

The Search for REAL Food: Who Can You Trust?



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Do You Trust Those Providing Your Food?

The first 5 presidents of the United States were all farmers (the 6th president was the son of a farmer and the 2nd president) at a time when 90% of the population in the United States was involved in agriculture.

By the time Abraham Lincoln served as president of the United States in 1862, about 48 percent of the people living in the U.S. were farmers.

Today, that figure is [less than 1%](#).

There has probably not been another period of history where so few people control a nation's food supply as what we see today in the United States, where less than 1% are responsible for feeding over 325 million people in the United States, and millions around the world as well.

Who are these people that make up less than 1% of our population?

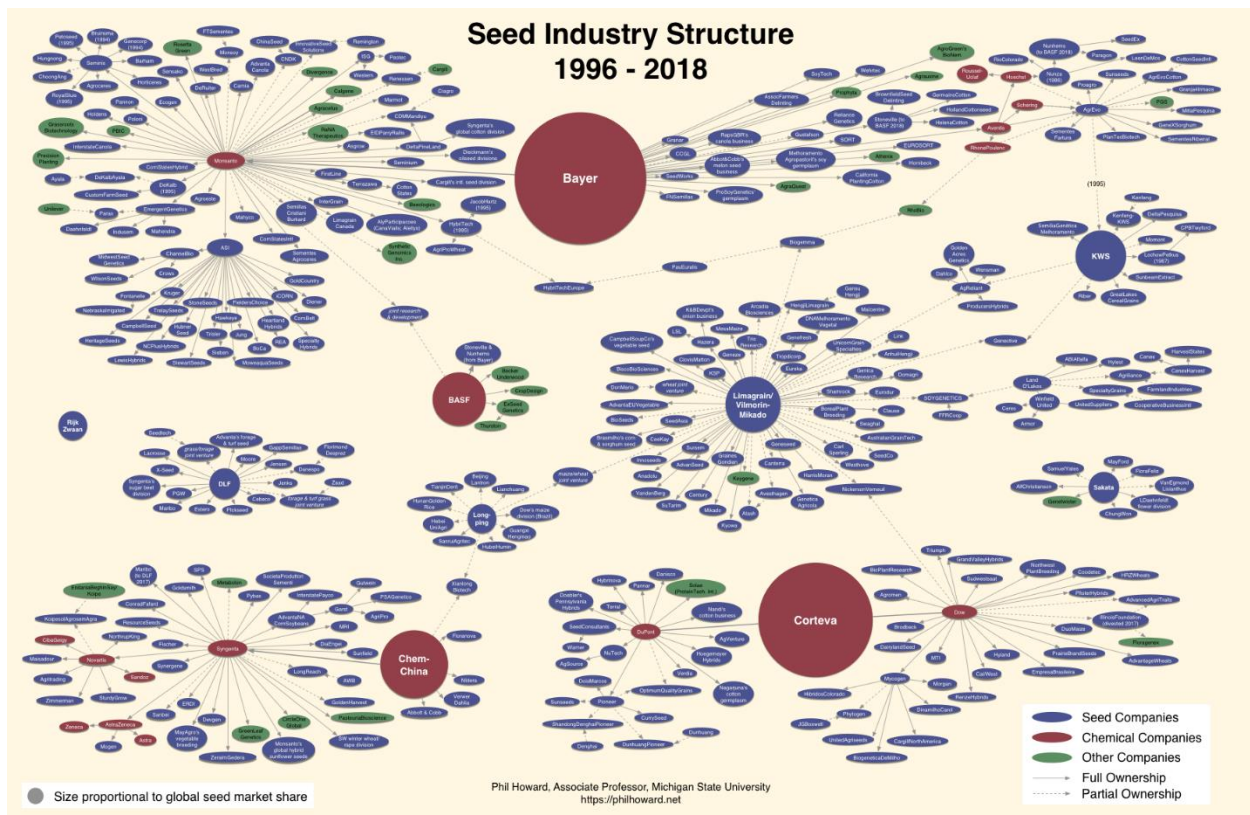
They are mostly people who run multi-national corporations. [Oxfam America](#) lists 10 main corporations that control most of the food in the U.S. and around the world as can be seen in this infographic:



[Click](#) for larger image.

As you can see from this info-graphic, these corporations control more than just food, but also brands that include beauty products, cleaning products, and other household products.

When it comes to agriculture, just a handful of companies control the world's seed supplies. Four companies now control over 60% of the world's seed supplies, and most of those seeds are becoming genetically modified seeds that are patented.



[Click](#) for larger image.

