



THE FRESH LIFE  
INTERNAL MAKEOVER  
journey



WEBINAR/  
MASTERCLASS  
REFERENCES





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## WEBINAR/MASTERCLASS REFERENCES:

### **A note from Me:**

These are all my own references that I have researched myself, and resources that I personally - there is not one reference or resource here that I haven't personally investigated myself and chosen to use, of my own accord.

The science and research done is always changing and growing. The facts and statistics presented here, were based on the best information I had available while doing my research. I will endeavour to continually update this list with further resources as they become available.

Although there may be fluctuations in numbers from year to year and from researcher to researcher, the fact and statistics remain staggering, and are used here to share a large scale perspective on what is really happening out there in the world. I share these facts and statistics to create shock factor, which I hope in turn will inspire others to act. With knowledge comes power, and nothing is more powerful, or indeed empowering, than knowing the truth.





## **GMO and synthetic agricultural chemicals health risks - studies, resources and websites**

Studies: (your server may not allow you to view some of this content)

[WARNING - Disturbing and graphic photos]

*Birth Defects in Humans from GM Soy, Argentina* - <http://www.amcmh.org/PagAMC/downloads/ads85.htm>

[WARNING - Disturbing and graphic photos]

*Detection of Glyphosate in Malformed Piglets* - <http://omicsonline.org/open-access/detection-of-glyphosate-in-malformed-piglets-2161-0525.1000230.pdf>

[WARNING - Disturbing and graphic photos]

*Long-term toxicology study on pigs fed GM soy and GM Maize/corn diet* - <http://gmojudycarman.org/wp-content/uploads/2013/06/The-Full-Paper.pdf>  
Dr Judy Carman's Research <http://gmojudycarman.org/relevant-research/>  
Dr Judy Carman's Media Coverage <http://gmojudycarman.org/category/media-coverage/>

[WARNING - Disturbing and graphic photos]

*GM Maize/corn and Pesticide/Roundup cause tumors, multiple organ damage and premature death* - <http://www.gmoseralini.org/en/>  
Dr Gilles-Eric Seralini Research Papers <http://www.gmoseralini.org/research-papers/>

Study - *Glyphosate: Pathways to Modern Disease* <http://www.mdpi.com/1099-4300/15/4/1416>

Study - *Detection of Glyphosate Residues in Animals and Humans* <http://omicsonline.org/open-access/detection-of-glyphosate-residues-in-animals-and-humans-2161-0525.1000210.pdf>





Dr John Fagan, PhD. *A Science-based, Precautionary Approach to the Labeling of Genetically Engineered Foods* - <http://www.psrast.org/jflabel.htm>

Jeffrey Smith - author of *Seeds of Deception* and *Genetic Roulette* heads The Institute for Responsible Technology and is a internationally recognised expert on the dangers of GMO's <http://responsibletechnology.org>

GMO Evidence - is also a fantastic resource with links to MANY studies - [gmoevidence.com](http://gmoevidence.com)

Study - Endocrine disruption and cytotoxicity of glyphosate and roundup in human cells - <http://www.gmoevidence.com/wp-content/uploads/2015/03/IPTG-1-104.pdf>

Sustainable Pulse - Breaking news website on GMO's and all related subjects <http://sustainablepulse.com>

Study Glyphosate's Suppression of Cytochrome P450 Enzymes and Amino Acid Biosynthesis by the Gut Microbiome: Pathways to Modern Diseases - <http://www.mdpi.com/1099-4300/15/4/1416>

The Institute for Responsible Technology, Jeffrey Smith. *GMOs in Food* - <http://www.responsibletechnology.org/gmo-basics/gmos-in-food>

Institute for Responsible Technology. *GMOs in Food* - <http://www.responsibletechnology.org/gmo-basics/gmos-in-food>

Institute for Responsible Technology. *Frequently Asked Questions* - <http://www.responsibletechnology.org/faqs>

Dr Mercola - Monsanto's Roundup Herbicide: May Be Most Important Factor in Development of Autism and Other Chronic Disease - <http://articles.mercola.com/sites/articles/archive/2013/06/09/monsanto-roundup-herbicide.aspx>





Dr Michael Greger - a favourite of mine, very objective, gives facts and tends not to be bias when presenting info (<http://nutritionfacts.org/about/>)

<http://nutritionfacts.org/video/is-monsantos-roundup-pesticide-glyphosate-safe/>

The Weston A Price Foundation image shared - <http://www.westonaprice.org/health-topics/roundup-the-nontoxic-chemical-that-may-be-destroying-our-health/>

US National Library of Medicine. Study - *Cancer is a Preventable Disease that requires major Lifestyle Changes* - shows 90-95% of cancer is caused by diet and environmental exposures. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2515569/>

More GMO Resources - <http://www.labelgmos.org/resources>

Environmental Sciences Europe. Charles M Benbrook. Centre for Sustaining Agriculture and Natural Resources, Washington State University. Research - *Impacts of genetically engineered crops on pesticides use in the U.S - the first 16 years...* - <http://www.enveurope.com/content/24/1/24>

How GMOs unleashed a Pesticide Gusher - <http://www.motherjones.com/tom-philpott/2012/10/how-gmos-ramped-us-pesticide-use>

Charts: World's GMO crop fields could cover the US 1.5 times over - <http://www.motherjones.com/blue-marble/2013/02/gmo-farming-crops-more-popular-than-ever-world-charts>







### **PRO-GMO WEBSITES (USED FOR FACTS/STATISTICS ONLY)**

The following is a Pro-GMO resource I utilised *purely* to get statistics for worldwide GM crop adoption \***PLEASE NOTE:** I do not believe in the views of this organisation:

**ISAAA.** ISAA Brief 46-2013: Executive Summary. *Global Status of Commercialised Biotech/GM Crops: 2013* - <http://www.isaaa.org/resources/publications/briefs/46/executivesummary/>



## Environmental toxins, toxic chemicals and other toxin exposure (and waste & contamination)

Bill Statham. Author of *The Chemical Maze*, and *What's Really In Your Basket?*

Dr Sarah Lantz PhD, Author of *Chemical Free Kids: Raising Healthy Children in a Toxic World* - <http://www.chemicalfreeparenting.com/authors.htm>

Dr Joseph E. Pizzorno, Dr Michael T. Murray. *The Textbook of Natural Medicine* -Chapter 35 on Environmental Medicine, (Chapter written by Dr Walter J. Crinnion)

This is an incredible resource, filled with credible references, so many references to studies that have been done - an in-depth look at environmental toxins and its affect on human health. [https://books.google.com/books?id=6cjgo1lixvEC&pg=PA276&lpg=PA276&dq=The+Textbook+of+Natural+Medicine+-Chapter+35+on+Environmental+Medicine,&source=bl&ots=zmDkSuap0f&sig=A2Gj1srw8HV6e8TbE\\_E1wQ3LqV8&hl=en&sa=X&ei=UvRXVZanH4uYsAXnxYGwBg&ved=0CCwQ6AEwAg#v=onepage&q=The%20Textbook%20of%20Natural%20Medicine%20-Chapter%2035%20on%20Environmental%20Medicine%2C&f=false](https://books.google.com/books?id=6cjgo1lixvEC&pg=PA276&lpg=PA276&dq=The+Textbook+of+Natural+Medicine+-Chapter+35+on+Environmental+Medicine,&source=bl&ots=zmDkSuap0f&sig=A2Gj1srw8HV6e8TbE_E1wQ3LqV8&hl=en&sa=X&ei=UvRXVZanH4uYsAXnxYGwBg&ved=0CCwQ6AEwAg#v=onepage&q=The%20Textbook%20of%20Natural%20Medicine%20-Chapter%2035%20on%20Environmental%20Medicine%2C&f=false)

Dr Walter J. Crinnion, Environmental Medicine. <http://drcrinnion.com/environmental-medicine/> All his Papers/Studies in the US National Library of Medicine - [http://www.ncbi.nlm.nih.gov/pubmed/?term=Crinnion%20WJ%5BAuthor%5D&cauthor=true&cauthor\\_uid=20806995](http://www.ncbi.nlm.nih.gov/pubmed/?term=Crinnion%20WJ%5BAuthor%5D&cauthor=true&cauthor_uid=20806995)

Dr W.J. Crinnion. Study - *The Centers for Disease Control (CDC) fourth National Report on Human Exposure to Environmental Chemicals: What it tells us about our Toxic Burden* - <http://www.ncbi.nlm.nih.gov/pubmed/20806995>





Dr W.J. Crinnion. Environmental Medicine, *Part 1: The Human Body Burden of Environmental Toxins and Their Common Health Effects* -

[http://www.chiro.org/alt\\_med\\_abstracts/ABSTRACTS/Environmental\\_Medicine\\_I.pdf](http://www.chiro.org/alt_med_abstracts/ABSTRACTS/Environmental_Medicine_I.pdf)

The US National Library of Medicine. Study - *Factors affecting the Storage and excretion of Toxic Lipophilic Xenobiotics* (fat-loving/fat-soluble toxins)

<http://www.ncbi.nlm.nih.gov/pubmed/11834080>

UNESCO - Encyclopedia of Life Support Systems. Study - *Biotransformation of Xenobiotics and Hormones*, Department of Physiology, University of Kuopio, Finland.

