

JohnAPPLETON

Pet groomers and veterinary workers have become poisoned after skin contact with flea dips containing phosmet (organophosphate). If you read the labels on these products you will also find warnings about not getting it on your skin, so what does it do to the poor animal? Even the type that is used behind their heads where even cats can't groom themselves are extremely toxic and harmful to the animal. Of course, there is that other nasty chemical called Glyphosate (Roundup or Zero in OZ), it penetrates so far into the crop that no amount of washing and scrubbing will rid the product of it and so we are poisoned too. Care should be taken to ensure that you do, in fact use, BAKING SODA and not BAKING POWDER! Baking soda is bicarbonate of potash or sodium bicarbonate and baking powder is mostly white flour with just a little baking soda in it.

Posted On 11/10/2017

MalamuteGrl

"If you read the labels on these products you will also find warnings about not getting it on your skin, so what does it do to the poor animal?" My thoughts exactly! It's awful to think of the chemical load our pets are carrying, and the things we subject them to needlessly, when there are more effective natural alternatives available. Most flea and tick meds are neurotoxins designed to spread through the blood and skin where they cause a host of health issues including liver and kidney damage, seizures, and other neurological issues. TY Dr. Mercola for sharing this info! I've been wondering what the best method was for cleaning my produce. I also had no idea apples were being soaked in bleach solution and am wondering if this is also true for organic apples? Just horrible...

Posted On 11/11/2017

Lynn_health

What, our US government FDA allows this phosmet (organophosphate) treatment for our pets and also allow Glyphosate (Roundup or Zero in OZ) to our crops and foods? Unbelievable, it is truly criminal and heartless !

Posted On 11/11/2017

rudolfxp68

JohnAPPLETON, potash - K, (Kalium) is not sodium - N, (Natrium), JFYI.

Posted On 10/12/2018

Guillermou

Dr. Mercola, informs us about the serious dangers of pesticides on health, advising useful treatments to reduce their impact on our health. As advised by the Doctor, we must go to organic foods, especially the most contaminated foods, with special mention, those treated with systemic pesticides. The Special Task Force on Systemic Pesticides, endorsed by the Worldwide Integrated Assessment (WIA), <http://www.tfsp.info/about-us/> . has denounced the use of systemic pesticides, as they are "potent and persistent neurotoxins whose use is increasing and affecting species and environments."

Unlike other pesticides that remain on the surface of treated foliage, systemic pesticides are absorbed by the plant and transported to all tissues (leaves, flowers, roots and stems, as well as pollen and nectar). The most common are neonicotinoids and fipronil, a type of neuroactive systemic insecticides. Products containing neonicotinoids can be applied to the root (on treated seeds or soaking the soil) or sprayed on the crop. The insecticide toxin remains in the crop throughout the season.

Systemic pesticides such as Imidacloprid, Neonicotinoid, Clotianidin and Fiprontil interrupt neuronal transmission in the central nervous system of invertebrate organisms and thus cause direct death. The fruits and vegetables treated are toxic to people and insects. Some of its metabolites have been found in milk, meat, chicken and eggs. The Global Integral Assessment was presented as a special publication of the scientific journal of Springer Environmental Science and Pollution Research in January 2015, and consists of eight articles. The WIA is also available as a unique report containing the 8 scientific articles (in English).

<link.springer.com/.../1>

www.tfsp.info/.../WIA_2015.pdf

Posted On 11/11/2017

Guillermou

Different scientific reports confirm the risk of these substances that act in very low doses and can alter the hormonal balance and the regulation of embryonic development, causing adverse effects on health, including cancer (breast, ovaries, testes, etc.), damage to the reproductive system, liver, obesity, diabetes, neurological damage and other serious chronic diseases. Systemic pesticides can penetrate the blood-brain barrier. The liver is the main target organ, with high levels of serum enzymes and alteration of parameters such as triglycerides, cholesterol and blood coagulation time.

Being relatively soluble in water, they are easily introduced into aquatic habitats. The growing concern about its relationship with the depopulation of bee colonies has led to restrictions on its use in EU countries. Concerns about its impact on non-target species, including birds, have increased over the past five years. Indirect effects are rarely considered in evaluation processes, but short-term survival is not an important indicator of the long-term status of ecosystems. These systemic insecticides have become the most widely used group worldwide, with an estimated market share of around 40% of the world market.

