Organization Tracking the Unfolding Legal & Health Crisis Surrounding Exposure to Weed Killer Products

Senior Research Scientist at MIT Shows a Crazy Correlation Between Disease & Glyphosate

By WeedkillerCrisis.com - April 25, 2019

Monsanto’s weed killer Roundup has been one of the most popular pesticides around the world since the 1970s; in fact, it is the most widely used pesticide ever. Roundup is used heavily in agriculture for many of the most popular crops, and also is used by millions of consumers on their gardens at home.

Research scientist at Computer Science and Artificial Intelligence Laboratory at MIT in Massachusetts and her colleagues recently concluded many neurological diseases, including autism, depression, dementia, anxiety disorder and Parkinson’s disease, are associated with abnormal sleep patterns, which are directly linked to pineal gland dysfunction. The pineal gland is highly susceptible to environmental toxicants and the two most pervasive substances in modern industrialized nations are aluminum and glyphosate, the active ingredient in Roundup’s Weed killer.

Stephanie Seneff, Senior Research Scientist at MIT Computer Science and Artificial Intelligence Laboratory, recently spoke with WeedkillerCrisis.com.

“There is a remarkably strong correlation between the use of glyphosate on core crops in the US and a wide range of neurological diseases, including autism, ADHD, anxiety disorder and dementia, as well as suicide indicative of depression. These conditions are also associated with sleep disorder, and increases in sleep disorder over time in recent years are also highly correlated with glyphosate usage. One mechanism by which glyphosate could be causal in these diseases is through its synergistic toxicity with aluminum. Aluminum damage to the pineal gland would disrupt sleep through suppression of melatonin synthesis.

Glyphosate can be predicted to facilitate aluminum transport across the gut barrier and across the brain barrier. The brain stem nuclei, including the pineal gland, are less protected from toxic metals than the cerebral cortex. Exposure to both aluminum and glyphosate is common in today’s world, and is a reason for alarm. These arguments were developed in a paper I published together with colleagues in 2015, titled, "Aluminum and Glyphosate Can Synergistically Induce Pineal Gland Pathology: Connection to Gut Dysbiosis and Neurological Disease."

In an ironic twist, glyphosate has also been shown to be toxic to the liver in basic, phase one detoxification processes involving the cytochrome pathways. It is alarming that one of the most
toxic chemicals in the world can actually impair human detoxification processes. So, the toxic chemical glyphosate actually makes it more difficult to detox!

Before we get started let’s look at some quick facts about Roundup and understand how we might have gotten to this point.

**Quick Facts**

- Manufactured by Monsanto, it was introduced to the market in 1974.
- The EPA classified glyphosate a potential carcinogen in 1985, but the agency later reversed its decision.
- Rates of glyphosate observed in humans then skyrocketed by 500% in a period between 1993 and 2016.
- 93% of Americans were found to have glyphosate residues in their urine.
- The USDA released a study that found 99% of the food samples tested to have some level of pesticide residue.
- 250 million pounds are sprayed on our crops, lawns, and parks each year in the U.S., with 1.65 billion pounds used each year around the world.

**13 of These Diseases Are on the Rise**

In addition, allergies and autoimmune illnesses are becoming so common today that it is easy to forget they could be signals of immunity failure. They may affect the ability of our bodies to optimize health. The higher number of allergies being seen in the human population could be an indicator that harmful substances are invading our bodies. People who suffer from allergies, autoimmune diseases, diabetes and other serious illnesses could be a ‘canary in the coal mine’ for the rest of us.

1. Alzheimer’s Disease
2. Autism Disorder
3. Attention Deficit
4. Anxiety Disorder
5. Breast Cancer
6. Celiac Disease
7. Crohn’s/Ulcerative Colitis
8. Dementia
9. Diabetes
10. Liver Disease
11. Obesity
12. Renal/Kidney Disease
13. Thyroid Cancer
Alzheimer's Disease

Alzheimer's disease is the most common type of dementia. Over time, people who develop this disease lose most of their memory, cannot concentrate, and can no longer perform the common daily functions of living.