<http://www.eolss.net/sample-chapters/c03/E6-54-02-08.pdf>

The US National Library of Medicine. Study - *Combined Toxic Exposures and Human Health: Biomarkers of Exposure and Effect* - [http://](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3083662/)

[www.ncbi.nlm.nih.gov/pmc/articles/PMC3083662/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3083662/)

World Health Organisation (WHO). Fact Sheet - *Dioxins and their effects on Human Health* - <http://www.who.int/mediacentre/factsheets/fs225/en/>

The US National Library of Medicine. Study - *Health Effects of Chronic Pesticide Exposure: cancer and neurotoxicity* - [http://](http://www.ncbi.nlm.nih.gov/pubmed/15015917)

[www.ncbi.nlm.nih.gov/pubmed/15015917](http://www.ncbi.nlm.nih.gov/pubmed/15015917)

UNEP - United Nations Environmental Program - *Ridding the World of POPs: A Guide to the Stockholm Convention on Persistent Organic Pollutants (POPs)* - [http://www.pops.int/documents/guidance/](http://www.pops.int/documents/guidance/beg_guide.pdf)

[beg\\_guide.pdf](http://www.pops.int/documents/guidance/beg_guide.pdf)

EPA - United States Environmental Protection Agency. *Persistent Organic Pollutants: A Global Issue, A Global Response*. Subsection: *How do POPs affect people and wildlife?* - [http://www2.epa.gov/international-](http://www2.epa.gov/international-cooperation/persistent-organic-pollutants-global-issue-global-response#affect)

[cooperation/persistent-organic-pollutants-global-issue-global-response#affect](http://www2.epa.gov/international-cooperation/persistent-organic-pollutants-global-issue-global-response#affect)





WHO, World Health Organisation Slide show: *POPs (Persistent Organic Pollutants)* - <http://www.who.int/ceh/capacity/POPs.pdf> Slide 22 WHO POPs slide show 2008 - PTSs persistent toxic substances study of indigenous people living in the Russian Arctic where a number of adverse health effects were found - study identified chemical exposures of POPs and PTSs, especially due to their diet including consumption of large amounts of animal protein rich in animal fats - therefore exposure to high concentrations of bioaccumulation of toxic substances, chemicals and compounds.

WHO, World Health Organisation Slide show: *Pesticides, Children's Health & The Environment* - <http://www.who.int/ceh/capacity/Pesticides.pdf>

EHP - Environmental Health Perspectives is another great resource for research/studies - <http://ehp.niehs.nih.gov>

EPA, United States Environmental Protection Agency - TRI Explorer, Release Reports: *Release Chemical Report* - [http://iaspub.epa.gov/triexplorer/tri\\_release.chemical](http://iaspub.epa.gov/triexplorer/tri_release.chemical)

Forbes. Article - *GMO Crops mean more herbicide, not less* - <http://www.forbes.com/sites/bethhoffman/2013/07/02/gmo-crops-mean-more-herbicide-not-less/>

Food and Water Watch. Article - *Superweeds: How Biotech Crops Bolster the Pesticide Industry* - <http://www.foodandwaterwatch.org/reports/superweeds/>

**A MUST WATCH!** *What are Superweeds?* Youtube Video - <https://www.youtube.com/watch?v=US6zjWJSM4Y>

Scorecard, The Pollution Information Site (Based on data from the EPA - The US Environmental Protection Agency). *Toxic Chemical Releases* - <http://scorecard.goodguide.com/env-releases/us-map.tcl>





Bill Moyers and Sherry Jones' documentary, *Trade Secrets: A Moyers Report* has a dedicated site which is full of important and useful information. Worth taking some time to look at - <http://www.pbs.org/tradesecrets/program/program.html>

Children at Risk, Chemical Body Burden. Documentary, *Trade Secrets: A Moyers Report* - <http://www.pbs.org/tradesecrets/problem/children.html>

How PCB's have been found in the Arctic - PBS <http://www.pbs.org/tradesecrets/problem/toxic.html>. Documentary, *Trade Secrets: A Moyers Report* Based on a chapter in the book *Our Stolen Future* by Theo Colborn, Dianne Dumanoski and John Peterson Myers - <http://www.pbs.org/tradesecrets/docs/HighabovetheArcticCircle.html>

EWG - The Environmental Working Group is a fantastic resource for getting real information on environmental toxins - <http://www.ewg.org/about-us>  
They also do a lot of independent research - <http://www.ewg.org/research>

Dr Richard A. Denison, PhD. EDF, Environmental Defense Fund. Slideshow - *Recent U.S. EPA Initiatives on Chemical Testing and Assessment* - [http://www.edf.org/sites/default/files/7906\\_Denison\\_ChAMP\\_5-08\\_0.pdf](http://www.edf.org/sites/default/files/7906_Denison_ChAMP_5-08_0.pdf)

ABC News, Article featuring Laureate Professor John Aitken, Professor Peter Sly, Dr Linda Birnbaum, Dr Andrea Gore, Professor Ian Shaw, Dr Maryanne Demasi, Dr Bruce Lanphear, Sarah Wilson *Our Chemical Lives* - <http://www.abc.net.au/catalyst/stories/4207313.htm>

Environment America Research & Policy Center. Report - *Wasting Our Waterways, Toxic Industrial Pollution and Restoring the Promise of the Clean Water Act* - [http://environmentamericacenter.org/sites/environment/files/reports/US\\_wastingwaterways\\_scrn%20061814\\_0.pdf](http://environmentamericacenter.org/sites/environment/files/reports/US_wastingwaterways_scrn%20061814_0.pdf)

Michael C.R. Alavanja Dr.P.H. The US National Library of Medicine. Article - *Pesticide use and Exposure Extensive Worldwide* - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2946087/>





International Academy of Ecology and Environmental Sciences. Article - *Global pesticide consumption and pollution: with China as a focus* - [http://www.iaees.org/publications/journals/piaees/articles/2011-1\(2\)/Global-pesticide-consumption-pollution.pdf](http://www.iaees.org/publications/journals/piaees/articles/2011-1(2)/Global-pesticide-consumption-pollution.pdf)

Intech - Open Science, Open Minds. Pesticides in the Modern World - Pesticides Use and Management, edited by Dr. Margarita Stoytcheva - *Pesticide use in South Africa: One of the largest importers of pesticides in Africa* - <http://cdn.intechopen.com/pdfs-wm/21980.pdf>

The Federal Ministry of Education and Research. *GMO Safety - Genetic Engineering, Plants, Environment* (South Africa) - <http://www.gmo-safety.eu/basic-info/1318.biosafety-south-africa.html>

IVL, the Swedish Environment Research Institute. Report/Pilot Study - *Human exposure to pesticides from food* - [https://www.coop.se/PageFiles/430210/Coop%20Ekoeffekten\\_Rapport\\_eng.pdf](https://www.coop.se/PageFiles/430210/Coop%20Ekoeffekten_Rapport_eng.pdf)

UNEP, United Nations Environmental Programme. Summary - *Chemicals and Waste* - <http://www.unep.org/chemicalsandwaste/>

UNEP, United Nations Environmental Programme. Report - *Global Chemicals Outlook* - [http://www.unep.org/hazardoussubstances/Portals/9/Mainstreaming/GCO/The%20Global%20Chemical%20Outlook\\_Full%20report\\_15Feb2013.pdf](http://www.unep.org/hazardoussubstances/Portals/9/Mainstreaming/GCO/The%20Global%20Chemical%20Outlook_Full%20report_15Feb2013.pdf)

UNEP, United Nations Environmental Programme. Our Planet - The Magazine of the United Nations Environmental Programme, April 2011: *Chemicals Management and Marine Plastics* - [http://www.unep.org/pdf/op\\_april/EN/OP-2011-04-EN-FULLVERSION.pdf](http://www.unep.org/pdf/op_april/EN/OP-2011-04-EN-FULLVERSION.pdf)

WWF. *Toxic Chemicals* - [http://wwf.panda.org/about\\_our\\_earth/teacher\\_resources/webfieldtrips/toxics/](http://wwf.panda.org/about_our_earth/teacher_resources/webfieldtrips/toxics/)





2nd Congress of the Paris Appeal 9 November 2006 - *Environment and sustainable health: An International Assessment* - [http://www.artac.info/fic\\_bdd/pdf\\_fr\\_fichier/ProgrammeComplet091106\\_13074632850.pdf](http://www.artac.info/fic_bdd/pdf_fr_fichier/ProgrammeComplet091106_13074632850.pdf)

Environmental Health Perspectives. *Toward a New U.S Chemicals Policy: Rebuilding the Foundation to Advance New Science, Green Chemistry, and Environmental Health* - <http://ehp.niehs.nih.gov/0800404/>

United Nations Economic Commission for Europe. *How much waste do we produce?* - [http://www.unece.org/statistics/news/waste\\_statistics.html](http://www.unece.org/statistics/news/waste_statistics.html)

The Washington Post. *Trashing the Earth: We'll soon make 11 million tons of solid waste a day* - [http://www.washingtonpost.com/national/health-science/trashing-the-earth-well-soon-make-11-million-tons-of-solid-waste-a-day/2013/11/18/fc243210-4626-11e3-bf0c-cebf37c6f484\\_story.html](http://www.washingtonpost.com/national/health-science/trashing-the-earth-well-soon-make-11-million-tons-of-solid-waste-a-day/2013/11/18/fc243210-4626-11e3-bf0c-cebf37c6f484_story.html)