Jean-Marc Bonmatin of the National Center for Scientific Research in France, one of the authors of WIA says: "Honeybees are being put at serious risk" but also "other pollinators such as butterflies and a wide range of other invertebrates like earthworms and vertebrates like birds. " Adding "we are witnessing a threat to the productivity of our natural and agricultural environment equivalent to that represented by organophosphates or DDT," he says. "Far from protecting food production, the use of neonicotinoid pesticides is threatening the infrastructure that makes it possible, endangering pollinators, the basic plot of habitats and organisms that keep pests at bay in a natural way at the heart of the functioning of an ecosystem."

Posted On 11/11/2017

nita44

Other countries are banning these pesticides. We keep using them and feeding them to our children. Now Trump is signing all his executive orders to get rid of regulations meant to keep us safe. The EPA and Agriculture Dept. have revolving doors with the companies that make these pesticides. I feel like our country is trying to dumb us down so we don't realize what they are doing to us while the elite eats only organic foods that many of us can't afford. Also, if the birthrate goes down, the population will decrease.

Posted On 11/11/2017

Krofter

Guillermo - Astute comments. Few people know about the devastating systemic qualities of many pesticides - no amount of washing will remove them because they are INSIDE the fruit or vegetable. The other side of this dirty coin is that any fruit or vegetable grown in soil sprayed with these chemicals will be nutritionally inferior to versions of the same crop grown without these chemicals. Why? Because these chemicals not only kill pests of the target crop, they also kill beneficial microbes in the soil biome which help to create fertility by converting nutrients to make them available for the crop plant. In the same way a lack of a healthy gut microbiome leads to disease, so to with the soil biome. In many cases, if they didn't spray, they wouldn't have to.

Posted On 11/11/2017

DorisSharp

Thank you for the links!

Posted On 11/11/2017

Almond

This kind of washing will only be helpful when pesticide residues are topical and not systemic. Washing off pesticide residue means you are probably buying conventional produce. A better option is to actually buy organic produce by knowing your farmer or growing it yourself.

Although we have a tremendous amount of food in cold storage (inc. apples, keeper pears, Christmas melons (!), carrots, squash, onions-garlic-shallots, tomatoes, potatoes, etc.), this is the time of year that we start eating canned foods. Some vegetables are much better canned than frozen. I cannot believe how delicious home-canned vegetables are compared to store bought. I don't even like the smell of store bought canned green beans.

People tell me they wash produce and I say, "why?". When I pick it fresh from the garden and I know it is organic, there is no need for more than maybe a quick rinse. After all, what is it you are trying to wash off? I started the day by canning wild mushrooms I cleaned and had soaking in salt water overnight. It is much more convenient to open a jar of mushrooms rather than reconstitute dried mushrooms, although I preserve them both ways for different reasons.

Posted On 11/11/2017

d.ashworth

What about vinegar? Previous articles by Mr. Mercola have recommended that for removing pesticides, and that's what I've been using (about 50/50 with water). Now I'm wondering if baking soda is preferable?

Posted On 11/11/2017

Guillermou

Hi d.ashworth The study referred to by Dr. Mercola Effectiveness of Commercial and Homemade Washing Agents in Removing Pesticide Residues on and in Apples..

www.ncbi.nlm.nih.gov/.../29067814

Simply submerging the apples in a solution of baking soda for 15 minutes followed by a fresh water rinse eliminated all pesticide residues from the surface of the apples, while the tap water and the bleach treatments eliminated some, but not all. Sodium bicarbonate degrades pesticides, increasing the physical removal strength of the wash. Dr. Mercola vinegar treated vinegar in: Simple Trick Removes Pesticides from Your Vegetables & Fruits.

articles.mercola.com/sites/articles/archive/2012/08/20/vinegar-as-non-..

Dr. Mercola also says that the report did not compare vinegar with sodium bicarbonate. Ideally, bicarbonate should have been tried with a more complete mixture, with vinegar and lemon, which are bactericidal. The bicarbonate degrades the pesticides named by Dr. Mercola. 1 cup of water. ¼ cup of white vinegar or apple. 2 tablespoons of pure sodium bicarbonate. juice of 1 lemon

Posted On 11/11/2017

moach1

well, it is widely known since Mercola started his website in 1999, I think. Also Mike Adams the "Health Ranger" from NaturalNews(former NewsTarget) has warned everybody very long time ago. Since then I learned my lessons well and did not ignore anything they both said. I don't buy and eat any vegetables, except organically grown. And even these I limit to only a few like beets, avocado(which is actually non-organic is also fine), tomato, carrots, red potato, red onion, bananas, and few apples from time to time. That's IT. These are the only vegetables me and my wife consume for at least 15 years. Believe me, there is no need to go crazy and buy all kinds. ALL green veggies are loaded with chemicals.

