

## Zen Honeycutt



*Zen Honeycutt is the founder and director of the national non-profit Moms Across America. With the motto Empowered Moms, Healthy Kids, it raises awareness about GMOs and related pesticides in our food. MAA is expanding to Mothers Across the World with co-creator Vandana Shiva. She is currently working on a book called Unstoppable love: empowering community leaders to be global game changers.*

## GMOs in our food, the herbicide glyphosate and an increase in health issues.

**MADGE Talks: Sydney on 24 March 2015**

Thank you so much Fran and thank you so much Katerina. She's not here but we thank the organisers and volunteers, and I want to thank you for being here. I know there's a lot of places you could have been this evening, watching a movie maybe, and having a coffee. And you're here and I really appreciate it.

You've just been given about sixty years of combined experience and I'm sure — how many people feel like really concerned — like how many people feel disgusted? Yeah, yeah right and, and so I'm not a scientist, and I'm not a doctor. I'm an expert mom. I'm the expert of

my children just as — how many people here are parents? You are your children's experts. Right? If you're not a parent, you are *your* expert. And so that's what I want to bring to you today is that we have the power and the knowledge to do something about this. So I'm very excited to speak to you because two and a half years ago I didn't know anything that these two people just shared with you. Nothing. And that's the way it is in America. So I'm excited that you know this now so you can bring it to your communities.

So here's the outline that I'm going to go over and I'll just dive right into it. So these are my three boys. Ben is 12, Bodie is nine and Bronson is six. They're amazing beautiful boys and they all have food allergies. And my husband and I never did. Their food allergies are gluten in wheat, dairy, eggs, peanuts, tree nuts, food dyes and carrageenan, and carrageenan is a seaweed food thickener that's in just about everything that kids like. It's in hot dogs, ice cream, lunch meats, even organic lunch meats in America, sauces and candies, all kinds of things, almond milk, rice milk, soy milk, and toothpaste. So the first four or so allergies (the wheat, dairy, nuts and all that) — I had heard of that before and many of my mothers' children, you know, my friends — and so we didn't know why it was happening. We just all thought we just got to soldier on, you know, put up with it. And frankly, honestly, we were resigned and doubtful that it could be any other way.

But when my son had an allergy reaction like this (all of a sudden a red line around his mouth) to carrageenan, which we eventually figured out was the carrageenan, I started looking around and I

started noticing that this was happening to other children too. All different kinds of rashes. And I actually talked to a school nurse in Arkansas and she reported that up to 70% of the children in her school — and this is not uncommon, she said, especially in the south where there's a lot of pesticides — have chronic health issues. And she attributes much of this to the 30 million GMO meals that are served to our children every day in America.

So this is what I discovered, okay, so first of all a concerned mom does better research than the FBI, many people say. So I started investigating and I found out that Americans eat the most GMOs in the world and have the worst health. And GMOs are in 85% of America's processed foods *unlabelled*. And you can see the types of food here: corn, cotton, canola oil, sugar beets, Hawaiian papaya and zucchini and crookneck squash.

So you've heard the description of GMOs. I like to sum it up by saying GMOs are genetically engineered to either be a pesticide or to resist herbicides. GMOs are a chemical delivery system to humans. So what you're seeing here is when the DNA is injected into the DNA of a foreign species, is injected into the DNA of a completely unrelated species, and this is where the bug eats it and its stomach explodes. This is from the Bt toxin, right. It has nothing to do with hybrid.

Eighty percent of GMOs are engineered to withstand Roundup, the active chemical ingredient [of which is] glyphosate, which you've already heard a lot about. [What] you may not know is Roundup is

now also sprayed as a drying agent on non-organic foods at harvest. This includes a 160 — sorry, it doesn't include 160 foods. There is a list by the EPA of a 160 foods that have allowable levels of glyphosate far above what has been shown to destroy gut bacteria. Some of those are sprayed, like the wheat, corn, sugar, soy, dried peas, dried legumes, stevia, mint, peppermint, tea. Other ones, they absorb the glyphosate through the soil, such as sweet potatoes (three parts per million), regular potatoes (five parts per million), berries have 0.2 parts parts per million.

