUSINESS - BIG BUSINESS

Posted On 07/30/2017

acs4457

I don't agree on it being the Nazzies Stan. Someone does seem to be on your back tho, marking you down. It is plain and simple the very BIG MONEY sharks who become the FACELESS ONES, who hide themselves in plain sight and have serious greed and psychopathic genes and could not care two hoots. Just this week there was a publication in Live Science where a gene named mucin7 was found in the spit of a section of a population. The scientists recon this is because these people interbred, fairly recently in our creation, with some early hominid cousin ! There is a lot we still don't know about humans.

Posted On 07/30/2017

mirandola

Dear Parents, please teach your children that making a big buck is not all it takes in life to be truly happy. That we can make big money by doing good instead of evil. That we have every responsibility for our impact on others. Happiness comes from being at peace within. It is only when we listen to our inner wisdom, guiding us in the ways of ethics and care, that we will have true peace and therefore, true happiness. Money is important in this material world, but it is not all that there is either. Please help to change the face of our society by guiding children the right way. Thank you.

Dear Big Money Mongers, perhaps you might consider switching over to something that does good instead of harm. What is wrong with making a big buck by doing good things that support and help others and the environment? Buying out other organic entities is not what I am talking about. I am talking about switching to something that really supports the good and does not usurp or undermine someone else's work. You can do it. Got Change? Yes We Can?

Posted On 07/30/2017

stanleybecker

sure acs - the Naazis did not invent cruelty or genocide or mass murder - they merely employed the available technology to expedite their bloodthirsty mentality - but the reason I refer to them is that they used pesticide to eradicate human beings - to me it is interesting that their resurrection has manifested through an amalgamation with Monsanto who are using a pesticide [Glyphosate] to create the GMO catastrophe that threatens not only minorities, but the whole of life on our planet - in that sense they are both genocidal - Gates another important player in this field is a eugenicist - do you see a pattern here?

greetings mirandola - speak louder - money is known to affect the auditory range - selective deafness is another strategy to avoid "hearing" - even Fukushima is buried so that not even a whisper is heard

Posted On 07/30/2017

mirandola

Staneleybecker, it is the age old secret of professional musicians, when people are not listening, to play more quietly instead of louder. When you play more quietly, then they have to listen and they have to pipe down. I am not so innocent as to think that greed will give up so easily. If those that have ears to hear, choose not to, then we can't change their choice. But we sure can appeal to others who will spread word and educate their own kids. And we sure can learn by example of what does NOT work so as not to repeat the same mistake. Further, we can defund the beast. To every big problem, there is a simple solution. It is called, the pocketbook.

Posted On 07/30/2017

mihail

Stan: in a civilized, reasonably educated society, the sentencing to prison of a single farmer for saving seeds, would be reason to dismantle all institutions and rebuild the system from scratch. That a judge (or whoever), was allowed to pronounce a farmer guilty of saving seeds, precludes any discussion on freedom, democracy, choice, justice, reason, future or cooperation. That judge, told us that day, what insignificant useless little beings we are, and how little he's afraid of us. And that's what the Hitlers and Gates and Reagans and Rothchilds are telling us all along and we are taking it. Why? Because societies comprise hundreds of millions of speechless, spineless little followers who can't divide two horses' straw without advice from the TV.

Posted On 07/30/2017

stanleybecker

mirandola - I appreciate your indignation and enthusiasm for change - yes, Ralph Nader in our time made people aware of the need to be aware consumers - no one has carried that baton since Nader pushed forward - there are consumer groups out there - they need to become more politicized - the problem is the omnipotence that comes with bought legality - the rubber stamping of the legal process by lobbying and bribes - this is the realm of dishonesty that needs to be reversed - is this possible? - I don't know - but they are few and we are many - Storm the Bastille - Demand Justice - stop poisoning the food and water - stop poisoning our newly born - educate our children instead of coercing them into automatons - there are so many fields of indignation - the Cancer Corporations are buying up any successful organic enterprise they can - money is not a problem if the public is legally forced to buy your product and the government uses tax payers money to clean up their mess - please carry on fighting mirandola - so few of the "so many" are

mihail - this is a short book I read in my late teens - everything you say AND MORE is in this cry of outrage - please read it - it answers all your questions - www.amazon.com/.../0374504016

Posted On 07/30/2017

njlady

The tentacles of this cancer spread way beyond what we may see and understand...Even if the dominant tumor is found, is there any way we can eradicate it? So much is going on, unnoticed and unreported. Scary!

Posted On 07/30/2017

iamblessediam

Yo everyone: [www.google.com/search?q=absolute+power+absolutely+corrupts+quote+image..]. Be well! LBP!