Posted On 11/11/2017

pin3132

moach1 You're right. Go to <https://byebyebluesky.com> click on Health , click on Nano/Morgellons. You can read how Nanotech is mutating our biology, see the pictures taken under microscope . You might want to skip the tomato and bananas they are saturated with Nanoparticles to the core, and save your money on organic foods .www.augmentinforce.50webs.com/nanosolutions

Posted On 11/11/2017

Guillermou

Hi moach. It is good to learn from teachers, and to manage the health of the family well. Some fruits and vegetables, are more contaminated, especially of systemic pesticides, which are adsorbed by the roots of vegetables, and trees or fumigants in trees, located also inside fruits and vegetables. A good link: Which Fruits and Vegetables Have the Most Pesticides?

articles.mercola.com/sites/articles/archive/2016/04/27/pesticides-frui..

Posted On 11/11/2017

petrafeldy

12/15 minutes of gentle scrubbing with the baking soda solution? Who is gonna do this for one piece of fruit? I heard hydro peroxide is used by some people.

Posted On 11/11/2017

grulla

"I heard hydrogen peroxide is used by some people." This website is a treasure trove for the many uses of hydrogen peroxide. foodgrade-peroxide-australia.com/about-h2o2.php Scroll down to subtitle: VEGETABLE/FRUIT CLEANER, and also subtitle: AGRICULTURAL USES, and much, much more. One interesting example for "Mirandola" and other mushroom lovers: "Mushroom farmers find hydrogen peroxide a cheap and efficient way to promote mushroom growth and protect mushrooms from harmful spores." Sounds organic to me if purchased in the unadulterated versions of H2O2.

Posted On 11/11/2017

pin3132

Fruit and vegetables are saturated with nanoparticles to the core, you can't wash it off doesn't matter what kind of solutions try to use. Doesn't matter organic or not, do to chemtrail spraying. Eat only the root vegetables . He did lots of research on nanotechnology. www.augmentinforce.50webs.com

Posted On 11/11/2017

grulla

I buy most all my produce organic, with an occasional exception to some items on the EWG Clean 15 list, such as maybe cabbage. I like to support my food co-op and the organic movement when/where ever possible. The supermarkets seem to be listening, and more 'n more organic produce is showing up all the time. For instance, Wally has been marketing organic Dole bananas, and I can usually find them quite often amylose (RS) green. www.ewg.org/.../clean_fifteen_list.php www.ewg.org/.../list.php The Dirty Dozen, Clean 15, and in between full list. www.walmart.com/.../51259338

Posted On 11/11/2017

spo2318

A solution of 1/4 cup of 3% hydrogen peroxide to a sink full of water, soaked for 10-15 minutes, also removes pesticides.

Posted On 11/11/2017

Lizcom

First it said light scrubbing for 12-15 min. (Who is going to do that for each apple or piece of produce?). But later in the article it mentioned soaking, not scrubbing. I have to believe there are better methods. Too bad the study didn't look into 3 or 4 other methods. I use a castille soap.

Posted On 05/08/2024

Bunny3

Hi Lizcom, I use castille soap for removing bacteria, etc.. But for pesticides, another article stated that you soak produce for 12 to 15 minutes in water and baking soda. It must have been a typo.

Posted On 05/08/2024

MollyMalone

"Using highly specialized analysis, the scientists found that surface pesticide residues on apples that had been treated 24 hours prior were removed most effectively using baking soda." This study doesn't answer three very important questions": 1 - By the time I buy organic apples in the grocery store, whatever they've been treated with was far longer ago than 24 hours. Did they test for removing residues that have been sitting on the apples for days or weeks? 2 - Did they test for using soap and water - which is what I routinely use? 3 - And did they test any organic apples? What about those? And just for the record, I agree with Lizcom; who scrubs their fruit for 15 minutes? Maybe I should, but I don't. Hence, I grow my own apples and pears.

Posted On 05/12/2024

What about APEEL that they are now putting even on organic produce. I've read it doesn't wash off.

Posted On 05/08/2024

Almond

You cannot wash off Apeel. Even worse, it sinks in to the core of the produce. I was talking to a produce manager. She said it is on/in "everything" (shiny) that they sell. Just assume it is on all citrus, apples, eggplant, peppers, tomatoes, etc. Unless you find dull peels. Occasionally, you still find small orchards selling natural fruit--and at a discount, because it may not be as "pretty". You must produce your own food or find other sources. Most supermarket food is unfit for human consumption.