KPMG Report: *Chemicals - An Overview* - [http://www.export.gov/brazil/static/Chap4\\_Chemicals\\_Latest\\_eg\\_br\\_078152.pdf](http://www.export.gov/brazil/static/Chap4_Chemicals_Latest_eg_br_078152.pdf) Referenced to the Brazilian Chemical Industry Association (ABIQUIM) - <http://www.abiquim.org.br/home/associacao-brasileira-da-industria-quimica>

CEFIC, European Commission. 2008 Report - *The European Chemical Industry: Competing in Global Markets* - [http://ec.europa.eu/enterprise/sectors/chemicals/files/wg\\_02june08/magdalenic\\_meincke\\_hadhri\\_gronych\\_competing\\_global\\_market\\_en.pdf](http://ec.europa.eu/enterprise/sectors/chemicals/files/wg_02june08/magdalenic_meincke_hadhri_gronych_competing_global_market_en.pdf)

American Chemistry Council. Report - *Year-End 2013 Chemical Industry Situation and Outlook* - <http://www.americanchemistry.com/Jobs/EconomicStatistics/Year-End-2013-Situation-and-Outlook.pdf>

UNEP, United Nations Environmental Programme. 2012 Report - *Global Chemicals Outlook* - [http://www.unep.org/pdf/GCO\\_Synthesis%20Report\\_CBDTIE\\_UNEP\\_September5\\_2012.pdf](http://www.unep.org/pdf/GCO_Synthesis%20Report_CBDTIE_UNEP_September5_2012.pdf)

EEA, European Environment Agency - [www.eea.europa.eu](http://www.eea.europa.eu). 2014 Report - *Assessment of global mega-trends* - <https://www.google.com/search?>





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IFC, International Finance Corporation. IHS Chemicals Financial Forum 2012 - *Managing Risks & Delivering Growth in the Chemicals Industry* - <http://www.slideshare.net/achandramani/anil-chandramani-ihc-chemical-financial-forum-ny2012>

Chlorine Chemistry Council. *Dioxin: 20 Questions and Answers* (What are Dioxins) -

## PESTICIDES

EPA - United States Environmental Protection Agency. *Registration of Enlist Duo herbicide: 2,4-D and glyphosate* <http://www2.epa.gov/ingredients-used-pesticide-products/registration-enlist-duo>

EPA, Environmental Protection Agency. *2,4-D/Dichlorophenoxyacetic Acid), Chemical Summary* - [http://www.epa.gov/teach/chem\\_summ/24D\\_summary.pdf](http://www.epa.gov/teach/chem_summ/24D_summary.pdf) - [http://www.epa.gov/teach/chem\\_summ/24D\\_summary.pdf](http://www.epa.gov/teach/chem_summ/24D_summary.pdf)

USDA, Forest Service. *2,4-D Human Health and Ecological Risk Assessment Final Report 2006* - [http://www.fs.fed.us/foresthealth/pesticide/pdfs/093006\\_24d.pdf](http://www.fs.fed.us/foresthealth/pesticide/pdfs/093006_24d.pdf)

American Cancer Society. *Agent Orange and Cancer* - <http://www.cancer.org/cancer/cancercauses/othercarcinogens/intheworkplace/agent-orange-and-cancer>

Food and Water Watch. Article - *Superweeds: How Biotech Crops Bolster the Pesticide Industry* - <http://www.foodandwaterwatch.org/reports/superweeds/>

Beyond Pesticides. *Lawn Pesticides Facts and Figures* - <http://www.beyondpesticides.org/lawn/factsheets/facts&figures.php>







2015 National Pesticide Forum. Youtube Videos of the Conference - [https://www.youtube.com/playlist?list=PLHS5IfcgFy5fXbW\\_qamBrsDSqthCn7L35](https://www.youtube.com/playlist?list=PLHS5IfcgFy5fXbW_qamBrsDSqthCn7L35)

## **FERTILISERS AND AGRICULTURAL RUNOFF IMPACT AND INDUSTRY CONTAMINATION**

EPA, Environmental Protection Agency. 1996 Report - *Background Report on Fertilizer Use, Contaminants and Regulations* - <http://www.epa.gov/opptintr/pubs/fertilizer.pdf>

FAO, Food and Agriculture organization of the United Nations. *Fertilizer use worldwide* - <http://faostat3.fao.org/browse/E/EF/E>

The Fertilizer Institute. *World Fertilizer Use* - <http://www.tfi.org/statistics/statistics-faqs>

ACS, American Chemical Society. Article - *Friend and Foe: Nitrogen pollution's little-known environmental and human health threats* - <http://www.acs.org/content/acs/en/pressroom/newsreleases/2011/august/friend-and-foe-nitrogen-pollutions-little-known-environmental-and-human-health-threats.html>

IPNI, International Plant Nutrition Institute. C.S Snyder PhD Powerpoint NUE conf 2010: World Fertilizer Nitrogen Consumption and Challenges. Google Search: World Fertilizer N Consumption and Challenges - AAPFCO. <https://www.google.com/search?client=safari&rls=en&q=World+Fertilizer+N+Consumption+and+Challenges++AAPFCO&ie=UTF-8&oe=UTF-8>

International Food Policy Research Institute. *World Trends in Fertilizer Use and Projections to 2020*. A 1996 Report - <http://www.ifpri.org/sites/default/files/publications/vb38.pdf>

FAO, Food and Agriculture Organisation of the United Nations. Article - *Fertilizer Use to Surpass 200 million Tonnes in 2018* - <http://www.fao.org/news/story/en/item/277488/icode/>





ETSI Agronomos (UPM), Technical University of Madrid. Anticipation Study - *Supply of and access to key nutrients NPK for fertilizers for feeding the world in 2050* - [http://eusoils.jrc.ec.europa.eu/projects/NPK/Documents/Madrid\\_NPK\\_supply\\_report\\_FINAL\\_Blanco.pdf](http://eusoils.jrc.ec.europa.eu/projects/NPK/Documents/Madrid_NPK_supply_report_FINAL_Blanco.pdf)

Dr Mercola. Article - *Toxic Combo of Roundup and Fertilizers Blamed for Tens of Thousands of Deaths* - <http://articles.mercola.com/sites/articles/archive/2014/04/08/roundup-fertilizer.aspx>

Dr Mercola. Article - *Five Common Toxic Metals to Avoid, and Where You'll Find Them* - <http://articles.mercola.com/sites/articles/archive/2003/12/27/toxic-metals-part-one.aspx>

CDC, Centers for Disease Control and Prevention. *Water Contamination* - <http://www.cdc.gov/healthywater/other/agricultural/contamination.html>

Minnesota Department of Health. 2008 Report: Screening evaluation of Heavy Metals in Inorganic Fertilizers - <http://www.health.state.mn.us/divs/eh/risk/studies/fertrpt08.pdf>

Pacific Institute. 2010 Report - World Water Quality Facts and Statistics - [http://www.pacinst.org/wp-content/uploads/sites/21/2013/02/water\\_quality\\_facts\\_and\\_stats3.pdf](http://www.pacinst.org/wp-content/uploads/sites/21/2013/02/water_quality_facts_and_stats3.pdf)





## Chemical Body Burden

Including test subjects/volunteers/individuals who have been tested for Chemical Body Burden: *Cost of testing can be thousands of dollars - these examples reveal that we are all in some way or another exposed and have our own chemical body burden.*

Chemical Body Burden. A resource website created by members of The Coming Clean Network - <http://www.chemicalbodyburden.org/aboutus.htm>

Online Chemical Body Burden Assessment - Free  
<http://extras.insidebayarea.com/bodyburden/bodyburden.html>

EWG - Environmental Working Group research. *Body Burden: The Pollution in Newborns. A benchmark investigation of industrial chemicals, pollutants and pesticides in umbilical cord blood* - <http://www.ewg.org/research/body-burden-pollution-newborns>

**CNN.com** Tests reveal high chemical levels in kids' bodies - <http://www.cnn.com/2007/TECH/science/10/22/body.burden/index.html?eref=yahoo>

Youtube clip of report by **Anderson Cooper**, who also had Chemical Body Burden testing done and of the 246 toxic chemicals that were tested, tests came back positive for over 100 of those chemicals - <https://www.youtube.com/watch?v=pBXvJWWlgss>

**CNN - Toxic America** <http://www.cnn.com/SPECIALS/2010/toxic.america/>

**Body Burden, The Pollution in People Study** (Part of the EWG, Environmental Working The Study - <http://www.ewg.org/sites/bodyburden1/findings.php>





**Chemical Body Burden** website, run by **The Coming Clean Network**. Case Studies on Phthalates, Pesticides and Dioxin - <http://www.chemicalbodyburden.org/casestudies.htm>

Human Toxome Project, part of the EWG - working to define the full scope of industrial pollution in humanity - <http://www.ewg.org/sites/humantoxome/about/>

Participant directory - <http://www.ewg.org/sites/humantoxome/participants/>

**Michael Lerner's Test Result statement**, published by **The Environmental Working Group**. Chemical body burden test subjects/volunteers - [http://www.ewg.org/sites/bodyburden1/statement\\_lerner.php](http://www.ewg.org/sites/bodyburden1/statement_lerner.php)

Dr Michael Lerner's statement after him and his wife received their own body burden test results (About Dr Michael - [http://www.ewg.org/sites/bodyburden1/personal\\_bio.php?sub=5](http://www.ewg.org/sites/bodyburden1/personal_bio.php?sub=5))

