

## **The Invisible Poison**

### **What Every Day Toxins and Nutrient-Depleted Foods Threaten Your Health**

You've likely heard that over 92% of common household products contain high-risk chemicals. They are in everything from your water bottles, kitchenware, and tableware to your gardening tools, toiletries, and office supplies. While this might not be brand-new information, it remains deeply concerning.

You may have already managed to cut out most of the plastic in your kitchen, perhaps replacing it with far safer silicone alternatives—but garden tools and household items present a tougher challenge. Have you noticed how comfortable ergonomic grips on your garden tools degrade over time? When exposed to the sun, those handles disintegrate while the steel remains perfectly intact. The same thing happens with older kitchen knives whose handles soften and break down over decades. Handling these sticky, breaking-down materials exposes you directly to harsh chemicals. While exposure hasn't killed you, it raises a serious question: what subtle damage might these everyday toxins be doing to your endocrine system, your prostate, or your general cellular health—even if you take great care of your body? We are surrounded by growing health crises today, including rising rates of ED, prostate issues, breast cancer, infertility, and hormonal disruptions.

Unfortunately, the news about what goes into your body gets even worse. A recent landmark study from the UK, the Hollow Harvest Report by Deep Science Ventures—reveals that many agricultural products contain only half the nutrients they had 60 years ago. Today, it is found that we need to eat double the number of fruits and vegetables need to be eaten today to get the same level of essential minerals like potassium, magnesium, and copper that our grandparents received. Whole foods like bread, cereals, carrots, apples, and peas have lost 20% to 50% of their key nutrients over the last few decades.

This isn't just about depleted soil; it is also about what agribusiness chooses to grow. Since the mid-1960s, crop breeding has favored high-yield commercial varieties over nutritional value. Historical data shows that as shorter, high-yielding crops were introduced, key minerals like zinc (0.36%), iron (0.31%), copper, zinc (0.36%) and magnesium in harvested grains dropped significantly. Take a look at the Broad Balk Experiment at Rothamsted Research (see sight below) which looks at the grain and soil samples covering the past 160 years and found that grain concentrations of zinc, iron, copper, and magnesium were broadly stable from 1845 to the mid-1960s, but then declined critically after the introduction of shorter, high-yielding cultivars.

Now, consider what this means for your daily life?

### **Hidden Hunger**

A 2022 global analysis found that over half of preschool children and two-thirds of non-pregnant women of reproductive age suffer from at least one micronutrient deficiency. A 2024 paper revealed that more than 5 billion people worldwide consume inadequate amounts of iodine, vitamin E, and calcium, while over 4 billion fall short on iron, riboflavin, folate, and vitamin C; and large global population fall short for multiple nutrients simultaneously. Greater than half the global population is burdened with sub-optimal micronutrient nutrition. A UK study, conducted in 2022, extended the food composition table analysis from 1940 to 2019. Fruits and vegetables combined and adjusted for dry matter were found declines in sodium of 51.7%, potassium 4.7%, calcium 2.5%, magnesium 9.7%, iron 50.2%, and copper 49.1%. This clearly shows a decline in the nutritional density of fruits and vegetables. Vitamin A and zinc deficiencies specifically are responsible for roughly 1 million child deaths annually and iron deficiency linked to more than 100,000 maternal deaths worldwide. I am not considering sub-clinical health issues which contribute to chronic health issues.

## **The Processed Food & GLP-1 Trap**

If you rely on processed foods for 60% of your calories, you are already consuming nutrient-depleted ingredients. If you then take GLP-1 weight-loss medications (like Ozempic or Mounjaro) that drastically reduce your appetite, you consume even fewer total nutrients. Experts warn this combination could push millions of working-age adults far below safe levels of essential vitamins and minerals.

When decision makers notice these nutrient gaps, they often implement short-sighted, blanket solutions without considering long-term consequences. Take government-mandated iron fortification: adding iron across the board to make up for deficiencies in some people can lead to iron overload in others, triggering systemic inflammation, vascular damage, and heart disease.

An even more critical issue involves **folic acid fortification and prenatal supplementation**. Emerging evidence suggests that the widespread push for synthetic folic acid coincided with a sharp rise in autism rates and may disrupt metabolic pathways in developing children.

## **Let's Take a Deeper Dive at Folic Acid as a Supplement VS Natural Folate (5-MTHF)**

**WHOLE FOOD FOLATE (Leafy Greens, Eggs, Liver, Beans)** ↳ Natural reduced folates (5-MTHF) ↳ Absorbed directly by gut mucosal cells ↳ Immediate, safe use by cells (No liver bottleneck)

**SYNTHETIC FOLIC ACID (Enriched Flour, Cereals, Cheap Vitamins)** ↳ Unoxidized, synthetic chemical ↳ Must go to liver to be processed by DHFR enzyme ↳ Slow/Overwhelmed —> Spills into blood as toxic UMFA

The most dangerous part of having excess synthetic folic acid in your blood is how it interacts with your cells:

1. Synthetic folic acid acts like a **"broken key in a lock."** It sticks to your cellular receptors faster than real 5 – *MTHF* can.
2. Once it grabs onto the receptor, it sits there without activating properly.
3. It **blocks real 5 – *MTHF*** from getting inside your cells.
4. **The Paradox:** A standard blood test will show high "folate" levels, but on the inside, **your cells are starving for real B9.**

## Possible Side Effects of Chronic Access (UMFA Build Up)

When synthetic folic acid sits elevated in your blood day after day, it leads to five main side effects:

1. **Suppressed Immunity:** It weakens **Natural Killer (NK) cells**, reducing your immune system's ability to destroy viruses and abnormal cells.
2. **Hidden Nerve Damage (Masked B12 Deficiency):** It fixes the anemia caused by a Vitamin B12 deficiency on standard blood tests, hiding the problem while the B12 deficiency silently destroys your nervous system and myelin sheath.
3. **Impaired Detox & High Homocysteine:** By blocking real 5 – *MTHF*, your body can't clear **homocysteine** efficiently, raising systemic inflammation and cardiovascular risk.
4. **Accelerated Growth of Pre-Cancerous Cells:** While natural folate prevents healthy DNA from mutating, excess synthetic folic acid acts as continuous "fuel" for existing micro-lesions (like colon polyps) to grow faster.
5. **Neurodevelopmental & Epigenetic Disruptions:** Impaired methylation during pregnancy or early childhood can disrupt normal gene expression and brain development pathways.

## How to Avoid it

- **Avoid "Enriched" Foods:** Read labels and skip items made with "enriched wheat flour," "enriched cornmeal," or added "folic acid." Choose organic or unfortified grains.
- **If you read labels almost everything has Folic Acid in it.** It is easy to have Unmetabolized Folic Acid which leaves you swimming in a sea of access folic acid.
- **Upgrade Supplements:** Switch from "Folic Acid" to **L-Methyl folate** (also labeled as 5 – *MTHF* or Quatrefolic).
- **Eat Whole Foods:** Get natural B9 from greens, asparagus, avocados, lentils, and pastured eggs.

## What To Do

You cannot rely on conventional systems or short-term quick fixes to safeguard your body. To take control of your long-term health, here is where you must focus your efforts:

1. **Prioritize Whole, Unprocessed Foods:** Shift your diet toward fresh, raw, and minimally processed foods right out of the ground. While organic crops still face soil depletion and environmental drift, they consistently offer higher nutritional value and fewer synthetic residues than standard commercial options.
2. **Focus on Nutrient Density Over Pure Caloric Intake:** Losing weight through appetite suppressants means very little if you end up starving your body from basic cellular building blocks. If you are aiming for a healthier weight, ensure every bite you eat is packed with real, unrefined nutrition.
3. **Audit Your Everyday Exposures:** Take a close look at the tools, plastics, and deteriorating handles you touch every day. Swap out toxic materials for safer alternatives wherever possible to minimize your chemical burden.
4. **Educate Yourself on What You Put in Your Body:** Stay informed about mandatory fortifications, synthetic vitamins, and the hidden tradeoffs of popular medications so you can make deliberate, proactive choices for yourself and your family.
5. **Broad Balk Experiment at Rothamsted Research:**  
[https://r.search.yahoo.com/\\_ylt=A2RRHCpwpM9qwwIAT0oPxQt.\\_ylu=Y29sbwN1cy1lYXN0LTEEcG9zAzOEdnRpZAMEc2VjA3Ny/RV=2/RE=1793202544/RO=10/RU=https%3a%2f%2fwww.sciencedirect.com%2fscience%2fchapter%2fbookseries%2fprii%2fS0065211323001165/RK=2/RS=HRiZT438Z2JScJosmGVQESuNidk-](https://r.search.yahoo.com/_ylt=A2RRHCpwpM9qwwIAT0oPxQt._ylu=Y29sbwN1cy1lYXN0LTEEcG9zAzOEdnRpZAMEc2VjA3Ny/RV=2/RE=1793202544/RO=10/RU=https%3a%2f%2fwww.sciencedirect.com%2fscience%2fchapter%2fbookseries%2fprii%2fS0065211323001165/RK=2/RS=HRiZT438Z2JScJosmGVQESuNidk-)
6. [https://ejfoundation.org/reports/poison-plastics-report-summary?utm\\_source=substack&utm\\_medium=email](https://ejfoundation.org/reports/poison-plastics-report-summary?utm_source=substack&utm_medium=email)
7. **Continue studying and educating yourselves. The question is why are we being poisoned? Our Government at all levels plus, FDA, Commercial Growers, Meat Industry, All the food industries, Drinking Water, Water Coming to Your Home, Air Pollutants, Big Pharma, and All Other Government Agencies and Non-Agencies Know What is Going on. The question is, WHY?**

The state of your health tomorrow depends on the choices you make today. Pushing yourself to eat clean, nutrient-dense whole foods and reducing your daily chemical exposure is a vital step you must take to protect your well-being.

#### References:

**DR R Rowen**