The chem-ag-pharmaceutical industries profit from food that makes people sick and drug-dependent. Don't be dependent. Make whatever changes are necessary in your life to escape the cycle, even if only one step at a time. Every bit of progress you make brings you closer to your goals. Doing something is better than doing nothing. I observe that wildlife will not eat supermarket apples. What does that tell you? I still occasionally buy small amounts of orange juice for cooking because I figure it is not worth the extra expense of applying Apeel to fruit that manufacturers buy to be juiced.

It will not be too much longer before I add citrus trees to my greenhouse. I had some that died because I need to install better ventilation. :(I no longer buy fresh citrus. We are pretty much reverting to a hunter-gatherer diet with our garden and fishing, too. There is still plenty of good food to eat even if we do not have everything from the supermarket, although I had the foresight to stock pantry staples.

I am looking forward to harvesting wild cherries soon. They are smaller than Bings, but about the size of Vanns, so very nice. It looks like an exceptionally good crop this year. I will also be canning wild blackberry juice concentrate from last year's surplus in our freezer since I do not need to make more wine this year. I will make freezer space before new crops. Hubby says, "Always put food up when you have it as next year there may not be any." Do not waste anything

Posted On 05/08/2024

MrPOrangi

Article is good timing for me, I usually soak my produce in vinegar water and have done for many years. Now I'm certainly going to try baking soda. What about peroxide?

Posted On 05/08/2024

Almond

If I wanted people to starve, I would do the following. Increase govt spending and taxes, leaving less income to buy groceries and nutritious food. Create inflation so food becomes even more unaffordable. Wear out farm soil with the constant application of chemicals. Spread GMO pollen far and wide to destroy heirloom crops and sue any farmers who claimed to be harmed by the "drift". Apply preservatives, such as Apeel to food even after it is harvested so people will not know if food is fresh and nutrient-dense. Burn seed farms and food processing plants. Disrupt transportation by railroads and truckers.

Create international discord to limit trade. Decrease the numbers of replacement livestock, seeds and starter plants. Sell hybrids and varieties not suited for local climates rather than heirlooms. Keep consumers lazy and ignorant so they do not know if they are getting good value or learn how to cook from scratch. Demean the traditional role of women as homemakers—let govt feed the children 3 meals a day in school and make processed microwaveable food the new norm. Forbid city people to have gardens or poultry. Create a metal, glass and plastic shortage so there will not be enough food containers.

Make the unhealthiest foods addictive by formulating them with excitotoxins. Put refined oils, GMO corn syrup and adulterated flour in everything. Buy up all the land, esp. farmland. Encourage people to be sedentary by providing mindless entertainments so they never leave the sofa or explore the outdoors where they might learn to garden, forage, fish or hunt. Ridicule self-reliance and encourage a sense of entitlement those who are dependent. Create a dependency mindset so people remain in denial and do not attempt to help themselves. Encourage procrastination because "there is always tomorrow".

Posted On 05/08/2024

Almond

What happens next? Where will the money come from as our economy collapses and inflation increases? As the adverse effects of vaccine reactions cause a domino effect? As Alzheimer's and mental illness increases? As more people become addicted to drugs? As school systems overburdened with bureaucracy and social problems fail to educate students? As fewer people are productive or employed? As food shortages increase due to smaller herds and less available good heirloom seed? As people realize that access to medical care is not the same as health care? As taxes increase to support ever growing govt? (=less money for food and necessities) As years of chemical and ag abuse of soils reduces soil fertility to a negligible value?

As water becomes an increasingly polluted and rationed commodity, available to only those who can afford it? As garbage piles up, biosludge is promoted and reasonable means of disposal are ignored in favor of immediate profits? As farmers and truckers retire? As more and more children grow up in broken homes without any goals in life? As the borders remain wide open to criminals, gangs, drugs, sex-trafficking and cartels? As cities continue to lose police officers and crime becomes rampant everywhere? Will we be content to own nothing, be forever in hock "to the company store", live in pods and eat bugs?

Posted On 05/08/2024

.Michelle

I've always soaked mine (sometimes even overnight depending on the fruit) with baking soda (remember to use "real/ non toxic" baking soda) and vinegar. I also will scrub potatoes, apples, etc with branch basics.

Posted On 05/10/2024

Momtad

Which is why my suburban yard has dandelions, violets, grape hyacinth, and other "weeds" growing in it and not lush lawn. I'd rather have those pretty flowers than chemicals.

Posted On 05/09/2024

Kneecaps

Wait, you have to scrub them for about 12 minutes or longer? Nobody is going to do that.

Posted On 05/08/2024

Bunny3

As I mentioned above, it should have said soaking for 12 to 15 minutes in a large bowl of water and baking soda.

Posted On 05/08/2024

grulla

Put 'em in the dish washer. sarc :-)

Posted On 05/09/2024