Posted On 07/30/2017

mihail

One more thing: Dear Americans, thousands of tons of organic produce destined for Russia will probably have to go to the compost pile again, because your houses of wisdom voted for more sanctions against Russia. Please, vote for as many sanctions as you wish, but don't impose them on your European friends, who happen to bear up some hard times and can't afford to lose money on a whim, please! www.counterpunch.org/2017/07/28/collateral-damage-u-s-sanctions-aimed-..
EDIT: thanks for the book Stan, it might help me blow some pressure.

Posted On 07/30/2017

iamblessediam

Yo Stanley...ever read "Principle Centered Leadership" or "The Leader In Me" by Steven Covey - or any of his books?

Posted On 07/30/2017

nao3425

When you mention Bayer Stanley, there is so MUCH more to say, and Corporate Watch has a good list of those things(not a complete list by any means)... corporatewatch.org/.../bayer-ag-corporate-crimes

I believe that in WWI, 4 Ministers wanted to ask for an armistice before the request was actually made, and Bayer had them all removed. What kind of thinking would market Heroin to children's Parents as a remedy for Colic??? History of Bayer A.G. Leverkusen <http://herbmuseum.ca/node/1520>

Aspirin, the head Chemist at Bayer was asked 4 times to bring Aspirin forward, and finally, reluctantly did. Since Aspirin is considered responsible for Millions of deaths(7,000 annually), I can see why.

ALSO... At the molecular level, aspirin inhibits COX activity by forming a covalent bond with the enzyme. This effectively barricades the COX active site and blocks the synthesis of prostaglandin. COX-2, the therapeutic target of aspirin, is made of two identical subunits that form a dimer. If you haven't had a heart attack, step away from the aspirin bottle... If you are one of the 40 million Americans who take an aspirin every day, you may want to heed the latest warning from the US Food and Drug Administration (FDA). www.sott.net/article/283145-FDA-finally-admits-Aspirin-is-bad-for-you

Bacterial Pneumonia Caused Most Deaths in 1918 Influenza Pandemic(Read, est. 20 to 40 Million DEAD) Read "ASPIRIN" www.nih.gov/news-events/news-releases/bacterial-pneumonia-caused-most-..

Later, follow-up messages indicate all prisoners died, and they required to buy a further shipment. www.warhistoryonline.com/war-articles/popular-pharmaceutical-company-b..

I have also read, that Bayer, has funded the War Lords in the Congo forever, because an essential ingredient is found there for some of their formulas... So much more Stanley...

Posted On 07/30/2017

veritasoreventus

stan and all - Predators and prey - choose your position. You're either with 'em or "again" em. Most people with an ounce of morality and common sense would prefer to consider themselves neither, but are they really? The lure of EZ money, misguided individuals, and or survival concerns put many into the predator category. All other individuals not with 'em are meant to be preyed upon in every imaginable method that can be dreamt up. Most of us fall into the prey category, so in order to survive we really have to stay on our toes. In a way I guess it's sorta like the title to one of Jerry Butler's songs: "Only the strong survive."

Posted On 07/30/2017

iamblessediam

Yo veratis...OR...you can become your "own person" by adopting Hippocrates' advice ~ "First, do no harm." Then apply Hippocrates with this: [www.google.com/search?q=a+1000+mile+journey+begins+with+one+step+image...]. One can either "play" in the "predator/prey" game or contemplate Robert Frost: [www.google.com/search?q=a+fork+in+the+road+poem&site=webhp&tbn...] - it's really an exploration of one's courage quantity - that effort ain't for the faint of heart or the lazy! Be well my friend - stay thirsty too! LBP!

Posted On 07/30/2017

stanleybecker

veritas - homo sapiens translates to " wise man" - not "predatory man" - civilization does not progress in an UNCIVILIZED situation - is my logic faulty?

Posted On 07/30/2017

Krofter

Farben foisted upon the earth the most problematic invention ever conceived.... plastic.

Posted On 07/30/2017

evihcra

Ah yes. Ralph Nader. The man looking out for the little people. The man who, a couple of years ago, compiled a list of his fellow civic-minded billionaire friends to run for President in 2016, based on his belief that the super rich are the only ones who can "break through the barriers to third party candidates". On his list of potential candidates were Ted Turner, Bill Gates, Oprah Winfrey, Mayor Bloomberg & the CEO of the Carlyle Group.

blog.nader.org/2014/02/24/twenty-billionaires-megabillionaires-run-pre..

Posted On 07/30/2017

iamblessediam

Yo veratis...I'm sure there's hope for you - go see Mickey Hart Band [the drummer from the Grateful Dead] and experience a neuroplasticity experience shift - watch the second embedded video - some pretty incredible stuff: [www.openculture.com/.../the-neuroscience-of-drumming.html]. In the meantime...rock on and on...and on...oh my soul: [www.youtube.com/watch]. Be well my friend! LBP!

