

## Guillermou

Life on Earth is increasingly compromised by the toxic load of more than 350,000 industrial chemicals and mixtures of chemicals new to nature used by industry, from agriculture and food, consumer products, pharmaceuticals and a wide range of other sectors. PFAS are a big part of the problem, making up 15,000 compounds. The American chemical industry is a nearly \$800 billion business. Chemical company payments for PFAS are huge, but the problem is growing. Results of the FDA Total Diet Study from 2019 to 2021 FDA said no detectable PFAS could be found in 701 of 718 samples.

The FDA and EPA are trying to cover up a much bigger problem. The chemical industry took a page from the tobacco playbook when it discovered and suppressed its knowledge of the health harms caused by PFAS exposure, according to an analysis of previously secret industry documents by UC San Francisco researchers. The Forever Pollution Project: an investigation into PFAS contamination in Europe revealed the massive contamination of Europe by PFAS. Europe, which has already launched a plan to ban 10,000 PFAS chemicals. The United States is far behind other parts of the world The industry used several strategies that have been shown to be common to the tobacco, pharmaceutical, and other industries to influence science and regulation, particularly suppressing unfavorable research and distorting public discourse.

U.S. industry disposed of at least 60 million pounds of PFAS “permanent chemical” waste over the past five years, and did so through processes that pollute the environment around disposal sites, according to a new analysis of agency data. of Environmental Protection.

Posted On 02/20/2024

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The lack of transparency in industry-driven industrial chemicals research has important legal, political, and public health consequences. The FDA and EPA, the same agencies charged with protecting health and the environment, have largely covered up for chemical companies that have spent decades hiding the horrible truth about the dangers of PFAS while continuing to contaminate our soil, water, and air. and food. The public needs to be awakened to influence US regulatory agencies, particularly the FDA and EPA, about the seriousness of PFAS contamination.

[annalsglobalhealth.org/.../aogh.4013](https://annalsglobalhealth.org/.../aogh.4013) (2023).---

[www.theguardian.com/environment/2023/aug/03/chemical-companies-pfas-pa..](https://www.theguardian.com/environment/2023/aug/03/chemical-companies-pfas-pa..) (2023).---

[www.ucsf.edu/news/2023/05/425451/makers-pfas-forever-chemicals-covered..](https://www.ucsf.edu/news/2023/05/425451/makers-pfas-forever-chemicals-covered..) (2023).---

[peer.org/report-forever-chemical-disposal](https://peer.org/report-forever-chemical-disposal) (2023).---

[www.deskera.com/blog/impact-of-chemical-manufacturing-on-the-environme..](https://www.deskera.com/blog/impact-of-chemical-manufacturing-on-the-environme..) (2023).— [www.lemonde.fr/en/les-](https://www.lemonde.fr/en/les-decodeurs/article/2023/02/23/revealed-the-massiv..)

[decodeurs/article/2023/02/23/revealed-the-massiv..](https://www.lemonde.fr/en/les-decodeurs/article/2023/02/23/revealed-the-massiv..) (2023).---

<https://anh-usa.org/ban-pfas/> (2023).---

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## galanin22

Hey Guillermou, just curious, Mercola sends his daily articles at 3:30 am CST, I am reading it at 4 am CST while you already compiled your research. Do you work for Mercola, and pre-write your comments?

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## juststeve

Gui, Gates and fellow company can promote Carbon Credits and many other projects of similar nature all they want for a smokescreen of Green Responsibility. Even if such worked as promoted does little to nothing about the consistent, constant rising Pollution decade following decade. For all our efforts, the Technocrat Crowd just offers one more pollution delivery system wrapped up in Green Packaging. Just one more Anti-Life Arrow in the quiver. This region has had farmers who used the bio sludge only to lose it all as it was found to contaminate their land as to make it unfarmable. Lock up forest as unusable through Carbon Credits, lock out farms as unusable through Bio sludge pollution.

Improper use of money is the Currency of Power and Control. As Vandana Shiva expresses, Money is not the Currency of Life. Healthy Living Soil Produces the Real Wealth for all, through all the cycles of life, bottom up to the top, then from the top down to the bottom. Then all the layers of Real Wealth are available for all. The world has enough for all, it cannot provide enough for a Greedy Few who by all their actions hate the Natural World and think they can do better, and even then, only for themselves.

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## Guillermou

Hi galanin. I don't work for Dr. Mercola. I live in Spain and I receive Dr. Mercola's reports to my email at 6 in the morning. I have published more than 59,000 comments since 2015

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## juststeve

This canard again? Professor has an academic background and now has turned his efforts and interest into Alternative, Natural Healing. His background affords him an ability to access many sources of factual information, and to organize to then pass them onto the forum and to fellow posters. Through the many years he has reached out beyond the forum but directly to individuals with information they may find helpful. On a personal note, he has done the same for myself and I deeply appreciate his efforts.

