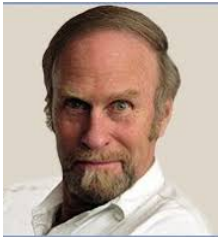


American Food Producers: Americans as Collateral Damage



By Frosty Wooldridge

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You may have seen Jesse Waters Prime Time last Friday night. Very disturbing. He commented, "After my staff's research into school lunches, it's American food manufacturers killing Americans with heavy metals and poison foods."

We Americans face an obesity epidemic. We face a diabetes epidemic. Cancer epidemic. Heart attack epidemic. Millions suffer from hemorrhoids. Millions more suffer from psoriasis.

If you watch TV ads, you see dozens of remedies to all those physical ailments. At the end of each ad, you hear the provisos that their product may make you constipated, higher blood pressure, fainting, suicidal thoughts, depression, et al. No question that Americans face enormous odds when they shop at any grocery store in America. One expert said, "There are 60,000 food items in American grocery stores...about 50,000 of them are in packages, glass and metal containers, and they feature dozens of impossible names such as Genetically Modified Organism, high fructose corn syrup, aspartame, sucralose, MSG and dozens of other names impossible to pronounce.

One of my health books states that cows and chickens are fed or injected with nine different chemicals. When you consume

that animal's flesh, your body absorbs all those chemicals.

Last week, I saw one couple come into our swimming pool. I estimated he weighed 90 pounds overweight and his wife weighed at least 70 pounds overweight. Their two kids followed their parents with 30 pounds overweight at age 10 and 12. It's doubtful the father or mother will see their kids graduate from high school. Just painful to watch them.

For certain, millions of Americans do not receive the suggested 40 to 45 grams of fiber daily. Their eating to elimination runs from 72 to 90 hours. That gives rise to colon cancer and worse. The food literally 'rots' in their colon system. (Source: Mayo Clinic)

One documentary depicted a man in Chicago showing how much sugar students received in school lunches each week. Those kids ate three dump trucks full of white sugar. The resulting dental decay, especially in lower income schools, and diabetes cases skyrocket because of such poor food. The average American consumes 65 pounds of sugar annually according to the American Heart Association. When the activist tried to introduce a healthier lunch program, the owners of the lunch programs literally "bought" the school boards NOT to bring in a healthier school lunch program. When it came down to children's health, money won and children lost.

For the record, I am a "high fiber" guy with 45 grams daily. I used to eat liquid SunSweet Prunes in a jar, that is, until I read the ingredients in the jar. Yes, nice prunes, but soaked in high fructose corn syrup, which is just plain deadly and addictive. I called up SunSweet to ask them to delete the high fructose corn syrup. I documented its dangers in a letter. The lady said, "I'll take it to our staff." I repeated that call and documented information four years running. SunSweet still includes high fructose corn syrup in their jar of prunes to this day. I said, "Why not just use prune juice like you put in your prune juice jars?" They didn't answer.

If you eat at any fast food joint, you get your food laced with monosodium-glutamate. It's an "excite-toxin" that makes you hungry for another burger/fries and Coke. That whole package runs around 2,200 calories. If you buy another round, and you repeat over time, you suffer obesity.

When it comes to soda pop, whether it's Coke, Pepsi, Mt. Dew or any of them, it's simply "liquid poison." Dental cavities, preservatives, sucralose, sugar and dyes that wreck havoc with your digestive system. After a little research, I found that sucralose and other synthetic sugars can't be processed by your body so your digestive system stores that junk in your fat cells. That's where it stays. That's why kids who drink dozens of soda pops weekly, pay a terrible price on multiple levels.

And, the "Diet sodas" feature the worst things you can dump into your body. It's insidious how you go to the movies to see the ads. A bunch of polar bears "Open a bottle of Happiness", which is Coke, and drink it down. No doubt they can't brush or floss, so they don't have any teeth after years of drinking Coke to be happy.

Then, those GMO's that land in your stomach! Your body doesn't know what to do with alien DNA from foods that are totally out of the realm of Nature.

It blows my mind when I shop at Whole Foods in Colorado where they offer organic strawberries, blackberries, raspberries, and blue berries right next to the same berries sprayed with RoundUp with glyphosates, which are deadly, deadly, deadly. Why not offer only organic? The only produce on the shelves of every grocery store should be "organic." Otherwise, if you eat the "sprayed" vegetables, you're eating poison.

What can you do for yourself and your kids? Answer: Educate yourself. There are plenty of YouTube seminars on healthy eating. Shop only "Organic" foods. Avoid just about everything

in a package, glass, or can. Everything in packages, glass and cans have additives, unless it really tells you that it's a healthy food. Check the labels. If you can't read the names, move toward healthier foods for you and your loved ones.

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