

SAFE OR TOXIC PRODUCE

The EWG released their 2023 report of the most toxic produce and that which is, according to them, safe to eat when it is conventional.

Reminder: EWG is a 3-letter government agency and as such, is often motivated by \$ over health. So, I suggest that you take this info with a grain of salt!

NEVER eat unless ORGANIC

- strawberries
- spinach
- kale, collard & mustard greens
- peaches
- pears
- nectarines
- apples
- grapes
- bell and hot peppers
- cherries
- blueberries
- green beans

* top GMO foods so they are NOT CLEAN

The government says they are 'safe' to eat when not organic (low pesticides)

- avocado
- kiwi
- pineapple
- onions
- sweet peas
- asparagus
- honeydew
- cabbage
- mushrooms
- mango
- sweet potato
- watermelon
- carrots
- corn*
- papaya*

NEVER eat Glyphosate rich food! Top 7 foods with these GMO's are:

- soy
- corn
- yellow crookneck squash
- sugar
- cotton
- papaya
- sugar beets

ALWAYS choose Non-GMO foods – especially packaged foods that almost always contain corn and soy!

Tending to your Assembly Line, as I teach all the time, is the best way to keep your body free from all these toxins!!

TOXIC WAX on PRODUCE 2023!! 😞

Keep in mind the new 'law' that allows your stores to put the following toxic/b??? on your produce:
lac resin | beeswax | polyethylene | naptha | paraffin | mineral oil

The produce below are the items which Whole Foods admits to adding this wax or toxicity:

| | | | | | |
|-----------|------------|------------|-----------|----------------|----------|
| Apples | Grapefruit | Oranges | Parsnips | Squash | Turnips |
| Avocados | Lemons | Peaches | Peppers | Tomatoes | Zucchini |
| Cucumbers | Limes | Pineapples | Pumpkins | Sweet Potatoes | |
| Eggplant | Melons | Plums | Rutabagas | Passion Fruit | |

For healthiest results, soak the produce in lemon, citric acid or baking soda with clean filtered water for 15 minutes, then peel and eat!!

Definitely NEVER eat any produce that says: APPEAL. It might be a sticker on the fruit. APPEAL stands for POISON. So stay away!