

Groundskeeper Accepts Reduced \$78 Million Award From Monsanto Cancer Suit

Dewayne “Lee” Johnson, the groundskeeper who was awarded \$289 million in a civil suit against Bayer’s Monsanto, has agreed to accept the reduced award of \$78 million. Dewayne went to trial on the grounds that the weedkiller Roundup caused his cancer. The jury awarded him \$39 million in compensatory damages and \$250 million in punitive damages. Superior Court Judge Suzanne Bolanos cut the award by \$211 million, stating that punitive damages at more than seven times the size of the compensatory award are not legally justified.

In enforcing due process limits, the Court does not sit as a replacement for a jury but only as a check on arbitrary awards.”

Johnson could have demanded a new trial, but instead, he accepted the reduced award of \$78 million. Doctors report he has very little time left to live. Johnson accepted the lower amount in a desire to reach “a final resolution within his lifetime,” spokeswoman Robin McCall told [The Associated Press](#).

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Dewayne “Lee” Johnson, was 42, working as a groundskeeper and pest-control manager in Northern California, when he developed a rash that led to a diagnosis of non-Hodgkin’s lymphoma in August 2014. [Court records say](#) duties at work included mixing and spraying hundreds of gallons of Roundup, Monsanto’s glyphosate-based weedkiller.

His attorney disagreed with the judge’s settlement reduction, but Johnson will accept the lower amount in hopes of achieving “a final resolution within his lifetime,” spokeswoman Robin

McCall told The Associated Press.

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Bayer acquired Monsanto in June. In an emailed statement Bayer spokesperson [Charla Lord told NPR](#):

The Court's decision to reduce the punitive damage award by more than \$200 million is a step in the right direction, but we continue to believe that the liability verdict and damage awards are not supported by the evidence at trial or the law and plan to file an appeal with the California Court of Appeal.

There is an extensive body of research on glyphosate and glyphosate-based herbicides, including more than 800 rigorous registration studies required by EPA, European and other regulators, that confirms that these products are safe when used as directed."

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Glyphosate is one of the most widely used and well-known herbicides in the U.S. [Reuters](#) reports that Bayer faces about 8,000 more lawsuits on the herbicide.

How To Reverse Climate Change – We Need Grazing Animals For

Regenerative Agriculture

Meat consumption is not the problem. It's how we farm the animals. *A Regenerative Secret* is a short documentary video that shows the benefits of [regenerative agriculture](#) and exposes how concentrated animal feeding operations are detrimental to our ecosystem. The video is sponsored by Joyce Farms, produced by Finian Makepeace of Kiss the Ground and featuring Dr. Allen Williams, Ph.D, Joyce Farms' Chief Ranching Officer and a leading expert in soil health and regenerative agriculture.

We need grazing animals. Proper, truly sustainable animal farming methods are what we need to regenerate our soil, and I don't see this happening if everyone became vegans. The soil needs their dung. Regenerative farming practices can completely restore soil health, and at a rate most do not even know is possible.

If we continue using industrial and even sustainable organic farming methods, we are threatening both the long-term availability of the land to farm as well as our overall health. Regenerative agriculture practices can quite literally regenerate the land by rebuilding the soil, leaving it far better than our generations found it.” – [Joyce Farms](#)

Of course, we should radically reduce our meat consumption, which we would have to do if we stopped factory farming. But this is exactly what we need to do to be able to feed the estimated 12 billion people that will inhabit the earth before human population numbers stabilize. We need a lot more soil to grow produce and grains, and that soil needs to be very healthy.

Also, check out this video below for a more indepth explanation. “Desertification is a fancy word for land

that is turning to desert,” begins Allan Savory. He reports that “desertification is happening to about two-thirds of the world’s grasslands, accelerating climate change and causing traditional grazing societies to descend into social chaos. Savory has devoted his life to stopping it.”