**Bill Moyers Test Results** - Journalist and Political Commentator (Former White House Press Secretary) - <http://www.pbs.org/tradesecrets/problem/bodyburden.html>

Human Toxome Project, participant directory - Jennifer Hill-Kelley, Environmental Quality Director participated in the Biomonitoring Investigation called, *Adult Minority Leader Report*, found 37-40 of 75 tested chemicals - <http://www.ewg.org/sites/humantoxome/participants/participant.php?subject=amr03>





## **The negative link between man-made/environmental toxins and Health, Healthy Weight and Longevity**

WHO - World Health Organisation, International Agency for Research on Cancer (IARC). Study - *IARC Monographs Volume 112: Evaluation of Five Organophosphate Insecticides and Herbicides* - <http://www.iarc.fr/en/media-centre/iarcnews/pdf/MonographVolume112.pdf>

WHO, World Health Organisation. Fact Sheet - *Dioxins and their effects on human health* - <http://www.who.int/mediacentre/factsheets/fs225/en/>

US National Library of Medicine. Study - *Health Effects of Chronic Pesticide Exposure: Cancer and Neurotoxicity* - <http://www.ncbi.nlm.nih.gov/pubmed/15015917>

Dr Mark Hyman is another favourite - this link is to is an incredible paper Dr Hyman wrote, which has a more detailed look at how toxins affect us. *Toxins and Obesity* - <http://drhyman.com/downloads/Toxins-and-Obesity.pdf>

Environmental Working Group. *Cancer statistics - a conservative figure of 48% increase from 1950 to 1990* - <http://www.ewg.org/research/industry-myths/myth-3-cancer-rates-are-decreasing> More Research can be found here: EWG website - <http://www.ewg.org/research>

Dr Jeffrey S. Bland, PhD. Chapter 17: *Digestion and Excretion* - [https://www.functionalmedicine.org/content\\_management/files/AdvancedPracticeModule1Feb2010/TFMchapters/Chapter17.pdf](https://www.functionalmedicine.org/content_management/files/AdvancedPracticeModule1Feb2010/TFMchapters/Chapter17.pdf)

Felix Grun and Bruce Blumberg. *Endocrinology*, The Endocrine Society.

*Environmental obesogens: Organotins and Endocrine Disruption via Nuclear Receptor Signaling* - <http://blumberg-lab.bio.uci.edu/reprints/obesogen-review.pdf>





Dr Ronald J. Jandacek. The US National Library of Medicine. Study - *Factors Affecting The Storage and Excretion of Toxic Lipophilic Xenobiotics* - <http://www.ncbi.nlm.nih.gov/pubmed/11834080>

The US National Library of Medicine. Study - *The Obesogen Hypothesis: A Shift of Focus from the Periphery to the Hypothalamus* - <http://www.ncbi.nlm.nih.gov/pubmed/21790320>

The US National Library of Medicine. Study - *Role of Environmental Chemicals in Obesity: A Systemic Review of Current Evidence* - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3687513/>

PSR - Physicians for Social Responsibility. Article by Emily Marquez, PhD. *The Rise of Obesogens: Chemical Exposures and the Obesity Epidemic* - <http://www.psr.org/environment-and-health/environmental-health-policy-institute/responses/the-rise-of-obesogens.html>

Wendee Holtcamp. The US National Library of Medicine. Article - *Obesogens: An Environmental Link to Obesity* - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3279464/>

The US National Library of Medicine - Environmental Health Perspectives. Study - *Toxicological Function of Adipose Tissue: Focus on Persistent Organic Pollutants POPs* (also to be known as obesogens) <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3569688/>

DM Grant. The US National Library of Medicine. Study - *Detoxification Pathways in the Liver* - <http://www.ncbi.nlm.nih.gov/pubmed/1749210>

Clinical Chemistry. *Xenobiotic-induced hepatotoxicity: Mechanisms of Liver Injury and Methods of Monitoring Hepatic Function* (another favourite study) - <http://www.clinchem.org/content/43/8/1512.long>

Gene Bruno, MS, MHS. Article - *Non-Alcohol Fatty Liver, An Often Asymptomatic Threat* - <http://www.cpmedical.net/articles/non-alcoholic-fatty-liver-an-often-asymptomatic-threat>





The US National Library of Medicine. Article - *Cancer is a Preventable Disease that requires Major Lifestyle Changes* - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2515569/>

Springer Science - *Ecology of Increasing Diseases: Population Growth and Environmental Degradation*. Study - [http://izt.ciens.ucv.ve/ecologia/Archivos/ECO\\_POB%202007/ECOPO6\\_2007/Pimentel%20et%20al%202007\\_Human%20Ecol\\_35\\_653-668.pdf](http://izt.ciens.ucv.ve/ecologia/Archivos/ECO_POB%202007/ECOPO6_2007/Pimentel%20et%20al%202007_Human%20Ecol_35_653-668.pdf)

AN EXCELLENT STUDY!! With graphs...

The US National Library of Medicine. HHS Public Access. Study - Glyphosate, pathways to modern disease III: Manganese, neurological disease, and associated pathologies - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4392553/>

The US National Library of Medicine. HHS Public Access. Study - Linking Empirical Estimates of Body Burden of Environmental Chemicals and Wellness using NHANES Data - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3249606/>

Public Health Reports. Report - Biomonitoring of Industrial Pollutants: Health and Policy Implications of the Chemical Body Burden - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1497458/pdf/12477912.pdf>

Dr Heise - Heise Health Clinic. Your Toxic Body Burden: How low dose exposure to chemicals can create disease and make you suffer, and how you can protect yourself - <https://www.drheise.com/toxic%20body%20burden.pdf>





## How our bodies work

Elaine N. Marieb and Katja Hoehn. *Human Anatomy and Physiology: Pearson New International Edition*

Dr Mark Hyman, Functional Medicine. *Toxins and Obesity* - <http://drhyman.com/downloads/Toxins-and-Obesity.pdf>

Dr Jeffrey S. Bland, PhD and Dr DeAnn Liska PhD. Chapter 17: *Digestion and Excretion* - [https://www.functionalmedicine.org/content\\_management/files/AdvancedPracticeModule1Feb2010/TFMchapters/Chapter17.pdf](https://www.functionalmedicine.org/content_management/files/AdvancedPracticeModule1Feb2010/TFMchapters/Chapter17.pdf)

Dr Thomas Sult, MD. Chapter 24: *Digestive, Absorptive, and Microbiological Imbalances* - [https://www.functionalmedicine.org/content\\_management/files/AdvancedPracticeModule1Feb2010/TFMchapters/Chapter24.pdf](https://www.functionalmedicine.org/content_management/files/AdvancedPracticeModule1Feb2010/TFMchapters/Chapter24.pdf)

Dr Gerard Mullin - Functional Medicine ([functionalmedicine.org](http://functionalmedicine.org)) Author of *The Gut Balance Revolution*. Slide show - *Assessment of Digestive insufficiencies, intestinal permeability and 'allergies'* - [https://www.functionalmedicine.org/content\\_management/files/AdvancedPracticeModule1Feb2010/2%20-%20Added%20Feb%2011%20-%20Onsite%20Materials/2%20-%20Friday/Mullin\\_Assessment%20of%20Digestive%20Insufficiencies%204%20Per%20page.pdf](https://www.functionalmedicine.org/content_management/files/AdvancedPracticeModule1Feb2010/2%20-%20Added%20Feb%2011%20-%20Onsite%20Materials/2%20-%20Friday/Mullin_Assessment%20of%20Digestive%20Insufficiencies%204%20Per%20page.pdf)

Dr William Davis, Author of *Wheat Belly*. YouTube video of his talk titled, *Wheat: The Unhealthy Whole Grain* - <https://www.youtube.com/watch?v=UbBURnqYVzw>

Dr John Douillard. Author and Ayurvedic practitioner. Video series *Detox Dangerous Fat* Part 1 & 2 - <https://www.youtube.com/watch?v=9zBXH3mxVmQ>, [https://www.youtube.com/watch?v=nOOr0ecF\\_Jw](https://www.youtube.com/watch?v=nOOr0ecF_Jw)







Dr John B Fagan PhD, Dr Robert E Herron PhD. Study - *Lipophil-mediated reduction of toxicants in humans: an evaluation of an ayurvedic detoxification procedure* (Scroll down the page for the link to the full study) <http://www.alternative-therapies.com/index.cfm/fuseaction/archives.main&mode=issue&issueid=7109>

The US Library of Medicine. HHS Public Access. Study - *Adipose Tissue Quantification by Imaging Methods: A Proposed Classification* - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1894646/>

The US Library of Medicine. European Journal of Histochemistry. Study - *Subcutaneous Adipose Tissue Classification* - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3167328/>

Dr Amin M. Kamel PhD. *Metabolic Transformations of Xenobiotics* (Introduction of Biotransformation Reactions) - <http://web2.uconn.edu/rusling/Amin.pdf>

Dr Gillaspay Study.com *The Gallbladder & Liver: Function & Role in Digestion* - <http://study.com/academy/lesson/the-gallbladder-liver-function-role-in-digestion.html>

Dr Christopher J. Holloway, The Institute of Clinical Biochemistry Hannover, Germany. *Artificial Liver Support: The Biochemistry of Hepatic Detoxification* - [http://link.springer.com/chapter/10.1007%2F978-3-642-96629-3\\_5#page-2](http://link.springer.com/chapter/10.1007%2F978-3-642-96629-3_5#page-2)

Michael J. Stewart, James Shepherd, Allan Gaw, Michael J. Murphy, Robert A. Cowan, Denis St. J. O'Reilly *Clinical Biochemistry: An Illustrated Colour Text* - P54, Liver Function.