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## Guillermou

Just, an accurate dissemination about pollution based on the greed of the industry in coexistence with the institutions. With increasing water consumption, water quality is facing serious challenges. Industrialization, agricultural production and urban life have resulted in environmental degradation and pollution, negatively affecting the rivers and oceans necessary for life and, ultimately, affecting human health and sustainable social development. Globally, it is estimated that 80% of industrial and municipal wastewater is discharged into the environment without any prior treatment, with adverse effects on human health and ecosystems.

This proportion is higher in less developed countries, where sanitation and wastewater treatment facilities are severely lacking. According to UNESCO's World Water Development Report 2021, around 829,000 people die each year from diarrhea caused by unsafe drinking water, sanitation and hand hygiene, including almost 300,000 children under five, representing 5.3 percent of all deaths in this age group. The impact of drinking water contaminants on cancer is complex. Epidemiological studies have shown that drinking water contaminants such as chlorinated byproducts, microplastics, nitrates, arsenic and radionuclides and many other contaminants are associated with cancer in humans.

We are facing a monopoly of commercial interests. According to Ellen Brown, president of the American Public Banking Institute, asset management companies, like BlackRock, literally own much of the United States and the world. She states: "BlackRock has a majority stake in all the major corporations in the S&P 500 and claims not to "own" the funds. He simply acts as a kind of "custodian" for his investors, or so he claims. But BlackRock and the other big three ETFs (exchange-traded funds) vote on corporations' stocks; So, from a management point of view, they are the owners

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Pollution must be fought on all production fronts, water quality standards established and monitored, and sources of pollution from production, consumption and transportation prevented and controlled. We also know that increasing levels of air pollution are associated with an increased risk of antibiotic resistance.----- [www.frontiersin.org/.../full](http://www.frontiersin.org/.../full) (2022).--- [www.thelancet.com/.../PIIS2542-5196\(23\)00135-3/fulltext](http://www.thelancet.com/.../PIIS2542-5196(23)00135-3/fulltext) (2023).--- [onlinelibrary.wiley.com/.../masy.202100367](http://onlinelibrary.wiley.com/.../masy.202100367) (2023).-- [theconversation.com/these-three-firms-own-corporate-america-77072#:~:t..](http://theconversation.com/these-three-firms-own-corporate-america-77072#:~:t..) .

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## juststeve

Gui, to add to the mix, more Power and Control to do more of the same, just this morning announced a major merger with Capital One and Discover. Banking getting consolidated down and into one lane and this lane forces more of We, the People to dance to their tune - for as long as we are able.

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The PFAS story is a very sad one!!! To add insult to injury: in the words of Bruce Ames PhD dietary pesticides are "99.9% all-natural" [www.ncbi.nlm.nih.gov/.../PMC54831](http://www.ncbi.nlm.nih.gov/.../PMC54831) Just as roses are protected by thorns, beneficial plant compounds are bound by toxins and antinutrients. Kale & other brassicas have Goitrin, which as the name implies, can cause low thyroid function (thus depressing the strength and number of herbivores, in order to keep the plant species viable). Brassicas also contain oxalates, though spinach, chard/beets and some other plants are Far worse in that arena:

[www.cfs.gov.hk/english/multimedia/multimedia\\_pub/multimedia\\_pub\\_fsf\\_17..](http://www.cfs.gov.hk/english/multimedia/multimedia_pub/multimedia_pub_fsf_17..) Search the scientific literature (not the pop literature) for the terms Phytates, Lathyrrogens, Cyanogenic glycosides (it is as it sounds), Lectins, Hemagglutinins, Phytoestrogens, Coumarins, Alkaloids, Tannins, Oxalates (raphides, styloids, druses), Amylase inhibitors, Saponins, Goitrogens, Fagopyrins etc and you will see why so many people are reporting pain relief, IBS relief and remission of autoimmunity when they lean toward a more animal-based diet.

Not only are animal foods very nutrient-dense; with the exception of some seafood, they are also free of most toxins and heavy metals.

Native cultures soak, ferment and cook their vegetables to detoxify them but we are told to "eat the rainbow" raw, ad libitum, as much as we can. Giant salads and green smoothies (obviously both raw) are a very new experiment in the human diet. As with everything else these days, these are coming under scrutiny too.

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Leafy greens actually turn purple; Although they are not obvious to the human eye, they can be seen through advanced hyperspectral imaging (unlike the purple varieties of some vegetables). Purdue researchers discovered this color change in kale and basil stressed by cadmium, a heavy metal toxic to human and animal health. The new detection method advances work to create a soil amendment that binds to metal and keeps it away from plants, improving food safety in produce, baby food and prepared meals.

"It's very difficult to see heavy metal stress in plants," said Lori Hoagland, professor of Horticulture and Landscape Architecture at Purdue University, who led the research. "We need new tools for this. If we can see it quickly and measure it accurately as plants grow, we will be better able to develop soil amendments that sequester harmful metals, as well as identify contamination before it reaches our plates. [phys.org/news/2022-01-heavy-metal-contaminated-leafy-greens-purple.htm](https://phys.org/news/2022-01-heavy-metal-contaminated-leafy-greens-purple.htm).. (2022)

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In this study, soil contamination by Cd and Pb was evaluated in kale (*Brassica oleracea* var. *acephala*) production sites in a mountain agroecosystem, as well as its potential risk to human health. The study was carried out in 24 kale production sites located in the mountainous region of Rio de Janeiro (Brazil). Soil, plant and fertilizer samples were collected at all properties evaluated. The pseudototal and bioavailable content of Cd and Pb in the soil and its concentration and accumulated amount in the plants were analyzed. The recorded results were used to calculate the contamination index. The human health risks associated with kale consumption were evaluated by comparing the limits established by the Brazilian regulatory agency and calculating the estimated daily intake (EDI), the non-carcinogenic objective hazard quotient (THQ), and the carcinogenic risk factor.

