

TRADE SECRETS:

A MOYERS REPORT is an investigation of the history of the chemical revolution and the companies that drove it – and how companies worked to withhold vital information about the risks from workers, the government, and the public. He relies on an archive of documents the public was never meant to see – documents that reveal the industry's early know-ledge that some chemicals could pose dangers to human health that were not disclosed at the time.

But the documentary also reports a much larger story – a never- before-told account of a campaign to limit the regulation of toxic chemicals and any liability for their effects.

Today, every man, woman and child has synthetic chemicals in their bodies. No child is born free of them. As part of the investigation for TRADE SECRETS, Bill Moyers took part in a study sponsored by the Mount Sinai School of Medicine designed to measure the synthetic chemicals present in the human body. Even though Moyers has never worked in a chemical plant – or lived near one – he learned that his body contains a chemical soup of 84 industrial chemicals, including 31 different types of PCBs, 13 different dioxins, and pesticides such as DDT. Video available. www.pbs.org/tradesecrets .

The Underside of Salad

Pre-washed lettuce sold in plastic bags and ready for the salad bowl is one of the latest success stories of the ready-made food industry. But it comes with a price. The catalogue of the hip British sustainable clothing manufacturer HOWIES [autumn/winter 2004/2005] offered the recipe for washed salad:

Firstly, four pinches of insecticides. Two pinches of fungicide. Two measures of herbicide. After picking, store in conditions that reduce the oxygen from 21% to 3% and replace with the corresponding amount of CO2. This is perfect for stopping the aging process so the salad still appears fresh, but it can't stop the goodness being lost with each day that passes. Keep in this state for anything up to a month. Then take some chlorine, 50 mg per litre should do it [a measure the equivalent of 20 times the strength of your local swimming pool] and gently rinse.

**Then simply bag. Ready for sale. Supermarkets. Now wash your hands of that.
Ode Magazine, May 2005. www.odemagazine.com**

Earth ? is a pre-packaged organic salad. They sell 23,000,000 bags per day. Do not each any other one.

MY BOLOGNA HAS A FIRST NAME, IT'S C-A-N-C-E-R

The University of Hawaii has released a new study that shows people who consume processed meats have a **67% increased risk of pancreatic cancer over those who consume little or no processed meat products The study was done over a period of seven years on nearly 200,000 people. Researchers pin the blame on sodium nitrite, a chemical used in nearly all processed meats, including sausage, hot dogs, jerkies, bacon, lunch meat, and even meats in canned soup products. Although these same meats can be purchased with-out sodium nitrite, consumers must seek the few products that are labeled as such. The USDA attempted to ban sodium nitrite in the 1970s, but was blocked by the meat industry, which relies heavily on the chemical to add color to processed meats, making them look more appealing. Author and nutritionist Mike Adams said of this and other similar study results, "Sodium nitrite is a dangerous,**

cancer-causing ingredient that has no place in the human food supply." organicconsumers.org/foodsafety/processedmeat050305.cfm

Sliced chicken breast may be the sandwich filling of choice for warding off colon polyps. In a recent study of people with a history of colon polyps, people who ate the highest amount of processed meats -- such as salami, bologna, or pressed ham -- had a 75 percent increased risk of developing new polyps during the study follow-up period. However, the people who ate the most chicken had a 39 percent lower risk of developing a new polyp.

I read that a man, eating one slice of sandwich meat per day, will increase his chances for prostate cancer by 30% because of the nitrates and nitrites .

PESTICIDES IN KIDS' DIETS

The Centers for Disease Control have released a new [study](#) revealing that switching to organic foods provides children with "dramatic and immediate" protection from toxic pesticides. The scientists tested the urine of elementary school children for 15 days. Children ate conventional foods for ten of the days and ate organic foods for five days. During those five days, researchers saw the toxins malathion and chlorpyrifos in the children's urine *completely disappear*. These chemicals are two of the most commonly found pesticides on non-organic foods, and are associated with nerve damage in children. Pesticide levels increased five-fold in the children's urine as soon as conventional foods were reintroduced to their diet. The study concludes, "An organic diet provides a dramatic and immediate

protective effect against exposure to organophosphorus pesticides that are commonly used in agricultural production." <http://www.organicconsumers.org/school/organicstudy090405.cfm>

Ken Hargesheimer, minifarms@aol.com

Read:

Confessions of an Economic Hitman – John Perkins

“Economic hit men are highly paid professionals who cheat other countries out of millions of dollars for the US government. Their tools include fraudulent financial reports, rigged elections, payoffs, extortion, sex and murder.” John Perkins was one. His job was to convince countries to accept enormous loans and make sure that the lucrative projects were contracted to US corporations. The US, World Bank and other US-controlled aid agencies act like loan sharks. Saddled with huge debts, these countries are bullied in to submission.

Hidden Power What You Need to Know to Save Our Democracy – Charles Deber

Freeing America from Corporate Rule. “Corporate [American multi-national corporations] morality is strip-ing ordinary Americans of medical care, good education and a living wage and creating wars that violate our own moral codes and Constitution.” “...a real-life plan on how to counter the corporate control of our democracy...” “...he gives a step by step agenda for how to defang the bloody warriors of Washington and Wall Street.”

“This Land is Their Land” – How Corporate Farms Threaten the World. Evaggelos Valianatos

This book uncovers what has gone wrong in rural America.