Posted On 07/30/2017

SadieKay

Monopolies have no need of integrity or ethics -- when they're the only survivor at the top of the heap.

Posted On 07/30/2017

veritasoreventus

Yamamoto- Imply and paint people anyway ya want, but it usually comes out the same:

www.youtube.com/watch

That's a pretty good curveball that you throw, and can strike out a lot of batters no doubt. But just remember to stay on your toes, cause when ya make it to the bigs, guys have a way of figgurin' out how to cream yer best pitches. We all have off days on top of that from unanticipated reasons, so best of luck not if, but when the sh*t hits yer fan. Stay strong my friend, I know yer not structurally thirsty. -Just another Vero Beach bum

Posted On 07/30/2017

stanleybecker

SadieKay - monopolies have a narrow VISION - their business decisions affect the planet - business is a small part of the planetary purpose - the planet will evict our life form when we are seen to serve no useful purpose - morality is allegiance to the planet we live on - business will take us all down with their aberrated practices - like the Naazis did

Posted On 07/31/2017

RaajSingha

Thanks for the great info Stan (about the queen). I on my part, gladly announce that, most of my family and extended families have heeded and are now practically following my suggestions of resorting to organic food as much as they can. So, farm fish/meat/eggs, refined vegetable oils, vegetables, fruits, packaged dairy are being replaced with wild caught and organic fish/meat/egg/milk etc. Ghee and wood pressed mustard oil are back after ages. Traditional vegetables like banana flower (that abundantly grow in most back yards or brought from the hills on market days), tender bamboo shoots (bamboo grows everywhere plains, hills and jungle here), taro and taro shoots, variety of greens (most don't have English names), turmeric roots etc. are drawing crowds. This season I noticed children plucking guava and mangoes, I feel happy for them. This season the mango tree (on which the cuckoo sang) dropped plenty of ripe luscious ones for me (sorry Dr.Mercola I couldn't resist, but with my fasting levels below mid 80's I thought I could take some liberty). Late summer, juicy mix of yellow orange pineapples are rolling down the hills in truck loads and I am having difficult time looking the other way. Litchis to follow soon. There would be a very small number of tribal folks selling home grown organic vegetables, fruits, egg and meat by the roadside in the town. The other day I was astonished to see a small market of tribal come up at the spot. I wonder if all these people (the buyers) have suddenly started reading Dr. Mercola in 2017. Final Note: Who controls the Market?? The consumers should know their power. It's the consumer that not only gives birth to a market but also determines its future.

Posted On 07/30/2017

mirandola

Well said, Raaj! It is the consumer that has the power to support the monopolies or the good people. The choice is ours! I loved reading what you wrote about the food in your area. How very interesting to read about banana flowers and other things we never hear of here in the USA ! It was a colorful depiction that I could really envision and almost experience along with you. A trip to India is absolutely indicated! :-) (Further, I also observe a beautifully philosophical disposition among the people of your country. I would love to see the whole world being that way).

Posted On 07/30/2017

Krofter

As I mentioned yesterday in response to the article about the obesity epidemic, none of this will change until agriculture is fundamentally restructured - beginning with subsidies. Subsidies encourage the over-planting of those subsidized foods to the detriment of the soil, healthier crops and human nutrition. Big Food loves subsidies because it provides them with a big profit margin. Americans love to eat subsidized foods because they seem - but really are not - cheap. It's also no accident that the crops that are the most heavily subsidized are the ones with a long shelf life like corn, soy and wheat. This allows them to be used as trade items to, theoretically, help balance our trade deficit with other nations. This is another of capitalism's failings. In reality we're selling our nations fertility overseas for a few pieces of silver, leaving future generations of Americans bereft. We're already seeing this play out - the current generation coming up is expected to have shorter lifespan than their parents.

Posted On 07/30/2017

iamblessediam

I'm gonna go "Ripley" on everyone [and will probably go into "neg land" with this observation] - believe it or not, the current industrial food industry is one of the biggest contributors to climate change and eco pollution on so many fronts - between "clear cutting" native tropical forests to the processing to the packaging to the transportation needed to support all the aforementioned - most of which as Krofter points out - is subsidized out of the taxpayers wallet. In other words, you be paying to poison yourself. Answer: eat regional and seasonal - support local regenerative agricultural producers like Krofter or the folks at farmers markets who grow and produce the goods you eat. About the "expense" argument - you either pay up front to maintain optimal health or you'll pay MORE to get out of the disease dumpster - it's your CHOICE! Be well! LBP!

