

**AUTISM -
FRIENDLY**
**TRAVEL
OPTIONS
FOR FAMILIES**

Autism FILE™

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Providing Hope and Help for Families

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TOXIC WARNING

This herbicide may be far more dangerous than we've been led to believe—and it's found nearly everywhere.

BY DEIRDRE IMUS

When it comes to our children's health, it seems there is a new boogey monster every week. It is overwhelming, it is confusing, it is frightening—and it is wrong. Whether mercury, bisphenol-A, phthalates, or something else, there is no shortage of carcinogens permeating our environment, posing a threat to all people, big and small.

One of the most significant in this string of scary substances is glyphosate. An herbicide first registered for use in 1974, glyphosate is now one of the most widely used products of its kind in the United States, according to the National Pesticide Information Center at Oregon State University (NPIC). Commercially, it is used by corporations that own farms and other agricultural businesses to grow massive amounts of corn, soy, cotton, and other products. Casually, it is probably used by many of your unknowing neighbors who simply want their lawn and garden to look nice.

Monsanto, the company that sells glyphosate under the brand name Roundup, insists on its website



GLYPHOSATE

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their product is effective, safe, and does not “pose an unreasonable risk to human health, the environment, or pets.” After all, the U.S. Environmental Protection Agency (EPA) and European Commission

have concluded so. And they've never been wrong before.

HERE, THERE, AND EVERYWHERE

One of the major reasons glyphosate has exploded since its inception more than 40 years ago is because genetically modified crops are engineered specifically to resist it. In other words, the crops will not be killed by the chemical, but the weeds will.

Farmers can spray as much glyphosate, typically in the form of Roundup, on a field of plants as they want without worrying that the crops will die too.

This is worrisome for a number of reasons. First, as Monsanto proudly boasts on its website, glyphosate is one of the most widely used herbicides in the world, and has been adopted in more than 160 countries. It is, quite literally, everywhere. Second, when glyphosate is sprayed, it does not fall on the weeds alone. It lands on crops, soil, water, and obviously permeates the air. A 2014 study by the U.S. Geological Survey found glyphosate in the majority of waterways in 38 states, and also in more than 75 percent of air and rainfall samples tested in Mississippi in 2007.

Third, those genetically modified crops on which glyphosate is sprayed get turned into the food and other products that line our supermarket shelves. According to the Center for Food Safety, it has been estimated that as much as 75 percent of processed foods—crackers, condiments, cereals—contain genetically engineered

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... is the founder of ImusEnvironmentalHealth.org, a resource for healthy green living, where Deirdre shares tips on how to “green” the way you care for yourself, family and the planet. Everything from the food you eat, the clothes you wear, baby care products, cosmetics, and personal care products, you'll find practical advice and tips for a healthier lifestyle. Deirdre is a vegetarian for life! Deirdre is also President and Founder of The Deirdre Imus Environmental Health Center® at Hackensack University Medical Center and Co-Founder/Co-Director of the Imus Cattle Ranch for Kids with Cancer. It is the only vegetarian working cattle ranch for kids with cancer. Deirdre is a New York Times multiple best-selling author and appears weekly on Imus in the Morning's Blonde on Blonde and Psychos. The Deirdre Imus Environmental Health Center® works to ensure children live the healthiest lives possible—today, tomorrow, and decades from now. In her quest to clean up the environment for our kids, Deirdre developed the award-winning Greening The Cleaning® program and product line, which replaces the hazardous ingredients commonly found in cleaning agents with environmentally-responsible, less toxic products wherever possible. The program and products are used throughout the country in schools, healthcare facilities, and businesses.

ingredients. They contain ingredients that have been sprayed with chemicals. There's no two ways about it.

A “PROBABLE” CARCINOGEN

Fourth, and perhaps not surprisingly: In March of 2015, scientists at the UN's International Agency for Research on Cancer (IARC) declared glyphosate a probable human carcinogen. The IARC report linked glyphosate to non-Hodgkin lymphoma in humans and to cancer in laboratory animals, and indicated it can cause “DNA and chromosomal damage in human cells.” According to the NPIC, glyphosate exposure has also been linked to developmental and reproductive effects when administered to pregnant rats in high doses.

Acute glyphosate exposure—typically experienced by farm workers or others who regularly come in contact with herbicides—can cause eye, skin, nose, and throat irritation, as well as nausea, vomiting, or diarrhea if ingested, as the NPIC notes on its website.

A 2014 article in *The Nation* highlighted a groundbreaking 15-year study on the health and brain development of the children of farmworkers in California's Salinas Valley. It looks at how heavy, chronic exposure to pesticides affects children (cancer, birth defects), and also how low-dose, continuing exposure impacts developing brains (lower IQs, poorer working memory).

While this ongoing research did not focus solely on glyphosate, you do the math: a 2016 study confirmed it is the most used agricultural chemical of all time. Furthermore, the author concluded, “Glyphosate will likely remain the most widely applied pesticide worldwide for years to come, and interest will grow in quantifying ecological and human health impacts.”

And interest is growing, but may be not in the right places. Those of us charged with ringing alarms about the effects of toxic substances—like glyphosate—on human health have been up in arms for some time. Others, like certain governmental



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▲ **PREVALENT AND POTENT** — Glyphosate is the most widely used agricultural chemical in history.

