



Fatal Harvest

Big Food, Inc. is serving up a fatal harvest that includes water and air pollution, soil erosion and fertility loss, the obliteration of pollinator populations and biodiversity in general, food contamination, aquifer depletion and climate destabilization. Last but surely not least, Big Food's harvest is destroying your health. The U.S. now spends more money on so-called healthcare than any other nation on Earth—\$3.5 trillion a year. Yet, public health continues to deteriorate, thanks to an environment contaminated by more than 84,000 industrial and agricultural chemicals, and a steady diet of cheap, unhealthy grub dished up in supermarkets, restaurants, schools and institutional settings.

Even the government admits that about half of all American adults—117 million individuals—have one or more preventable chronic diseases, many of which are related to poor quality eating patterns.

With a government more interested in protecting corporate profits than in safeguarding your health, are we doomed? Or can we take back our food and our health? orgcns.org/2E4cAGE

Non-GMO Food Resources

As consumers worldwide become increasingly aware of the problems linked to GE crops and the toxic chemicals and pesticides used on them, more and more people are proactively refusing to eat these foods. There's also strong growth in the global organic and grass fed sectors. This just proves one thing: We can make a difference if we steadily work toward the same goal. I recommend visiting these trustworthy sites for non-GMO food resources in your country:

Farm Match (United States) farmmatch.com

Weston A. Price Foundation (United States) westonaprice.org

Eat Wild (Canada) eatwild.com

Eat Well Guide (United States and Canada) eatwellguide.org

Local Harvest (United States) localharvest.org

Organic Food Directory (Australia) organicfood.com

Organic Explorer (New Zealand) organicexplorer.co.nz

Toxic Travesty

Peter C. Wright is a lawyer who has spent his entire career helping Monsanto and Dow avoid cleaning up their toxic pollution. Now Trump has nominated Wright to help lead the EPA Office of Land and Emergency Management—the office that oversees the Superfund hazardous waste cleanup program. Wright is currently employed by DowDuPont, which is listed as the responsible party for more than 100 toxic Superfund sites that the EPA is trying to get cleaned up across the nation.

What are the chances that Dow will have to clean up its messes, if the Senate approves Wright to oversee the cleanup of Superfund sites?

Wright has a long history of being on the wrong side of the debate over chemical pollution. One of the tragic results of his advocacy is a breast cancer cluster in Midland, Michigan, home to Dow's global headquarters. Residents there are exposed to the highest levels of dioxin pollution in the country. Yet Dow continues to block cancer victims' efforts to seek justice. And Wright is proud of that!

With all the drama around Trump's tweets, his latest "you're fired" or his most recent #metoo, it's easy to miss the dramatic policy changes the Trump administration is making—changes that directly affect your daily life. Take Action: orgcns.org/2GgiYAz

Curtailing Cures?

For more than 25 years, the FDA has relied on established clear and enforceable standards for the manufacture and sale of homeopathic medicines in the U.S. Now the FDA wants to withdraw this standard and replace it with a vague enforcement policy. Without clear guidance on what is legal, regulatory enforcement quickly becomes arbitrary and capricious.



Why is the FDA taking this step? We're not sure. All the FDA says is that there has been a significant increase in products labeled as homeopathic.

Homeopathic medicines are used by millions of Americans and their kids. These remedies gently stimulate the body to heal itself, and are safe, natural and without side effects. In an era where the U.S. healthcare system ranks dead last among industrialized nations, based on things like quality of care, access to doctors and equity throughout the country, consumer choice is more important than ever. Could the FDA be trying to limit access to homeopathic medicines in favor of protecting the \$446-billion pharmaceutical industry? Take Action: orgcns.org/2HdnjkD

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What the Heck?

Confused when it comes to food and health? It's no wonder. In an era of information overload, it's not always easy to make sense of nutrition advice—especially when much of it is inconsistent.

A new book by Dr. Mark Hyman aims to make it easier for consumers to shop for good food.

Hyman, who has studied nutrition for 35 years, brings clarity to the subject of which foods are good for you, and which aren't, in *Food. What the Heck Should I Eat?*

For more than 20 years, OCA has stressed the importance of eating a diet that supports organic and regenerative agriculture to improve human health, advance fair trade/fair labor practices, protect the environment and combat global warming.

Hyman's new book outlines so many of these same principals.

In our recent Q&A with Hyman, he talks about the importance of being a conscious consumer and how switching to a regenerative farming system can reverse climate change. orgcns.org/2pQ1dwP

Dirt Rich

What's one of the biggest problems with the climate conversation? "It focuses excessively on emissions," Kristin Ohlson, author of *The Soil Will Save Us* says in the trailer for the film *Dirt Rich*.

Ohlson explains:

"Unless we undertake very serious work making our soil healthier, revegetating the land, not doing things that release the carbon from the soil, there's no way we can deal with the climate crisis." According to this new film, carbon drawdown is the only viable and timely solution to reverse the effects of global warming.

orgcns.org/2GizqAb