Posted On 07/30/2017

Sue12Cross

This is all about personal choice and about researching how politics, food and medicine have been inextricably linked for hundreds of years. The problem with the seed industry is a very interesting one particularly here in Europe, when a decade ago one of the biggest seed firms pushed through legislation so that every seed firm had to pay around 100\$ to register each individual seed variety. If you take the case of organic tomatoes, there are more than 650 varieties, so there was no way the small organic seed firms could continue to offer these. In the event 'godparents' stepped in and supported individual varieties. For the tomato, ironically one of its chief saviours was a prince, which here in France must have really really rankled with the corporations! As for beer here it is in the Celtic regions such as Brittany that small organic brewers are leading the field. Times are changing and for the better, people are finally realising that they don't have to amble along with the flock but can chose to say no to what they are offered, you have the choice.

Posted On 07/30/2017

iamblessediam

YEP Sue12Cross...the only "authentic vote" anyone has is how they spend their money. Be well! LBP!

Posted On 07/30/2017

Mudvayne24

Who controls what I eat? I DO! I know these huge food industry companies will market and market to try to rope me in hook, line, and sinker, but that won't happen. I'm constantly accused of being on steroids because I'm lean, muscular, and strong. When I give people the answer of "eat real food and train intensely", they can't believe it and attribute it to some sort of hormonal cheat.

No... Humans are supposed to be lean, be strong, be powerful beings without chronic aches, pains, and degenerative diseases. Our DNA is being manipulated by toxins left and right, whether it's pollution, pesticides, GMOs, anything. My advice - don't stress yourself and make yourself crazy about it. Sit down, make a logical and sound decision about what to eat and how you want your lifestyle to be, and then just DO IT! The only person who would be stopping yourself is you. Be happy and enjoy life!

Posted On 07/30/2017

Meibao

I'm traveling in Switzerland and France at the moment and seeing the amazing REAL FOOD that is available in gas stations, airports, train stations, and corner small markets. I watch families picnicking by roadways, eating real food. I watched a young woman at a market check out and all she bought were fresh vegetables, fruits, raw meats, bread, cheeses, and air dried saucisson. I checked out the markets and found aisles and aisles of fresh, perishable food with labels that indicated where they came from. One can decide how much carbon footprint one wants to vote for. Potatoes from Switzerland or limes from Brazil. My friends grew their own limes so as not to buy them from Brazil. They have choices! I'm blown away by how different the food culture is here. There was a call for "non-perishable food" from the County of Mariposa for fire victims. I wanted to tell them there's no such thing as non-perishable food. Real food rots...one has to eat it right away. (But I didn't.) For me, it is about teaching young people the tastes of real food, how to grow, harvest, and prepare food. It's about taking action and doing something with soil, water, air, sun...even in the city. I saw little boxes of vegetables growing in the city plaza, hillsides with small gardening plots, community efforts to provide food for each other. I realise that if I am not willing to take control of my food source, then I open the door to corporate control. Let's all talk to each other about what we are growing! and how.

Posted On 07/30/2017

Krofter

Meibao - Did you see the movie The Hundred Foot Journey? It's set in France and deals with a family that had a successful restaurant in India that moves to France and opens a new restaurant right across the street from a rural but highly rated restaurant (apparently that's not uncommon in France). It's all about the culture of food in France and India. We can learn much about food from both cultures.

Posted On 07/30/2017

Acroyali

I'm shocked at how many people in the States are seemingly afraid of real food...milk must be pasteurized for safety (as they say) and they find the idea of buying vegetables that still have dirt in the roots gross. Real meat is scary (salmonella, e-coli and others, oh my) and fear the fat in cheeses and full fat yogurts. They much prefer HPP, homogenization, nothing raw, nothing real, cooked for their "safety" 'cause the FDA has their back. The overuse and over-reliance on prescription drugs in this crowd is usually so high that they've fooled themselves into believing that these pills are harmless and simply go into the body, do their "good deed" and magically disappear without the possibility of causing problems down the road...I mentioned years ago (to an acquaintance) that I was making bone broth and the response was "who does that anymore? Just buy broth at the store." My response (silently) was "wow..."

Posted On 07/30/2017

tryingtobenlighted

I'm absolutely certain that the reason US citizens have been terrorized into staying here and not seeing the world is because the European food puts our so called food to shame and "they" don't want you to find out. Watch Michael Moore's documentary re: food in schools ("Where to Invade Next") in France (and other reasons why we have fallen so low) and you can easily see the huge difference. Its terrible what they've done to us convincing the majority of the US that food is food and it does not matter what we eat. We can fight with our \$\$\$\$ its the only way to hit them where it hurts because that's all they care about. Anyone who thinks organic or farm stand food is expensive, try buying less, and you will find you need less because it tastes so good and is very filling/rich. Along with junk food came no nutrients and this must be one reason why food portions have grown to such a large size in America.

