

WEBVTT

1

00:00:19.980 --> 00:00:28.620

Wade Lightheart: 321.

2

00:00:29.730 --> 00:00:41.910

Wade Lightheart: Good morning, good afternoon and good evening its way to light heart with another edition of the awesome health podcast from by optimizer and today we're going to talk about a topic that's very near and dear to my heart.

3

00:00:42.390 --> 00:00:55.170

Wade Lightheart: it's the importance of eating organic plus we're going to talk specifically about some chemical agents like Roundup and genetically modified organism GMOs oftentimes.

4

00:00:56.100 --> 00:01:04.020

Wade Lightheart: we're going to talk about what's the problem with those what the damage their own particular to our digestive system, as well as a variety of other systems in the body.

5

00:01:04.590 --> 00:01:12.870

Wade Lightheart: And we're going to talk about the threat of genetically engineered microbes and their relationship.

6

00:01:13.560 --> 00:01:24.870

Wade Lightheart: to humanity to what potentially could be something related to the pandemic, as well as some other issues that are coming up, I don't know if you know it's a big topic out there, there are genetically modified organisms and chemical agents.

7

00:01:25.230 --> 00:01:31.740

Wade Lightheart: And if anyone's heard my rants on food production and distribution you'll know this is something that's very important.

8

00:01:32.190 --> 00:01:42.300

Wade Lightheart: And today's guest is Jeffrey Smith and he is been a leading spokesperson spokesperson on the GMO health dangerous for a long time, both 25 years.

9

00:01:42.720 --> 00:01:53.700

Wade Lighthead: And he's authored two global bestsellers directed five films delivered 1000 lectures and 1000 interviews in 45 countries train 1500 speakers speakers and organized 10,000.

10

00:01:54.180 --> 00:02:10.050

Wade Lighthead: Grassroots advocates, he is now sounding the alarm about the serious even irreversible hazards from new genetic engineering techniques which can lead to health and environmental catastrophes Jeffrey leads the global project nature now.

11

00:02:10.080 --> 00:02:15.090

Wade Lighthead: petition urging governance to stop the release of all genetically engineered microbes.

12

00:02:15.720 --> 00:02:19.740

Jeffrey Smith: How we protect nature now someone motor someone sent you a typo sorry about that.

13

00:02:19.770 --> 00:02:25.890

Wade Lighthead: Okay sorry about that it's protecting agent out there, it is here so Jeffrey welcome to the show.

14

00:02:25.980 --> 00:02:27.480

Jeffrey Smith: Thank you so much, great to be here man.

15

00:02:28.320 --> 00:02:39.600

Wade Lighthead: Well let's kind of get I want to go back a little bit organic like organically, if you will, starting your careers, which is, which is long and storied in this advocacy.

16

00:02:40.380 --> 00:03:00.060

Wade Lighthead: Which you're putting forward, how did that originate what where was the background story that got you turned on to the dangers of genetic foods genetic modification and the potential dangers and what seems to be the implicit dangers that are around these products.

17

00:03:00.450 --> 00:03:10.770

Jeffrey Smith: Well, in 1996 I went to a lecture by a genetic engineer whistleblower he was an expert at the process of genetic engineering, he was doing cancer research.

18

00:03:11.160 --> 00:03:21.570

Jeffrey Smith: And was aware that Monsanto was about to plant commercialized genetically engineered soy beans and corn and canola in the United States that will get into our food supply.

19

00:03:22.260 --> 00:03:32.670

Jeffrey Smith: And he said, knowing what he knew about genetic engineering, there is no way that they can do it in a predictable and safe manner, they were most definitely.

20

00:03:33.300 --> 00:03:39.870

Jeffrey Smith: risking the health of the human population and, moreover, because once you put these in the ground, they can cross pollinate.

21

00:03:40.230 --> 00:03:51.570

Jeffrey Smith: And contaminate the gene pool for as long as that species exists essentially irreversibly So when I heard about this, I was a chronic do gooder I was into marketing and education and.

22

00:03:52.260 --> 00:03:59.340

Jeffrey Smith: strategy and I figured I would just chip in with a little bit of help to try and get the information.