And also hundreds of super weeds now resist Roundup, and there was a 73% increase in the use of Roundup in 2013 alone. We must ask ourselves when there's a 73% increase of a chemical in our environment, what is that going to do to us?

So we moms are getting vocal about this, finding out about this, so first of all, why moms? Of course we love our dads and students and grandmas and uncles and everybody, but historically moms have determined the longevity of a culture through careful food preparation. If you think about it, men were the ones to protect and provide for us. However mothers were the ones to decide what the tribe ate. And if we were unable to trust our instincts and fed the tribe poison berries or rotten food, our tribe would perish. And over the past 20 years in [the] USA, the USA moms have not been able to trust their instincts. We've been feeding our families GMO foods and the result is the health of our nation has declined.

I'm gonna talk a little bit more about raising our awareness — to give you a little background about Moms Across America. So we are a national coalition of unstoppable moms. Our motto is **Empowered Moms, Healthy Kids**. And we're committed to empowering millions to educate themselves about GMOs and related pesticides, to get them labelled and offer GMO-free and organic solutions. And when I say 'labelled' that's the first step to completely eliminating them.

I want to be clear about that.

This is a mom in on one of our parades, so I asked myself when Prop 37 lost, you know, the [California] labelling [ballot in 2012 where the YES vote was 6,088,714 (48.6%) vs. NO 6,442,371 (51.4%)]<sup>1</sup>, and I was crying in the parking lot and my son said to me, 'You know, Mom, even Star Wars took six episodes. And they ate Yoda!' And I said, 'Okay, so maybe it's just a new episode and this time I'm gonna take on leadership. You know, the other

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<sup>1</sup> **Proposition 37, a Mandatory Labeling of Genetically Engineered Food Initiative**, was on the [November 6, 2012 ballot in California](#) as an [initiated state statute](#), where it was **defeated**.<sup>[1][2]</sup>

If Proposition 37 has been approved, it would have:

- Required labeling on raw or processed food offered for sale to consumers if the food is made from plants or animals with genetic material changed in specified ways.
- Prohibited labeling or advertising such food as "natural."
- Exempted from this requirement foods that are "certified organic; unintentionally produced with genetically engineered material; made from animals fed or injected with genetically engineered material but not genetically engineered themselves; processed with or containing only small amounts of genetically engineered ingredients; administered for treatment of medical conditions; sold for immediate consumption such as in a restaurant; or alcoholic beverages."

James Wheaton, who filed the ballot language for the initiative, called it *The California Right to Know Genetically Engineered Food Act*.

campaign I just sort of helped out. So I'm gonna just go for it. And what can I do that would raise awareness with as many people as possible in the shortest amount of time. And so I thought of Fourth of July parades — because they're all across the country and moms can just join in, and three people deep for three miles equals 49,000 people. And in a very family friendly and fun way, right? Very successful. All across the country moms joined in and actually [we had] 172 parades in the first year and 122 the next year. We've had over 440 leaders that have caused over 500 events in the first 18 months. So, very exciting. We have tens of thousands on our website and we reach up to 170 to 300,000 a week on our Facebook page.

So, what are we finding when we're talking to all these moms from across the country?

First of all, the majority of them, as you you've seen from Dr Michelle Perro — the majority of them have children who are sick. And this is the testimonial on my son: After going GM-free for four months his allergy reaction drastically reduced. This was after an accidental exposure to the carrageenan (it was in the toothpaste) and his reaction was — you can see it's a very faint pink line lasting only two days [day 1 of exposure after going GM-free for 4 months] versus before it lasted two weeks [day 1 of exposure to carrageenan], and it was very painful.

