

## SIMPLE STEPS TO SAVE *YOURSELF* (from Glyphosate)

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### 1. Find Fermented Foods

- WHAT: This includes organic apple cider vinegar, sauerkraut, sauerkraut juice, kimchi and kombucha.
- WHY: Fermented foods contain dietary probiotics with live cultures of acetobacter. Acetobacter is one of the few microbes that can metabolize glyphosate.
- Choose wild ferments where possible. Commercial probiotics and fermented foods may only have a few strains, which can narrow your microbiome over time.

### 2. Enjoy More Sulfur-Rich Foods

- WHAT: The best sources come from the allium family like garlic, onions and chives. Vegetables like broccoli, cauliflower, asparagus, and brussels sprouts. Fruits like watermelon, bananas, avocado and grapefruit. Beans like edamame, lentils and tofu. And other foods like nuts, eggs and even drinks like tea, coffee and cocoa contain sulfur.
- WHY: Glyphosate exposure in the body depletes sulfur and also effects sulfate pathways.
- Insufficient sulfate in the brain impairs the body's ability to remove metals and toxins. Sulfur is also important for the liver and the body's detoxification processes.
- Sulfur can help boost glutathione levels. Glutathione is one of the body's most important antioxidant and detoxification factors.

### 3. Soak in Epsom Salt

- WHAT: Magnesium sulfate. Skips the digestive tract and is absorbed very efficiently into the skin. Bathe in Epsom salt baths or just soak your feet a couple of times a week. Consider trying a "Float Pod" found at some spas and health clinics. It's over 1,000 pounds of Epsom salt in a private float tank. The extreme calm and relaxation are an added bonus.
- WHY: Increase sulfate in the system to help detox glyphosate. Important for the brain and liver detox processes.

### 4. Enjoy the Sunlight

- WHAT: Expose your skin to natural sunlight.
- WHY: Sunlight allows your body to synthesize cholesterol sulfate. When the skin is unable to produce sufficient cholesterol sulfate the body will take it from other tissues in the body like the gut, brain, pancreas and joints, which can lead to bigger problems.

### 5. Add a Tbsp or two of Baking Soda to a Salad Spinner or Bowl of Water to Eliminate Pesticides

- WHAT: In a study published in the *Journal of Agricultural and Food Chemistry*, researchers at the University of Massachusetts discovered baking soda was far more effective than plain water and commercially available Clorox bleach solutions. The baking soda solution was found to be most effective at removing pesticide residues both on the surface and beneath the skin of apples. While it took 12-15 minutes to remove the pesticide residues close to 100%, it took only 2 minutes to reach 90%.
- WHY: Eliminating pesticides is good. Seems reasonable it could also help with herbicides like glyphosate sprays.

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*From the presentation:*

6. Hug and Kiss More People (and Animals)
  - WHAT: Spread the love with hugging and kissing.
  - WHY: You don't just share love, you BREATHE IN and swap the microbiome of people and animals around you. A more diverse microbiome is a healthier microbiome. Snuggle up!
  
7. Visit as Many Ecosystems as Possible
  - WHAT: Enjoy as many natural diversities as you can: parks, gardens, woods, forests, beaches, waterfalls, streams, bogs, mountains, prairies. Special points for ferns, which are connected to some of the oldest, healthiest soils.
  - WHY: It doesn't just come from the food you eat and the beverages you drink- a large part of your microbiome comes from inhaling it from the microorganisms in a healthy natural environment.
  
8. Weed Your Garden
  - WHAT: Garden, yard, or even sidewalk. Take the time to weed by hand.
  - WHY: When you weed your garden blooms of beneficial microbes go into the air. When you breathe them in you enhance your microbiome and you avoid adding chemical weed killers to the environment.
  
9. Stand Barefoot in the Grass
  - WHAT: Take off your shoes (or more) to come into direct contact with the surface of the earth.
  - WHY: Emerging research has shown that grounding (also called earthing) generates a kind of [electric nutrition](#). The theory is based on the fact that the earth is satiated with free electrons. When two objects make contact, either directly or indirectly, there is an instantaneous migration of "mobile" electrons so that the electrical potentials of the two objects equalize. Some studies have suggested that these [free electrons](#) can have potent antioxidant and anti-inflammatory effects by neutralizing reactive oxygen species.
  - Simply put, the earth is a giant negatively-charged battery. By making direct contact with the ground, the electrons flow right into your body, helping you to regenerate the negative charge.
  
10. Find More Fondness for Fiber
  - WHAT: Consume as many high fiber foods as possible.
  - WHY: We used to think the benefit was cleaning the colon, but turns out fiber is a prebiotic food (it's what your microbiome feeds on, which in turn feeds you). Without fiber, many foods don't make it to your large intestine, which is where the majority of your microbiome lives.
  
11. Enjoy More Herbs and Spices
  - WHAT: Enjoy items like basil, parsley, cilantro, curcumin, barberry and dandelions.
  - WHY: Herbs and spices are great transporters of sulfate which will help heal the damage caused by glyphosate.
  
12. Support Vaginal Birthing
  - WHAT: In 2017 the CDC reported that 32% of births in the US are now by cesarean section. The rates are much higher in private clinics where women prefer scheduled c-sections.