- Alz.org reports that Alzheimer's disease is the #6 leading cause of death in the US. More than 16 million people in the United States provide free care for people suffering from this type of dementia.
- An estimated 5.7 million Americans have some degree of Alzheimer's dementia as of 2018. This includes at least 5.5 million people who are 65 or older, and 200,000 people under 65.

The following chart shows the correlation between deaths due to Alzheimer's disease and glyphosate applications to corn and soy crops. Data discontinuity between 1998 and 1999 has been removed by subtracting a constant from 1999-2010 data points. Discontinuity arises in some data because of the ICD code change from the ninth revision to the tenth (ICD-9, ICD-10).

*(Stephanie Seneff, Nancy Swanson and Chen Li. Aluminum and Glyphosate Can Synergistically Induce Pineal Gland Pathology: Connection to Gut Dysbiosis and Neurological Disease. Agricultural Sciences, 2015, 6, 42-70)*

Autism Disorder
Autism spectrum disorder or ASD is a type of neurodevelopmental disorder that features deficits in social communication and social interaction. It also presents restricted and repetitive behaviors that make it difficult for the person to interact normally with other people.

- **CDC reports** that one in 59 children have autism spectrum disorder, and this disease is reported to occur in all racial, ethnic and socioeconomic groups.
- ASD is four times more common in boys than girls, and studies in Asia, Europe and North America show that approximately 1-2% of the population develops the disorder.
- According to Stephanie Seneff, a Senior Research Scientist at the MIT Computer Science and Artificial Intelligence Laboratory, said, “At today’s rate, by 2025, one in two children will be autistic.”

The following chart shows the correlation between children with autism and glyphosate applications.

![ Autism Prevalence 6 yr-olds & Glyphosate applied to corn & soy crops (Stephanie Seneff, Nancy Swanson and Chen Li. Aluminum and Glyphosate Can Synergistically Induce Pineal Gland Pathology: Connection to Gut Dysbiosis and Neurological Disease. Agricultural Sciences, 2015, 6, 42-70.) ](chart.png)

ADHD
Attention-deficit/hyperactivity disorder or ADHD is a disorder of the brain that is marked by a regular pattern of inattention and often hyperactivity and impulsivity that can interfere with a child’s development and overall cognitive function.

- **According to the CDC**, it is estimated as of 2013 that 5% of children in the US have ADHD. But other studies in the US have determined the rates could be higher.
- CDC also notes that the number of children from 4-17 that were ever diagnosed with ADHD increased from 7.8% in 2003 to 9.5% in 2007 to 11% in 2011 and 12.
- Approximately two out of three children with ADHD have at least one other emotional, mental or behavioral disorder.

The following chart shows the correlation between ADHD prevalence and glyphosate applications to corn and soy crops.

(Stephanie Seneff, Nancy Swanson and Chen Li. Aluminum and Glyphosate Can Synergistically Induce Pineal Gland Pathology: Connection to Gut Dysbiosis and Neurological Disease. Agricultural Sciences, 2015, 6, 42-70.)

**Anxiety Disorder**

Anxiety is a feeling of worry, nervousness or unease that all humans feel from time to time. But anxiety disorder is a serious medical condition that can cause people to have serious physical and
psychological symptoms, including sweating, rapid heartbeat, dizziness, nausea and shortness of breath.

- Anxiety disorders are the most common form of mental illness in the US, according to the Anxiety and Depression Association of America.
- People who suffer from anxiety disorder are at least 3X more likely to go to a doctor and six times more likely to be hospitalized for a mental health disorder.

The following chart shows the correlation between anxiety prevalence and glyphosate applications to corn and soy crops.

*Source Stephanie Seneff, Nancy Swanson and Chen Li. Aluminum and Glyphosate Can Synergistically Induce Pineal Gland Pathology: Connection to Gut Dysbiosis and Neurological Disease. Agricultural Sciences, 2015, 6, 42-70*

**Breast Cancer**

Breast cancer means malignant tumors are forming in the tissue of one or both breasts. Some of the common symptoms of breast cancer is a breast lump, change in the size and shape of the breast, nipple drainage, skin dimples in the breast and red patches on the breast(s).
• **Breastcancer.org states** one in eight women will develop some form of breast cancer in their lives.

• In 2018, it was estimated there would be 266,100 new cases of invasive breast cancer in the US. There also will be 64,000 cases of non-invasive breast cancer.