23

00:04:00.090 --> 00:04:10.260

Jeffrey Smith: You know messaged in the right way delivered to the right person, and I have started watching the news feeds around the world about GMOs.

24

00:04:11.010 --> 00:04:23.790

Jeffrey Smith: and very few people are focusing on the health dangers, most of the nonprofit's we're focused on the environmental dangers or the prop problems with farmers not able to save seeds or patenting life.

25

00:04:24.360 --> 00:04:29.520

Jeffrey Smith: But I saw that there were substantial potential problems with health.

26

00:04:30.090 --> 00:04:45.240

Jeffrey Smith: And that no one was focusing on it beyond three or four

sentences, so I started interviewing scientists and doctors wrote seeds of deception, it became the world's best selling book on GMOs and before I knew it, I was traveling six to nine months a year for 13 years straight.

27

00:04:46.890 --> 00:04:58.860

Wade Lighthead: So what are some of the dangers from these genetically altered foods, and you know i'm from Canada and there was a landmark case up there, where.

28

00:04:59.610 --> 00:05:18.750

Wade Lighthead: Monsanto was suing farmers multi generational farmers for having their genetic seeds in their crop which had been blown over from the farmer's fields that they were producing genetically modified foods and and it was, it would seem so.

29

00:05:20.220 --> 00:05:39.030

Wade Lighthead: crazy that these farmers can be penalized for carrying these are charged in a in a court case for carrying seeds that they didn't have any indirect connection to and bear the consequence of that what's the dangers Why is this so important in Why are people, avoiding.

30

00:05:39.390 --> 00:05:44.250

Jeffrey Smith: The converse most GMOs are designed to be sprayed with Roundup monsanto's.

31

00:05:44.640 --> 00:05:52.800

Jeffrey Smith: Roundup herbicide is driven by the chief poisoned glyphosate it was going off patent in year 2000 so they created Roundup ready crops.

32

00:05:53.160 --> 00:06:03.810

Jeffrey Smith: So that farmers would buy the Roundup ready seeds and sign a contract that they would only buy monsanto's version of Roundup or glyphosate based herbicides.

33

00:06:04.380 --> 00:06:11.130

Jeffrey Smith: And the when the farmers did plant, the Roundup ready seeds, you could spray Roundup right over the top of the crops.

34

00:06:11.670 --> 00:06:18.060

Jeffrey Smith: And it would get absorbed in the crops and it would kill all the other weeds and it was it made weeding very easy but it then.

35

00:06:18.570 --> 00:06:31.470

Jeffrey Smith: took a new toxin and Edit it to genetic engineering, so you have genetic engineering, which is inherently unsafe creates massive collateral damage to the DNA to create Allergens are toxins are anti nutrients are carcinogens.

36

00:06:32.400 --> 00:06:35.880

Jeffrey Smith: And then you have the Roundup, which is absorbed into the crop.

37

00:06:36.480 --> 00:06:56.160

Jeffrey Smith: And then you have whatever new protein is engineered to be created so there's corn and cotton and soybeans that are engineered to produce an insecticide to kill insects, so you have a number of toxins and potential toxins in the mix when you look at.

38

00:06:57.480 --> 00:07:12.240

Jeffrey Smith: People who switch to non GMO foods and we have i've asked at 150 lectures, what if people notice, including more than 2000 medical conferences, what did your patients notice, and it was an overwhelming.

39

00:07:12.870 --> 00:07:19.110

Jeffrey Smith: response so many people got better from chronic issues and we decided to survey.

40

00:07:19.680 --> 00:07:35.730

Jeffrey Smith: And we surveyed 3256 people they got better from the same 28 different conditions, starting with the number one most popular always digestive disorders and energy and weight problems and brain fog anxiety and depression.

41

00:07:36.960 --> 00:07:44.430

Jeffrey Smith: Food sensitivities and allergies and we're still above 50% of the people, responding saying that they showed improvements but virtually.

42

00:07:44.730 --> 00:07:53.520

Jeffrey Smith: Most of the chronic illnesses from diabetes numerous cancers and fertility alzheimer's high blood pressure, skin conditions.