Now this is important to recognise because the inflammation caused by allergies can cause stomach ulcers, especially carrageenan, and

can cause stomach cancer. And I believe that we are preventing him from stomach cancer by going GMO-free. And this is really important to notice because a lot of people think the rash is just something to slap a cream on and hope it goes away. But it's not. It's the body's way of communicating to you that there's inflammation going on in the gut and when I realised that I was like, Wow, thank God for this rash because now we know. So my son and I, you know, one day my son said to me, you know, 'I really, Mom, I really wish all my allergies would go away'. And this was, you know, a couple months before this and I said, 'You know what buddy, if you're willing to work with me on it, I promise you that you will get better'. And we saw this dramatic reaction, you know, increase and after a year we saw his allergic reactions to walnuts went from a 19 down to a 0.2. And we believe that this is because we are helping to heal his gut and he's making smart decisions on how he eats.

And this is from Jennifer Lawrenson. She said: 'I had an awesome team of doctors at the children's hospital that could not figure out what was wrong with my daughter who was getting sick after nearly every meal. The moms posting on Facebook that their children got better when they got off GMOs saved my daughter's life. That day I went out and bought organic food and she stopped throwing up.'

Now obviously not every child is having this type of reaction. Some are more sensitive than the others. Some liken it to smoking: some people have health issues and some don't. However the difference is that everybody has to eat. And other scientists are saying that we

will see changes in everybody or perhaps we are, just not visible. And this is very important — well this actually is empowered, or sorry, is backed up by when I see studies like the potato study from Denmark that showed when a crop of potatoes was sprayed accidentally with glyphosate; that generation of potatoes was fine and there was no visible difference, but the offspring where the sister crop was deformed and could not reproduce.

Karen from California told us that her son had daily asthma attacks, needed glasses and was recommended to be held back a year at school. When she found out about GMOs and switched to organic, his asthma disappeared, he no longer needed glasses and he is now at the *top* of his class.

And Cindy from Rhode Island, who by the way only makes \$40K, and she's a single mom but she did this anyway. She has a severely autistic teenage son and she found out about GMOs two years ago and went all organic. Her son entered high school this past fall and *not one* of his teachers could tell that he ever had autism.

These two boys have new futures because their moms found out about GMOs and glyphosate. And we say that our country has a new future because their moms found out about GMOs and glyphosate. Because who knows what these two boys will contribute to our society? Think about Google — two guys, right?



So glyphosate test results. First of all, why are moms testing for glyphosate? Well, you just saw a whole bunch of reasons why a mom would be concerned — you know, chelator, antibiotic, endocrine disruptor. So I was bugging my — my doctors didn't know anything about it. The lab said 'no' because it's not considered unsafe — there's no reason to test for glyphosate. I bugged them for about a year.

And finally a farmer friend said that he had convinced a lab owner to invest in glyphosate testing. So in 2014 Moms Across America and Sustainable Paul's — but Moms Across America made available on our website for the ability for citizens to test their water and urine for glyphosate, and for the first time in a year, I mean in the world, breast milk.

And the results were alarming. So we found 0.33 parts-per-billion, that is in New York — the water supposed to be really great but this was in upstate New York. Many other areas around the country where they had very close to or above the 0.1 parts-per-billion, which has been shown to destroy gut bacteria. And in California over here, this is my tap water and that is of course very close to the 0.1 parts-per-billion.

Now this level was diminished — you can see the detectable level of 0.05 parts per billion. We re-tested after we used reverse osmosis and it was under that, so it was not detectable. Doesn't mean it wasn't there but after reverse osmosis it did reduce the

detectability level of it. But if you do do that you do have to add back in trace minerals because otherwise it leaches their stuff that goes on with calcium in your body and all that. But Jack has recommended you try a distiller and you just have pure clean water if you're interested in that.