(CRF). Enrichment of Cd and Pb was observed in the soil. The inadequate management adopted in the evaluated sites and the slope of the land and the intensive use of mineral (phosphate and potassium) and organic fertilizers (bird droppings) were the main factors that contributed to the increase in the pseudototal contents and bioavailability of Cd and Soil Pb. Most of the Cd and Pb contents in the leaves exceed the maximum values established by the Brazilian regulatory body.

[pubmed.ncbi.nlm.nih.gov/35426028](https://pubmed.ncbi.nlm.nih.gov/35426028) (2022)

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Consider the contamination of land and water by acid rain, which includes any form of precipitation that presents high concentrations of sulfuric and nitric acid. The biggest culprit of this phenomenon is the burning of fossil fuels from coal-fired power plants, factories, and car exhaust pipes. Winds spread these acidic solutions in the atmosphere for hundreds of kilometers. When acid rain reaches the Earth, it flows across the surface mixed with wastewater and enters aquifers and crop soils. The oceans are becoming more acidic, and scientists believe the change is happening faster than at any other time in geological history.

It's bad news for most ocean-dwelling creatures, many of which are sensitive to the subtle changes in acidity of their aquatic habitat. Acid rain raises the acid level in aquifers, which enables the absorption of aluminum, which is transferred, in turn, from farmland to lakes and rivers. Acid rain also contaminates jungles and forests, especially those located at higher altitudes. This harmful precipitation robs essential nutrients from the soil while releasing aluminum, making it difficult for trees to absorb water. Acids also damage conifer needles and tree leaves.

Plants suffer abrasion of their green parts, mainly the leaves; With these damaged organs, the plant is weakened, its development is delayed, it is easily attacked by different types of parasites, and it is more sensitive to periods of drought, all situations that it would have resisted under normal conditions. This can cause the death of large masses of vegetation, such as forests, and the significant deterioration of agricultural production. [www.iberdrola.com/.../acid-rain](http://www.iberdrola.com/.../acid-rain) .-----  
[www.des.nh.gov/sites/g/files/ehbemt341/files/documents/2020-01/bb-8.pd..](http://www.des.nh.gov/sites/g/files/ehbemt341/files/documents/2020-01/bb-8.pd..) .---  
[www.nationalgeographic.com/.../acid-rain](http://www.nationalgeographic.com/.../acid-rain) .---

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## Guillermou

At least 45% of the nation's tap water is estimated to contain one or more types of chemicals known as perfluorinated and polyfluorinated alkyl substances, or PFAS, according to a new study from the U.S. Geological Survey. There are more than 12,000 types of PFAS, and not all can be detected with current tests; The USGS study tested the presence of 32 types The study analyzed 32 individual PFAS compounds using a method developed by the USGS National Water Quality Laboratory. The most frequently detected compounds in this study were PFBS, PFHxS and PFOA. The EPA's 2022 interim health advisories for PFOS and PFOA were exceeded in all samples in which they were detected in this study.

Scientists collected tap water samples from 716 locations representing a variety of low, medium and high human impact areas. The low category includes protected lands; medium includes residential and rural areas with no known sources of PFAS; and high includes urban areas and locations with reported sources of PFAS, such as industries or waste sites. A USGS map of the US with dots representing tap water sampling sites across the country, varying in size and shade from blue to Sources/Use: Public domain.

View media details This USGS map shows the amount of PFAS detected in tap water samples from select sites across the country. The findings are based on a USGS study of samples taken between 2016 and 2021 from public and private supplies at 716 locations. The map does not represent the only places in the US with PFAS. Most exposure was observed near urban areas and potential sources of PFAS. This included the Great Plains, Great Lakes, East Coast, and Central and Southern California regions. [www.usgs.gov/news/national-news-release/tap-water-study-detects-pfas-f..](http://www.usgs.gov/news/national-news-release/tap-water-study-detects-pfas-f..) (2023)

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## epi-cure

In more recent years the motto "In God We Trust" is less well received in the Western World than before. While anyone who knows me can tell you I don't meet the standard for politically correct, I do at times accommodate the setting. On this forum my surrogate for that supra human recognition is: In Guillermo We Trust. A few days ago it was Tucker who interviewed Mike Benz. Now it's Jan Jekielec's turn: [www.theepochtimes.com/epochtv/mike-benz-part-1-the-wests-burgeoning-ce..](http://www.theepochtimes.com/epochtv/mike-benz-part-1-the-wests-burgeoning-ce..)

