



Revitalizing Organics & Health

Organic & Regenerative as the Norm

OCA, Regeneration International, and Hudson Carbon are currently working on a grassroots-powered global campaign to help make the best practices of organic and regenerative food, farming, land use, and health the norm, rather than just the alternative. While defending ourselves and our communities from the now daily assaults of a global cabal—WEF, Bill Gates, Monsanto/Bayer and the Poison Cartel, Big Pharma, indentured gene engineers, bioweapons scientists, and militarists engaged in “Russian Roulette,” we are committed to keeping our eyes on the prize. In these troubled times, we pledge to stop the madness and build a new organic commonwealth on the ruins of the old.

Read more: <https://orgcns.org/3GKzdDI>

Soil Health is Human Health

Naomi Starkman writes in Civil Eats:

“In their new book, *What Your Food Ate: How to Restore Our Land and Reclaim Our Health*, geologist David R. Montgomery and biologist Anne Biklé make a compelling argument that regenerative farming practices result in healthier soil and higher nutrient density in food.

In the book, the husband-and-wife team share the results of their own extensive research and the existing literature on soil health. Conventional farming practices, including tillage and commercial fertilizers, disrupt the necessary, healthy symbiosis between plants and the soil, they write, noting, “We traded away quality in pursuit of quantity as modernized farming chased higher yields, overlooking a farmer’s natural allies in the soil.”

Read more: <https://orgcns.org/3WTN14j>

Americans Actually Agree on Something—They Want Food & Other Products Free from Chemical Contamination

A new poll, conducted in October, finds that voters overwhelmingly support the regulation of toxic chemicals, and are most concerned about water, food and food packaging exposures. As Brian Bienkowski reports in *Environmental Health News*:

“Americans want government and industry to get harmful chemicals out of our products, according to a survey of 1,200 registered voters commissioned by the Program on Reproductive Health and the Environment at the University of California, San Francisco. More than 90% of those surveyed supported the notion that the government should require products be proven safe before they are put on the market.”

Read more: <https://orgcns.org/3idobxi>

Breaking News: FDA Now Has Power to remove Homeopathic Medicines

The U.S. Food and Drug Administration (FDA) has finalized new guidelines for homeopathic drugs that would give the agency the power to remove properly formulated homeopathic products currently legal under the Food, Drug & Cosmetic Act which governs the FDA.

Read more: <https://orgcns.org/3Qn43Fs>

Millions Suffer as Junk Food Industry Rakes in Profits

Colin Toddhunter reports on a recent peer-reviewed study in Brazil and its applicability to North America and Europe:

“Increased consumption of ultraprocessed foods (UPFs) was associated with more than 10% of all-cause premature, preventable deaths in Brazil in 2019. That is the finding of a new peer-reviewed study in the *American Journal of Preventive Medicine*.

The findings are significant not only for Brazil but also for high income countries such as the U S, Canada, the UK, and Australia, where UPFs account for more than half of total caloric intake.”

Read more: <https://orgcns.org/3jMIE0c>

Why America’s Food Security Crisis is a Water Crisis as Well

Leli Nargi writes in *The Fern*:

“As with hunger, there are myriad reasons a person might be water insecure—some financial, some structural, and others having to do with quality and access. Still others are short-term predicaments brought on by disaster or a failure of local government... many Americans spend more than 12 percent of their income for water and sewer service. Others have lead pipes that contaminate tap water (Newark); or bacteria seeping into wells (Iowa); or sewage backing up into pipes during storms (Milwaukee); or nitrates running off farm fields (Las Vegas). A storm may knock out the electricity that pumps water (Puerto Rico), or knock out the pump itself (Jackson). Residents of the Navajo Nation lack basic water infrastructure. Then there are regions where aquifers are running dry, such as in California’s Central Valley.

Water poverty has a lot to do with health beyond the primary need to drink a couple of liters a day. Perhaps most consequentially, research shows that children exposed to lead can suffer developmental delays and brain damage. Rosinger also found that people who avoid tap water are more likely to drink sugar sweetened beverages (SSBs, in public health parlance). This alternative ups their risk for obesity, diabetes and other diet-related diseases, with the implications most long-lasting for children.”

Read more: <https://orgcns.org/3WS2r98>

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