So then we found glyphosate in urine at levels of 18.8 in a female college student with cancer in Oregon. The girl in Missouri over here is a four-year-old girl with developmental disabilities at 14.6, and over here my son had 8.7 parts-per-billion in his urine at this time, and it was the same time as a sudden onset of autism symptoms. My doc, my teacher called me and said, 'Something is going on with your son. He's turning in homework with, you know, with all of them, he won't even do them, he's putting his head down in class...'. And at home he was kicking and screaming and even trying to hit his father. And he had the red rash around his mouth like my other son, except he wasn't allergic to carrageenan. It was just erratic behaviour. He was *not* being himself. So I took him to the doctor and the doctor tested him for fungus cos he said sometimes that can impact the brain — pathogenic, you know, bacteria and cells like that, right, like she just mentioned. So he tested very high for fungus, for C. diff (which is Clostridium, you know, bacterias), other types of pathogenic bacterias, all levels way above if not the same range as children with autism.

And I said, 'So, does he have autism?' And he said, 'No, he has autism *symptoms*.' And I wonder if we had left it and treated it as a phase if it would have developed further, right? So anyway at that

time we had to treat the fungus for \$650 a month, the testing was over \$800 (just our part, and we have very good insurance), and a doctor's appointment was \$250, so very expensive. But we took care of that. We put in colloidal silver, probiotic raw sauerkraut every day, he eliminated sugar, and we went completely organic. Because what I realised is that my other two sons were gluten intolerant, and this son was not. So we were allowing him to eat wheat and you know, flour wraps out at restaurants, and we now know that wheat has been sprayed with Roundup and glyphosate as a drying agent, so not just the gluten, right. So we eliminated that ability for him to be impacted by glyphosate, and within six weeks his glyphosate levels were no longer detectable. And his autism symptoms were completely gone and have been gone for over a year. And oh, by the way, this level in our water... My son would have had to have drunk over nine swimming pools of water in order to have this level in his urine. So we know it's not just the water; it has to be the food, okay, cos we don't live near any farms [and] we're not exposed to glyphosate.

So these are the levels that we found in breast milk and these were shocking because the detectable level is 75 parts per billion.

We didn't think we would find any glyphosate in breast milk, but we did — 76, 99 and 166 parts-per-billion. Now nine out of 10 of these women that very generously sent in their own breast milk and paid for that were aware of GMOs and glyphosate, right. They were part of Moms Across America. This other one, however, in Florida was a friend of one of the Moms Across America supporters. And she was eating totally conventional food, she was a nurse in a hospital and

she happened to have the highest level. So this is more along the lines of what I would suspect if we tested the general population. So we were of course shocked because this level [in breast milk] is 1600 times higher than is allowed in Europe's drinking water, and it's also 1600 times higher than has been shown to destroy gut bacteria, and over 3000 times higher than we've shown to cause harm, and in the Seralini study that Michael mentioned that caused liver and kidney damage, and sex hormone changes.

So we were *furious* because the EPA is the one that *allows* glyphosate to contaminate 160 of our foods at levels far above what has been shown to destroy gut bacteria. You can see in oil it's 40 parts-per-billion. This is astronomical. So we did a 'Moms call the EPA' day, actually it was a week, [a] five-day campaign to recall Roundup. Because as Zoe here, an East Coast leader says, 'A chemical company's right to make a profit in no way surpasses a mother's right to protect her children'. And in three days the EPA said, 'You've gotta stop calling us. 10,000 moms have called us', and by the fifth day they said, 'You really have to stop because we have to do our jobs', and I said, 'Your job is to recall Roundup and we're not stopping until you do'. And they said, 'Well...'. And the reason why — I want to preface, why we said '*Recall* Roundup' is because when a product doesn't do what the manufacturer says it's going to do, you recall it, right? Cribs and car seats? Well, the manufacturer said that glyphosate would only pass harmlessly through the urine. They said it would not collect anywhere else in the body. And obviously it's not doing that. So we wanted it recalled. So they said, 'Please, we'd like to meet with principles rather than having all these calls', so

we went to the east coast and I met with the EPA — about an army of scientists and doctors and lawyers, even some marines and moms. And it was amazing. A one-hour meeting turned into a two-hour meeting; they were glued to their seats and a couple months later the EPA did agree to analyse glyphosate in breast milk. And this is huge because this is one of the steps that was taken when DDT and PCBs were banned. Took five years, but it was.

So I also want to say at this part that when I went to the EPA, they kept saying, ‘We have hundreds of studies showing the safety of glyphosate’. Now, they can technically say that in some, some mannerisms, because, for instance, when glyphosate [is] sprayed on a plant by itself, it won't do anything, right? It needs the normally harmless bacteria in the soil to kill it because it basically weakens glyphosate's immune system. So by itself it doesn't, you know, it won't — I mean when I say it doesn't do anything, but they can technically say that in some cases.

But keep in mind these studies are 40 years old and they're from the chemical companies that profit from them. And so I said, ‘But I haven't seen the studies’. So I did a Freedom of Information Act and I asked for the studies, and six months later I got them. And here's what some of them said. Oysters after four days (96 hours); most of them were closed and not feeding after four days. What happened on the fifth day? And what is ‘closed and not feeding’? That's like a coma, right? White shrimp; 5.2 parts-per-million was the level in which they lived for four days [and] after that they died, okay? That was the mortality level. So when I went — and we also have learned,

by the way, that water stays, that glyphosate stays viable in water, dark salty water, for up to 351 days. It does not biodegrade like they say it does. Okay, this has been proven.

So when I went in front of the Monsanto shareholder meeting this past January and spoke to them about their products harming our children on behalf of mothers, I said — thank you, thank you [responding to claps from audience], I said to them, ‘What is in our womb? Dark salty water. And what is the size of a foetus? It's the size of a shrimp. You must be responsible for the contamination of our children and the pollution of our planet’.

And I believe many of them got it and the shareholders afterwards — they, you know, we did pass that proxy and it was really amazing. But we're gonna keep going back and we will not stop and I promise you we will not give up because the love for our children will never end. And I want you to know we're in partnership with you, globally, and I ask for you to be in partnership with us as well. And test here in Australia, please.

So we continued testing and we found glyphosate in [inaudible]. This is horrible. It's a thousand times higher than has been shown to destroy gut bacteria in the Carrusco? [inaudible] study. And this is given to children with cancer and with very complicated issues for sometimes years at a time, obviously, you know, destroying their gut bacteria [and] their immune system.

Now, proposed collateral damage of glyphosate. Why do I say collateral damage? Because back after World War 11 the chemical companies needed a new market for their chemicals. So they declared war on bugs in weeds. New market. Before that they didn't use chemicals in farming, right? Once upon a time all food was organic. So now they have a new market and what happens?

Well now we have, you know, we know that glyphosate is an endocrine disruptor — there's evidence of that, right? And now we have a 30% failure to conceive rate in the USA. And this completely correlates with what we're seeing in pigs. Ib Pedersen did a study in Denmark: 3000 pigs, they had a three percent miscarriage rate, [then] they were fed grains with glyphosate and it went up to 30%. Three percent up to 30% when they were fed glyphosate grains. It went back down to three percent when they were not fed grains sprayed with glyphosate. Back up to 30% when they were. 3000 pigs and he did that repeatedly. We know that glyphosate is an antibiotic; it's patented as one.

It destroys gut bacteria and weakens the immune system. 24.7 million children in America have food intolerances, meaning leaky gut. There we have a 79% increase of Chron's disease in children in the past 10 years. And these are only children that have been diagnosed from outpatients in the hospitals; not from their doctors. We also have a tripling of colitis in children in the past 10 years, and you know, just ramping gut dysbiosis and allergies.

As Dr Michelle mentioned, the gut bacteria is the only place where tryptophan, serotonin and melatonin is made. So what are we seeing? Well serotonin regulates insulin. So what's gonna happen when you don't have insulin levels? Diabetes. We've got diabetes quadrupling in teens in the past 10 years. Diabetes costs the US \$245 billion [per year]. In 13 years our system's going to be bankrupt if this continues, just from diabetes alone. It's very serious.

