

What is in Your Food?

“You are what you eat.” We have all heard that phrase before, and laughed it off not understanding how food is processed in our bodies to become new cells. We decide to forget about it when we are pushed by our family, work, or stress and we eat what we want, giving into the little mouth pleasure that we receive. There has been a push towards ‘farm fresh’ and ‘local produce’ in recent years, but by the end of this article I hope to have ‘planted a seed’ to have you begin to look where your food comes from because *ignorance is not bliss*.

‘Jamie Oliver’s Food Revolution’ was a television show airing in 2010 about how the mandatory food lunches in school were completely unhealthy. For example, did you know that French Fries are considered a vegetable in the school systems because they are made from Potatoes? Jamie, a famous world-renowned chef, not only explained but also physically showed Food Cafeteria Operators and School Principals how it would be less expensive to serve more healthy vegetables and non-frozen food; although it would be more prep work for the Cafeteria Operators.

Meanwhile, if we want a fresh steak we go to the Grocery Store. Society also generally gets angry if we see someone hunting, while if you think about the problem logically it would seem more environmentally sustainable to ethically hunt. Instead we jump to conclusions and Anthropomorphize animals like Cecil the Lion shot by the famous Dentist, not fully understanding the African ecosystem. With deeper factual research, that one Lion (Cecil) was killing many other lions in the region to keep them from breeding. And technically if this one Lion were ethically hunted, it would preserve and help the overall Lion population in this Saharan Region. But the big news channels did not mention this because this is a very complicated subject and it is difficult to get unbiased material when ten corporations own 90% of almost everything you purchase.ⁱ

The World Health Organization recommends 25 grams of sugar maximum per day.ⁱⁱ One single can of Coca Cola has 39

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grams of sugar.ⁱⁱⁱ The Corn (and thus Ethanol lobby) is one of the Top Ten largest political contributors with an estimated \$25 million spent on political lobby practices in 2014 alone.^{iv} The high fructose corn industry enacts severe political pressure to ensure the future survival, and most of us are unaware.

When President Obama renewed the Patriot Act in 2015,^v many people did not know the intricacies of it that passed. For example, it is a felony if “damages exceed \$500 to enter an animal or research facility to take pictures by photograph, video camera, or other means”^{vi} – guaranteeing that if you take a drone video of a Factory Farming Foster Farms slaughter house, you are a terrorist according to the Patriot Act. How could the American people, and me and you, allow the creation of information and ultimately truth brought out on an industry no one is proud of, be called terrorism?

Monsanto, an American Agro-Chemical and Biotechnology company, is supposed to be monitored by the US Food & Drug Administration for health and international policies. Michael R. Taylor, former VP of Public Policy of Monsanto, is now the Current Senior Advisor to the Commissioner of the FDA.^{vii} Putting all legislation aside, like the Monsanto Protection Act that expired in 2013 and was not renewed by President Obama,^{viii} is this not a simple conflict of interest to have VP’s from Monsanto work at the FDA later?

Many people think that ‘Going Organic’ is the way to avoid many processed foods, be healthy, and leave a positive impact on the environment. For the most part, people are correct that this is way more healthy, albeit more expensive – and the positive environmental impact is disputable. When an undergraduate population of students from University of California, San Diego was asked by Econ Evidence, “What does Organic mean?”^{ix} 56% of students answered “Healthy Fertilizer” and did not include “Poop”, which is the number one ingredient in Organic Fertilizers.^x So, are you eating shit? Did you know New York City is one of the top cities for human waste collection for fertilizer?^{xi} YouTube it!

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Brett is the founder, motivator and visionary behind *Econ Evidence*. He started his consulting career as a peer-to-peer consultant and his outstanding, global success within the biotech area launched him into corporate consulting. Prior to starting *Econ Evidence*, Brett was a Senior Analyst & Operations Consultant for a Fortune 500 Clinical Research Organization and later received his MBA from the Rady School of Management. With years of international clinical consulting experience, in various countries across Europe and Asia, performing complex financial planning and optimization, he is the ideal leader for *Econ Evidence*.

ⁱ <http://www.informationclearinghouse.info/article36743.htm>

ⁱⁱ <http://www.who.int/mediacentre/news/releases/2015/sugar-guideline/en/>

ⁱⁱⁱ <http://www.sugarstacks.com/beverages.htm>

^{iv} <http://www.taxpayer.net/library/article/political-footprint-of-the-corn-ethanol-lobby-2015>

^{vv} <http://thehill.com/policy/national-security/243850-obama-signs-nsa-bill-renewing-patriot-act-powers>

^{vi} <http://www.politicususa.com/2013/06/30/terrorists-ordinary-american-activists-receiving-dangerous-label.html>

^{vii} https://en.wikipedia.org/wiki/Monsanto#United_States_2

^{viii} https://en.wikipedia.org/wiki/Monsanto#United_States_2

^{ix} Study done by Brett Blazys & actual study results available upon request

^x <http://www.rodalorganiclife.com/garden/everything-you-need-know-about-organic-fertilizer>

^{xi} <https://www.youtube.com/watch?v=103TF3sloRc>