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## Guillermou

EPI, these organizations can also help in true censorship for defending nature and its diversity..-----

-----TOP 10: SUSTAINABILITY ASSOCIATIONS AND ORGANISATIONS.----- [sustainabilitymag.com/top10/top-10-sustainability-associations-and-org..](https://sustainabilitymag.com/top10/top-10-sustainability-associations-and-org..)  
(2023)

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## epi-cure

Guillermo I know you as a rather serious entity so I don't think you're pranking me. I must be misinterpreting your comment, " EPI, these organizations can also help in true censorship for defending nature and its diversity", because that list of 10 you submitted is entirely absurd. Right off the top, I instantly recognize at least 5 of them to be either original or captured globalist agencies.

Posted On 02/20/2024

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## carmoor

'Death by a thousand perfluorinated cuts'. Much harder to identify than death by the older government measure of a "hangman's noose". But authorities keep their perfluorinated activities going. The favored Russian , door handle poison Novichok and most of the US, UK and Nth Korean nerve gases have utilized the cell enzyme damaging action of this powerful halogen fluoride. Those dosed and affected don't seem to ever fully recover from the exposure. While designed as a weapon of war, so much exposure has now been dental , medical or waste industrial. How much has this been 'accidental' or by design?

Posted On 02/20/2024

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## Malanka

Every day there is something else you should not eat or do. I have been buying organic frozen kale to put in our morning smoothies--guess I will stop that but what has happened to our system as I have been doing this for years? My cook ware is stainless steel--over 60 years old (I'm 84). I can't keep up with all this, I live in Northern Canada, I can't grow veggies all year long--I shop at the farmer's market but it is getting I don't know what to eat or feed my disabled son and ill husband every day some food or supplement is bad for you, Everything is so negative these days--hard to keep a positive outlook. Turns out doing my best isn't good enough because who do you believe when everything changes daily.

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## destatongmail.com

Health comes from the LORD though unless he comes for us no one is getting out of here alive...We are in a closed system so everything is polluted though it's worth the effort to eat what we think is the best cleanest food for our families. I tried very hard to like kale making it different ways and we could not acquire a taste for it - maybe the LORD's protection. Take every thought captive - it gets easier to do that when you realize every thought needs to be wrestled with. I myself have decided it's better to fast than eat something I know isn't good for me. Never eat out - but I enjoy cooking so no skin off my teeth there. Those of us who care feel your pain - health comes in so many other ways than food so take heart!

Posted On 02/20/2024

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## ninsuna

Same here; I am deflated every day by the bombardment of distressing information. It's impossible to keep up. I'm 72, live in Central Florida, and do my best with limited time and resources. But then our best not being good enough is a human condition. I look to God to cover things when I've done all I can. (Imagine how ticked off HE is over what has been done to His creation and all of His marvelous gifts.)

Posted On 02/21/2024

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## rrealrose

For FREE, view Mike's 2018 documentary Biosludged, here's a link: [brighteonfilms.com/Biosludged](https://brighteonfilms.com/Biosludged)

However, If you've already eaten this morning, you may want to wait 'til later in the day, if you have not watched before. Somehow, we have an unelected, Federally-funded Environmental Protection Agency that is showing signs of deep corruption, allowing farmland destruction to go on indefinitely, while clearly adopting portions of the UN Agenda 2030, attempting to ban gas stoves and gas-powered vehicles, supporting Chinese windmills with zero return on investment that kill eagles and other birds, and solar panels in Minnesota (laughingly off-target) . Suppose its up to each state to pass and enforce actual changes in food pollution, vs looking for anyone in the Federal govt to resolve it.

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## Krofter

"You never change things by fighting he existing reality. To change something, build a new model that makes the existing model obsolete." Buckminster Fuller That's a good documentary. Another source of PFAS not mentioned in the article is the misting system that most grocery stores use on produce. That system is made of plastic loaded with PFAS. Few people know that they are spraying acidic antibiotics through that system. Even on organic produce. The acidic fluid releases PFAS from the piping. [secularheretic.substack.com/p/is-your-organic-produce-being-sprayed](https://secularheretic.substack.com/p/is-your-organic-produce-being-sprayed)

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## Guillermou

Many companies claim that their products have no added PFAS. The brands listed below come primarily from the registries of Green Science Policy Institute, ChemSec, and Cradle to Cradle Certified. Additional markings included. The EWG reviewed companies' claims and public statements about PFAS. In the right column, we have cited and linked to each company's public statement on PFAS. Such statements are derived directly from company documents or websites. In addition to our list, thousands of PFAS-free cleaning products are certified by the EPA's Safer Choice program. PFAS cannot be intentionally added to Safer Choice certified products. The information listed below is current as of January 2024. [www.ewg.org/withoutintentionallyaddedpfaspfc](http://www.ewg.org/withoutintentionallyaddedpfaspfc) (2024)

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## Guillermou

In Europe, health and environmental impacts prompt calls for strict regulation of ubiquitous "permanent chemicals" The chemical stability of PFAS, a result of the strength of the carbon and fluorine bonds in the compounds, means that they barely degrade under natural conditions and, even when partial degradation occurs, the residues persist for such long periods of time, from decades to centuries. or even longer, which have been called "forever chemicals." They are also very mobile in water and can accumulate in soil. The European Chemicals Agency considers them substances of very high concern and proposed a restriction on around 10,000 of these substances in February 2023.

In addition, the European Food Safety Authority (EFSA) ruled on PFAS in 2020, establishing a tolerable weekly dose of 4.4 nanograms. per kilogram of body weight of four especially prominent substances. The effects of PFAS can be multiplied by human exposure to other harmful substances, researchers say. To conclude the review, the researchers published a 13-point list of reasons for a complete phase-out of PFAS and the development of fluoride-free alternatives. They outlined both the immediate risks and potential legacies of continued use of the substances, as well as a number of knowledge gaps about the potential risks which, they suggest, mean that anything other than the suggested disposal is inappropriate.

The authors point out the need for effective remediation of PFAS-contaminated sites and purification of affected soils and waters. However, they point out the inadequacy of current measures and the urgent need for more research, while suggesting that legal avenues must be created to ensure that PFAS producers and polluters, and not the general public, pay for such efforts. .

[environment.ec.europa.eu/news/health-and-environmental-impacts-prompt-..](https://environment.ec.europa.eu/news/health-and-environmental-impacts-prompt-..) (2023)

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## epi-cure

Krofter, I had no success today signing on to you Substack link. I read the article, then left a note and attempted to sign in but it wouldn't acknowledge my entry. I couldn't help but notice there's a Zach Bush youtube video too. When he had my attention a few years ago viruses were an ongoing art of his presentations. You and I are both of the mind that those V-things are suspect. Is the missionary outdated or should we cherry-pick the goodness from his sermons?

Posted On 02/20/2024

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## **rrealrose**

Hi Krofter, I noticed a while ago local stores no longer spray produce using a timer. Instead using rolling bins so they quickly rearrange throughout the produce area. Walls are vertically stacked, no sprayer in sight. Maybe due to fast turnover? Only near the greens have seen a manual hose with spray attachment, used as needed.

Posted On 02/20/2024

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## **cha9472**

I have the ability to read the 3 new articles from this website starting at 1am EST (midnight CST) everyday. The emails received are reminders & brief summaries of what has been published. Thank you again Guillermou for your contribution much appreciated!

Posted On 02/20/2024

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## **montrealep**

Given how we are all ingesting some PFOAs, despite our attempts to avoid them, what is the best way to get rid of them in the body? Can anyone comment on whether supplements like NAC or Modified Citrus Pectin (which helps get rid of glyphosate) also helps for this? Looks like we need to actively work on helping our body get rid of them too.

Posted On 02/20/2024

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## Guillermou

Environmental sources of PFOA include industrial effluents that reach soil, air, and water, and the release of PFOA into the atmosphere contaminates water sources, such as surface and groundwater. PFOA has been identified in wildlife, water, and people around the world. Human exposure to PFOA occurs through ingestion and inhalation of contaminated food/water and air, respectively. The liver is crucial for the metabolism of chemicals, and exposure of the liver to PFOA can cause macroscopic and microscopic changes in hepatocytes.

One report indicates that hepatocellular adenoma and reduced glutathione stores arise due to PFOA exposure. Additionally, PFOA causes a variety of toxicities, including neurotoxicity, hepatotoxicity, and mutations, developmental injury, by inducing apoptosis, generation of reactive oxygen species (ROS), and inflammatory reactions. Epidemiological findings have described correlations between PFOA exposure and chronic kidney diseases and hyperuricemia, thyroid and cardiovascular diseases.-----

----- 1)Perfluorooctanoic acid (PFOA) effect on rats' hepatorenal function was investigated.

2)PFOA-mediated tissue injury was abated by N-acetylcysteine (NAC) co-treatment.----- 3)NAC

abrogated the hepatorenal oxidative injury induced by PFOA co-exposure.----- 4)NAC

suppressed induction of inflammation incumbent on PFOA dosing in rats.----- 5)PFOA-induced damage significantly reduces in the NAC co-treated groups.-----

[www.sciencedirect.com/science/article/abs/pii/S1382668921000855](http://www.sciencedirect.com/science/article/abs/pii/S1382668921000855) (2021)

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**jamNjim**

You may recall when non-stick skillets first came out. They were HORRIBLE! If you cooked all your own meals in one of these skillets you were lucky to get 3 good months out of one. After 6 months they were ready for the trash can! You can only imagine how many PFAS were ingested because of these early versions of non-stick skillets being used. You didn't dare put one in a dishwasher. You had to be extremely careful with them or you would "scratch the skillet!" This led to the PLASTIC cooking utensils that wouldn't "scratch the skillet!" (more PFAS). The only good thing that came from this was the comeback of wood cooking utensils. The good news is that there are alternatives out there to the PFAS coated cooking surfaces.