• Breast cancer rates have been decreasing since the year 2000, after going up the previous two decades. Rates declined by 7% from 2002 to 2003 alone. One theory is that the decrease was somewhat due to the lower use of hormone replacement therapy (HRT).

The following chart shows the Incidence of breast cancer in US hospital discharge data from 1998 to 2010 normalized to counts per 1,000,000 population each year, after subtraction of an exponential model accounting for the decline in the years up to 2006 in the Caucasian subpopulation. This includes all reports of ICD-9 codes 174 and 175. The red line shows trends in glyphosate usage on corn and soy crops over the same time period.

![Chart showing hospital discharge diagnoses of breast cancer and glyphosate usage](chart.png)

(Source Stephanie Seneff, Nancy Swanson and Chen Li. Aluminum and Glyphosate Can Synergistically Induce Pineal Gland Pathology: Connection to Gut Dysbiosis and Neurological Disease. Agricultural Sciences, 2015, 6, 42-70)

**Celiac Disease**

Celiac disease is an autoimmune disorder that can happen to people who are genetically more likely to get the condition. It occurs when ingesting gluten damages the small intestine. It is thought to affect millions of people around the world. When people with this disease eat gluten, the body
attacks the small intestine in a strong immune response. Such attacks damage the villi, or tiny, fingerlike projections that line the organ.

- According to a study done by University of Maryland, Division of Pediatric Gastroenterology and Nutrition, Celiac disease is associated with increased risk to non Hodgkin’s lymphoma
- On average in the US, 1 in 133 people have celiac disease.
- Celiac disease affects at least three million Americans.

The following chart shows the correlation between increase in celiac disease (gluten intolerance) and increase in use of the herbicide glyphosate (Roundup ®) on genetically modified grain.

(Source Stephanie Seneff, Nancy Swanson and Chen Li. Aluminum and Glyphosate Can Synergistically Induce Pineal Gland Pathology: Connection to Gut Dysbiosis and Neurological Disease. Agricultural Sciences, 2015, 6, 42-70)

**Crohn’s/Ulcerative Colitis**

Ulcerative colitis is a chronic disease that causes serious inflammation, including irritation, swelling, and sores on the inside lining of the small intestine. Ulcerative colitis usually begins slowly and can get worse over months and years. Symptoms can vary from mild to severe. Many people have long periods of remission that can last for weeks, months, or years.

- Ulcerative colitis is more prevalent in adults than children, according to IBD.net.
More people in the Northeast and Midwest get ulcerative colitis than in other parts of the country.

It is estimated that the total yearly cost of ulcerative colitis is $2.7 billion per year in the US.

The following chart shows the Correlation between inflammatory bowel disease and glyphosate applications to US corn and soy crops.

Dementia

Dementia is a general name for any disorder or disease that causes a major change in memory or cognitive abilities. Dementia is severe enough to damage the person’s daily ability to function, such as drive, shop, eat, dress, work and communicate. The most common type of dementia is Alzheimer’s disease, but there are other forms, such as Parkinson’s Disease dementia, Huntington’s disease and family prion disease.

- The total estimated yearly cost of dementia across the world was $818 billion in 2015, according to Alzheimer's Disease International.
- If global dementia were a nation, it would be the 18th biggest economy in the world.
Correlation between deaths due to senile dementia and glyphosate applications to corn and soy crops.

![Chart showing the correlation between age-adjusted deaths from senile dementia and glyphosate applications to corn and soy crops.](chart.png)

(Source Stephanie Seneff, Nancy Swanson, and Chen Li. Aluminum and Glyphosate Can Synergistically Induce Pineal Gland Pathology: Connection to Gut Dysbiosis and Neurological Disease. Agricultural Sciences, 2015, 6, 42-70)

**Diabetes**

Diabetes is a metabolism disorder. Metabolism refers to the way the body digests food for energy and growth. Most foods we eat are broken down into a basic form of sugar called glucose; this is the major fuel source of the body. Insulin is produced by the pancreas to transfer glucose from blood to the cells. With diabetes, cells fail to respond properly to insulin produced by the body.

- Webmd.com finds that 23.6 million people in the US – almost 8% of the population – have diabetes.
- Each year, approximately 1.5 million people in the US 20+ years of age are diagnosed with the disorder.