43

00:07:54.150 --> 00:08:06.900

Jeffrey Smith: And the average American eats their weight more than they're waiting GMOs, each year, so if it's a problem you would probably see it in national statistics and if you track about 30 or 35 different diseases or conditions.

44

00:08:07.560 --> 00:08:19.650

Jeffrey Smith: The rise in those conditions is followed parallel parallel fashion by the percentage of GMO soy and corn planted in the US or the amount of Roundup sprayed on soy and corn.

45

00:08:20.130 --> 00:08:35.160

Jeffrey Smith: Now we also see that when dogs and cats and livestock switched from GMO food to non GMO food they get better from those different diseases or their precursors when animal feeding studies.

46

00:08:35.400 --> 00:08:53.280

Jeffrey Smith: force feed GMOs or round to the lab animals, they suffer from similar diseases or their precursors and now that we understand more of the modes of action we can link why for example Roundup may lead to ADHD or insomnia.

47

00:08:54.150 --> 00:08:59.730

Jeffrey Smith: or high blood pressure or autism or diabetes, we can understand the modes of action.

48

00:09:00.510 --> 00:09:08.520

Jeffrey Smith: It turns out that Roundup, and when we have this stew of toxins the GMOs, the Roundup, and we know they both contribute to serious problems.

49

00:09:09.030 --> 00:09:19.080

Jeffrey Smith: But the Roundup alone has been better characterized in terms of its modes of action and it damages the fundamentals of our health, our ability to absorb minerals.

50

00:09:19.350 --> 00:09:32.460

Jeffrey Smith: The leak creates leaky gut damages the micro BIOME

damages the mitochondria can prevent the production of serotonin melatonin and dopa mean can mess up chemicals can cause intracellular lack of communication.

51

00:09:32.700 --> 00:09:42.900

Jeffrey Smith: All sorts of things we now understand just from the Roundup, let alone, adding to that the GMOs, and in some cases, the built in insecticide.

52

00:09:43.800 --> 00:09:47.730

Wade Lighheart: The father of modern medicine Hippocrates once.

53

00:09:48.810 --> 00:10:09.780

Wade Lighheart: reported to say let food be your medicine and medicine be your food, and it seems like we're living in this kind of strange world where poisons have become our medicines and poisons have become our food, therefore, resulting in an advancement of what I would say.

54

00:10:11.040 --> 00:10:24.660

Wade Lighheart: compromised health, so if we look at what the New England Journal of medicine issued I think in was during the Bush administration and Professor olshansky that the life expectancy of are the children.

55

00:10:25.230 --> 00:10:31.740

Wade Lighheart: Whereas going downwards, and that was edited by the White House edited what his dire predictions were but.

56

00:10:32.610 --> 00:10:39.180

Wade Lighheart: Take that aside, that the disability adjusted life expectancy was 60 years old in that book and I think.

57

00:10:39.780 --> 00:10:49.380

Wade Lighheart: Even though you know people will say well life expectancies eight years, which is now on the decline from the last year do defend know us particularly which is wreaking havoc in the Midwest.

58

00:10:52.890 --> 00:10:54.960

Wade Lighheart: The question louise's like okay.

59

00:10:56.370 --> 00:11:05.340

Wade Lightheart: What are the what's causing the problems, how long does it take to reverse the problems and I think a lot of people don't understand that Roundup, is actually.

60

00:11:06.090 --> 00:11:14.130

Wade Lightheart: it's an it's essentially it's a takeout microbes and we're essentially responsible, we need a good, healthy relationship with our BIOME.

61

00:11:14.850 --> 00:11:22.200

Wade Lightheart: inside our digestive system in order to function properly, so if there's no distinction is that right between what microbes it kills.

62

00:11:22.410 --> 00:11:32.070

Wade Lightheart: And then, then I want to get to that I want to get to the toxin part of that part and then I want to get to the genetic part Next, I want to see the Inter relation between the two, as you see it.

63

00:11:32.310 --> 00:11:35.010

Jeffrey Smith: Beautiful so let's go with the microbiome impacts.