I'm skeptical of them because they have to be using something as bad, if not worse, than Teflon in their formulation. One way you can tell if they are lying about their cooking surfaces being PFAS/Teflon-free is a WARNING LABEL that says don't exceed 450 degrees (give or take 50 degrees). This means it HAS Teflon in it! At that temp the Teflon vaporizes and becomes an airborne toxin. Pet canaries have died from these fumes! That's how toxic these chemicals are. On a brighter note, there are states that are in the process of banning PFAS. Minnesota just passed a law banning PFAS by 2025: [www.msn.com/en-us/news/us/were-addicted-to-pfas-can-we-adapt-to-live-w](http://www.msn.com/en-us/news/us/were-addicted-to-pfas-can-we-adapt-to-live-w). It states that 3M, the maker of these PFAS, will lose more than \$1 Billion/year in revenue as the result of this law.

Posted On 02/20/2024

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**juststeve**

Ceramic properly seasoned, carefully used every bit as good as if not better than the nonstick fare. Properly seasoned, stuff slides around just fine.

Posted On 02/20/2024

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## **purplesparrow**

What about the "non-stick" interiors advertised for ovens? I recently had to replace my tabletop oven and could not find one without the non-stick interior. Are these the same as non-stick pans, and equally dangerous? Is there any way we can protect ourselves or avoid it?

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## **grulla**

I cook a lot with cast iron and stainless steel with minimal sticking. The problem I see with others is that they turn up too much heat. I prime my pans usually with CCO and keep the gas flame as low as possible.

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The European Chemicals Agency considers them substances of very high concern and proposed a restriction on around 10,000 of these substances in February 2023. In addition, the European Food Safety Authority (EFSA) ruled on PFAS in 2020, establishing a tolerable weekly dose of 4.4 nanograms. per kilogram of body weight of four especially prominent substances. The effects of PFAS can be multiplied by human exposure to other harmful substances, researchers say. To conclude the review, the researchers published a 13-point list of reasons for a complete phase-out of PFAS and the development of fluoride-free alternatives. They outlined both the immediate risks and potential legacies of continued use of the substances, as well as a number of knowledge gaps about the potential risks which, they suggest, mean that anything other than the suggested disposal is inappropriate.

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[environment.ec.europa.eu/news/health-and-environmental-impacts-prompt-..](https://environment.ec.europa.eu/news/health-and-environmental-impacts-prompt-..)

Posted On 02/20/2024

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## P.S.price

In regards to PSAS being found in kale, water, soil, etc. Could this possibly be from the GeoEngineering of our skies? Many chemicals are coming down from the chemtrails upon mankind and our earth.

Posted On 02/20/2024

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## rrealrose

Unlikely, read up on the variety of nanoparticles being sprayed. Dane Wiggington's Geo-Engineering Watch website is a good place to start.

Posted On 02/20/2024

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## david48

To: "luise1" and "lesleybethune", Thank you for recent answers to questions that I asked on this board. About vitamin E supplements (article of approx. 4 days ago), and PFAS-free dental floss. I tried to use the usual method of sending a private message to each of you, but a technical glitch ("website not found") is temporarily making that impossible, it seems. So I'm sending this somewhat public "Thank You" to both of you. (didn't want you to think I was ungrateful.) This is a great website, and service, which helps keep us all very well informed. Which does take some work sometimes, but is well worth it. Avoiding toxins, and finding good quality supplements: both are super important. This website helps a lot with many aspects of maintaining, protecting, and/or improving one's health. I appreciate the efforts of Dr. M, and all the helpful commenters here.

Posted On 02/20/2024

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## cstbrenda

Some years ago I received a wonderful stainless steel food dehydrator as a gift from my family. I became addicted to making organic kale chips. I had a heavy metal test a few months after starting this and my thallium levels were off the charts! Turns out being such a healthy vegetable, kale can pull up not only all the minerals but all the thallium from the soil in Northern California, which is full of thallium from fracking water!

Posted On 02/20/2024

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## grulla

Be careful, kale is also high in oxalates. [blog.swedish.org/swedish-blog/kale-causes-kidney-stones-seriously](http://blog.swedish.org/swedish-blog/kale-causes-kidney-stones-seriously)

Posted On 02/20/2024

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## Almond

Just one more indication that our food supply is not safe. How many recalls have we had lately--dairy, lettuce... Most of us see how low the quality of supermarket meat has fallen and we no longer know where or how it was raised unless we butcher our own or visit a country butcher. Fields are contaminated with RoundUp, aflatoxin and more. That is why we are seeing 6-legged frogs! Biowastes. Who knows what ended up on fields in East Palestine and downstream. Much of the Midwest grows crops easily because of high water tables, but these are also likely to retain more concentrated run-off chemicals near the soil surface.

We are told that the soil was hauled away and decontaminated to make it safe to be sold as garden soil. Even if it were cost-effective to truck it so far (to TX?) and decontaminate, it would be very "dead" soil. It seems the greatest source of misinformation has often been govt. The jab, thalidomide, smoking, avoiding the sun, etc. ... It is more important, now than ever, to be in control of your food production and the food you eat. People are just going to have to "work something out" and "make it happen" if they want to remain healthy. Supermarket-dependency is a trap.