## 'Leaky Gut' (Intestinal Permeability)

The US Library of Medicine. HHS Public Access, Paediatric Allergy Immunology. *Intestinal Permeability in Children with Food Allergy on Specific Elimination Diets* - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3774110/>

The US Library of Medicine. HHS Public Access. Study - *Tight Junctions, Intestinal Permeability, and Autoimmunity Celiac Disease and Type 1 Diabetes Paradigms* - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2886850/>

## Gut Health

D. L Shawcross. The US Library of Medicine. HHS Public Access. Study - *Is it time to target gut dysbiosis and immune dysfunction in the therapy of hepatic encephalopathy?* - <http://www.ncbi.nlm.nih.gov/pubmed/25846450> A disrupted microbiome resulting in gut dysbiosis, bacterial overgrowth and translocation, systemic endotoxemia and immune dysfunction may be more important drivers. Therefore, it is important to re-focus our efforts into developing therapies that modulate the disrupted microbiome or alleviating its downstream consequences.





## Dead Zones/Agricultural run-off videos & info

NOAA - National Oceanic and Atmospheric Administration Website

(Run by the United States Dept of Commerce - <http://www.noaa.gov>)

Their best video (although omitting the fact that toxic chemical runoff is contributing to these dead zones, not just increased levels of certain 'nutrients'/aka artificial and synthetic man-made substances - what of the specific impact these high levels of toxic chemicals/artificial and synthetic substances are having on the environment, contaminating our water and oceans...!) <http://oceantoday.noaa.gov/happnowdeadzone/>

This page has the video I took a screen shot of, to show agricultural run-off in the USA. <http://www.nnvl.noaa.gov/MediaDetail2.php?MediaID=1062&MediaTypeID=3&ResourceID=104616>

(short cut to the youtube video: <https://www.youtube.com/watch?t=66&v=a8ae2vq45eA>)

The Smithsonian Institute

<http://www.smithsonianmag.com/science-nature/ocean-dead-zones-are-getting-worse-globally-due-climate-change-180953282/?no-ist>

## Soil Health

The Rodale Institute, as featured in *Heal yourself, Heal the World* (Howard Straus, Dr Max Gerson's grandson) - <http://rodaleinstitute.org/about-us/>

Howard Garrett. Author of 10+ books on organic and natural gardening and soil health <http://www.dirtdoctor.com>





## **Animal Stress & Disease, and Contamination of Food Products and Body Burden of Animal Foods**

*Animal Stress Results in Meat Causing Disease*, a fantastic resource compiled by Jean Chemour - <http://www.scn.org/~bk269/fear.html>

*Assessment of Stress During Handling and Transport* - T. Grandin  
<https://www.animalsciencepublications.org/publications/jas/pdfs/75/1/249>

Many studies found here: **Lowering stress to improve Meat Quality and Animal Welfare** - <http://grandin.com/meat/meat.html>

**Dr Michael Greger - Nutrition Facts** - [nutritionfacts.org](http://nutritionfacts.org)  
Great resource for finding out what studies are coming out on meat consumption, the quality of meat consumed, and it's impact on our health - <http://nutritionfacts.org/page/2/?s=disease+in+meat>

**Dr Michael Greger - Nutrition Facts** [nutritionfacts.org](http://nutritionfacts.org)

A clip from one of **Dr Michael Greger's** incredible lectures, in which he highlights a study about the bad bacteria/pathogens found in meat (even if it's cooked). See link to actual study below - <http://nutritionfacts.org/video/dead-meat-bacteria-endotoxemia/>

The US National Library of Medicine. Study - *Bacteria found in dead meat (raw AND cooked) cause Endotoxemia* (inflammatory response to pathogens) - <http://www.ncbi.nlm.nih.gov/pubmed/20849668>

Frontline, PBS News. Article - *Total Meat Recalls in the US* - <http://www.pbs.org/wgbh/pages/frontline/shows/meat/safe/recalls.html>

ABC News. Article - *Frozen berries Hepatitis A scare: Nanna's raspberries product recalled from sale* - <http://www.abc.net.au/news/2015-02-17/fourth-frozen-berry-product-recalled-in-hepatitis-a-scare/6126272>





Arnold Schecter. Journal of Toxicology and Environmental Health. Study - *Intake of Dioxins and related compounds in the U.S Population* - <http://www.ejnet.org/dioxin/dioxininfood.pdf> *Chemical burden in different foods compared graph (same link above)*

EPA Dioxin Reassessment graph - <http://www.ejnet.org/dioxin/> / <http://www.ejnet.org/dioxin/#reassessment>

EPA Furan and Dioxins - <http://www.ejnet.org/dioxin/>

Biodiversity Research Institute. Mercury in fish and animals' search - <http://www.briloon.org/search-results?mact=Search%2Ccntnt01%2Cdosearch%2C0&cntnt01returnid=306&cntnt01searchinput=mercury+in+fish&submit=&cntnt01origreturnid=16>

Cowspiracy Documentary. Facts Page - <http://www.cowspiracy.com/facts/>  
FDA 2009, Report, "*Antimicrobials Sold or Distributed for Use in Food-Producing Animals*" - <http://www.fda.gov/downloads/ForIndustry/UserFees/AnimalDrugUserFeeActADUFA/UCM231851.pdf>

### **Food processing, manufacturing, and packaging, including food additive dangers.**

Bill Statham author of *The Chemical Maze*, and *What's Really In Your Basket?*

*175 potentially hazardous substances legally used in the production of food contact materials in Europe & the USA* - <http://www.foodpackagingforum.org/news/hazardous-substances-in-food-contact> Link to actual study - <http://www.tandfonline.com/doi/abs/10.1080/19440049.2014.931600?journalCode=tfac20#.VSdZclwyFSU>

WHO - World Health Organisation Publication - *Chapter 6: Potential EDC (Endocrine Disrupting Chemicals) Exposure in Humans and Wildlife* - <http://www.who.int/ipcs/publications/en/ch6.pdf>





The US National Library of Medicine. Oxford Journals, Mutagenesis. Study - *Styrene Exposure and Risk of Cancer* - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3165940/>

The US National Library of Medicine. Study - *PFOA (Perflourooctanoic Acid), An Emerging Drinking Water Contaminant: A Critical Review of Recent Literature* - <http://www.ncbi.nlm.nih.gov/pubmed/22560884>

The US National Library of Medicine. Study - *Perinatally Administered Bisphenol A (BPA) as a Potential Mammary Gland Carcinogen in Rats* - <http://www.ncbi.nlm.nih.gov/pubmed/23876597>

The US National Library of Medicine. EHP - Environmental Health Perspectives. Study - *Epidemiologic Evidence on the Health Effects of Perflourooctanoic Acid (PFOA)* - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2920088/>

Dr WJ Crinnion. The US National Library of Medicine. Study - *Toxic Effects of the Easily Avoidable Phthalates and Parabens* - <http://www.ncbi.nlm.nih.gov/pubmed/21155623>

The US National Library of Medicine. EHP - Environmental Health Perspectives. Study - *Exposure to Phthalates and Breast Cancer Risk in Northern Mexico* - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2854732/>

The US National Library of Medicine. Study - *Perflourooctanoic Acid (PFOA) acts as a tumor promoter* - <http://www.ncbi.nlm.nih.gov/pubmed/22828883>

The US National Library of Medicine. A 280 Page Article - *Human Health Risk Assessment for Aluminium, Aluminium Oxide, and Aluminium Hydroxide* - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2782734/>

The US National Library of Medicine. Study - *Exposure to Aluminium in Antiperspirants Presents Health Risks?* - <http://www.ncbi.nlm.nih.gov/pubmed/24418462>





The US National Library of Medicine. Study - *Systematic Review of Potential Health Risks Posed By Pharmaceutical, Occupational and Consumer Exposures to Metallic and Nanoscale Aluminium, Aluminium Oxides, Aluminium Hydroxide and its Soluble Salts* - <http://www.ncbi.nlm.nih.gov/pubmed/25233067>

### **Transport and storage of Food**

Investigative Journalist, Rachel Clemons (<https://www.choice.com.au/authors/rachel-clemons>). Article: *How Fresh Is It?* - <https://www.choice.com.au/shopping/everyday-shopping/supermarkets/articles/fresh-food-tricks>

Journalist, Alex Renton (<http://alexrenton.com/about/>). Article: *Just how fresh is fresh food at the supermarket? Read this investigation* - <http://www.dailymail.co.uk/news/article-1370130/Just-fresh-fresh-food-supermarket.html>

FAO, The Food and Agriculture Organisation - Agriculture and Consumer Protection. *Freezing of Fruits and Vegetables* - <http://www.fao.org/docrep/008/y5979e/y5979e03.htm>

FAO, The Food and Agriculture Organisation. Study - *Food Losses and Food Waste Study* - <http://www.fao.org/docrep/014/mb060e/mb060e.pdf>

S.J.James, C.James. Food Research International. Article - *The Food Cold-Chain and Climate Change 2010* - <http://ucanr.edu/datastoreFiles/608-150.pdf>





## Microwaves

The US National Library of Medicine. EHP - Environmental Health Perspectives. Study - *Effects of Exposure to Microwaves: Problems and Perspectives* - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1474944/>

S. M Michaelson. The US National Library of Medicine. *British Journal of Industrial Medicine / Occupational & Environmental Medicine*. Study - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1008955/>

Garaj-Vrhovac V The US National Library of Medicine. Study - *The Effect of Microwave Radiation on the Cell Genome* - <http://www.ncbi.nlm.nih.gov/pubmed/2304485>







## **Statistics & Infographs - The Bad & The Ugly... and also The Good!**

### **THE BAD & THE UGLY...**

This info can feel a bit depressing - but we need real facts, so we quickly get the message and get shocked into taking immediate action!!

