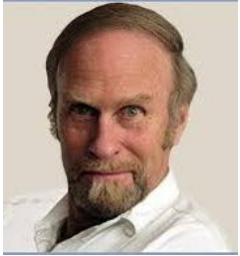


Food Industrial Complex: Poisoning and Polluting Our Food Supply



By Frosty Wooldridge

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You've heard of the Military Industrial Complex in the good ole United States of America. They've been creating and controlling America's wars since 1945. They oversaw the useless Korean War, they extended the Vietnam War for 10 years, they supported and maintained Desert Storm, Afghanistan, and Iraq Wars for 20 years. They burned through over \$10 trillion American taxpayer dollars--all for nothing--except for their own bank accounts. As WWI General Smedley Butler said, "War is a racket." It's a BIG racket.

Those bunch of corporate heads didn't/don't care about American soldiers. They may be defined as a bunch of corporation heads of war making machines such as jets, bombs, bullets, tanks, Jeeps and anything that furthers war. They own companies that make textiles, foods for soldiers, and just about everything that supports wars.

In the past 50 years, we find a new "complex" known as the "Food Industrial Complex." It feeds the American public every kind of chemicalized, artificial, and deadly food known to humanity. Many food scientists state that, "Of the 60,000 food choices at a super market, about 50,000 offer every kind of artificial coloring, preservatives, harmful additives,

massive doses of sugar, high fructose corn syrup, GMO's, pesticides, insecticides, glyphosates, Roundup Ready crops, and factory farmed animals that eat GMO's and live on dung piles their entire lives."

The average cow and chicken are fed or injected with nine chemicals to make them fatter, grow faster and also withstand the chemical assaults on their bodies. If Americans witnessed a Montford cattle yard, and how horrible those animals live, they would puke. If they saw the inhumanity to chickens, pigs or turkeys, they would vomit emotionally and physically.

Nothing remains "humane" in our country with 350 million mouths to feeds 24/7.

Fast food companies' food explodes with additives like MSG, which is an "excito toxin" that makes you hungry for another burger, more fries and deadly soda pop. You like sweets? You're addicted to them from your first Gerber Baby Food sugar additives, to every candy bar at the checkout counter. Have you examined the sugar and dyes in Frosted Flakes, Fruit Loops, and just about every cereal offered in the grocery store? "Sugar" goes by more than 30 other names. It's in everything! We Americans are addicted to the point of over 80 pounds for each of us annually.

And, those companies show no mercy. The soda pop companies hook you on sugar and caffeine. Then, to make you thinner, they offer "diet" soda which features synthetic sugars such as "aspartame and Sucralose" that are so foreign to your body, that your blood stores them in your fat cells with no way to get rid of them. Endless millions of Americans are addicted to Coke, Pepsi, Mt. Dew, RC Cola, and flavored drinks of all kinds. Millions of kids and adults suffer from millions of cavities because the Carmel gets between their teeth and starts up bacterial colonies between the molars, that go on to rot their teeth. Drink a can of soda pop? Next, floss and brush!

Water in America might as well be a “foreign substance” not consumed by citizens.

If you read the ingredient labels on those “50,000” food items, you cannot pronounce the names. It’s a good idea NOT to buy them for you or your family.

Do you see that candies of every kind line the shelves when you go through the cashier lines at your grocery store? It’s called, “Point of purchase” and since you’re hooked on sugar, you buy a couple of Snickers or Butternut candy bars. Of course, you kids cry if they don’t get their sugar fix.

When your kids enjoy lunch at their schools, the dominant food paradigm companies make sure your kids eat plenty of pizzas, soda pops, processed foods and sugar. One man in Chicago proved to an entire school district that their kids were receiving enormous amounts of trans fats, sugars, pizzas with gobs of cheese, and nutritionally poor offerings. He tried to show them a balanced food menu. He lost! The dominant food companies flooded the parents with propaganda to keep the bad food choices.

For the past four years, I have called Sunsweet to have them stop from including “high fructose corn syrup” in their jars of prunes. Each time, they tell me they will take it to their top people. I wrote them with the consequences of “high fructose corn syrup.” I said, “Why not put regular prune juice in your wet prune jars?” As of this date, they NEVER get back to me, and they NEVER delete “high fructose corn syrup.” Why? Because they don’t care about your health.

At Whole Foods, King Soopers, Publix, Kroger’s, and Safeway’s, I’ve written the companies as to why they offer organic fruits and vegetables, but then offer chemically sprayed fruits and vegetables. Their excuse, “People with less money buy the sprayed produce.” I said, “Have you given customers a sign over the fruits and vegetables that tells them that they are

eating Roundup Up weed killer that causes cancer, birth defects and stomach issues from GMO's?" I asked for a response. To date, no responses, but they still offer chemicalized fruits and vegetables. In other words, all grocery chains would rather poison their customers than offer solely organic produce and packaged foods without poisons. A few stores offer only organic fruits and produce: Natural Grocers, Sprouts, and local organic food stores.

Will fast food chains ever provide wholesome, nutritious and organic food offerings? Unless forced to change by laws, they couldn't care less about your health.

That's why 70 percent of Americans suffer low, middle and high obesity. Over 77 percent of young Americans cannot pass a physical for the Armed Forces. Middle aged and old aged Americans spend billions on weight loss companies. Unfortunately, most fail.

The reality remains: American citizens are one of the most unhealthy populations in the world. A million of us die of cancer annually. Another million die of heart attacks. Diabetes kills 100,000 annually. We spend trillions on pills, diets, and companies that promise health benefits to solve our problems. But when you look out there, the monster chemical company Monsanto keeps poisoning everything you eat with its chemicals on all our crops. It buys off Congress and anyone who gets in its way. You better bet that the FDA will not save you. The American Cancer Society wants your money, but they won't do squat to save you. The American Medical Association won't save you, but they will prescribe more drugs to stomp on your symptoms. Even the American Diabetes Association won't do squat to stop diabetes.

Will the appointment of Robert F. Kennedy, Jr. to HHS change the poisoning of America and the "Food Industrial Complex"? That remains to be seen. I'm not holding my breath.

Why would it be so easy to provide for your own health? If you refuse to buy all that “crap” offered in food stores, if you refused to buy all those “sprayed” foods, if you refused to eat all that sugar, if you refused all those packaged foods with all those additives, and you demanded the Food Industrial Complex actually offers wholesome, organic foods—you would put Monsanto and the sugar people out of business.

Oh, you don't have enough time? Fact: the average American watches 4.1 hours of TV after work daily. Can you imagine all the good things you could do by deleting all that TV time and cease all those hours on your Cell Phone that add up to a whole lot of nothing?

In the end, YOU must eat organic, wholesome and nutritious foods. Pile on the organic fruits, vegetables and non-GMO foods into your grocery bag. YOU must exercise 90 minutes a day five- six days a week. You must keep your body, mind and spirit in balance. You must choose to move through your youth, middle and old age with positive eating, positive exercise and positive spiritual practices. You would/will make yourself healthier and our nation fit and fabulous. God bless your journey.

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