The following chart shows the correlation between age-adjusted diabetes prevalence and glyphosate applications and percentage of US corn and soy crops that are GE.
Liver Disease

It’s known as nonalcoholic fatty liver disease (NAFLD), an umbrella term for a range of liver conditions that, as the name implies, affects people who drink little to no alcohol yet have more than 5 percent of their liver made up of fat cells. The more progressive form of this disease is known as non-alcoholic steatohepatitis, or NASH. With the rise of the obesity epidemic, it causes scarring and inflammation leading to cirrhosis, cardiac and lung complications, cancer and death.

- The U.S. is spending $5 billion annually in health-care costs related to the disease, which include chemotherapy, transplants, tests and hospitalizations, reports the Center for Disease Analysis.
- According to the Mayo Clinic, NAFLD affects an estimated 80 million to 100 million Americans.
- In fact, in its most serious form, the NAFLD disease is estimated to become the leading cause for liver transplants by 2020, outpacing even hepatitis C.
The following chart shows the correlation between age-adjusted liver cancer incidence and glyphosate applications and percentage of US corn and soy crops that are GE.

**Liver and Intrahepatic Bile Duct Cancer Incidence (age adjusted)**

![Graph showing liver cancer incidence, glyphosate applications, and percentage of GE crops.](image)

(Source Stephanie Seneff, Nancy Swanson and Chen Li. Aluminum and Glyphosate Can Synergistically Induce Pineal Gland Pathology: Connection to Gut Dysbiosis and Neurological Disease. Agricultural Sciences, 2015, 6, 42-70)

**Obesity**

Obesity is one of the most preventable and leading causes of death in the United States. Obesity is a serious chronic disease that can seriously damage health, including heart disease, diabetes, joint problems and more.

- The CDC reports obesity affected 93 million adults in 2015 and 2016.
- The estimated cost of obesity in the US was $147 billion in 2008.
- The medical costs for people with obesity is on average $1429 higher than people who have a normal weight.
- Prevalence of obesity in the US was 35.7% among young adults from 20-39, and 42% among those from 40-59.

The following chart shows the correlation between age-adjusted obesity deaths and glyphosate applications and percentage of US corn and soy crops that are GE.
Renal/Kidney Disease

Kidney failure is also called end-stage renal disease or ESRD. It is the final stage of chronic kidney disease, and it is generally caused by many other serious health problems that have damaged the kidneys over the years. Early stages of kidney disease may not even be noticed by the person.

- According to the National Kidney Foundation, kidney disease causes more deaths than breast cancer or prostate cancer.
- Kidney disease affects 30 million people in the United States, and 90% of those with the disease are unaware they have it.
- Currently, kidney disease is the #9 leading cause of death in the United States and is becoming more common.

The following chart shows the correlation between age-adjusted kidney cancer incidence and glyphosate applications and percentage of US corn and soy crops that are GE.
Thyroid Cancer

Thyroid cancer develops in the thyroid gland. This gland has a butterfly shape in the front of the neck, under the Adam’s apple. It wraps around the front of the windpipe. This gland is part of the endocrine system and produces and controls important hormones.

- Cancer.net reports that 53,990 adults in the US will be diagnosed with thyroid cancer. Thyroid cancer is the #5 most common cause of cancer in women.
- The incidence rates of this type of cancer in men and women grew at a 4% rate a year between 2005 and 2014. It also is the most rapidly increasing type of cancer diagnosis in the US.
- Estimates by Cancer.net says 2060 deaths from thyroid cancer this year. Women are three times more likely to get the disease than men.

The following chart shows the plots of glyphosate usage on corn and soy crops (blue), percent of corn and soy that is genetically engineered to be “Roundup Ready” (red), and incidence of thyroid cancer (yellow bars) in the US.
Conclusion

Scientific evidence is rapidly growing that indicates glyphosate in the Roundup formulation leads to many serious health problems. Giving that this toxic chemical can cause diseases from cancer to dementia to autism, isn’t it time for more to be done to eliminate the use of glyphosate in agriculture? Where are the alternatives? Why hasn’t the EPA re-classified it as a human carcinogen?