Recommended:

- [*We Consume Livestock Vaccines When We Ingest Meat*](#)
 - [*Does Meat Cause Cancer? Yes and no...*](#)
 - [*Stop Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet*](#)
 - [*How To Heal Your Gut*](#)
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Microplastics are In Your Poop

According to a recent study presented at the 26th United European Gastroenterology (UEG) Week, the plastics surrounding the food we eat has now made it into our gut. Researchers from the Medical University of Vienna and the Environment Agency Austria tested eight volunteers from a variety of countries, including Finland, Italy, Japan, the Netherlands, Poland, Russia, the U.K., and Austria. These volunteers were asked to keep a food diary for a week leading up to having a stool sample taken. Of the 8 volunteers, none of them were vegetarian, and six reported eating sea fish. After analyzing the samples they collected, researchers confirmed that every single volunteer had microplastics in their stool. Scientists identified nine different kinds of plastics, including polypropylene (PP), polyethylene-terephthalate (PET), and others. Dr. Philipp Schwabl is the lead researcher who

presented the findings at the 26th UEG Week.

This is the first study of its kind and confirms what we have long suspected, that plastics ultimately reach the human gut. Of particular concern is what this means to us, and especially patients with gastrointestinal diseases. While the highest plastic concentrations in animal studies have been found in the gut, the smallest microplastic particles are capable of entering the blood stream, lymphatic system and may even reach the liver. Now that we have first evidence for microplastics inside humans, we need further research to understand what this means for human health."

Related: [How to Detox From Plastics and Other Endocrine Disruptors](#)

Where Is It From?

The researchers of this study chose to focus on food packaging. Plastic food packaging is everywhere. In 2013, the plastic industry produced 78 million metric tons of packaging and only 28 percent of that was recycled. The amount of non-bottle plastic packaging containers (dairy tubs, deli containers, lids, etc.) recycled in the U.S. reached nearly 1.3 billion pounds in 2015. If that number is 28 percent of all of the non-bottle plastic in the U.S., the total amount of plastics directly touching deli meats, dips, spreads, sandwiches, and other popular foodstuffs is roughly 4.6 billion pounds. How do you avoid that?

It's possible to limit your exposure to plastics through the food you eat. Shopping at the farmer's market, bringing your own packaging to stores, and choosing items packaged in paper or glass are all potential options. That's not the only way a person is exposed to microplastics, though. Water is another avenue of exposure. An analysis of popular bottled water brands found that 90 percent of them contained microplastics.

The actual water bottle could be the source of those pieces, but a study of the water in major metropolitan areas found that 83 percent of samples contained plastic microfibers.

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We Are the Fish Now

Microplastics enter our environment through a myriad of ways, like cosmetics, manufacturing processes, fishing gear, and packaging. Once microplastics are in the water, they are impossible for fish and other marine life (including coral) to avoid and can sometimes even get stuck in gills. These plastics are more than an irritant. They also contain BPA and other similar substances and can disrupt the endocrine system and cause serious health concerns.

We've known about plastics pollution in the oceans since the 1960s and 70s. Our use of it has increased dramatically since then. Four years ago, it was estimated there were between 15 and 50 trillion pieces of plastics in the oceans, and scientists have been discovering significant amounts of plastic in whales, birds, and fish. This study is confirmation that we are no different.

Related: [*Many Hand-me-down Plastic Toys Are Toxic for Kids*](#)

Sources:

- [*In a first, microplastics found in human poop – National Geographic*](#)
- [*UEG Week: Microplastics discovered in human stools across the globe in 'first study of its kind' – United European Gastroenterology*](#)
- [*Guess What Is In Your Poop: Plastic, Suggests A Study – Forbes*](#)
- [*Fifteen Plastic Packaging Statistics That Will Scare You – Ribble*](#)
- [*Food and Beverage – Plastic Packaging Facts*](#)

Trump Picks Ex-Monsanto Executive To Lead U.S. Fish and Wildlife Service

President Donald Trump says he wants Aurelia Skipwith to head the Fish and Wildlife Service. Skipwith is a former executive at Monsanto, [now owned by Bayer](#). Skipwith is a biologist and lawyer who spent more than six years at Monsanto who is currently the deputy assistant Interior secretary for fish, wildlife and parks. If confirmed by the Senate, she would be the first African-American to head the wildlife agency. The Fish and Wildlife Service has 9,000 employees with a \$2.8 billion annual budget.

