

Organic Diets Radically Decrease Glyphosate Levels

Glyphosate is one of the most toxic, widely used weed-killers today. Glyphosate has been linked to changes in the gut microbiome, non-Hodgkin's lymphoma, kidney disease, non-alcoholic fatty liver disease, and hormone disruption. While the International Agency for Research on Cancer has labeled glyphosate a probable carcinogen, the EPA maintains that it does not pose a threat to public health.

Glyphosate also poses an environmental threat. Studies have shown that glyphosate could pose a threat to the honey bee population, damaging their specialized bacteria in their gut. The damages caused to the bees have also shown to make the bees more susceptible to harmful pathogens, and affect their migration patterns.

This is likely just the tip of the iceberg. The effects of glyphosate on the environment and surrounding ecosystems are largely unknown, as not enough research has been conducted.

A new study has shown that going organic can reduce the levels of glyphosate, in both children and adults, by more than 70% after 5 days of eating organic.

It's egregious that our government is allowing pesticide corporations to profit off of poisoning us when we know that organic farming works. These are chemicals that do not need to be in our bodies," Klein said. "An entire system is invested in continuing pesticide intensive agriculture, while our farmers are fighting for pennies to do the research they need to support them to expand organic farming.

– Organic diets quickly reduce the amount of glyphosate in people's bodies

Out of a total of 158 urine samples, 94% and 97% of samples tested positive for Glyphosate and AMPA, respectively. Children were shown to have nearly 5 times more glyphosate in their bodies than adults.

Related: *Foods Most Likely to Contain Glyphosate*

While glyphosate levels dropped radically after days on an all-organic diet, glyphosate can remain in the body through bone and bone marrow.

Additionally, the family's organic diets were all varied and were essentially just organic versions of what they already ate. Imagine what their glyphosate levels would have looked like had they seen an increase in organic vegetable consumption, and were actively trying to detoxify from glyphosate.

Recommended: *How To Heal Your Gut*

Glyphosate can still be found in organic food. There is glyphosate everywhere, in yards, school grounds, and parks all over the world. It's unavoidable. If you're concerned about your exposure to glyphosate, you should be living a lifestyle that promotes detoxification on a regular basis. We start off every day with a big salad, with lots of diversity, and drink lots of cranberry lemonade