So 29 million Americans have diabetes. And what happens when you don't have serotonin to regulate moods? You've got 57.7 million Americans with mental illness. We only have 300 million Americans! This is very serious. And you have to consider — some of these Americans are our politicians. There are policemen, there are teachers, right? They're eating the same food we are. So this is what's happening. And, and we have a school shooting in America, on average, every other day. This is, this is what's happening — 175 last year alone.

So glyphosate is a chelator, and of course weakening our ability to fight cancer. You must have certain minerals to fight cancer. We have 117.8 [or 170.8?] million Americans with cancer today. Cancer is the number one or number two killer of children. It was not like this before. It was always household accidents.

Now, I know you want to say, 'Stop! This is too much', right, but as a mother I really want to share this with you because I believe that if you allow GMOs and glyphosate in your country to the extent that we have in America, that this could be your future. And so I really want you to know this.



Out of the 17 most developed countries in the world, the USA is last in health. Another report shows that we're actually 30, so I would like to confirm that. Out of the top developed countries the USA is number one for infant deaths on the first day of life. This is from the Save the Children report. It's called *The state of the world's mothers*. We actually have 50% more babies that die in the USA on the first day of life than all of the industrialised world combined. This is tragic. This is not the news that you will hear in the USA because the chemical companies that make the pesticides also make the pharmaceuticals that get advertised on the television, right, so they will not tell you, share the news with you, so they will not share this.

One out of two of our children have a chronic illness, you've already heard, and one out of two American males, and one out of three females in America are expected to get cancer. And I say males and females and not men and women because many of these are children. You've also heard that pesticides are linked to a loss of IQ and what that looks like is instead of six million children or people, six million people who are mentally impaired, we now have nine million. So we really are impacting, not just our health, but the future of our country.

So, what about feeding the world? Won't we all starve without GMOs and toxic pesticides? We say NO! Simply, GMOs are not working. There's lower yield, there's higher disease, there's higher risk of pesticides.

So, can we feed the world with organic food? We say YES! Studies show organic farming reaps higher yields, more nutrition without toxic chemicals and harm to our environment. We have faith in our farmers. (Did I say higher yields before? I meant lower yields from GMOs.)

Okay, so I just want to say that we have faith in our farmers. They can farm as they have for thousands of years without toxic chemicals and without GMOs. For instance [Wisconsin farmer] Will Allen grows a million pounds of food and vegetables, and 10,000 fish on three acres with aquaponics. This is a former basketball player, or something. He taught himself farming, and when you go through his tour, he has everybody promise that they can grow food.

The Devares family here grows 6000 pounds on a tenth of an acre in Los Angeles, in their backyard. They have an ESA and they feed their neighbourhood.

Can we landscape and have weed-free parks without Roundup? Right, Roundup is used all over the place. Absolutely! We are a committed community. They're called Boy Scouts, right, and Girl Scouts, and your hands — you can pull the weeds up or use boiling water, right? The fact is that Americans waste over 40% of food and 40% of us are obese. And yet 60 million children go to bed hungry every night.

The current system is all for the profit of the chemical companies

who both make the chemicals they spray on the food, and the drugs that they make to make us feel better. Think of Syngenta, Dow, Dupont, Bayer. They make both of them. That's the fact. It's a perfect profit circle for them. So it's not the food that needs to be modified; it's the food industry.

So what's happening is a lot of bad news. What's the good news? The good news is that *you* are the good news, right? I'm the good news. We're the good news. What can you do?

1. First of all grow, buy and *eat organic* cereals, oils, meat, dairy and all foods as soon as possible.
2. Restore your gut bacteria with organic cultured foods: raw organic sauerkraut or probiotics. That means miso, kimchi, kefir, kombucha, raw organic sauerkraut. All of these wonderful beautiful fermented foods are a staple in many other countries around the world, with every meal. Not in America. Its fried onion rings and french fries, right?
3. Okay, so support serving organic food at community centres and public events. That means you be the one. For instance, I went to my preschool and I said, 'What's your budget for your pre-school snacks, for the whole preschool over Thanksgiving. I'm gonna come up with a new plan for you'. I did it at \$123 under budget for organic and non-GMO food. You can do it.
4. Have a council member discontinue the use of Roundup and toxic chemicals on public areas. Just takes three minutes speaking at the City Council to get that started.