Posted On 07/30/2017

dude01

I've always felt that winning a war could be more easily done by poisoning the enemy's food and water supply, than by using bombs, bullets, and weapons. I also thought that this war is already in progress. However, many are blindly unaware of this. To the powers that be, the rest of us are the enemy. The weapons (poisons) used against us are the glyphosate, GMO's, vaccinations, fluoride, etc.

Posted On 07/30/2017

Islander

"In the late 19th century, the rapacious behavior of "robber barons" sparked a populist rebellion and the trust busting of Teddy Roosevelt. Today, the costs of the tech giants' dominance have largely been accepted: a massive loss of privacy, the erosion of public marketplaces and jobs, the growing control just a few companies have over the news and information millions of people consume. Amazon, Google, and Facebook know us. They cater to and shape our wants. Seduced and dopamine-addicted, we do not object to our dependence, as we click our way into the future they have imagined for us." - William Falk, Editor-in-Chief, THE WEEK magazine

Posted On 07/30/2017

Krofter

This is why I like this forum - you, me and many others here know the game is fixed and refuse to play.

Posted On 07/30/2017

Acroyali

About 4 hours ago I loudly announced that I am just about done with cell phones, computers, and any of the "latest and greatest" trends. My phone is nice because I feel safer on the road (car breaks down = automatic call for help). The internet is nice (this forum, loads of information available). The phone is also a pain (I have no desire to be reachable 24/7), and the internet is a bit strange for all the reasons mentioned. (Some of the fake news sites are a bit amusing though, as half of their editors seem to have no spell check.)

Good businesses suffer when preppy narcissists get on their little yelp aps and post horrible reviews for no other reason than pure meanness. I could hop on right now and "review" a business that's 3,000 miles away and that I've never visited and leave a scathing review ("the customer service was horrible. The person working the desk was rude. Horrible place, do not recommend") which could hurt the business. Some businesses have started offering discounts for leaving positive internet feedback. What the heck??? Am I the only one who thinks this whole "star review" rating system is a little bit ridiculous? I could log onto twitter or fakebook and do the very same thing, or post something rude, inappropriate, or just not true about someone just because I felt like it. (I love leaving good reviews, and have left one bad review in my life; a company that stole money from me and wouldn't honor a return.)

Posted On 07/30/2017

iamblessediam

Hi Islander -- The Intercept is pretty good with their "unbiased" investigative journalism - meaning, they'll report misdeeds regardless political/Big business interests: [<https://theintercept.com/>]. Be well my frind! LBP!

Posted On 07/31/2017

mammywitch

As always, the answer to this dilemma is to educate and then vote with the purse strings! As one fellow blogger said, if you don't buy it, it will disappear from the shelves! But the first thing that must be done is to educate the masses about healthful vs non-healthful and then allow them to make the choice...because as my wise-old-Indian husband (no, he's not American Indian--I just call him that because I think AI's were originally--and some still are-- so wise) always says, "Everyone wants to be right!"

Posted On 07/30/2017

Acroyali

Mention GMO's to 100 people, 90 of them will ask "what's that?", 9 of them will tell you how GMO's are saving the planet (busting a rib here), are beneficial to us, are 100% safe, etc. and the last person will say "I won't touch them." Ask the 9 who promote them why no label, and you'll get nothing short of very stupid responses ("it's too expensive"..."it would be too difficult"..."there's no reason to do so because they're safe"..."if you do that people will think somethings wrong with them...", etc.)! I've been waiting for years (literally, years) to hear a GOOD reason as to why GMO's should not be labeled.

Posted On 07/30/2017

iamblessediam

One answer to the power of the "consolidation/centralization" of industrialized manufactured food is the "co-op" concept: [<http://ncba.coop/>]. An employee-owned business - like those referenced in the article - is a "cooperative" model based on democratic principles [NOT to be confused with politics]: [cdi.coop/coop-cathy-worker-coops-esops-difference]. I belong to a regional cooperative where I source a lot of my food and other life support product purchases from - I KNOW every member and how they produce their products. Every cooperative member that sells products has an "open door" policy - meaning, they gladly entertain member inspection - in fact - encourage such inspection. That "mindset" is what makes cooperation better than competition - everyone shares a common goal - in a word - QUALITY. Be well! LBP!

iamblessediam

Yo Krofter...it figures you would be the one to point out the "not-so-subtle" differences between communism and so-called free market capitalism - there ain't none - both require "consolidation" to maintain viability;-)))! However, the "end out" - meaning eventuality picture - is one of unsustainability - both systems are entropic because of the "consolidation" mechanism - winners and losers mindset - predator/prey - quarterly profits at all costs - subsidies, etc., etc., etc. I'll never forget this - I was at a business seminar that featured - among many - Jack Walsh - the much-heralded former CEO of GE. There was a Q&A session at which time I asked Walsh how much "value" - in dollars - was the corporate charge-off mechanisms in the tax code and government subsidies during his tenure as CEO - he couldn't give an answer - and he ignored my follow up question as to whether or not those two "business mechanisms" contributed to his "storied" success. My "contention" is this - without those "mechanisms" in place, so-called "free market" capitalism is anything but free - it's crony crapola capitalism - a smoke and mirrors dance [I know stoic just snorted coffee up those wo/man nostrils on that one;-)))!]. Stalin knew that, the current POTUS really knows that and so does every banker and probably 95 % of the "free market" business people. Coops - when properly organized - are regeneration machines. Be well my friend! LBP!

Posted On 07/30/2017

acs4457

The world is really in a lot of trouble on all levels important to sustaining healthy societies in terms of physical, mental and spiritual health. At the heart of all this is what we call democracy. This system really does not seem to be functioning well at all, accepting in a country like Switzerland. There, it seems, the power is still more or less vested in the individual living in his/her neighborhood. In almost all other "democracies" it seems that the individuals only choice is to vote for those whose only interest in life is to serve the money god. A very huge change needs to come about. There are options and ways and means ?

Posted On 07/29/2017

mirandola

acs4457, it is because bribery is at the root of the malfunction of our Democracy. It is malfunctioning precisely because the law is being broken and frankly raitionalized, left and right, not because the Democracy itself would not work if properly implemented, and as fully intended by our founding fathers. I don't think our founding fathers could ever have envisioned how huge industry would become in our densely populated world, and its impacts on the implementation of Democracy.

Imagine campaigning for public office. At the lowest levels, such as a seat in the City Council, people are offered bribes. And if they do not accept them, they fast learn that they can not win the race. Now, how much does it take to make it to the State and Federal level? Imagine? No wonder things are corrupt. The corporations are at the root of it all. The Government Of the Corporations, By the Corporations, and For the Corporations was never intended nor was it ever penned into law, by our founding fathers. It's not even Constitutional, in fact it is fundamentally UNconstitutional, right on its face, considering the Gov't of/by/for The People.

Posted On 07/30/2017

truthwillprevail

Large corporations sound like a cancer. Dont feed the tumors, starve them of their energy source - money. Dont buy their products.

Posted On 07/30/2017

jophda

Consumers have huge power to improve the quality of food .If they stopped buying food that was dangerous to their health it would quickly disappear from the shelves .However government diet advice and the multimillion dollar advertising budgets of the manufacturing food industry makes this unlikely to happen quickly . Compare the money spent on marketing Coka Cola with the marketing of non homogenised non pasteurized milk. Goebbles would be proud. There is a long fight ahead .

Thank you Stanley.

Posted On 07/30/2017

stanleybecker

who is Gobbels - do you mean Goebbels? - userscontent2.emaze.com/images/f4b09bde-bab9-45a6-9dfe-ac9a5f5d4451/d2..

Posted On 07/30/2017

Almond

I control what I eat. Supper last night was a fish I caught and vegetables and a salad from our garden. After living in an isolated rural area where we needed to provide most of our food, we moved to an area with many supermarkets. Decided we did not like living how most Americans live, so went back to producing our own food. Because it does not taste "funny". Because we have allergies. Because we want organic and quality. Because we do not want to be dependent on govt for our next meal.

I have heard predictions that vegetable prices will be even higher this coming winter, so it would behoove the wise to preserve them now. Not sure the exact details of crop failures. I don't pay much attention to news when our own garden is exploding and I have work to do. Crop failures would not be surprising--due to weather and flooding or drought--but also due to the chemicals farmers are spraying on fields that ultimately destroy the soil and poison the land so that nothing can live on it.

Think about that... not even an earth worm, a frog or a healthy deer. (Lots of deformed species.) Many food brands advertise they are organic, but use contaminated water and are in regions overloaded with various toxic chemicals even if they do not spray themselves. There were once many parts of the country where we looked forward to getting the first crop of the season--no more, as we know how polluted the areas have become. We often wait for our own.

Posted On 07/30/2017

Almond

Many people "say" they eat well, but they do not actually eat salads and vegetables. When I have surplus produce, I will share. It is lovely and fresh. If I give to people more than once a week, they will say they have not eaten up what I brought the last time. Or make one of those nice "thank you" (but not really faces) that tells you they plan to eat potato chips and not a fresh salad. This is also the reason many Americans are grossly obese, have poor health and are in debt. Providing more gardens (and eliminating certain supermarket aisles altogether) would do more good than all the govt feeding programs combined. My father-in-law used to say that some people will not work until they are cold and hungry.

Most contemporary diseases are conditions of affluence. Too much of the wrong kinds of things. Unfortunately, some people's bad choices also affect the lives of others.

Posted On 07/30/2017

NA

Wow! excellent video. I watched the complete video Also until this moment I read all comments from this interesting foro and all are right without doubt. All of us already know what is the problem and thanks to Dr. Mercola we become more and more aware about who is and how the POWER OF Mr. MONEY has doing to the detriment of humanity. And the worse is the engagement and complicity of the governments of any country in this criminal affair, so nothing is new now for us. They, the gobverments, are making us responsible of our decision, our choice. Buy organic or not organic, having a garden and control your own food. Good solution eh? but not accessible for every body. What is new today thanks to this video ?? that the three companies would be truth are : Bob's Red Mill, Eden Foods and Clif Bar; ttwo days ago I bough, beans haricots rouges from Eden Organic (well, this seems it is correct) and some cans of salmon from the Artic, that means five times more expensive than any ordinary company (the salmon from Whole Food) so not only they are expensive productos but we don't know if truly they are organic products, good news! So, all we are aware the problem of this XXI century , now the solution also is from us according to this video, and from Dr. Howard we have two solutions:1)Seeking out and supporting alternatives and 2) engaging with the political system in putting pressure on the government to avoid these big subsidies and level the playing field, so we must start to find solution Any idea about how we can begin it? Because we cannot continuing to dicuss again and again about what everybody or at least many people know what is the problem.TV(sites about health) all the time inform about what is important taking a good food. I'm living in Canada, known as one the best country of the world! However this is one of the many problems....

Posted On 07/30/2017

bchristine

Interesting article. Just as important as it is to eat the right food i.e. organic, not processed, etc.; it is also good to know which companies to purchase from when you need to buy grocery/staple items. Eden has always carried quality products and they've proven to be trustworthy. Nutiva is another company I trust - they have a great Manifesto on their website.

Posted On 07/30/2017

Krofter

Cant wait to try the moringa pesto recipe. This spring I planted moringa seed that I harvested from trees that I planted about 20 years ago in southern Sonora Mexico. Some of the seeds I planted a few months ago are now small trees taller than me. I cant wait to harvest some fresh moringa and try out this recipe. erdakroft.com/Erdakroftfarm/Blogs/Entries/2016/10/8_Why_this_tree_live..

Posted On 07/30/2017

margotsis

The US govt has no interest in investing in your future. You (and I) are expenditures, not income. That's why they won't throw their full research into ME / CFS. It costs too much. So we get to die because they can't manage our money. Nice ,huh?

Posted On 08/01/2017

nojusticenopeace

Great article. Just want to add that the consolidation in media with only 6 giant corporations owning over 90% of media outlets helps the concentration of power in the food system with their advertising of the some of the worst food corporation's unhealthy products. In America today, the average person consumes approximately 10 hours of information, news and entertainment a day!

Posted On 07/31/2017

Almond

Perhaps yesterday's article about sugar oversimplified obesity. While sugar is definitely a cause of weight gain, overlooked is what animals are fed and how they are raised. They are fed to promote weight gain. Certainly, some of that carries over to the consumer. They are also raised under stressful abnormal conditions which dysregulates hormones--and then, people eat them. It is not just one factor in the food supply chain that contributes to obesity.

Posted On 07/30/2017

NA

Almond, I'm very aware about all that, but the problem is not about lacking of information;the problem for me is that I can have garden , farmer to control animals and control if are fed and how I can raised them I don't have a lot of money to buy ALL ORGANIC PRODUCTS. we must change the world and ask to government , each of us in our country to change the system , back to the end of the XIX or beginning of the XX centuries when all were Natural Foods.. today in this video, Dr. Howard gave the solution. We must stop to insist again and again about the same thing. Everybody almost knows about the food corruption. Avoid obesity is another secondary problem,.

Posted On 07/30/2017

mar6915

This is certainly an article we need to pass along to Everybody.

Posted On 07/30/2017

When so much is being sucked up by the likes of Blackrock, Vanguard and State Street across the board there is actually very little, if any competition. With so much of their activities unreported, unknown because of the Hedge Fund, Computer guided Market and Control System in every corner of our lives and activity's. When one of their subsidies in specific areas such as the food industry section described above actually "owns" the competition, where is the Free Market? How can a better Mousetrap be built? This behavior is not Capitalism, or Free Market It is Cannibalism.

The are only so many Unnecessary People's dinner plates to be filled eventually, and it's gone way to far already, we will end up having the one and only way left. One long tightly controlled pipeline, supply chain, until it gets knocked off course, because it has to happen, one way or another. This cannibalistic Model destroys creativity, evolution of potential many different ways, many better ways adapted to local environments, and needs. It destroys the human potential to adapt, to tap into the fullness of life. It is this madness of One Size Will Fit All that is attacking what has been left of our once diverse, vibrant, evolving, engagement with the Foundations of Life, the Cycles of Life, Life and creation itself.

This madness is the classic Rockefeller/Gates Embrace, Extend and then Exterminate. It is this unholy template allowing a small minority to High Jack our best efforts. So much so a Death March. The push back is on the individual and Local Level. All of it is interconnected and yes, it is huge, but, any action, great or small adds water to the bucket for healthy change.

Posted On 03/10/2024

Guillermou

Very well expressed Just. As Dr. Mercola reported, globalist technocrats intend to monopolize the entire food supply. They already have a monopoly on genetically modified (GM) grains and have made progress in the GM seafood sector. The next targets are lab-grown meats and dairy substitutes. There's even a lab-made alternative to breast milk on the way called Biomilq, which is made from cultured breast tissue. "The dairy industry really lost control," Tupper said. "They never believed anyone would think almond milk was real milk, so they ignored it at the time.

"There are now hundreds of items with milk in the name but no milk in the product, and this has really hurt the entire dairy industry." "Just like you can't milk an almond, you can't get meat from a lab, just an animal, and we're not going to let them use our name to promote their product." It is estimated that 99% of the components that make up whole foods are a complete mystery. The U.S. Department of Agriculture's National Nutrient Database for Standard Reference details 188 nutritional components of foods, including 38 flavonoids, but scientists estimate there are more than 26,000 different biochemical substances in our foods.

Laboratory-created foods are ultra-processed and are therefore considered junk food. Fake meat and dairy cannot replace the complex mix of nutrients found in grass-fed beef and dairy, and it is likely that consuming ultra-processed meat and milk alternatives can cause many of the same health problems caused by a diet of processed foods.

Posted On 03/10/2024

Guillermou

The initial ingredients of fermented synthetic biology products are cheap sugars derived from genetically modified corn and soybeans. All GM crops are grown in environmentally destructive monocultures and use large amounts of herbicides such as glyphosate, pesticides such as neonicotinoids, and synthetic fertilizers. As a result, they are loaded with chemical residues that end up in the final product. We know even less about the components of processed foods and synthetic foods, which falsely claim to be "equivalent" to whole foods, such as "animal-free meats" or "animal-free milk." An article published in the April 2023 issue of Animal Frontiers warns that cultured products are not nutritionally equivalent to the meats they are intended to replace.

www.globalresearch.ca/.../5834859 (2022).--- www.globalresearch.ca/got-milq-fake-milk-replace-dairy-breast-milk/580.. (2023).---- www.globalresearch.ca/italy-becomes-first-nation-ban-bill-gates-fake-m.. (2023).----

Posted On 03/10/2024

Veganarchist

You nailed it, juststeve! I'm glad Cliff bars and Bobs Red Mill gave their employees stock ownership, and I've also used Eden brand foods for quite a few years and glad to hear they refused to be bought out by the monopolists who want to control and own everything on this planet. For the Dr. Mercola's readers who haven't read it, I suggest buy a copy or maybe several to pass out, of F. William Engdahl's brilliant and well-documented book, "Seeds of Destruction" which can be purchased at globalresearch.ca where Mr. Engdahl has numerous articles on the website.

Posted On 03/10/2024

Biffie

Thank you Dr. Mercola for this article and it's resources.

Posted On 03/10/2024

bchristine

This is a great article with excellent resources for choosing legitimate, transparent and quality companies. I've been purchasing EDEN Brand products for a long time, as well as Nature's Path. There are a few smaller companies who are equally as transparent I'd also like to mention: NUTIVA and B-FRESH. They have not 'sold out' like the majority has. I think it's very important to support the good ones!

Posted On 03/10/2024

Smudge2

Even Pure Encapsulations has been bought out, Garden of Life, too. So the good ones are dropping like flies. Both bought by Nestle. Oh joy.

Posted On 03/10/2024

Veganarchist

Wow! I didn't know Garden of Life was bought out too, as I've been buying their products for years!

Posted On 03/10/2024

JLeaZee

I tried to get the Buycott app, but couldn't find it on Google Play. I went to their website. The first thing I saw was a rant against Donald Trump. If companies can't leave politics out of their business, then I boycott THEM. It's that simple. They need to get over themselves. I am very grateful for this article, though, because I've been trying to eat organic food even though I'm low income. It's very helpful to know which companies are trustworthy so I can support them since they support my physical and mental well-being.

Posted On 03/10/2024

Smudge2

Agree!

Posted On 03/10/2024