64

00:11:36.060 --> 00:11:50.490

Jeffrey Smith: Unlike normal antibiotics which kind of carpet bomb indiscriminately glyphosate the chief poison in Roundup is known to cause death among the beneficial bacteria, but not among the pathogenic.

65

00:11:51.060 --> 00:11:51.660

Wade Lightheart: So how.

66

00:11:51.720 --> 00:12:02.550

Jeffrey Smith: Lactobacillus bifida bacteria things that we want certificate of bacteria can lower inflammation that gets wiped out the salmonella the cooker stadium botulinum the the.

67

00:12:03.660 --> 00:12:18.870

Jeffrey Smith: Negative ECO lie these things, the cluster dmz can these can resist death, now the friend of mine kieran krishnan took a model of the human gut called the shine model and fit it.

68

00:12:19.920 --> 00:12:25.590

Jeffrey Smith: A microbiome from a three year olds in Sweden, who had never been vaccinated never received.

69

00:12:26.280 --> 00:12:34.350

Jeffrey Smith: Any antibiotics was living in the rural area, so it was pretty pristine and then fed food to this fake gut and then it had Roundup.

70

00:12:35.070 --> 00:12:41.130

Jeffrey Smith: And then he watched what happened, and he saw the short chain fatty acids go down, he saw the population.

71

00:12:41.880 --> 00:12:55.140

Jeffrey Smith: Of beneficial go down, he saw the diversity go down and I then went through the 28 different conditions that people reported getting better from when they switch to non GMO and largely organic food and I said, is there any.

72

00:12:55.830 --> 00:13:06.210

Jeffrey Smith: Justification simply from the micro BIOME alone that can lead to these outcomes and every single one of them.

73

00:13:06.900 --> 00:13:15.960

Jeffrey Smith: could be explained, from a scientific standpoint, he explained that about 80% of all chronic diseases have their source in disruption of the microbiome.

74

00:13:16.170 --> 00:13:23.850

Jeffrey Smith: there's a programming and there is, you know sequel transplants, you can take the fecal matter of one animal or human put it in another, and all of a sudden.

75

00:13:24.270 --> 00:13:30.390

Jeffrey Smith: What travels with it is it's diabetes or its tendency to gain weight or to lose weight it's a programming.

76

00:13:31.200 --> 00:13:40.290

Jeffrey Smith: You see, we outsource over 90% or about 90% of our daily metabolic functions to our microbiome we can get away with.

77

00:13:40.740 --> 00:13:58.080

Jeffrey Smith: Only a measly 22,000 genes less than earthworms because we use the 3.5 million genes of the microbes living inside us and that is co evolved with us and there's things that we can't do and we don't need to do, because the microbiome does it for us.

78

00:13:59.130 --> 00:14:09.090

Jeffrey Smith: When we damage that micro BIOME we set the stage for disease, and in some cases long term disease, so if it were just the microbiome.

79

00:14:09.480 --> 00:14:16.080

Jeffrey Smith: And that was the only thing I mean it was glyphosate was patented as an antibiotic it's known as an antibiotic.

80

00:14:16.920 --> 00:14:22.290

Jeffrey Smith: If that's, the only thing that it did, it would still have a long list of diseases associated with it.

81

00:14:22.860 --> 00:14:38.460

Jeffrey Smith: But it also damages the mitochondria which has a long list of diseases, it also can create leaky gut and a Harvard Professor wrote an article saying all disease begins in the leaky gut so all diseases can be related.

82

00:14:38.940 --> 00:14:46.680

Jeffrey Smith: And then it goes on, I mean so much depends on our hormones so much depends on our neurotransmitters so much depends on our ability to absorb minerals all of those.

83

00:14:47.010 --> 00:14:58.200

Jeffrey Smith: All of those are inhibited so from the microbiome perspective to the ability to use zinc and kobo glyphosate is that was originally patented as a key later.

84

00:14:58.590 --> 00:15:08.400

Jeffrey Smith: To D scale industrial boilers and pipes, in other words as a key later it grabbed on to the minerals that were deposited along the pipes to pull them out.

85

00:15:09.300 --> 00:15:22.440

Jeffrey Smith: It grabs on the minerals and makes them unusable, so when we have glyphosate in our food supply and glyphosate is not just in GMOs, but we'll talk about that how it's also in grains and beans and wine and beer, etc.

86

00:15:22.920 --> 00:15:35.700

Jeffrey Smith: It can render our internal minerals unavailable, in which case the bio chemical pathways go on strike, they just simply do nothing there sit there idle.

87

00:15:36.120 --> 00:15:46.350

Jeffrey Smith: Waiting for that key in the ignition, which is that mineral needed to get that thing going, and that can be, this is why even our detoxification pathways.

88

00:15:47.070 --> 00:16:00.690

Jeffrey Smith: You know there's other toxins in the environment but Roundup tends to damage or inhibit our ability of the cells to detox and rf to our ability of the liver to detox.

89

00:16:01.050 --> 00:16:14.130

Jeffrey Smith: The P for 50 South Korean pathways our ability to have the kidneys to detox so it becomes the King of all of the toxins because it allows all these other toxins to stick around in the body and do damage.

90

00:16:15.210 --> 00:16:18.120

Wade Lighheart: that's maybe the most articulate.

91

00:16:19.650 --> 00:16:27.090

Wade Lighheart: Presentation of the impact of glyphosate From that standpoint, and of course now today in the biohacking world.

92

00:16:28.860 --> 00:16:34.980

Wade Lighheart: What is the conversation well the conversation is about your microbiome getting that in good shape.

93

00:16:36.300 --> 00:16:54.300

Wade Lighheart: it's about the mitochondrial function and how disrupted mitochondrial function leads to a variety of metabolic base diseases but there's a third component here that we need to unpack,

which is the genetic impact.

94

00:16:55.410 --> 00:17:04.050

Wade Lighthead: So, can you talk a little bit about the genetic impact, maybe it's Roundup, and then maybe genetically modified foods as well, so we can kind of go into that conversation.

95

00:17:04.440 --> 00:17:10.530

Jeffrey Smith: Absolutely, so when we eat food it affects our DNA expression.

96

00:17:11.490 --> 00:17:21.900

Jeffrey Smith: Very often it's the RNA of the foods that we eat that are like little programming things you can eat some RNA and all of a sudden, a cell in your liver begins to express new protein.

97

00:17:22.470 --> 00:17:31.050

Jeffrey Smith: Well, when you eat GMOs or you happen to be a rat but works with humans to there can be hundreds of genes that change their expression.

98

00:17:31.650 --> 00:17:33.450

Wade Lighthead: Is the realm of epigenetics.

99

00:17:33.510 --> 00:17:37.860

Jeffrey Smith: For people actually yes exactly this is, this is the genes don't change.

100

00:17:38.040 --> 00:17:41.460

Jeffrey Smith: Yes, that's but the gene expression changes.

101

00:17:41.490 --> 00:18:02.520

Wade Lighthead: Correct and so turning them on or turning them off is something that food generally did in the past, but the introduction of these elements are potentially accelerating genetic complications or predispositions or even creating new ones would that be a fair argument.

102

00:18:02.700 --> 00:18:09.330

Jeffrey Smith: Oh yeah I mean and the thing is about what's interesting is epigenetics is inheritable so and the both the GMO

side.

103

00:18:09.750 --> 00:18:17.700

Jeffrey Smith: crispr, for example, which is a gene editing form of creating a GMO it inadvertently created a change in protein structure.

104

00:18:18.150 --> 00:18:37.770

Jeffrey Smith: that lasted for at least 10 generations in mice never supposed to happen, but there you have it another guy interviewed for my live healthy be wealthy podcast he he injected mice with Roundup, and the MICE were okay was pregnant buys their offspring were okay.

105

00:18:39.120 --> 00:18:50.160

Jeffrey Smith: grandchildren were messed up the great grandchildren were the most messed up 90% had serious problems he never went to the great great grandchildren, but the great grandchildren were more messed up.