As of this writing, at least 13 countries, including Germany and Belgium, have introduced legislation to limit or ban the use of glyphosate. More countries are considering it. However, in the US, the EPA continues to give the green light to glyphosate and Roundup use. Perhaps as more scientific evidence is revealed about the dangers of this chemical, the tide will turn against Monsanto and Roundup even in the United States, but in the meantime, we’ll have to wait and see.

References

- Stephanie Seneff, Nancy Swanson and Chen Li. Aluminum and Glyphosate Can Synergistically Induce Pineal Gland Pathology: Connection to Gut Dysbiosis and Neurological Disease. Agricultural Sciences, 2015, 6, 42-70

(Source Stephanie Seneff, Nancy Swanson and Chen Li. Aluminum and Glyphosate Can Synergistically Induce Pineal Gland Pathology: Connection to Gut Dysbiosis and Neurological Disease. Agricultural Sciences, 2015, 6, 42-70)
Stephanie Seneff, Senior Research Scientist at the MIT Computer Science and Artificial Intelligence Laboratory (MIT.edu)

(Stephanie Seneff, Nancy Swanson and Chen Li. Aluminum and Glyphosate Can Synergistically Induce Pineal Gland Pathology: Connection to Gut Dysbiosis and Neurological Disease. Agricultural Sciences, 2015, 6, 42-70)

Study Says 50% of Children in US Will Be Born With Autism by 2025

By WeedkillerCrisis.com - October 30, 2018

Some experts believe that glyphosate could be the major factor in the increase in the autism rate. MIT Computer Science and Artificial Intelligence Laboratory’s Stephanie Seneff reported in 2015 that half the children in the US will be born with autism in the next 10 years.
Whether it is from vaccines that contain mercury or from a diet of pesticides, autism is definitely on the rise. Some say that one in 68 children have some form of autism spectrum disorder, per the CDC in 2014. In 2008, it was only one in 88. In 2000, it was one in 150. The CDC still says that the 2014 figure is the most current statistics, defining one percent of the US population as having an autism spectrum disorder.

Why does this matter? For one, people who have autism have a shorter life, according to recent research.

According to the study ‘Autism spectrum disorder in adults: diagnosis, management and health services development’ in 2017, people with an autism spectrum disorder live 54 years, compared to people who do not who live an average of 70 years. Those with an autism spectrum disorder also have higher rates of depression, suicide, and seizures that range from mild to major.

Seneff believes there is a link between autism and glyphosate, and other researchers believe this is the case as well. Glyphosate is very popular with biotech companies such as Monsanto and Syngenta. Monsanto's Roundup is one of the most popular consumer-available pesticides in the country. Roundup has been very effective in increasing crop yields across the country, but at what health cost? Research suggests that glyphosate could have serious detrimental health effects.

For example, it is thought that glyphosate can pass into the breast milk and cause adverse health effects on the mother and baby, according to a recent study.

Glyphosate is the major active ingredient in Roundup and is also popular in various other herbicides and pesticides. The Moms Across America and Sustainable Pulse study is the first report to investigate this issue.

Seneff believes that urine tests indicate that Americans have up to 10 times the glyphosate in their systems as people in Europe.

Glyphosate is a molecule that is deceptively simple, Seneff says, that kills plants by interrupting the shikimate pathway that weeds need to go through to survive. Since human cells lack this pathway, biotech scientists and others in the health field think it is okay to expose humans to the chemical.

Featured Chart
Seneff noted that the side effects of autism closely mimic those of glyphosate toxicity, and presented data showing a remarkably consistent correlation.

But the research team found elevated levels of glyphosate in three of 10 breast milk test samples. The findings in this report suggest the ingredient is often sprayed on genetically modified crops and can accumulate in human tissue over time.

Seneff also notes that the bacteria in our gut does have the shikimate pathway. That is critical because the bacteria are supplying our bodies with important amino acids. Roundup kills valuable gut bacteria and allows pathogens to grow. This can interfere with the synthesis of amino acids, such as methionine, which can lead to shortages in critical folate and neurotransmitters. It also can remove vital minerals such as iron, manganese, and cobalt.

Even worse, Seneff says that other chemicals in Roundup are not tested because they are said to be inert. But a 2014 study in BioMed Research International states these chemicals could amplify the toxic effects of Roundup by hundreds of times.