- WHY: The vaginal birth is a baby's first exposure to the mother's microbiome, which is intended to be inherited in the birth canal. Babies born more sterile, via c-section, have higher rates of obesity and autoimmune disease.
- When a c-section is unavoidable it is advised that the physician swab the mother's birth canal and then swab the baby's mouth, nose and ears.

### 13. Avoid Antibiotics

- WHAT: Only use antibiotics when absolutely necessary.
- WHY: Antibiotics wipe out your microbiome.
- When antibiotics are necessary take them and be sure to work to get fermented foods and other probiotics back into your gut.

### 14. Drink More Water

- WHAT: Drinking more high-quality sources of water is important. High elevation spring waters or reverse osmosis offers the best chance to avoid glyphosate-contaminated waters.
- WHY: Glyphosate is a water-soluble toxin, which means the 70% of your body that's water is susceptible to exposure, but the more water you drink to flush it out the better.

### 15. Eat Organic

- WHAT: When you choose organic you avoid GMO foods which are covered in chemical sprays like glyphosate.
- WHY: Research has shown eating organic for 1 week can reduce pesticide exposure by 90%.
- Learn Environmental Working Group's [Dirty Dozen](#), fruits and vegetables with the highest levels of toxins, so you can know when organic is most essential. EWG's [Clean 15](#) include those with the lowest residues and are therefore safer for consumptions as a non-organic option.

### 16. Avoid Crops Sprayed Just Before Harvest

- WHAT: Monsanto's 'pre-harvest spaying guide' recommends farmers spray crops (again) just 3 days before harvest – and not just on GMO crops. This means you're likely consuming food which had been drenched in glyphosate and other toxic pesticides.
- WHY: Spraying allows for 'uniform crop maturity' which gives farmers the option to 'straight cut harvest.' When the plant starts to feel the strain from glyphosate exposure and other toxins it sends all its energy to the seed core in one last survival push which both increases yield, then dries the plant out equally across the fields, making for an easier and more consistent harvest.

- The biggest offenders for late harvest treatments include:
  - Wheat
  - Oats
  - Flax
  - Peas
  - Lentils
  - Dry Beans
  - Sugar Cane

- Non-GMO Canola (vegetable oils)
- Non-GMO Soybeans
- Cotton (feminine hygiene products, gauze, etc.)

17. Know your GMO Crops and the Processed Foods That Contain Them

- WHAT: Soy, Corn, Canola, Sugar Beets and Canola seeds have all been genetically modified to tolerate Glyphosate (Round-Up and products like it). Because so many staple crops (i.e. 85% of corn in the U.S. and 95% of soy) are Monsanto's\* GMO, "Round-Up Ready" seeds, glyphosate is in virtually all commercially processed foods.
- WHY: To avoid the overload of glyphosate and other herbicides and pesticides. Eat as many whole foods as possible. Take as many steps as you can to choose organic varieties.

18. Restore with Restore – [www.Restore4Life.com](http://www.Restore4Life.com)

- WHAT: Liquid dietary mineral supplement
- WHY: Provides a molecule from pristine soils extracted from a depth that equates to 50 million years ago.
- This molecule, called terrahydrite, supports communication of the bacteria in your microbiome and restores the tight junctions of your intestinal walls. Tight junctions are a velcro-like mechanism between every cell in your gut lining. Glyphosate destroys tight junctions which lead to leaky gut, then attack the other mega membranes held together by tight junctions including your blood vessels, the blood brain barrier and kidney tubules that detox your system.

19. Talk to a Professional About Supplementation

- WHAT: L-lipoic acid, MSN, n-acetyl-cysteine and vitamin C (in a sulfate form).
- WHY: All known to increase sulfate levels which is important to combat glyphosate exposure.
- WHAT: Manganese, consider Thorn Research's Manganese Bisglycinate
- WHY: Glyphosate strips your body of certain minerals. One it binds with well is manganese. Manganese deficiency is linked to a wide range of health effects including mitochondrial function, gut health and cognitive decline.
- Alternatively consume plenty of manganese rich foods such as tea, cloves, mussels and molasses. Ensure these are all organically sourced.

20. Test Your Glyphosate Exposure

- WHAT: There are labs that can test for glyphosate levels in the urine.
  - [My Labs for Life](#)
  - [Great Plains Laboratory](#)
  - [Health Research Institute](#)
- WHY: It can be helpful to know your typical exposure to glyphosate so you can find out if your exposure is significant and if the changes you're making are helpful. It's important to remember that this test measures what is excreted in the urine at any given time. The much smaller percentage left behind is what insidiously accumulates in your bone marrow and elsewhere in your tissues that is the real danger and that part is not easy to measure.

21. Do NOT use Round Up or Other Weed Killers that Contain Glyphosate

- WHAT: Don't use it, don't dump it into water systems and encourage your local parks, municipalities and school yards not to use it.
- WHY: Glyphosate is a water-soluble toxin. Plants, animals, humans and the earth we inhabit are made up of 70% water.
- NOTE: Glyphosate came off patent in 2007. It's now in many weed killers on the market.
- If you need an alternative, try [Pulverize](#), available at Ace Hardware, Walmart and Amazon.

22. Avoid Recently Sprayed Areas

- WHAT: Roundup and other glyphosate-containing weed killers are used by city councils, schools and sports fields all around the world.
- When frequenting your local park or play area, be on the lookout for 'recently sprayed' signs.
- Most municipalities will display when they have sprayed (or are about to spray). Avoid parks and play areas for a few days during these times.