Posted On 02/20/2024

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## emj69036

I grow kale in my organic garden as well as in pots...but I still haven't managed to get filters on my irrigators . So the water the plants are given likely is a source of PFAs for my kale. I've also heard kale is a bioaccumulator of whatever is in the soil it's growing in. I've been growing organically in my garden for nearly 20 years, so I'm hoping water is my biggest concern .

Posted On 02/20/2024

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## Almond

emj... That is a very real concern. Why should we have to go to the trouble to remove toxins that are added to soil, water and the food chain without our permission? it should be the other way around, with nothing added without our permission.

Posted On 02/21/2024

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## HilltopJPJ

The sad thing about the ubiquitous nature of these chemicals boils down in large part to consumer laziness. If they didn't buy the products the manufacturers would stop selling them. Cosmetics are virtually nonexistent in our household, personal care products soap, shampoo are carefully chosen, and cookware cast iron or stainless. I personally don't even use shampoo, Dr. Bronzers for body and hair, hair is very infrequent. Unless I've gotten very dirty laying on the ground, dusty work I don't wash my hair only rinse and scrub with water. Cast iron cookware properly seasoned and maintained IS non-stick!

Our cookware is almost 40 years old and I can cook high or low heat and they clean up with ease. We actually bought a new cast skillet and small stainless sauce pan and implements two years ago while staying at an air B&B, all there was for cookware was hacked and scratched non stick pans and plastic spatulas. Stop buying these things, wear natural fabrics wool, cotton (I know a lot of cotton is grown quite toxicly) and linen. We can press for regulations to stop the use of these chemicals, but nothing speaks louder than a drop in sales revenue.

Posted On 02/20/2024

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## ecr3977

The Amish must have it right. The more we try to make life easier and more convenient, the more pollution we create. If you take a look at any manufacturing process, it creates some type of pollution. It's really our own fault. We are polluted by our desire for an easier more convenient life.

Posted On 02/20/2024

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## versatile

Many PFAs are patent medicines. Drugs. Paten medicines for us, for our animals, and for our crops. Health comes from nature, but profit comes from patents. It's profitable to create and market a patent medicine to solve a problem. There's no profit in using nature, and no profit in advising how to use nature for health. There's lots in designing patent medicines that can be marketed with monopoly power.

Posted On 02/21/2024

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## natloz

First, do not fry. Use only stainless steel skillets for light frying, like making an omelet. Use clean water. We use San Benedetto Arctic Water, bottled. It is clean. From Italy. Plastic nano-particles from the bottle are detoxed with bentonite clay, for example. Spirulina and Chlorella do that as well. And many other nutritional supplements. And there are water filters today that filter the nano-particles. Almost all are on Amazon. To avoid plastic, I scrub the surface of the food product that touches the plastic. That's when you don't want to look for alternatives. The best is to avoid all products that come in contact with plastic.

There are plenty of alternatives. Manufacturers will start noticing after a while and will have to come up with something better. They do already. I don't buy any liquid food in a plastic bottle. Only Glass. Same when I buy supplements on iHerb. Most people seems to ignore that, probably around 75% of those who leave comments. It's easy to see. Example, Flaxseed Oil. Most are in Plastic bottles, believe it or not, and these 75% of buyers don't care ! But manufacturers who care, use Glass bottles. And these I buy. Only glass.

Posted On 02/21/2024

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## Ronald\_H

Almost all of my wet food storage is in glass -- mostly canning jars. My preparedness drinking water is ultra purified and stored in glass canning jars with no chemicals to leach from the container. I store only for the interim before I set up my equipment to get and purify water.

Posted On 02/21/2024

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## Ronald\_H

Cilantro is a double edged sword. IF pure and grown in soils deplete of heavy metals, its affinity to capture heavy metals can rid the body of heavy metals. I ate lots of it for this purpose and don't know if I should regret it. Laboratory tests are prohibitively expensive. If cilantro was grown in soils high in heavy metals or doused with tin based insecticides, then all of those toxins can be collected while growing only to release that pollution into the body which is opposite my intention. Upon The Great Collapse, I should leave for pristine land and grow my own food, but that is impractical now. I'm presently working with so many unknowns with attempts to give my body supplements that maximize my body's ability to detoxify.

Posted On 02/21/2024

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## Jantango

For about the last four years I have bought organic kale here in the City of Buenos Aires, Argentina, from two organic sources, both of whom certify the kale is organic. I still wash it in filtered water with a tablespoon of baking soda before eating to remove any little creatures before consumption. My daily lunch salad is at least three cups of kale with other organic vegetables, tofu, seeds, coconut oil, organic apple cider vinegar. It's my daily feast for lunch.

Posted On 02/20/2024

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## AHH

Kirilian photography will tell you if a plant is healthy or not.