Since its buy out of Monsanto, previously the largest seed company in the world, Bayer is now the largest seed corporation.

Bayer has inherited Monsanto's legal problems over its herbicide Roundup which contains [glyphosate](#), and is now linked to cancer. Victims of glyphosate poisoning have been awarded billions of dollars in compensation due to cancer.

Most of the food available today via the mass market, and filling up the shelves of your local grocery store, has become very contaminated due to the pressure to mass produce this food and maximize profits.

Which Diet is Best? Who Do We Listen To?



Time Magazine cover story in 2014
Story [here](#).

Scientists were wrong about saturated fats. They don't cause heart disease after all.

While the contamination of the food supply is a matter of great concern to those who want to eat healthy foods and feed healthy foods to their family and loved ones, so is the problem of what foods we are supposed to eat, and which foods are considered “bad” or unhealthy.

We have learned now that government nutritional advice, such as the food pyramid advice the United States Department of Agriculture (USDA) has over the years recommended, cannot be trusted.

Starting in the 1970s with the “[McGovern Report](#),” government nutritional advice started condemning fat in the diet, and started promoting a low-fat diet instead, contrary to thousands of years of nutritional history where saturated fats, such as animal fats and plant fats like coconut and palm oil, were considered healthy and part of traditional diets.

Instead, the American public was told that saturated fats led to high cholesterol and heart disease, a theory (the “lipid” theory of heart disease) that has been totally proven wrong by real science.

The political motives behind this diet philosophy are easy to understand when one considers that the main cash crops of the U.S. are corn, soy, and wheat, and extracting edible oils from plants that were not in the human food chain prior to World War II when technology allowed us to extract oils from corn and soy.

But these new polyunsaturated oils are unstable and had to be hydrogenated to make them shelf stable and act like saturated fats, which science later proved was unhealthy for human nutrition, causing dangerous “trans-fats.”

The American consumer eventually woke up to the truth on some of this, and largely started rejecting “fake” fats such as margarine and returning to historical saturated fats such as butter.

Only when the mass-produced food manufacturers started recognizing that consumers wanted their butter back did they start putting it back into many foods. (See: [The War Against Butter is Over: Butter Won.](#))

But there is another reason why the U.S. government, still until this day, promotes a certain dietary philosophy in spite of contradictory science that shows saturated fats are not unhealthy: cholesterol-lowering statin drugs.

Statin drugs are the best-selling drugs of all time, earning billions of dollars each year with about one out of every four Americans over the age of 50 currently prescribed these cholesterol-lowering drugs.

If, in fact, the lipid theory of heart disease is wrong, and saturated fats, which have nourished populations for thousands of years, are not in fact unhealthy, then this whole class of pharmaceutical drugs is not even needed, and potentially very harmful.

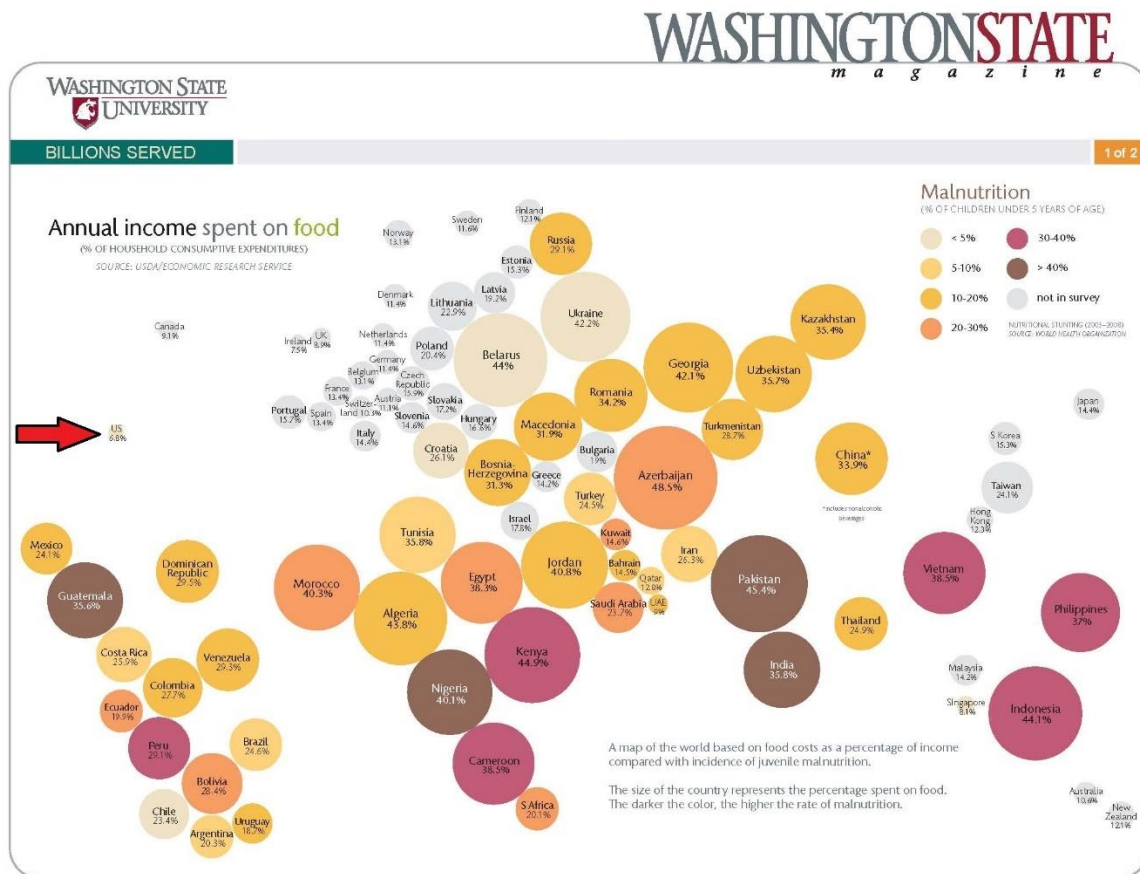
What is even more incredible is that prior to the McGovern Report in the 1970s and the switch over to a low-fat recommended diet, is that it was the medical community in the 1920s that discovered that not only was a high-fat diet not unhealthy, but actually therapeutic!