Duties of leading the Fish and Wildlife Service include “...enforcing federal wildlife laws, protecting endangered species, managing migratory birds, restoring nationally significant fisheries, conserving and restoring wildlife habitat (such as wetlands), helping foreign governments with their international conservation efforts, and distributing money to states’ fish and wildlife agencies through the Wildlife Sport Fish and Restoration program,” according to Wikipedia.

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Skipwith, as deputy assistant secretary for Fish, Wildlife and Parks at the Interior Department, has been responsible for the

protecting national parks and the wildlife refuge system. Environmental and conservation groups are condemning the nomination in large part because Skipwith has been helping to dismantle wildlife and national monument protections.

Ms. Skipwith's nomination is business as usual for an administration that has sought to reward its allies at the expense of public lands and wildlife." – [Chris Saeger](#), executive director of the Western Values Project

Related: [Foods Most Likely to Contain Glyphosate](#)

Trump Administration Report Accepts Climate Change but Says It's Too Late To Do Anything About It

With the media frenzy of Supreme Court nominee Brett Kavanaugh, you wouldn't be blamed for missing some pretty big news regarding the state of our environment. A 500-page environmental impact report states the planet will warm a disastrous seven degrees by the end of this century. The statement by for Trump Administration was issued by the National Highway Traffic Safety Administration. It was written to justify Trump's decision to end current federal fuel-efficiency standards for cars and light trucks. The report says that man-made climate change is inevitable at this point, with temperatures set to rise by seven degrees Fahrenheit by the end of the century. The report states that the emissions policy would be inconsequential.

[Click here to see the 500-page environmental impact statement.](#)

In other words, they've been telling us that climate change is a hoax while they position themselves to profit from it, and now they say it's inevitable so there's no use trying to change things.

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Michael MacCracken served as a senior scientist for the U.S. Global Change Research Program from 1993 to 2002. [Washington Post quotes him](#) as saying,

The amazing thing they're saying is human activities are going to lead to this rise of carbon dioxide that is disastrous for the environment and society. And then they're saying they're not going to do anything about it."

A rise of seven degrees Fahrenheit will be ruinous for our way of life. Oceans will acidify, cities will be underwater, there will be mass extinctions the likes of which we have never seen, and we will be dealing with record-breaking storms, droughts, and famines all over the world.

The concept of global warming was created by and for the Chinese in order to make U.S. manufacturing non-competitive."
– Donald Trump

US Genetically Altering Crops

with Insects, Scientist Fear Biological War Plan

Darpa is developing virus-carrying insects to disperse genetically modified viruses that are engineered to alter the genetics of plants. They say that the plan is for bugs like aphids, leafhoppers, and whiteflies to spread a virus to plants like corn and tomatoes, that will impart genes that change the plants to become resistant to disease and drought. The program is called "Insect Allies" and researchers have more than \$45 million budgeted to pursue the idea. So far, experiments have only been conducted in sealed greenhouses and labs.

An international team of scientists and lawyers believe the technology could be used for military applications, and they also warn that the spread of virus-carrying insects could be difficult to control. Guy Reeves, a biologist, and researcher at the Max Planck Institute for Evolutionary Biology is quoted:

Easy simplifications ... of the described work program could be used to generate a new class of biological weapons."

"The program is primarily a bad idea because obvious simplifications of the work plan with already-existing technology can generate predictable and fast-acting weapons, along with their means of delivery, capable of threatening virtually any crop species."

"We have viruses which can genetically modify a plant, or even a mouse. But no one's ever proposed dispersing them into the environment. That's the thing that makes Insect Allies unique."

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Concerned scientists also warn that even if the program is never used for such nefarious objectives that it could enable other countries to create similar technologies for the purpose of biological warfare under the guise of agricultural improvements.

Darpa doesn't want us to worry.

Darpa created Insect Allies to provide new capabilities to protect the United States, specifically the ability to respond rapidly to threats to the food supply. A wide range of threats may jeopardize food security, including intentional attack by an adversary, natural pathogens and pests, as well as by environmental phenomena such as drought and flooding.” – Dr Blake Bextine, the Darpa program manager for Insect Allies.

Recommended: [How To Heal Your Gut](#)

Sources:

- [US plan to genetically alter crops via insects feared to be biological war plan – GM Watch](#)
- [US plan to genetically alter crops via insects feared to be biological war plan – The Guardian](#)
- Image: [Gardening Tips: Controlling aphids – Sweet Home Organics](#)

Bees Benefit From Sunflower

Pollen, Says New Study

It's about time the bees get some good news! A new study finds that sunflower pollen can lower the rates of certain infections in two different kinds of bees, the bumblebee and the European honeybee. The pollen lowered the rates of *Crithidia bombi* (a particular pathogen) infection in bumble bees (*Bombus impatiens*) and also reduced another pathogen, *Nosema ceranae*, of the European honey bee (*Apis mellifera*). Bumblebees who consumed sunflower pollen also produced more eggs, larvae, and had a higher probability of pupating. Rebecca Irwin is a professor of applied ecology at NC State and one of the senior co-authors of the study.

We've tried other monofloral pollens, or pollens coming from one flower, but we seem to have hit the jackpot with sunflower pollen...None of the others we've studied have had this consistent positive effect on bumble bee health."

Bad News for Bees

The bee crisis has been in headlines more than ever lately. Neonicotinoids, a class of pesticides acknowledged as particularly toxic to bees, damage bee's immune systems, promote disorientation, disrupt gut microbes, and shorten their life cycles. Recent studies have also found that the problem may be more serious than previously thought. Bees can develop a preference for pesticides. These agricultural chemicals are also impairing bees' ability to remember and learn things.

Recommended: [**Foods Most Likely to Contain Glyphosate**](#)

Benefits of Sunflowers

While sunflower pollen won't be able to address the harm bees suffer from pesticides, the flower can still provide protection from certain infection.

Sunflower seeds have a plethora of nutrients, especially vitamin E. That might hold the key to sunflower's ability to help the bees fight off disease. Vitamin E is a great source of antioxidants, has anti-inflammatory properties, contains zinc for the immune system, and have even been shown to fight infections in human infants. A vitamin E deficiency can lead to neurological issues like balance problems and lack of coordination. These neurological problems also sound like things bees experience when they're repeatedly exposed to sunflower seeds. Could vitamin E, through sunflower seeds, do even more for the bees?

As They Go, So Do We

Bees are crucial to our food supply. Thirty-five percent of the world's crops depend on pollinators like bees. The bees needed for that are disappearing at a rapid rate. A survey of beekeepers found that 33 percent of their bees died in 2016 and 2017. Our food system depends on them. The discovery of sunflower pollen as a potential support for bees is a step in repairing the massive damage inflicted on these insects.

Recommended: [*How to Detox From Plastics and Other Endocrine Disruptors*](#)

Sources:

- [*Sunflower Pollen Has Medicinal, Protective Effects on Bees – NC State University*](#)
- [*Medicinal value of sunflower pollen against bee pathogens – Nature.com*](#)
- [*34 Amazing Benefits Of Sunflower Seeds \(Surajmukhi Ke*](#)

[Beej\) For Skin, Hair, And Health – Style Craze](#)

- [Benefits of Sunflower Seeds – Nuts.com](#)
- [Pesticides are making bees dumber – Popular Science](#)