**Worldometers - Toxic Chemical released by Industries this year - <http://www.worldometers.info/view/toxchem/>**

**Plastics Breakdown - <http://prodigeemarketing.com/wp-content/uploads/2012/12/PlasticsInfographic.jpg>**

**Pollution Infographic - [http://www.acegroup.com/uk-en/assets/pollution\\_infographic\\_ls.png](http://www.acegroup.com/uk-en/assets/pollution_infographic_ls.png)**

**Where does the air pollution in your home come from? - [http://www.allergycosmos.co.uk/media/wysiwyg/Nx150xPollution\\_In\\_YOUR\\_Home\\_AllergyCosmos.png.pagespeed.ic.gI36KMFQ21.png](http://www.allergycosmos.co.uk/media/wysiwyg/Nx150xPollution_In_YOUR_Home_AllergyCosmos.png.pagespeed.ic.gI36KMFQ21.png)**

**You probably eat GMOs every day - <http://thoughtshaker.com/assets/1157/GMO-Stats.jpg?1318612084>**

**GMO Awareness - <https://gmoawareness.files.wordpress.com/2013/04/cropped-gmo-awareness-blog-masthead-4.jpg>**

**We have a right to know - <http://cdn.onegreenplanet.org/wp-content/uploads/2010/10//2012/03/GMOs-Infographic.jpg>**

**Global area of Biotech crops - <https://www.motherjones.com/files/gmo-world.png>**

**Genetically Modified Crops worldwide (2010 in Hectares) - <https://gmoawareness.files.wordpress.com/2011/06/gmo-crops-worldwide.jpg>**





**Food Fact: 50 Countries, including France, Germany and Italy have banned or restricted GMOs, while the US doesn't even require labeling -**

**[http://sanjuanupdate.com/wp-content/uploads/2012/09/251910\\_305467689538427\\_103397433078788\\_704956\\_625198684\\_n1.jpg](http://sanjuanupdate.com/wp-content/uploads/2012/09/251910_305467689538427_103397433078788_704956_625198684_n1.jpg)**

**Rapid growth of adoption of GM crops in US -**

**<https://totesgreen.files.wordpress.com/2013/08/gmos.png>**

**Global Revenue from Sales of GE Seeds (in \$Billion) -**

**<http://b-i.forbesimg.com/bethhoffman/files/2013/07/Revenue-GE-Seeds.jpg>**

**GMO crops mean more pesticide spraying - <http://b-i.forbesimg.com/bethhoffman/files/2013/07/AcresPesticide.jpg>**

**Where is GM today? - [http://i2.wp.com/sciencereview.berkeley.edu/wp-content/uploads/2014/04/spring\\_2014\\_gadye\\_04.jpg](http://i2.wp.com/sciencereview.berkeley.edu/wp-content/uploads/2014/04/spring_2014_gadye_04.jpg)**

**Germany & US rive Global Chemical Exports -**

**[https://d28wbuch0jlv7v.cloudfront.net/images/infografik/normal/ChartOfTheDay\\_1357\\_Germany\\_and\\_the\\_United\\_States\\_Drive\\_Global\\_Chemical\\_Exports\\_n.jpg](https://d28wbuch0jlv7v.cloudfront.net/images/infografik/normal/ChartOfTheDay_1357_Germany_and_the_United_States_Drive_Global_Chemical_Exports_n.jpg)**

**Pesticides applied, kg per hectare of arable land, 2005 - 2009. -**

**<http://www.washingtonpost.com/blogs/wonkblog/files/2013/08/pesticide-use-farms.png>**

**Pesticide use throughout the world - <http://scientificbeekeeping.com/sick-bees-part-18f8-colony-collapse-revisited-beekeeping-economics/>**

**Global pesticide sales by region - <https://img.washingtonpost.com/wp-apps/imrs.php?src=https://img.washingtonpost.com/blogs/wonkblog/files/2013/08/pesticide-sales.png&w=1484>**





**Estimated worldwide annual sales of pesticides 1960 - 1999 - <http://ourworldindata.org/wp-content/uploads/2013/10/estimated-worldwide-annual-sales-of-pesticides-1960-to-1999-in-billions-of-dollars-herbicides-insecticides-fungicides-and-others-agrios-20050-645x410.png>**

**The rise of superweeds - <http://www.soyummifoods.com/img/gmos-in-2010-us-crops-graph.jpg>**

**Glyphosate and superweeds - <http://www.soyummifoods.com/img/gmos-in-2010-us-crops-graph.jpg>**

**World and US Pesticide Expenditures at User Level - [http://newint.org/archive/images/issue/323/images\\_agrochemsal.gif](http://newint.org/archive/images/issue/323/images_agrochemsal.gif)**

**Celiac incidence as a factor of glyphosate application to wheat - <http://www.thehealthyhomeeconomist.com/wp-content/uploads/2014/11/celiac-incidence-as-a-factor-of-glyphosate-application-to-wheat.jpg>**

**Female Toxic Chemical Exposure - <https://chaeorganics.files.wordpress.com/2013/05/b72499a0c0a41a4c0adcf05b5ad8fcb5.jpg>**

**FAO, Food and Agriculture Organisation - *Food Losses and Food Waste Study - Global Food production graph* (of which 1/3 of edible parts of food, or 1.3 billion tons, is wasted or lost globally per year) - <http://www.fao.org/docrep/014/mb060e/mb060e.pdf>**

**FAO, Food and Agriculture Organisation - *Food Losses and Food Waste Study - Per capita food waste and losses in kg/year graph* (of which 1/3 of edible parts of food, or 1.3 billion tons, is wasted or lost globally per year) - <http://www.fao.org/docrep/014/mb060e/mb060e.pdf>**

**China's chemical market will soon represent one-third of global demand - <http://www.atkearney.com/documents/10192/647356/FG-Chinas-Chemical-Industry---Flying-Blind-1.png/b66abe02-f733-4dcd-bbd1-943cfa654897?t=1348692191239>**





**Rules to Shop by** - [http://static3.consumerreportscdn.org/content/dam/cro/news\\_articles/health/CRO\\_Health\\_Pesticide\\_Chart\\_03-15.png](http://static3.consumerreportscdn.org/content/dam/cro/news_articles/health/CRO_Health_Pesticide_Chart_03-15.png)

**Projected growth Global Cem Production** - <http://ehp.niehs.nih.gov/wp-content/uploads/117/8/ehp.0800404.f002.tif>

**The Three Gaps in U.S. Chemicals Policy** - <http://ehp.niehs.nih.gov/wp-content/uploads/117/8/ehp.0800404.f001.tif>

**Number of Industrial Chemicals and pollutants governed by US Law** - <http://ehp.niehs.nih.gov/wp-content/uploads/117/8/ehp.0800404.t001.tif>

**Environmental Health Perspectives - Towards a New U.S. Chemicals Policy: Rebuilding the Foundation to Advance New Science, Green Chemistry, and Environmental Health** - <http://ehp.niehs.nih.gov/0800404/>

**World Fertilizer Consumption 1960 - 2001** - [https://standeyo.com/NEWS/09\\_Food\\_Water/2010-food-crisis-for-dummies\\_files/fl-fertilizer-consumption-736883.png](https://standeyo.com/NEWS/09_Food_Water/2010-food-crisis-for-dummies_files/fl-fertilizer-consumption-736883.png)

**Pollution - increasing use of chemicals** - [http://www.eea.europa.eu/signals/signals-2011/earth-2050-global-megatrends/trend6.jpeg/image\\_large](http://www.eea.europa.eu/signals/signals-2011/earth-2050-global-megatrends/trend6.jpeg/image_large) EEA, European Environmental Agency - <http://www.eea.europa.eu/signals/signals-2011/earth-2050-global-megatrends/pollution-2014-increasing-use-of-chemicals>

**Environmental Pollution Cause and Effect** - <http://gangapedia.iitk.ac.in/sites/default/files/cmapimages/environmental%20pollution%20v2%2011April.jpg>

**Chemical Products - Top 5 Exporters** - <http://static.reportlinker.com/public/images/clp/chemical/chemical.PNG>

**UNEP, United Nations Environmental Programme. Report - Global Chemicals Outlook** - <http://www.unep.org/hazardoussubstances/Portals/9/>





[Mainstreaming/GCO/The%20Global%20Chemical%20Outlook\\_Full%20report\\_15Feb2013.pdf](#)

EPA Dioxin Reassessment graph - <http://www.ejnet.org/dioxin/> / <http://www.ejnet.org/dioxin/#reassessment>