Researchers at Johns Hopkins in the 1920s found out that epileptic children who did not respond to anti-seizure medications, could actually be cured by being put on a high fat diet, called the “ketogenic diet.”

Today, the [ketogenic diet](#) is being used for many therapeutic applications, including anti-cancer diets.

Everyone is different and there is, therefore, no one “best” diet philosophy that is right for everyone, but there are certain nutritional principles that apply to everyone, and that includes eating uncontaminated food, and having enough healthy fats in one’s diet.

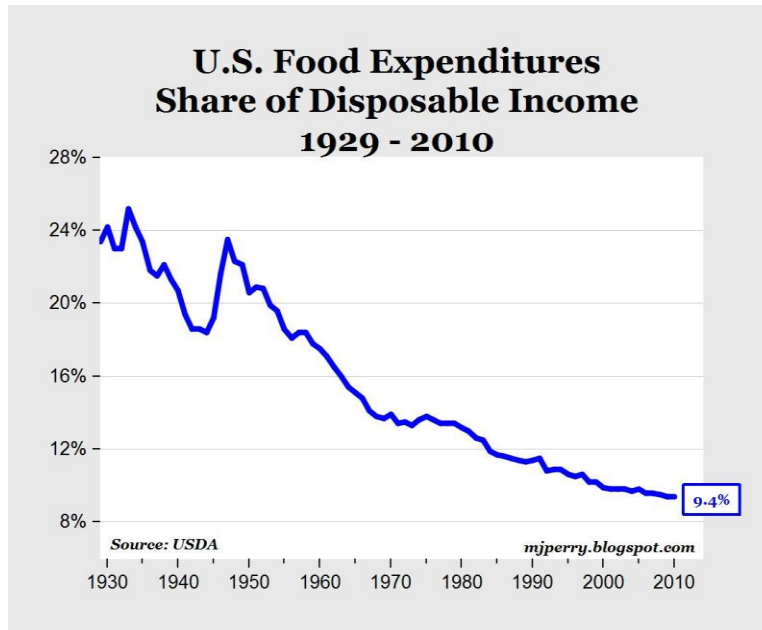
How Much Does REAL Food Actually Cost?



[Click](#) for larger image. [Source](#).

Americans spend less of their income on food than most every other country in the world.

The reason for this is because people living in the United States do not pay the true cost of their food. U.S. government policies subsidize food costs with taxpayer funds to keep prices artificially low, which also allows them to export much of their food around the world to countries who cannot afford to subsidize their food, and therefore make it more affordable to purchase mass-produced food from the U.S.



