

Big View Small Window

Tuesday, June 17, 2014

A Taste for Opposition...

Okay so...what if I baked you a cake...or made enchiladas...or pot roast (whatever your preference) - I made it. Now, lets say you were eating this and I let you devour as much as you wanted. What if I told you halfway through your second or third helping that I had put dog poop, dirt from under my fingernails, or scraped the bottom of my shoe in the ingredients? Not enough for you to taste it or for it to affect you in any way initially, but that it was definitely apart of the recipe, how would you feel? Would you continue to eat it? Would you pay money for it if I served this at a restaurant? No? Hmm...



Well dog poop isn't the half. First of all, I personally think that humans are far more valuable and have a much higher purpose than the food industry acknowledges. We are not guinea pigs. We are not expendable. We are not science projects for high class, potbellied, greedy, psychotic corporations. I am better, you are better, than the grotesque, ghastly, putrid food production practices we are being subjected to. Secondly, I believe we can all do something about it...**if we want to.**

Factory farming and the production of genetically engineered (GE) seeds - despite what I have read and discovered - is not a resolution to world hunger. It is not a solution that provides people with safe, healthy, and legitimate sources of nutrition. It is not an operation created with the protection of humans, animals, or the environment in mind. To put it plainly, Factory farming and GE crops exist for one solitary purpose: to make money.

The factory feeding model involves the mixing of animal parts [which can include blood, membrane, spinal fluid, or bone marrow] from a large number of animals, which is then fed to large

numbers of animals—the meat from which in turn are again mixed together in large processing plants, before it's ultimately sold in grocery stores across the nation.

All this mixing and cross-contamination allows for pathogens to contaminate huge amounts of food products, and is the reason why a single food contamination can affect people across multiple states—or...animals across multiple states, even without direct contact between affected farms. - Mercola

I am mad after reading an article, which highlights the a rise of a disease that has been on the "food map" since early 2013. So far this virus only affects pigs and is not currently being transmitted to humans who eat them. I am still not getting it...why is this happening on our planet!?

As I understand it, this is the process of meat sold in supermarkets and at most restaurants:

Swine



- › Birthed in captivity (remain in captivity until slaughter)
- › Fed a GE grain diet
- › Fed the plasma, blood, and remains of other pigs
- › Abused / live in waste
- Fattened with antibiotics (which creates antibiotic resistant pathogens that can be transmitted to humans who eat their meat)
- Inhumanelly slaughtered (no protection against waste-contaminated meat)

Chicken/Hen

- Birthed in captivity (remain in captivity until slaughter)
- In some cases they never see daylight or bond with their chicks
- Fed a GE grain diet
- Fed remains of other chickens (can include feces, blood, feathers, etc)
 - They also result to cannibalism in high stress situations



- Fattened with growth stimulants (mainly antibiotics)
 - In some conditions the chicks grow so fast their organs can't keep up. They can develop things like arthritis, and heart and lung issues prior to be slaughtered
- Abused / live in waste
- Inhumanely slaughtered in a factory line fashion (no protection against or extensive testing to detect salmonella or e.coli in the birds before human consumption)

Cattle

- Most are born on farms but taken at young ages to factory farms where they are TRAINED to eat GE grain (including corn) - note this creates e.coli in their gut
- Fed remains, waste, blood, plasma, and bones of other animals - this has been known to cause mad cow (especially if ruminants are in the feed)
- Injected with rBGH (recombinant Bovine Growth Hormone), a synthetic version of the hormone cows naturally produce- but this version increases their milk production for profits
- Fattened with antibiotics
- Abused / live in waste
- Slaughtered in an open floor factory line (no protection or extensive testing for e.coli, salmonella, and other antibiotic resistant pathogens) - even visibly sick cattle are slaughtered for food



Genetically Engineered Food

- Top 4 GE seeds are: corn, soybeans, cotton, and canola
 - Unless otherwise marked with a USDA certified or a non-GMO seal, assume you are getting the GE version when you eat foods containing any form of these substances
- Known to cause food allergies, GI issues, endocrine disruptions, and organ damage

- No extensive testing was done before these foods were put on the market (heavily distributed in the mid-90s)
- Genes used to splice with seed include:
 - Human genes
 - Viruses
 - Bacteria
 - Pesticides/herbicides
 - Animal, fish, and insect genes

I won't exhaust my info in this one blog. Personally, this would be enough for me to start making some changes. But because these issues are never openly discussed in the media and there are usually no immediate health-related repercussions from visiting a restaurant or buying from a grocery store, most people are (sometimes willfully) ignorant about where their food comes from. This is what corporations like Con Agra, Monsanto, and Tyson (to name a few) are relying on the public to do - remain ignorant.

But there is a **BETTER** way to eat. I promise. It seems hard at the onset, but the community of clean eating is not difficult to integrate with your diet. It just takes time, research, and unlearning what you already know about food. And the prices? Welp, the above processes are what constitute cheap food. The cost of whole food, real food, organic food is priced fairly. If I had a thousand cows on a few acres of land and I could fatten them up for slaughter within 6 months, at next to no real cost to me, of course I could sell you a family pack for \$7/lb on a good day. Now, the e.coli, artificial dyes, traces of antibiotics, remnants of other animals, hair, and feces - that's all free with the \$7. **What a bargain!** If you want a humanely treated steak for dinner, the price goes up to \$10/lb.

Now, which of us wants to admit that our health, our children's health, our environment, and these animals are not worth 3 stinking dollars?

Posted by Tiffany_B at 6:14 PM



No comments: