



### **Why Switch to Organic Foods?**

Roundup has become synonymous with the process of growing plants, whether you're a farmer, landscaper, casual gardener or even a consumer.

The main ingredient of that herbicide might, however, also be synonymous with a host of chronic diseases and common disorders that have seen a drastic rise since the weed killer came to prominence some 50 years ago.

Just because something is widely used, doesn't mean it's safe.

Hidden Wings cofounder, Julia Billington, MD, has spotted significant, striking evidence suggesting the main ingredient, glyphosate, could be connected to the increase in diagnoses involving cancer, cardiac issues, and degenerative diseases like Alzheimer's and Parkinson's, as well as the frightening rise in autism spectrum disorder and ADD/ADHD affecting children.

This is no witch hunt or conspiracy theory. Dr. Billington is merely suggesting further analysis be done on Roundup's possible effects.

The study would be the first of its kind, examining glyphosate in human brain tissue and CSF (cerebral spinal fluid). Shockingly, there are few studies examining the long term effects of glyphosate in humans.

The World Health Organization describes Roundup as the “most important pesticide of all time,” the most significant ever developed.

It’s estimated that more than 200 million gallons of Roundup are used in the United States each year.

As genetically modified crops resisted Roundup, higher and higher doses have been used by farmers in the past 20 years. The agricultural industry primarily requires the use of herbicides or pesticides designed to kill weeds, with more than 875 pesticides in circulation around the globe.

Roundup’s main ingredient, glyphosate, has been found in breast milk in women all over the world and at levels considered unsafe for drinking water. A host of other pesticides have been linked to the dramatic decline in bees and frogs and even degraded the Great Barrier Reef.

It’s not a stretch to believe these “environmentally friendly” herbicides might be harming humans.

Dr. Billington believes pesticide ingredients like glyphosate can attack the mitochondria in our cells, which contain an estimated 1,000 to 2,000 mitochondria in each cell. Humans cannot exist without mitochondria, which provide energy for reactions, help build new proteins and defend against disease.

When our mitochondria are in trouble, our cells show signs of panic and distress.

Chronic fatigue, migraines, depression, mood disorders and mental illness all show similar symptoms. Even some aspects of autism and ADHD — distractibility, perseverative speech and thinking, a distancing trance-like effect — overlap in symptoms and treatment.

Nearly 1.5 percent of U.S. children are now diagnosed with autism, or 1 in 68 kids, according to data collected by Dr. Billington.

In 1995, that figure was closer to 1 in 500.

After raising her concerns with patients, Dr. Billington found few were surprised by her suspected link between the processed foods they ate and their health problems.

Most had tried to switch to a diet of organic foods but found barriers, including balancing the high cost of organic food with its benefits and personal preferences for the taste of food grown with pesticides.

The herbicide industry — led by Roundup creator Monsanto — has been vocal in its support of safety studies involving products and the related use of genetically modified crops.

There's no doubt a scientific campaign against the herbicide agents would be challenged by huge corporations protecting their interests.

But it's our role as as clinicians, scientists, and citizens of this world to complete the missing link in the vast number of studies which have been performed with glyphosate, Dr. Billington wrote in her research proposal.

A study must quantify how glyphosate affects human tissue and if it does cause this cast array of diseases.

Whatever the results show, they will certainly increase our understanding of the role toxic chemicals play in diseases that have confounded physicians and plagued society.

“The health of our country, our very planet, is at stake,” Dr. Billington wrote. “The life you save may be your own.”