

# Cancer: Coming to You, a Family Member, or a Friend



Frosty Wooldridge

This summer on my journey through 40 states on my bike, I saw a lot of America. I talked to countless Americans along the way. I saw things that disturbed me, even upset me and forever rendered me sober as to the challenges Americans face in the 21st century.

I saw chemical-spewing airplanes spraying poisons across thousands of acres of crops. I saw tractors spraying poisons upon endless fields of the foods we eat. I saw signs on corn fields showing the Genetically Modified Organism filled with artificial DNA at the hands of blind, stupid and greedy crop scientists—from Monsanto and Bayer.

Jane Goodall, the famous primate specialist said, “Humans will look back on the 21st century, shake their heads, and wonder why they sprayed, injected and covered their food with chemicals.”

We might also add, “Why did we do it to ourselves? Why did we allow our FDA and other agencies be bought off to allow the poisoning of our food chain. Why did money win and our health lose? Why did Monsanto and Bayer corporations get away with downright murder of countless thousands and into the millions of Americans, when the final tally comes due?”



This year, I attended four funerals of friends. Three cancer deaths and one heart attack. Last year, seven friends died. Four cancers, two heart attacks and one Parkinson's Disease. Two of my friends suffer from Multiple

Sclerosis and Parkinson's Disease.

Cancer kills over 600,000 Americans annually.

Cancer cells grow as abnormal entities that multiply in a tissue environment that has been unbalanced by chemicals in the air a person breathes, or the water he or she drinks, or food consumed.

Yet, today, with all our science and all our rules, we allow our crops to be poisoned, our foods to be GMO'd into synthetic crops, our water to be contaminated and our soils to be nutritionally exhausted.

Today, from Monsanto and Bayer's Weed B-Gone, RoundUP and other sickeningly poisonous chemicals being sprayed all over our country, glyphosates (poisonous to your gut bacteria) can be found in human breast milk, in regular cow's milk, in wines, and well, in our entire food chain. Farmers spray this poison over crops and it filters down into the ground water, and it's everywhere.

Yet, Monsanto and Bayer bribe Congress to make sure they can sell it and disperse it across the land, water and air. Home

Depot and Lowe's Hardware stores feature it in rows awaiting the public to purchase it. Monsanto makes certain that GMO's never see the light of exposure to the American public.

Monsanto and Bayer destroy bee colonies everywhere their products hit the land. By destroying the pollinators, we destroy our food chain.

Monsanto pushes its poisons into every kind of packaged, glassed or boxed processed food possible. You'll see the ubiquitous and insidious "high fructose corn syrup" and "sucralose" in jams, breads, chips, drinks, sodas, whey products, syrups, and well, just about everything you can imagine. It's in all the "sugar free" products.

The results: an obesity epidemic never seen in the history of the human race. Seven out of ten Americans waddle through their years from their teens right up until their deaths from diabetes, heart disease, cancers, Parkinson's Disease, MS, MD, Fibromyalgia and the list keeps growing.

When you walk into your grocer store, you MUST defend yourself against the poisons. Every fast food chain injects excitotoxins into their foods like MSG to make you eternally hungry. So, you eat one Big Mac, but it makes you hungry for another Big Mac. Then, you eat another bag of fries and another Coke, Mt. Dew or Pepsi. Those three deadly drinks wreak havoc with your gut and tooth decay.

Meats: those beef cows stand in their own manure and urine 24/7 until they are slaughtered. They breath their own waste their own lives. They eat GMO corn that they would never eat in a pasture. And, you will find seven different chemicals fed or injected into all cows and chickens. I have the list in front of me, and I cannot pronounce a single one of the words of these poisons.

This column could expose much more of the abuse of food

producers against American citizens. But how do you defend yourself from the onslaught of poisonous foods?

Select and eat at healthy fast food stores like Modern Market, Garbanzos Mediterranean Fresh, Q-Doba, and Healthy Habits.

Buy your groceries from Natural Foods (formerly Vitamin Cottage) grocery stores where you enjoy organic produce. You want to eat foods that did not suffer spraying of herbicides, insecticides, and chemical fertilizers. You must check packaged foods for ingredients such as GMO's, chemical additives, dyes and preservatives. Avoid GMO's at all costs. Consume only range fed chickens and their eggs. Avoid factory-farmed red meat and pork.

Stop consuming any kinds of soda pops. You're drinking poison liquid in a bottle or can. Also, drink filtered water because so many water systems across the USA suffer from at least five contaminants. When you realize that all our water drops from the sky as acid-rain, you must understand that those waters end up in your faucet for drinking.

You may read many good books you can find at Natural Grocers, Barnes and Noble, and on line. Educate yourself as to what you're eating.

One of the best for avoiding cancers: **Beating Cancer with Nutrition** by Dr. Patrick Quillin

For high blood pressure: **The Sinatra Solution** by Dr. Steven Sinatra

To solve a multitude of disease conditions by eating the right foods and supplements: **Nutritional Healing** by Phyllis Balch, RN, CNS

Keep your intellect sharp as you age: **Grain Brain** by David Perlmutter

**How to Stop Cancer** by Dr. Murray

**Alzheimer's Antedote** and **Stop Alzheimer's** Now by Bruce Fife

Water filters: we use a desk top water filter from Aquasana.

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