Seneff also thinks that symptoms and signs that are often present in autistic children, iron and zinc deficiencies and seizures could show excessive exposure to glyphosate.

She noted the Organic Consumers Association is urging the EPA and FDA as well as the USDA to ban glyphosate around the nation.

It should be noted that most soybean and corn crops in the US are GMO and are sprayed with Roundup.

Many Americans are probably consuming quantities of glyphosate in their foods; this can be seen in research by Paul Mills at the University of California San Diego where people who tested...
positive for glyphosate in their urine shot up 500% between 1993 and 1996, and 2014 and 2016. This is despite the fact that most people do not spray their grass or garden with Roundup.

Since 1996, the use of Roundup has skyrocketed from 15 million pounds per year to 159 million pounds per year.

But Monsanto always contends that Roundup is safe. One study noted that it is roundly believed that Roundup is one of the safest pesticides. This idea is frequently spread by pesticide manufacturers, mostly in the reviews that they write and promote. These reviews are often cited in various toxicological evaluations of herbicides based upon glyphosate.

But Roundup was found in this particular experiment to be 125 times more toxic than glyphosate.

Also, despite its reputation, Roundup is one of the most toxic insecticides and herbicides that has been tested. The inconsistency between the facts of science and industrial claims can be attributed to major economic interests. These have been found to make false health risk assessments and to delay health policy decisions.

Scientific research is regularly conducted on what the consequences are of glyphosate in the agriculture world and how it affects autism and the environment.

Children continue to get sicker, but Monsanto continues to have a strong grip on the world of agriculture.

Many experts believe that the current evidence that indicates glyphosate can cause autism, should be enough to put Roundup on the shelf until facts truly show it is safe.

**Featured YouTube Video**

As we learn from one doctor at MIT, this GMO craze could cost a lot of children their health. Today, we welcome MIT Doctor Stephanie Seneff.

In her recent article she makes a very stark warning that by the year 2025, half of all American children could have autism. That’s an alarming increase over one decade.

She claims it all comes down to a chemical called glyphosate, commonly found in Monsanto’s herbicide, RoundUp. So what happens when a human comes in contact with that chemical?

**References**

- World’s Number #1 Herbicide Discovered in Mother’s Breast Milk. (2014). Retrieved from https://sustainablepulse.com/2014/04/06/worlds-number-1-herbicide-discovered-u-s-mothers-breast-milk/#.U0LHCPldVh4

List of 50+ Foods Containing Weed killer Ingredient Glyphosate

By WeedkillerCrisis.com - March 31, 2019

According to a recent report by the Environmental Working Group, 26 of the 28 cereal, snack bar and oat products, it did tests on had trace amounts of glyphosate, which is the active ingredient in Roundup that is suspected of causing serious health problems, including cancer. This is the second time EWB has done this testing. An earlier report came out in August 2018 that found related results in 31 oat-based foods.

The EPA said in 2017 that the ingredient is unlikely to be carcinogenic to human beings but many other organizations disagree. For instance, EWG has a benchmark for how much glyphosate is acceptable in food that is much more strict than EPA standards. Also, the International Agency for Research on Cancer (IARC) has stated that glyphosate is most likely carcinogenic to humans.

In August, Monsanto, the maker of the herbicide Roundup, was ordered to pay $289 million in damages to an agricultural worker who said the product led to his non-hodgkins lymphoma cancer. The roundup lawsuit payout was eventually lowered to $80 million but the ruling stayed in place.
Below is a list of the products that EWG tested and the *amount of glyphosate* they contain. Some of them meet the benchmark for EWG and others do not.

**EWG FULL Glyphosate IN PROCESSED OATS TESTING SET**

<table>
<thead>
<tr>
<th>Type of Product</th>
<th>Product Name</th>
<th>Glyphosate (ppb)</th>
<th>Lab</th>
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<td></td>
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<td>Sample 1</td>
<td>Sample 2</td>
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<td>Granola</td>
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<td>Back to Nature Classic Granola</td>
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<td></td>
<td>KIND Vanilla, Blueberry Clusters with Flax Seeds</td>
<td>50</td>
<td>60</td>
</tr>
<tr>
<td></td>
<td>Nature Valley Granola Protein Oats ‘n Honey</td>
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<td>170</td>
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<td></td>
<td>Quaker Simply Granola Oats, Honey &amp; Almonds</td>
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<td>Nature’s Path Organic Honey Almond</td>
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<td>Very Berry Cheerios</td>
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</table>

Quaker Oats issued a press release in response to the EWG report.
It said that the company stands by the quality of its products, and it does not add glyphosate in any part of its milling process. The chemical is used by farmers across the country who apply it before the harvest.

