

Part 1, Chapter 9: Then Came Modern Farming Techniques and Commercial Food Processing

Mankind started eating meat. Eventually he learned to cultivate grains. In the process he discovered cows which, besides being a direct source of food, could be used to get milk from. With milk came cheese and other dairy products. And so civilization moved along with these additional foods plus fruits, vegetables, nuts, seeds and sprouts.

When my grandparents were young, food, even less than ideal food, remained in it's relatively natural state. Granted, there is a serious downside to consuming meat, chicken, pork, fish and dairy—but before 1940, the food supply was still relatively unadulterated.

After World War II there was a lot of nitrogen left over, among other chemicals. Low and behold, someone discovered that, if we throw these chemicals down on the soil, crops could be greatly increased. In the process, modern chemical based farming was born. But it was a two-edged sword. By creating serious imbalances in the soil, normally organically built soil was depleted. Too, pests became an increasing problem and so toxic poisons were added to control the pest. More and more was demanded from soil to the point where we are today: Growing fruits and vegetables in a cornucopia chemical soup. Worse, growing food that doesn't have nearly the nutrient content it did a hundred years ago.

And it got worse. Chemicals and other poisons started being used in agriculture in the raising of cattle, pigs and chickens. Beyond the horrific conditions many farm animals live in, they now tend to be saturated with all sorts of chemical and pharmacological poisons.

Adding insult to injury, large food companies began adding more and more chemicals to processed food. It's always bothered me that food can have a shelf life of years. I don't know the exact number but there are thousands of new chemicals that keep being added every year. No one really knows what the long term effect of what these chemicals is on the body, but it's safe to say that it's not good. The body has no idea what to do with all these chemical additives except to try to get rid of them as quickly as possible.

Emmale used to have an office that was right next to the Kraft Foods facility in Springfield, Missouri. One night I visited her office. The Kraft company was very obviously making their macaroni and cheese product—it's definitely NOT real food. You could smell the processed cheese product for several blocks. Both Emmale and I, in a matter of minutes, became quite nauseated by the chemical stench in the air. Too, we both developed awful headaches from being exposed to the concentrated fumes of what Kraft Foods calls 'cheese'. So what's in their 'cheese'? I'm not sure except that I can't pronounce most of the ingredients on the box. Still, they pass off their macaroni and cheese product as a food staple. There's nothing 'staple' about it.



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It was, while she was still with us, that one of my mother's favorite 'foods': Kraft macaroni and cheese. She would eat this stuff with great enthusiasm. Too, I have to admit it: It was addictively satisfying. If you ate it, you invariably wanted more. Never mind that the next morning you would wake up with a splitting headache.

Dr. Bragg has a section in one of his books titled "Widespread Use of Toxic Preservatives, Harmful Insecticides and Deadly, Toxic Chemicals are Crimes Against Our Health!"^{2} His daughter added a profound observation—and it's true:

CIVILIZED MAN IS SICK, [and] has been for a long time, and is getting sicker! He has almost reached a point of total helplessness. Not only are the adults sick in body, but they are sick in mind. 30% of the hospital beds in our civilized countries are occupied by people suffering from some mental condition. Nearly 1 out of 10 children are now born either crippled or developmentally disabled. The insane asylums and mental wards of the civilized world are packed to overflowing. If the truth be told—there are many more thousands of extremely ill and mentally unstable people (*some dangerous to themselves and others*) who should be institutionalized as well! Civilized man has strayed [a very long way] from the [proverbial] humble Garden of Eden, where he lived enjoying long years of perfect health and happiness on healthy purifying foods.^{3}

(Barbara Reed Stitt, a friend of Dr. Suka Chapel-Horst who is an associate and friend of Emmale, wrote a book titled "Food and Behavior: a Natural Connection". It deals with the very real impact that the Standard American Diet has on criminals and criminal behavior and how using nutritional therapy can solve a wealth of social problems. There are SO many consequences to the toxicity inherent in the Standard American Diet.)

And let's not forget about the latest atrocity, probably worse than all the chemical processing so far. That crime against health is called GMO foods—genetically modified organisms. There's a lot of it. Almost all soybeans, corn and cotton are now GMO 'enhanced'. One of the great atrocities has been Monsanto developing genetically engineered crops that can be sprayed with heavy doses of Round Up without killing the crop. While I'm not here to debate the hazards of genetically modified foods (which is another book altogether), given the Standard American Diet and the thousands of chemicals that people now consume, not to speak of heavy metal poisoning from substances like mercury in vaccines ... GMO's are obviously just one more notch toward the potential for extinction.

Natural News published an article that addresses this very subject. It's titled "GMOs Cause Animals to Lose Their Ability to Reproduce, Russian Scientists Discover". One of the observations, discoveries, is included below:

Using hamsters as the test subjects, scientists observed that consumption of GM soybeans, which have never been a part of these creatures' normal diets, tended to slow sexual maturity and gradually eliminate[d] the ability to reproduce. After several generations, hamsters consuming the "Frankensoy" eventually lost their innate ability to reproduce.^{4}

The article goes on to ask the question "Will widespread GMO consumption make future generations of humans infertile?" It's a question worth asking. What we know now is that "farmers across the U.S. have also reported infertility among pigs and cows that consume GM feed. And in India, an investigatory team observed infertility and other serious problems among buffalo that were consuming GM cottonseed."^{5}

The consequences of our chemical laden food supply is getting worse and worse. Long term global sterility could be the ultimate consequence. Still, more and more people are realizing the danger of eating all this crap. In spite of enormous pressure to allow the continued adulteration of our food supply, many people are waking up. Of the work done by Dr. Bragg and his organization, I'm sure Dr. Paul Bragg himself could have predicted the current consequences of our chemical laden food supply. To be sure he certainly under-

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stood the damage done by foods other than fruits, vegetables, nuts, seeds and sprouts—and pure water too, which is another discussion.

Nevertheless, this information is being provided to show that there is hope. While it's probably not possible to live totally chemically free, **much** can be done to avoid all the toxic substances in our food supply. While much of our food supply is irreparably damaged, it doesn't mean that we are doomed—unless, of course, we continue eating a Standard American Diet. It's a choice. It's always a choice. But there is a better, a much better, way.