EPA Furan and Dioxins - <http://www.ejnet.org/dioxin/>

*Toxic Chemicals are in your home* - [http://static.edf.org/cdn/farfuture/jgx0vjjVJMpoaj\\_psCJ\\_ZzeMk-kYJLtc6mFDGNmGiXA/mtime:1376319240/sites/default/files/Toxics-infographic050812\\_701x875.jpg](http://static.edf.org/cdn/farfuture/jgx0vjjVJMpoaj_psCJ_ZzeMk-kYJLtc6mFDGNmGiXA/mtime:1376319240/sites/default/files/Toxics-infographic050812_701x875.jpg)

*America's Concern with Toxins* - <https://s-media-cache-ak0.pinimg.com/236x/e5/e3/6b/e5e36be13b7735b8383cadc50720e659.jpg>

*The Poor Spend a Higher Percentage of their Income on Food* - America spends less on food than any other Country - <http://www.motherjones.com/blue-marble/2012/01/america-food-spending-less>

### GETTING THE MESSAGE... WITH FUNNY CARTOONS...

*I'm with Stupid* - [http://earthdesk.blogs.pace.edu/files/2013/06/TAB\\_with\\_stupid.jpg](http://earthdesk.blogs.pace.edu/files/2013/06/TAB_with_stupid.jpg)

*What if it's a big hoax...* <https://goofballcitizen.files.wordpress.com/2014/05/cartoon-from-trenberth-ams-paper.jpg>

### REFRESHING & POSITIVE - THE GOOD STUFF!

*America's Concern with Toxins* - <http://newhope360.com/site-files/newhope360.com/files/uploads/2012/10/infographic-sevgen-household.png>

*The Healthy Farm: A Vision for US Agriculture* - [http://thumbnails-visually.netdna-ssl.com/the-healthy-farm-a-vision-for-us-agriculture-interactive-infographic\\_519509e56c58d\\_w1500.png](http://thumbnails-visually.netdna-ssl.com/the-healthy-farm-a-vision-for-us-agriculture-interactive-infographic_519509e56c58d_w1500.png)





*The EU Organic Farming (R)Evolution -*

<http://1.bp.blogspot.com/-XKoDc-qKnOk/U-4WubHhR1I/AAAAAAAAABuU/VcApX6M-zUk/s1600/organic%2Bsnip.PNG>

*The Healthy Happy Facts about Organic -*

[https://bnfoods.files.wordpress.com/2014/04/healthy-happy-facts-organic\\_900x675.jpg](https://bnfoods.files.wordpress.com/2014/04/healthy-happy-facts-organic_900x675.jpg)

*By choosing at least one organic product out of every 10 items you*

*purchase... <https://www.organic-center.org/wp-content/uploads/2012/06/Infographic1.png>*

*Make 2015 an Organic Year - [http://www.theculinaryscoop.com/wp-](http://www.theculinaryscoop.com/wp-content/uploads/2014/12/2015-Organic.jpg)*

*content/uploads/2014/12/2015-Organic.jpg*

*The Growth of Organic - <http://www.farmxchange.org/wp-content/uploads/2013/04/growth-of-organic.png>*

*Farmacy - [http://themicrogardener.com/wp-content/uploads/2010/09/](http://themicrogardener.com/wp-content/uploads/2010/09/Farmacy-cartoon.jpg)*

*Farmacy-cartoon.jpg*

*Organic. Consumer Driven. Farmer Powered. Organic food and farming fuels jobs, rural economies, and consumer choice - [https://](https://itvclients.s3.amazonaws.com/nutriliving/infographics/organicinfo.jpg)*

*itvclients.s3.amazonaws.com/nutriliving/infographics/organicinfo.jpg*

*More Parents Are Buying Organic - [http://www.kiwimagonline.com/wp-](http://www.kiwimagonline.com/wp-content/uploads/2013/04/link-600x418.jpeg)*

*content/uploads/2013/04/link-600x418.jpeg*

*Organic Farming vs Conventional -*

<http://www.soyummifoods.com/img/gmos-in-2010-us-crops-graph.jpg>

*What are the World's Greenest Cities? -*

<http://www.redesignrevolution.com/what-are-the-worlds-greenest-cities-infographic/>





*What does organic mean?* - <http://www.thesleuthjournal.com/wp-content/uploads/2014/04/organic-infographic.jpg>

*Organic vs Natural* - <http://cdn.organicprairie.com/images/NaturalvOrganic-chart.jpg>





## Recommended Documentaries

Many of these can be found on the Food Matters FMTV subscription site - I have found this to be a fantastic resource - I love watching lots of documentaries and just paying the yearly subscription - it's great value, with unlimited viewing!

Other online streaming services like Netflix are fantastic, for a small monthly fee, I have found many great documentaries worth watching.

When I first started doing my own research I found some of these documentaries to be sometimes available to watch for free on youtube, or I would just rent and watch online.

In no particular order of preference:

- **Heal Thyself, Heal The World**
- **Dying To Have Known**
- **Food Matters**
- **The Gerson Miracle**
- **Genetic Roulette**
- **Food Inc**
- **Fed Up**
- **Cowspiracy**







## Statistic Resources

Worldometers. Great resource for toxic chemical release statistics (with good sources and references). *Toxic Chemicals released by industries this year...* <http://www.worldometers.info/view/toxchem/>

The World Counts - [http://www.theworldcounts.com/counters/waste\\_pollution\\_facts/hazardous\\_waste\\_statistics](http://www.theworldcounts.com/counters/waste_pollution_facts/hazardous_waste_statistics)

UNEP, United Nations Environment Programme <http://www.unep.org>

Eurostat, European Statistics - <http://ec.europa.eu/eurostat>

FOA, the United Nations Food and Agriculture Organisation - <http://www.fao.org/>

Eco-Cycle, Working to Build Zero Waste Communities. *Environmental Facts, Facts and Figures to Inspired Action toward Zero Waste 2010* - <http://www.ecocycle.org/files/pdfs/Eco-CycleEnvironmentalFacts.pdf>  
Fact Sheet

Springer Science. Study - *Ecology of Increasing Diseases/ Population Growth and Environmental Degradation* - [http://izt.ciens.ucv.ve/ecologia/Archivos/ECO\\_POB%202007/ECOPO6\\_2007/Pimentel%20et%20al%202007\\_Human%20Ecol\\_35\\_653-668.pdf](http://izt.ciens.ucv.ve/ecologia/Archivos/ECO_POB%202007/ECOPO6_2007/Pimentel%20et%20al%202007_Human%20Ecol_35_653-668.pdf) Live Science. Article - *Pollution Facts and Types of Pollution* - <http://www.livescience.com/22728-pollution-facts.html>

WHO, World Health Organisation - *Chemical Fact Sheets* - [http://www.who.int/water\\_sanitation\\_health/dwq/gdwq0506\\_12.pdf](http://www.who.int/water_sanitation_health/dwq/gdwq0506_12.pdf)

OECD, Organisation for Economic Co-opertaion and Development, Stat Extracts

2013 Edition of OECD Environmental Database - <http://www.oecd.org/greengrowth/sustainable-agriculture/agri-environmentalindicators.htm>





Access complete database -

[http://stats.oecd.org//Index.aspx?DataSetCode=TAD\\_ENVINDIC\\_2013](http://stats.oecd.org//Index.aspx?DataSetCode=TAD_ENVINDIC_2013)

The USDL United States Department of Labor. Resource Page - *Hazard Recognition, Carcinogens: A list of resources* -

<https://www.osha.gov/SLTC/carcinogens/hazards.html>

The US Department of Health and Human Services (DHHS), National Toxicology Program (NTP). Report - *Report on Carcinogens (RoC)* - <http://ntp.niehs.nih.gov/pubhealth/roc/roc13/index.html>

*Known to be Human Carcinogens* - <http://ntp.niehs.nih.gov/ntp/roc/twelfth/listedsubstancesknown.pdf>

*Reasonably Anticipated to be a Human Carcinogen* - <http://ntp.niehs.nih.gov/ntp/roc/twelfth/listedsubstancesreasonablyanticipated.pdf>

EDF Environmental Defense Fund. *Toxic Ignorance - The continuing absence of basic health testing for top-selling chemicals in the United States*. [http://www.edf.org/sites/default/files/243\\_toxicignorance\\_0.pdf](http://www.edf.org/sites/default/files/243_toxicignorance_0.pdf)

CAS Chemical Abstract Service Registry - A division of the American Chemical Society - <http://www.cas.org/content/chemical-substances/>

<http://www.cas.org/content/at-a-glance>

California Occupational Safety and Health Regulations (CAL/OSHA).

Hazardous Substance List - <http://www.dir.ca.gov/title8/339.html>

CEFIC. The European Chemicals Industry in a Worldwide Perspective - Facts and Figures 2012 - <http://www.cefic.org/Documents/FactsAndFigures/2012/Facts-and-Figures-2012-The-Brochure.pdf>

Cowspiracy Documentary. Facts Page - <http://www.cowspiracy.com/facts/>

The United Nations Statistics Division - UNSD Environmental Indicators -

<http://unstats.un.org/unsd/environment/qindicators.htm>





## Additional Notes

**We have lost 30% of life on earth** - we can only heal/treat ourselves with plants. Billions of us rely on plants... and we've lost 30% of life on Earth...a staggering amount

*Yann Arthus Bertrand, photographer featured in Food Beware (Documentary).*

**Between 1988 - 2013, the US alone has released over 110 billion pounds of chemicals into the environment in some way or another.**

I calculated 110,637,912,095 (billion) pounds from all the available reports on the EPA's website, of Total On and Off-site disposal or other releases of chemicals (in pounds) in the USA for the years 1981, 1988, and 1990 through 2012 - [http://iaspub.epa.gov/triexplorer/tri\\_release.chemical](http://iaspub.epa.gov/triexplorer/tri_release.chemical).