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Those of us charged with ringing alarms about the effects of toxic substances—like glyphosate—on human health have been up in arms for some time. Others, like certain governmental agencies, seem less urgently concerned.

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agencies, seem less urgently concerned. The EPA has been reviewing glyphosate for more than five years as part of a re-registration process. A final report expected near the end of 2016 has now been postponed until later this year.

Interestingly, as news outlets reported in the fall of 2016, the EPA cancelled four days of planned public meetings to examine the scientific research on glyphosate after the agricultural industry objected. Apparently, certain scientists may have concerning things to say about glyphosate and its health risks. These meetings have yet to be rescheduled.

A RECURRING THEME

What don't we know about glyphosate? It's a question that may haunt the human race for generations to come. A recurring theme in environmental health is how chronic, low-level exposure to certain chemicals over long periods of time—whether through food, air, water, vaccines, or other means—can impact the human body. Many such exposures begin in childhood, if not earlier. A 2015

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study out of Harvard found that breast milk passes on a widely used class of industrial chemicals called PFAs. These substances have been linked with cancer and interference with immune function, and appear to build up in infants by 20-30 percent for each month they're breastfed.

More recently, the nonprofit Moms Across America (MAAM), which aims to create healthy communities by raising awareness about GMOs and related pesticides in our food, announced that research it had commissioned found trace amounts of glyphosate in vaccines. The study, which has not yet been peer-reviewed or published in any scientific journal, specifically looked at the influenza, MMR, pneumococcal, Hepatitis B, and Tdap vaccines. Of particular interest is that the MMR shot appeared to contain levels of glyphosate 25 times the others. Stay tuned as this area of research, and its potential implications, evolve.

STEERING CLEAR— OR AS CLEAR AS WE CAN

As glyphosate continues its steady march across humanity, the least—or the most—we can do is try to avoid exposure to this ubiquitous chemical. Avoid eating foods or using personal care products made with genetically modified ingredients. These are the plants that have most likely—if not definitely—been sprayed with glyphosate. Beyond that, genetically modified foods have been linked to allergies, antibiotic resistance, cancer, and reduced immune function.

Look for foods labeled with the “Non-GMO Project” seal: it's one of the fastest growing labels in the retail sector, and offers North America's

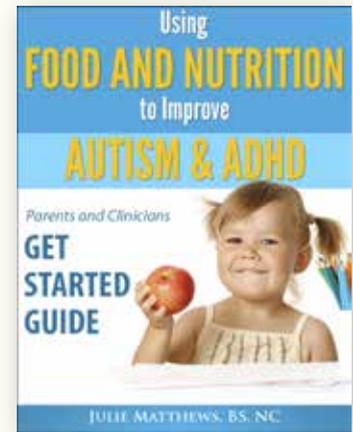


most trusted third-party verification for non-GMO food and products, according to the Non-GMO Project website. Also, check out the book *Altered Genes, Twisted Truth* by Steven M. Druker, a public interest attorney who initiated a lawsuit that forced the U.S. Food and Drug Administration (FDA) to divulge its files on genetically engineered food. Turns out the agency had covered up warnings from its own scientists on the risks of these foods, and rushed them to market before testing for long-term safety.

What we know about glyphosate is likely minimal compared to what we don't know, and that is probably not an accident. My hope is that more information will become available to us in time, and that proper regulations are put in place to halt its proliferation over worldwide farming. A 2016 survey found that two-thirds of Europeans support a ban on glyphosate, and last year the European Union placed new restrictions on it, such as minimizing its use in public areas.

We can do more, we can do better, we deserve better. Any substance as widely used as glyphosate is deserving of closer scrutiny, because avoiding it is nearly impossible. Pesticides are used to protect crops from potentially destructive infestations. It would be great if there were something equally as powerful to protect humans from the potentially destructive effects of pesticides. ◀

Note: Information provided herein is not intended to treat or diagnose any health condition. As always, consult your health-care provider with any questions or health concerns.



Scientific evidence continues to validate that food and nutrition matter for those with autism spectrum disorder. Learn how to use diet and nutrition choices to help your child with Autism, Asperger's, or ADHD by getting my FREE e-book, *Using Food and Nutrition to Improve ADHD and Autism*. It explains **WHY** and **HOW** diets help, and **WHAT** to do to get started.

When autism is accurately seen as a whole body disorder, parents and physicians are more likely to identify the physical symptoms that routinely get overlooked. With this broader comprehension, it becomes apparent that there are many things you can do to address these challenges and help children improve. Parents are finding improvements in many areas: speech, hyperactivity, inattentiveness, irritability, anxiety, as well as physical symptoms when improving their child's diet.

The FREE eBook comprises four articles that are simple enough for anyone to understand. They also include the scientific referencing many people want to see.

- ▶ **What the Science Says**: Explains the underlying biochemistry of ADHD, Autism and childhood disorders, and the scientific rationale for food and nutrition choices.
- ▶ **Diets and Nutrition That Help**: Highlights the top healing diets and what a nourishing diet looks like for the whole family.
- ▶ **What If You Have a Picky Eater**: Gives practical suggestions on expanding diet and providing adequate nutrition for picky eaters.
- ▶ **How to Begin and Succeed at a Special Diet**: Addresses the “How To” and practical aspects of following and cooking for a special diet.

DOWNLOAD the FREE eBook at <http://NourishingHope.com/Get-Started-Guide>