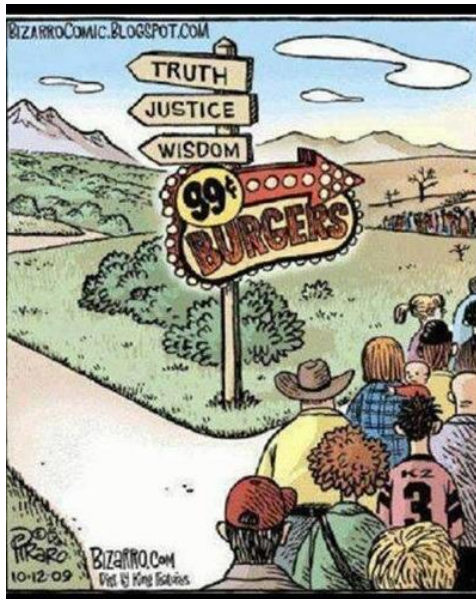
One can clearly see the downward trend of percentage of income spent on food since farm subsidies were introduced during the Great Depression of the 1930s.

I grew up as a child in the 1960s, and clearly remember the advent of fast food when Ray Kroc took a hamburger stand started by brothers Richard and Maurice McDonald and made it into a national franchise.

Back then, it was a “treat” to eat at such a restaurant, as it cost more to eat out than it did to prepare a meal at home by scratch.

The food back then as the fast food industry was just getting started was not what it is today, where beef is now a commodity, and cattle are raised in concentrated animal feeding operations (CAFOs).

Back in the days when hamburger stands were just starting to become popular, the fat from the cattle (beef tallow) was originally used to fry potatoes (“french fries”), unlike today’s vegetable oils derived from the subsidized crops of corn and soy, most of which is now genetically modified and sprayed with numerous chemicals on large commercial farms.



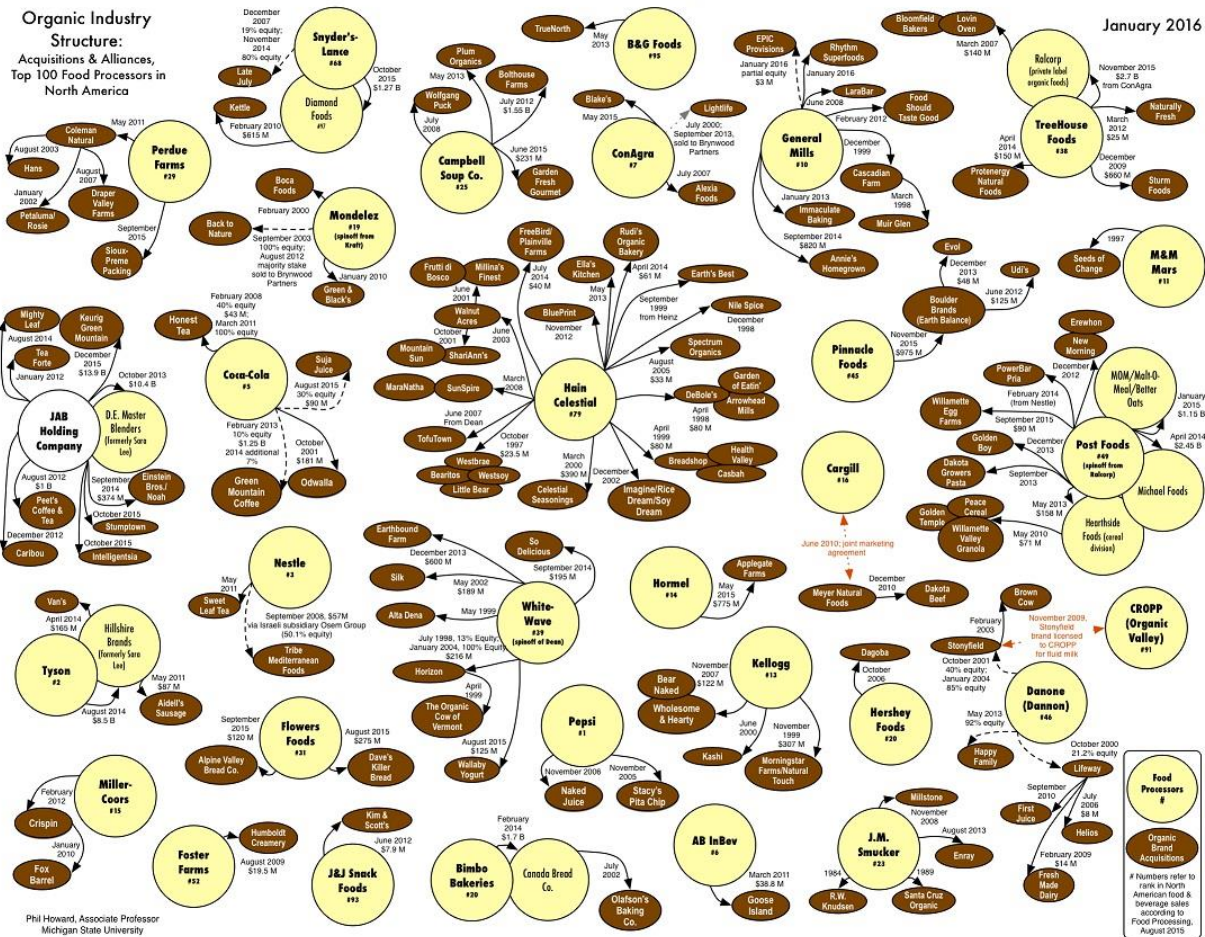
Today, it is less expensive to eat fast food derived from subsidized commodity crops and mass produced, than it is to buy fresh, uncontaminated food and prepare it oneself at home. We have an entire generation that no longer even knows what it is to prepare and cook food in one's own kitchen anymore.

Chicken is a good example. Prior to mass producing chickens in confined warehouses feeding them subsidized chemical-laden grains, the farmer's wife used to raise chickens back on the farm from table scraps, and a Sunday dinner of chicken was considered the most expensive meat-based meal one could enjoy.

But as we saw with the case of consumers demanding butter over margarine, the American consumer can still impact food standards, if even just a tiny fraction of the 350 million plus population decides they want healthier foods and are willing to pay for it.

Finding Food that is not Contaminated: Can We Trust USDA Organic Standards?

Who Owns Organics?



[Click](#) for larger image. [Source](#).

In the 1970s the “organic food” movement was in full swing, mostly seen as part of the counterculture “hippy” movement of that day.

States in the U.S. developed their own standards for food to be called “organic,” but the one common theme was food grown without use of harmful chemicals in pesticides and herbicides, which was proliferating in the 1970s with the industrialization of agriculture, and mass-produced foods.

By the 1990s organic food was the fastest growing food industry in the U.S. and no longer just “hippy food,” and the major players in the 1% of the population supplying the nation’s food wanted to get in on the action and profit from it.



In 2002, the USDA established standards for the National Organic Program (NOP) along with their own seal. After establishing the NOP, it became illegal for anyone selling food in the U.S. to make claims for “organic” unless they followed the standards of the NOP, and used a certifying body approved by the USDA.

The original board of the NOP was supposed to be comprised of not only industry leaders, but organic farmers as well.



Protester being removed by police during USDA National Organic Standards Board meeting in San Antonio. [Story here.](#)

But over time, many of the original standards have been eroded by big business interests, and those opposing the erosion of those standards have been silenced. (See: [Organic Producers Sue USDA for Changing Organic Rules without Public Input](#))

Today, most of the organic brands you see in the stores are owned by the same 1% of the population producing commodity foods full of GMOs, pesticides, and herbicides.

In 2012, a USDA-funded study found that 40% of all organic food sold in the U.S. tested positive for prohibited pesticides. (See: [America's Fraudulent Organics Industry: 40% of All Organic Food Tested Positive for Prohibited Pesticides](#))

Finding Food Not Contaminated



Products sold by [Healthy Traditions](#) are tested for herbicides like glyphosate and genetically modified DNA.

For today's health conscious consumer, it is becoming more difficult to find trustworthy healthy food. Even visiting your local farmer's market must be done with great care, by asking lots of questions and if at all possible, visiting the farm to verify claims, because the same 1% of the commodity producers are at the farmer's markets also.

In 2014, when we discovered that some of the [USDA certified organic grains we were selling were contaminated with the herbicide glyphosate](#), we were shocked, and began testing ALL of our products for the herbicide glyphosate, which began our Glyphosate-Tested program. ([Learn more here.](#))

We also tested some USDA Organic Certified corn products that also made claims to be free from GMOs, from popular health food stores.

We discovered that all of them were contaminated with GMO DNA, even though they were certified to be free from any genetically modified ingredients.

So for products that have GMO equivalents in the environment, we began testing for the presence of GMOs ourselves, which is the genesis of our GMO-Tested program. ([Learn more here.](#))

Any products we test for the presence of GMOs or Glyphosate, if the test returns a positive, we do NOT sell it. We believe that we practice the highest standards for pure foods uncontaminated by GMOs, herbicides, and pesticides.

Our highest standard is our "Traditionally Produced" standard, which we believe exceeds any standards in the market today. ([Learn more here.](#))

But are there enough educated consumers left in the U.S. who value such food, when "organic" food is now almost as cheap as mass-produced commodity food?