United States Environmental Protection Agency. (2015). TRI Explorer (2013 Dataset (released March 2015)) [Internet database]. Retrieved from <http://www.epa.gov/triexplorer>, (April 29, 2015).

**My calculations based on the following Dadt: EPA Total On and Off-site disposal or other releases of chemicals (in pounds) in the USA - [http://iaspub.epa.gov/triexplorer/tri\\_release.chemical](http://iaspub.epa.gov/triexplorer/tri_release.chemical)**

1 short ton (US) = 2,000 pounds

1 Metric ton = 2,204.6226 pounds

1 Metric ton = 1.1023113 short ton (US)





1988	6,939,298,616
1981	4,961,335,576
1990	4,249,455,252
1991	3,805,122,938
1992	3,622,394,948
1993	3,267,696,804
1994	2,690,662,128
1995	2,703,672,114
1996	2,669,602,802
1997	2,928,799,634
1998	7,162,374,779
1999	7,250,911,160
2000	6,655,830,631
2001	6,617,195,127
2002	4,773,775,444
2003	4,468,718,975
2004	4,231,578,612
2005	4,360,860,847
2006	4,328,340,208
2007	4,129,315,727
2008	3,886,741,848
2009	3,396,273,738
2010	3,810,853,318
2011	4,108,696,858
2012	3,618,404,011





OECD, Organisation for Economic Co-operation and Development, Stat  
Extracts

2013 Edition of OECD Environmental Database - <http://www.oecd.org/greengrowth/sustainable-agriculture/agri-environmentalindicators.htm>

Access complete database - [http://stats.oecd.org//Index.aspx?DataSetCode=TAD\\_ENVINDIC\\_2013](http://stats.oecd.org//Index.aspx?DataSetCode=TAD_ENVINDIC_2013)





I went through the database and compiled the following graphs:

### Pesticide sales in agriculture (Tonnes of active ingredients)

Including all pesticides e.g. insecticides, fungicides, herbicides.

Australia	1990 - 17,869		2008 - 35,901	(17-37,000)
Canada	1990 - 33,964		2006 - 36,573	(29-44,000)
Chile	1990 - 0!	2001 - 25,032!	2008 - 54,980	(>0-54,000)
France	1990 - 97,701	1999 - 120,501!	2008 - 78,578	(78-120,000)
Germany	1990 - 33,146		2008 - 34,664	(25-34,000)
Italy	1990 - 0!	1995 - 78,267	2008 - 80,663	(76-94,000)
Japan	1990 - 92,608		2008 - 58,750	(58-92,000)
Mexico	1990 - 36,000		2006 - 44,765	(27-44,000)
Portugal	1990 - 285	1991 - 9,355	2008 - 17,060	(>0-17,000)
Turkey	1990 - 0	2000 - 11,131	2008 - 22,032	(11-23,000)
UK	1990 - 31,736		2008 - 17,802	(17-32,000)
USA	1990 - 326,587!!!!		2007 - 310,257	(310-364,000!!!)





## Transgenic Crops - Hectares

Australia	1998 - 100,000	2011 - 700,000	
Canada	1998 - 2,800,000	2011 - 10,400,000	
Chile	1998 - 0!	2002 - 11,269	2011 - (!) 100,000
Czech Re.	1998 - 0!	2005 - (!) 50,000	2011 - (!) 100,000
France	1998 - (!) 50,000	2007 - (!) 50,000	
Mexico	1996 - (!) 50,000	2011 - 200,000	
Poland, Portugal, Slovak Re., Spain, Sweden	2011 - (!) 100,000		
USA	1998 - 20,500,000!!!	2011 - 69,000,000!!!!!!	

(!) - The value in this cell should be interpreted as an upper bound on the value taken by the indicator. It should be read as follows: "<value" OECD StatExtracts



## Organic Farming - Certified Organic Agricultural LAND AREA

Country	population	certified organic farmland increases...	
Australia (low pop/high%land)	(23mil)	2002 - 10,000,000	2010 - 12,001,700
Austria (low pop/high increase %land)	(8.5mil)	1994 - 192,300	2010 - 543,605
Canada	(35mil)	2002 - 478,700	2010 - 703,678
Chile	(17.5mil)	1998 - 2,058	2010 - 15,126
Czech Re. (low pop/high increase %land)	(10.5mil)	1994 - 14,982	2010 - 447,821
France (high pop/high increase%land)	(66mil)	1994 - 87,000	2010 - 845,442
Germany	(80mil)	1994 - 272,139	2010 - 999,702
Greece	(11mil)	1994 - 1,188	2010 - 157,606
Italy (high pop/high increase%land)	(60mil)	1994 - 154,120	2010 - 1,113,742
Japan	(127mil)	2003 - 29,151	2010 - 9,067!
Mexico	(8.8mil)	2000 - 1,074	2010 - 17,104
Portugal	(10.5mil)	1998 - 29,281	2010 - 210,981
Spain (high pop/high increase%land)	(47mil)	1998 - 269,465	2009 - 1,602,871
Turkey	(75mil)	1994 - 5,216	2010 - 383,782
UK	(64mil)	1994 - 30,992	2010 - 699,638
USA (high pop/low increase %land)	(318mil)	1995 - 370,206	2010 - 1,948,950







## **Resources for Taking Action**

The most and least sprayed fruits and vegetables

<http://www.ewg.org/foodnews/>

### **SEASONAL FOOD GUIDE IN USA BY STATE**

<http://www.sustainabletable.org/seasonalguide/seasonalfoodguide.php>

### **SEASONAL FOOD GUIDE AUSTRALIA**

<http://seasonalfoodguide.com>

### **UK AND OTHER COUNTRIES IN AND AROUND EUROPE**

<http://www.naturalfoodfinder.co.uk/seasonalfoods>

<http://www.bbcgoodfood.com/seasonal-calendar/all>

<http://www.whats-in-season.com>

[http://na-nu.com/terfloth.org/Kitchen/Season\\_Cal.pdf](http://na-nu.com/terfloth.org/Kitchen/Season_Cal.pdf)

### **SOUTH AFRICA**

<http://www.naturalnutrition.co.za/recipes/seasonal-chart/>





## **Awareness Websites to support, subscribe to and learn from:**

Important websites doing the work to spread awareness and to help us get involved, get informed and to help take action to protect ourselves, our families, our children, and our future generations.

Subscribe, get informed, read, research, ask questions, get vocal, share, spread awareness, take action!

**GM Watch** - [gmwatch.org](http://gmwatch.org)

(A good place to start: <http://www.gmwatch.org/index.php/news/news-reviews/14444-review-327>)

**Sustainable Pulse** - <http://sustainablepulse.com>

**GMO Evidence** - is also a fantastic resource with links to MANY studies - [gmoevidence.com](http://gmoevidence.com)

**Institute for Responsible Technology** -

**Label GMO's** - [labelgmoss.org](http://labelgmoss.org)

**GMO Inside** - [GMOinside.org](http://GMOinside.org)

**Food and Water Watch** - [www.foodandwaterwatch.org](http://www.foodandwaterwatch.org)

**Organic Consumer Association**

**Flouride Watch Network**

**Environmental Working Group** website - fantastic resource  
<http://www.ewg.org/research>

**Environment America** - <http://www.environmentamerica.org>

**Cowspiracy** - <http://www.cowspiracy.com/facts/>





Beyond Pesticides - <http://www.beyondpesticides.org/index.php>

Pesticide Action Network -

### **INTERNET FREEDOM/RIGHTS/PRIVACY**

Without the freedom and privacy on the internet we can't access the information we need on the internet

Battle for the Net - [battleforthenet.com](http://battleforthenet.com)



## Solutions

### ORGANICALLY GROWN VS CONVENTIONALLY GROWN

SBS News - *What happens when a family eats only organic food for two weeks?* - <http://www.sbs.com.au/news/article/2015/05/12/what-happens-when-family-eats-only-organic-food-two-weeks>.

Check out the video: <https://www.youtube.com/watch?v=oB6fUqmyKC8>

Find the Survey here: The Swedish Environmental Research Institute - *Human Exposure to Pesticides from Food* - <https://www.coop.se/organiceffect> / [https://www.coop.se/PageFiles/430210/Coop%20Ekoeffekten\\_Rapport\\_eng.pdf](https://www.coop.se/PageFiles/430210/Coop%20Ekoeffekten_Rapport_eng.pdf)

Barański, M. The US National Library of Medicine. Study - *Higher antioxidant and lower cadmium concentrations and lower incidence of pesticide residues in organically grown crops: a systematic literature review and meta-analyses* - <http://www.ncbi.nlm.nih.gov/pubmed/24968103>

The Guardian. Article - *Clear differences between organic and non-organic food, study finds* - <http://www.theguardian.com/environment/2014/jul/11/organic-food-more-antioxidants-study>

The US National Library of Medicine - Environmental Health Perspectives. Study - *Organic Diets significantly lower children's dietary exposure to Organophosphorus Pesticides* - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1367841/>