5. And declare your town/school/county/centre Roundup-free and GMO-free. And you can do this. There are entire communities that have declared themselves pesticide-free.
6. So if we don't buy it, they can't sell it. Mums buy 85% of the food. Everyone either has a mom or is a mom.

So we ask you to please tell mom about GMOs and glyphosate. But wait, organic costs too much. Well does it? Buying your own five pound bag of organic potatoes, cutting them into french fries and cooking them at home saves the family \$917 a year compared to buying fries at a fast food place twice a week. Lots of other stats on rice and beans and all kinds of food. You just buy in bulk and prepare ahead of time. You can do it.

If you think organic food costs too much, consider this:

Soda cost \$8.89 a gallon; potato chips \$8.45. Farm subsidies paid by your taxes in the US — tens of billions of dollars a year. You *are* paying for that GMO food. It's not cheaper. Also the damage to children and their bodies, to chronic health issues. Autism costs \$60,000 a year [per child], cancer can cost \$10,000 a month. It's very expensive. So compared to organic chicken: somewhere between \$4.99 and \$6.99 a pound. You absolutely can do it. It just takes a shift of priorities.

How to get your kid to eat healthy food?

1. Don't buy junk food. Buy only what you are proud for them to eat. If you don't have it in the house they can't eat it.

2. Teach them what you know. My kids have watched [the film] *Genetic Roulette* and Robyn O'Brien's *Patriotism on a Plate* and the *Future of Food*. They've learned this so that they can make decisions for themselves. And also be in charge. So many parents tell me, 'But my kids won't eat it'. I'm like, 'Who's the parent, you know, who's giving them the food', right? So be in charge and be a stand for them.

3. But create that future of health and freedom together. Say, 'You know what sweetie, this doesn't have to be forever. I want you to be able to have that birthday cake at a party a year from now, or that one slice of pizza, and you can do that if you heal your gut... So are you in this with me together?' Right, we can create a future where they can eat that now and then.

4. Also expect them to make good decisions with or without you. My sons will not even go into McDonalds, and if they go there on Boy Scouts on a treat they will sit there and not eat it. That's their choice. They've chosen to do that.

5. Make a deal. Stickers, rewards or do whatever works best for your child. And make sure to celebrate their decisions along the way.

So we ask you to say YES to health and freedom. And I just want to give you a little example of something that we're doing in the United States. We've had lots of movie nights and parades and all that. One thing that we're doing is a Mums Meet Up on May 2nd, and if we have just one person to host 15 moms over for a meet-up,

and those 15 moms pledge to have five people switch to organic, just mom, sister, cousin, and two best friends, easy to do. And those five all have five switch to organic, and those five all have five switch to organic and that's just happened three times. That's 1875 moms that are now spending at least \$200 a week on organic food. And over the two hundred and something locations that have already signed up to do that, we're gonna cause a US\$4 billion shift to organic. Yes we are! And if you look if you look at that locally, if only a hundred dollars of that goes into your farmers market, that's a \$6.5 million injection into your local economy, supporting your farmers 100%, right?

So that's what we're gonna do and here are some movies that you can watch. I'll have that list for you on Madge.

*Patriotism on a Plate* (Robyn O'Brien's TedX Talk)

*Genetic Roulette* by Jeffrey M. Smith

*GMO OMG* by Jeremy Seifert

*The Future of Food* by Deborah Koons Garcia

*Food Inc* by Robert Kenner

*Bought* by Jeffrey Hays

*The World According to Monsanto* by Marie-Monique Robin

*Forks Over Knives* by Lee Fulkerson

And I want to say thank you so much for your time and your attention and just thank you.