

## **Agriculture and the History of Our Health Dilemma:**

***"They that be slain with the sword are better than they that be slain with hunger: for these pine away, stricken through for want of the fruits of the field." Lamentations 4:9***

The end of the war in 1945, though welcomed by millions, presented a problem for the Nitrate industry. There was a drop in the demand for bullets and bombs. Then someone discovered that you could stimulate the growth of plants with just three chemicals, nitrates and two others, so they changed over to fertilizers and farmers began dumping tons of nitrates onto the soil. They started taking 4-5 crops a year off the land. There was no rest for the land--they were raping nature.

Note: in 1988 170 billion tons of artificial fertilizer, along with pesticides, herbicides, and insecticides were dumped into our soil! Do you notice the change in the texture and flavor of some of our foods? Poor texture, less taste, less nutrition!

We fill ourselves, but we don't feed ourselves. 90% of the population are deficient in nutrients and minerals.

We have 66,000 carcinogenic chemicals in our foods!

Back to our story: In 1945 they started using the nitrates on the land and in 1950, the cattle started becoming sterile! The farmers were angry and told the government they must stop putting Nitrates on the soil and put back the minerals.

The government said, "No!" and threatened the farmers with loss of their loans if they kept complaining. Instead they told them to feed hormones to their cattle. So the farmers backed off and fed the hormones.

Now 30% of humans of child bearing age are sterile! Man keeps manipulating but you can't fool or cheat nature!

How many people do you know who are on hormones? One in three women are entering menopause now at 35 years of age.

In 1965 the average age of female puberty was 14.5. Now it is 11.2!

By the turn of the century, it will be 9 yrs. old! How many 9 year olds are emotionally mature enough to become a mother? Problems show up more quickly in women as they have more bells and whistles, they're the more finely tuned instrument.

What happened next? The cattle on the hormones a few years later began to die of diseases. Now the government came running to the rescue: by putting back the minerals into the ground? NO! By putting the cattle on antibiotics! Now most farm stock are fed continual antibiotics. Only nature can heal, but antibiotics will drive the disease deeper and keep the cattle alive long enough to reach the market!

Think about that! 50% of produced antibiotics are fed to cattle.

So you take penicillin and you have an allergic reaction; or it doesn't work for you any more, Why? Because it is in your daily food if you eat animal products. Doses of antibiotics have to be

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hundreds of times stronger now than formerly and often three different kinds have to be used together to work! Why? The germs are becoming more immune!

When people come off meat and dairy products these days they often go through withdrawal symptoms like an addict; because of the drugs in these products!

People born in 1900 were born into a different world. People born since 1945 have deteriorated noticeably. Look at our children! Disease and lack of fitness; few could pass minimum fitness standards. Even in the last 10-20 years you can see the change.

In 1890 people averaged 3 pounds of sugar per person per year; in 1990 it was 123 lbs. per year. And someone is getting my share at that!

Our elderly are getting a poor deal, they are dying of constipation and poor diets in hospitals and nursing homes; no honor to our elderly in this throwaway society.

How much meat do you think our ancestors ate? Once a week they may have had a small roast or fowl, and it was shared with the whole family. Not 21 times a week like many do now.

One acre can feed a family on potatoes, but will not support 1 cow. Milk, eggs and meat have changed; they are not what our ancestors ate. We are living in a fantasy. Can dead flesh give life?

Here are some examples of confusion and contradiction in our modern world. I saw an add for "Burger-day" to raise money for colitis and ileitis! Sponsored, of course by the meat packers. Meat eating is the main cause of these diseases! Take these patients off of animal products and with a little colon cleansing, see how quickly they clear up.

We are brainwashed into believing we need so much protein in our diet and we must eat meat for endurance. There was a test done comparing Yale athletes with some ordinary vegetarian office workers. It was a simple endurance test to see how long one could hold out his arms straight. The athletes averaged 10 minutes: the vegetarians 64 minutes, average!

Dr. Fisher, who did the test concluded, "Meat eating and a high protein diet, instead of increasing endurance, has been shown, like alcohol, to actually reduce it."

Captain Bates tells of an incident in his life that convinced him to be a vegetarian in the 1800s. He was loading a shipment of salt and had two Irish workers shoveling into several British workers and the British workers began to complain that they could not keep up with the Irish. When Bates came to investigate the problem the Irish men said, "Well and sure, what do you think we could do if we had all the good meat ta eat that ye do?" Bates asked what the Irish workers ate. "Potatoes, sure," they responded. And on this simple but nutritious food they were working better and faster than the British sailors with their rich, animal product diets. Too bad they didn't recognize that what they thought was a hardship, was really a blessing!

### **Chemical Dependant People**

Today we are Plastic, synthetic people, People in their 80's and 90's are the last generation of real people. We need our drugs, our alcohol, our coffee and sugar. Tired all the time, we need a quick fix to keep going; chemical people, dependent on chemical stimulation.

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This depletes the body's reserves of vitality to create an artificial rush.

People crave things.

"Don't talk to me, I haven't had my coffee!"

"I'm dying for a doughnut!"

People "Have" to eat. Snack Breaks; Coffee Breaks; Milk and Cookie Breaks. (Not to mention those who have to flee outside in all kinds of weather for a 'puff'.) And we see anger, headache, and irritability if we don't get our fix.

People in the past, or in poorer countries today, would work all day on one meal, and then come home with normal, healthy appetite for supper. Now we are being commercialized into believing that it is normal to have to drop everything and eat every hour or so! Children are brainwashed and almost forced to develop snacking habits.

"Got the Munchies?"

"Having a snack attack?"

Not Normal! Not healthy!

Search out some Real whole Food and make some changes and you can experience better health and cravings will disappear.