Posted On 02/20/2024

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## mrrobb

yuck I don't eat Pig Food.....pigs and cows et this kinda garbage food.....my geese ;love cabbage...clean out a deer or cow and every bird and most meat eaters are your 'best buddy'

Posted On 02/21/2024

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## mrrobb

almost every plant and seed are coated with Phytic Acid....and Phytic Acid make seeds and nuts and lettuce and most veggies taste bitter ...why coffee is bitter....and like everthing else too much is not healthy... My geese and chickens eat birdfood (seeds) soaked in water for a day or two. >>  
[twitter.com/.../448520172270518272](https://twitter.com/.../448520172270518272) <<

Posted On 02/22/2024

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## Ronald\_H

I tested high in a blood test for the element Tin. My previous and last doctor (no confidence) said everyone tests high for Tin in Utah, yet was not dismissing it. I stocked up on chelation chemicals years before and successfully rid my body of lead and mercury and though those two stayed low, tin shot up high. A lot of insecticides are based upon tin, so eating lots of fruit and vegetables are my suspected sources. That was years ago and I've been addressing it with chelation chemicals, yet haven't tested in favor of spending on good foods and supplements. Knowing it had worked for heavy metals meant it likely lowered tin and continues to be a wise choice to address the unknown since the alternative would be impractical to get pure foods with expensive laboratory verification. With that preface, now I want to know what foods, supplements and other(?) would be a good choice to mitigate forever chemicals? Activated charcoal? High-cation clay? Ideas?

Posted On 02/20/2024

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## **susankulis**

Biochar might be a solution to get rid of many toxins including PFAS: [biochar-international.org/wp-content/uploads/2024/02/pfas-insight-brie..](https://biochar-international.org/wp-content/uploads/2024/02/pfas-insight-brie..)

Posted On 02/20/2024

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## **natloz**

but they don't make anything for consumers. Just for soil.

Posted On 02/21/2024

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## **sschank**

I don't eat kale unless I grow it myself. Also, I have been growing microgreens all year round. I grow them inside our house and use soil. (germination soil that I add to compost when finished).

Posted On 02/20/2024

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## **bpm4539**

Not sure why only Kale was tested for this study, but it is easy to guess most other vegies will not fair much better if they are tested like this. What now? What to eat? I think home grown sprouts could be the only safe ones left.

Posted On 02/20/2024

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## Ringer2

Seeds for sprouting are also a crop, like any other, grown with whatever the farmer chooses to apply as fertilizer. How much does anyone know about how their farmer grows? Do you? Have you asked? If not, why? Other questions to ask are who are the farmer's neighbors and how do THEY grow? How do the farmer and the neighbors control pests and diseases? Drift happens, everywhere. It's a matter of intensity of contamination. Organic or biodynamic isn't only absence or reduction of the bad things. It's also how the good things are there. Do you know or care to know?

Posted On 02/20/2024

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## jadaka

Speaking of clean stovetop and oven cooking vessels, does anyone recommend glass over uncoated stainless or something different altogether? Need to replace our very old stainless with something that doesn't feed us heavy metals. Thanks in advance!

Posted On 02/20/2024

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## frecey

Hi Jadaka, Soildteknics a company from Australia has a variety of stainless steel cooking pots, no nickel. it is expensive but worth it. Check leadsafemama.com, Tamara Rubin has been and advocate for lead free kitchen items. Some items are labeled; no PFOAs, no cadmium, etc. but they contain other heavy metals even lead!!! Never, never buy colorful dishes, bowls, cups, spatulas, etc. all of them are contaminated!

Posted On 02/20/2024

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## AHH

Been using cast iron pans all my life - never had any blood test come back with too much iron. Also use glass pots - I consider the older Pyrex cookware to be the best glass cookware ever made in the U.S. Don't buy their glass pans - the ones with a waffle-weave on the bottom, or the ones with teflon on the bottom - bad design idea. The formula for Pyrex glass has changed over the years. Older stuff is far more durable than newer - can still be found at thrift stores, yard sales, etc.

Posted On 02/20/2024

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## Ringer2

[xtrema.com/.../our-story](https://xtrema.com/.../our-story) is my favorite cookware because it's better than stainless steel which nearly always has nickel, a toxic metal. If the body is deficient in zinc, it may unfortunately accept nickel. Xtrema cookware is 100% non-toxic ceramic. I use it daily. Dr. Mercola's site got me started with it, but now I buy directly. I presently have sauce pots, bakeware, teapots, and trivets. Excellent service and shipping is my experience. I've posted reviews at their site.

Posted On 02/20/2024

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## sschank

I like to use [www.Mamavation.com](http://www.Mamavation.com) recommended by Dr. Mercola.

Posted On 02/20/2024

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**wns115**

Luckily I grow my own kale and when I do I buy kale, I buy it from a local farmer and there aren't any local industries dumping where I live (thankfully). There are farmers markets across the country and around the world - if you go to your local farmers market, you will discover that you will spend a fraction of what big box stores charge for organic produce, it lasts 2-3 times longer in frig and you are guaranteed good produce free of toxins.

Posted On 02/20/2024

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**jsmccord7**

I hate the taste of store bought kale and hardly ever purchase it. I have tried some homegrown kale and it was very good.

Posted On 02/20/2024

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**Kdalton1**

Another food fad, it was initially grown for cattle fodder and there it should belong.

Posted On 02/20/2024

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