Once the oats are transported to the company, they are put through a cleansing process that includes de-hulling, cleaning, roasting, and flaking.

Quaker Oats claims that any small amounts of glyphosate that may be in the finished products where oats are an ingredient are well below regulatory limits set by the EPA, California Office of Environmental Health Hazard Assessment and Health Canada. Yet who needs to be eating any amount of weed killer?

**More Foods that Contain Traces of Glyphosate**

Other analyses have been performed that suggest other foods have trace amounts of glyphosate:

1. Nature’s Path Organic Honey Almond Granola
2. Back to Nature Classic Granola
3. Quaker Simply Granola Oats, Honey, Raisins & Almonds
4. Back to Nature Banana Walnut Granola Clusters
5. Nature Valley Granola Protein Oats ‘n Honey
6. KIND Vanilla, Blueberry Clusters with Flax Seeds
7. Kashi Heart to Heart Organic Honey Toasted cereal
8. Cheerios Toasted Whole Grain Oat Cereal
9. Lucky Charms
10. Barbara’s Multigrain Spoonfuls, Original, Cereal
11. Kellogg’s Cracklin’ Oat Bran oat cereal
12. Cascadian Farm Organic Harvest Berry, granola bar
13. KIND Oats & Honey with Toasted Coconut
14. Nature Valley Crunchy Granola Bars, Oats ‘n Honey
15. Quaker Chewy Chocolate Chip granola bar
16. Kellogg’s Nutrigrain Soft Baked Breakfast Bars, Strawberry
17. Tropicana Orange Juice
18. Minute Maid Orange Juice
19. Stater Bros Orange Juice
20. Signature Farms Orange Juice
21. Kirkland Orange Juice
22. Cheez-It Original
23. Cheez-It Whole Grain
24. Kashi Soft Bake Cookies, Oatmeal, Dark Chocolate
25. Ritz Crackers
26. Triscuit Crackers
27. Oreo Original
28. Oreo Double Stuf Chocolate Sandwich Cookies
29. Oreo Double Stuf Golden Sandwich Cookies
FACT: Glyphosate is the most heavily used chemical herbicide in human agricultural history so how do we avoid consuming this toxin?

Glyphosate is a toxic herbicide (commonly known by the trade name Roundup) that is used on many US crops, from wheat to soybeans to corn. It is impossible to remove glyphosate from your foods by washing or cooking it. But there are ways to steer clear of glyphosate in foods if you are wise and in the know about food labels. Below is more information about the risks of glyphosate and how to avoid it.

Glyphosate Labeling and What the Law Says
The Roundup label notes that glyphosate focuses on an enzyme that is found in plants but does not exist in people or animals. However, studies show that this enzyme is found in people and pets, according to the groups Organic Consumers Association and Beyond Pesticides. (1).

The link between cancer and glyphosate is quite alarming. In 2015, the International Agency for Research on Cancer (IARC), which is part of the World Health Organization (WHO) stated that glyphosate is a probable human carcinogen. (2). This decision was made by a group of 17 reviewers from around the globe and was decided based on extensive evidence that suggested the widely used weed killer can cause non-Hodgkin’s lymphoma and lung cancer in people. It also can cause cancer in some animals and can lead to chromosomal and DNA damage in mammals and human and animal cells.

Based upon the declaration from the IARC, the state of California took action to require companies such as Monsanto to label food products that contain glyphosate and to include a cancer warning. However, this action was stopped by a federal judge. (3). Nonetheless, more than 8,000 people have filed Roundup lawsuits that allege that they or a family member developed non-Hodgkin’s lymphoma due to Roundup exposure.

