



Hands of Health Newsletter

August 2016

Hello, again:

My mortgage is refinanced and what a nightmare. Much harder than when I got my first mortgage. My broker said many of the laws and rules have changed. The underwriter never stopped asking for statements and why did I spend \$13.23 at Whole Foods? So here we are in the 8th month of the year and my mother will be having a birthday at the end of the month. She'll be 93! Wow! She's doing pretty well with her health all things considered. BTW, how are you doing with your health at your age? As well as my mom? If not or you're not sure maybe it's time to schedule a discovery and strategy session. And I'm sure you can use a massage. Call me: (480) 423-0578. This newsletter is an eye opener; enjoy as much as possible.

Glyphosate Sprayed on GMO Crops Linked to Lake Erie's Toxic Algae Bloom

by Lorraine Chow

Glyphosate, the controversial main ingredient in *Monsanto's* Roundup and other herbicides, is being connected to Lake Erie's troubling *algae blooms*, which has fouled drinking water and suffocated and killed marine life in recent years.

Phosphorus—attributed to farm runoff carried by the Maumee River—has long been *identified* as a leading culprit feeding the excessive blooms in the western Lake Erie basin. Now, according to a new study from chemistry professor Christopher Spiese, a significant correlation has been established between the increased use of glyphosate to the percentage of dissolved reactive phosphorus (DRP) in the runoff.

As *No-Till Farmer* observed from the study, DRP loads in Lake Erie increased in the mid-1990s at the same time that farmers began the widespread cultivation of crops genetically engineered to withstand multiple applications of Roundup.

"For every acre of Roundup Ready soybeans and corn that you plant, it works out to be about one-third of a pound of P [phosphorus] coming down the Maumee," Spiese told the agricultural publication.

Here's how the team came to the conclusion, as *No-Till Farmer* reported:

Through his own and others' research, Spiese found that depending on the types of metal in the soil, glyphosate does release P. For example, when glyphosate is applied to soil containing iron oxide-hydroxide, P is immediately released. But almost nothing is removed when it's an iron oxide material.

Finally, Spiese took soil samples all over the Maumee watershed, applied P to them and then sprayed glyphosate to see how much P was released vs. soil that wasn't sprayed with glyphosate after 24 hours. He saw desorption occurred all over the watershed, but certain areas were higher than others, specifically in the southeastern corner.

Based on the average two glyphosate applications growers make every year, Spiese estimates that overall, 20-25 percent of the DRP runoff is caused by glyphosate. But depending on the location within the watershed, that percentage could be much lower or much greater.

"Some of those sites, it's less than a percent. Other sites it's almost 100 percent," he says.

Previous studies have tied glyphosate to the phosphorous fueling Lake Erie's blue-green algae. In 2009, *Ohio Sea Grant* researchers, Drs. R. Michael McKay and George Bullerjahn of Bowling Green State University, found that glyphosate could only be detected in the lake at certain times of year—after crops are planted.

"Our research is finding that Roundup is getting into the watershed at peak farming application times, particularly in the spring," McKay said.

Approximately 1,000 metric tonnes (about 2.2 million pounds) of Roundup is applied in the Lake Erie watershed per year, and it is being detected in adjacent waterways particularly in the spring, the Ohio Environmental Protection Agency (EPA) *noted* from McKay and Bullerjahn's study.

The researchers also found that the blue-green algae (cyanobacteria) in the lake are capable of using phosphonates.

"It turns out that many cyanobacteria present in Lake Erie have the genes allowing the uptake of phosphonates, and these cyanobacteria can grow using glyphosate and other phosphonates as a sole source of phosphorus," Bullerjahn said.

Harmful Lake Erie blooms have increased at record levels over the last decade, *according to the U.S. EPA* and are expected to become more common due to warmer temperatures and heavy rainfall that feed algae growth.

The toxic algae rob oxygen from the waters creating dead zones where fish and other marine life are unable to survive. The algae is also a threat to humans—swallowing it can cause health problems such as rashes, vomiting, numbness and difficulty breathing.

In February this year, the U.S. and Canada announced a goal to reduce the amount of phosphorus entering affected areas of Lake Erie by a total of 40 percent by 2025.

Natural ant killers or deterrents

Salt sprinkled on windowsills
Chalk line drawn around outside
Lemon juice (ants don't like citrus)
cornmeal (ants can't digest)
Nicotene juice poured into ant hills
Equal amounts of white vinegar
and water (put into spray bottle
and spray large areas)
Orange peels put around outside
of house
Cayenne pepper sprinkled in cracks
and crevices around outside of house

Alrighty then. Hope this didn't shake you up too much or maybe it should've. We really need to take action to stop this kind of poisoning to OUR environment. I realize we're up against a big company like Monsanto with their huge bank account but many countries in Europe have BANNED anything GMO. I've read articles of a number of European countries burning fields of GMO crops. That's a blatant statement of opposition. It's time we did it here, too. That's about it for now. I'm here for you. Let me know if there's anything I can do for you.

Until next time,

Stay healthy, stay well,



"Time spent with a cat is never wasted."

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