How to Avoid Glyphosate in Your Foods

In 2016, the groups Food Democracy Now! And The Detox Project started tests that found alarming levels of glyphosate in many foods that Americans consume every day. Some of the products in which glyphosate was found were even certified organic or non-GMO!

What is important to understand is that glyphosate does not merely exist on the exterior of the plant. It is absorbed into the plant. Glyphosate contamination cannot be eliminated by washing, and it cannot be broken down through the cooking or baking process.

Non-GMO Project Verified Label

This label means the product is free of GMOs. This is useful information, but it does not tell you if the food has glyphosate or not. (4).

The best way to avoid foods that have been sprayed with glyphosate is to look for products that feature the USDA Organic label. To obtain this organic certification, food producers may not spray foods with artificial chemical pesticides, including glyphosate. But the use of glyphosate is so widespread today the chemical can contaminate foods where it is not even directly sprayed, even organic crops.

Glyphosate Residue Free Label
The Detox Project, which is a research and certification organization that features an FDA-registered food testing laboratory to check for various toxic chemicals, recently launched the Glyphosate Residue Free label. This program provides greater transparency and gives consumers more assurance that they and their loved ones will not be exposed to glyphosate. The Detox Project also is working with many food producers and manufacturers and grocery stores to have this label put on more products. That way, consumers can easily avoid foods that contain toxic glyphosate.

The first product that was verified to be ‘Glyphosate Residue Free’ is called Leaf & Love Organic Lemonade, and more should be certified as free of glyphosate soon.

More Advice on Foods to Avoid With Glyphosate

Unfortunately, many foods that Americans consume daily may contain glyphosate, and it is often hard to know it. Some of the most common foods with glyphosate include: (1).

- Non-organic cereals and grains that are harvested with glyphosate. These include wheat, barley, buckwheat, millet, rice, oats, wild rice, popcorn, and sorghum.
- The major GMO foods, such as soy, corn, and canola.
- Additives including corn syrup, maltodextrin, fructose, baking powder, natural flavors, and cornstarch.
- Non-organic canola oil.
- All prepared foods such as bread, muffins, crackers, cookies, and snacks.
- Pastries, bars, sugar, cane sugar, beet sugar, corn sugar, chewing gum, and high fructose corn syrup.
- Non-organic fruits and vegetables including papaya, summer squash, zucchini, potatoes, apples, oranges, lentils, beans, peppermint, peas, spearmint, instant tea and spices.
- Animal foods including alfalfa, corn, hay, fodder and soy, as well as poultry, dairy, and eggs.
- Common prepared foods that have glyphosate in them include potato chips, corn chips, multigrain chips, soy sauce, soy milk, rice milk, almond milk, corn tortillas, olive oil, and most canned fish in oil.
- Some nuts, such as almonds and sunflower seeds, may also contain glyphosate.
- Be on the lookout for foods that are only labeled organic; they may legally contain up to 5% non-organic ingredients. Instead, look for prepared foods that are labeled 100% organic.

More Ways to Insulate Yourself from the Dangers of Glyphosate
Some dietary experts have other recommendations to protect you and your loved ones from dangerous glyphosate: (5).

1. **Eat more foods with sulfur** – Some of the most common foods with sulfur are eggs, organic cheese, garlic, and onions. It is important to consume more sulfur because exposure to glyphosate depletes your body of sulfur and also has adverse effects on sulfate pathways. Inadequate sulfate in your brain can impair the ability of the body to remove harmful toxins and metals. Sulfur is also critical for your body’s detoxification process.

2. **Consume More Dietary Probiotics** – Glyphosate is a known antibiotic. This means that it kills important living bacteria in our gut. One way to insulate yourself from this damage is to increase the number of dietary probiotics you consume each day. The best natural sources of probiotics are fermented foods – think sauerkraut, kimchi, kombucha, yogurt, and apple cider vinegar.

3. **Take Manganese Supplements** – Glyphosate is a strong chelator of some minerals. One mineral that binds well with it is manganese. Studies show that Roundup can deplete manganese levels in plants and animals. Having a deficiency in manganese can cause many health problems, such as poor gut health, cognitive decline, and poor mitochondrial function.

If you keep in mind all of the above information, you should be able to avoid the dangers of glyphosate in your daily diet more easily.

**References**