106

00:18:50.760 --> 00:19:01.920

Jeffrey Smith: And said, you know mothers were dying the mother rats were dying or rats or mice were dying during childbirth that some of the pups were dying during childbirth prostate problems obesity kidney problems.

107

00:19:02.220 --> 00:19:10.170

Jeffrey Smith: So was passed on to future generations, it didn't change the genes and change the gene expression now what's interesting is.

108

00:19:10.830 --> 00:19:19.980

Jeffrey Smith: The only human feeding study ever conducted on a currently commercialized GMO there's hardly any studies that are done, I mean when you compare what should be done.

109

00:19:20.520 --> 00:19:37.050

Jeffrey Smith: They found that the Roundup ready gene that was inserted into soybeans so allowing the soybean plant, not to die when sprayed with Roundup, or that gene transferred into the DNA of bacteria living inside our intestines.

110

00:19:38.130 --> 00:19:50.070

Jeffrey Smith: Now they didn't continue to see if it was functioning,

because if it function, this is a horrible concept, because imagine an insecticide producing gene in corn.

111

00:19:50.820 --> 00:19:57.300

Jeffrey Smith: were to transfer to our gut bacteria, it might turn our intestinal flora into living pesticide factories.

112

00:19:57.750 --> 00:20:09.270

Jeffrey Smith: which might explain why 93% of the pregnant women in Canada tested had this toxin called BT toxin in their blood because perhaps they were producing it inside their gut bacteria.

113

00:20:09.930 --> 00:20:29.880

Jeffrey Smith: So there is changes in the DNA in the gut bacteria and we haven't been able to identify if there's genetic insertion from GMOs into human or animal DNA, we do know the gene expression changes, but we don't know if the gene sequence changes.

114

00:20:29.970 --> 00:20:40.680

Wade Lighheart: Right that's a very clear designation well I think it's now here's another question i'm going to ask before we kind of move into the GMO conversation.

115

00:20:41.760 --> 00:20:51.360

Wade Lighheart: Why do you think there has not been widespread studies on to the complications or contract indications or.

116

00:20:53.340 --> 00:20:55.830

Wade Lighheart: Potential challenges.

117

00:20:56.970 --> 00:21:03.150

Wade Lighheart: Amongst the individuals who are consuming genetically modified foods which in Canada, for example.

118

00:21:03.720 --> 00:21:10.830

Wade Lighheart: is a country that we don't even have the right to know food has been genetically modified or that was passed by the.

119

00:21:11.820 --> 00:21:20.880

Wade Lighheart: Canadian Government not that long ago, which is a pretty tyrannical methodology considering their regulation around

health food products and their lack of.

120

00:21:21.420 --> 00:21:34.560

Wade Lighheart: Their have around quote unquote commercially grown food products is this a case of big industry influencing research dollars and government lobbyists groups.

121

00:21:35.250 --> 00:21:47.310

Jeffrey Smith: I happen to know the answer this and this because in the 25 years that i've been doing this, I have talked to whistleblowers and scientist and whatnot and it's a combination of things and it's diabolical.

122

00:21:47.880 --> 00:21:58.140

Jeffrey Smith: So i'll use us as an example, I could go to health, Canada and talk about it's the chief chopper incident and all of that too, but I think we'll stick with us where it's pretty clear.

123

00:21:58.770 --> 00:22:15.300

Jeffrey Smith: The White House had instructed the FDA to promote GMOs before GMOs were introduced, and so the FDA created a new position, specifically for monsanto's former attorney Michael Taylor to be in charge of policy for the agency.

124

00:22:16.230 --> 00:22:21.420

Wade Lighheart: And without during the Obama Administration when he know he actually What happened was this was during the first Bush administration.

125

00:22:21.480 --> 00:22:32.400

Jeffrey Smith: Right, he he then said no GMOs, no difference, no testing necessary no labeling necessary any became monsanto's Vice President at became the US foods are under the Obama Administration so.

126

00:22:32.460 --> 00:22:33.870

Wade Lighheart: Okay, yes, I can touch I knew there.

127

00:22:33.870 --> 00:22:35.430

Wade Lighheart: was a bunch of monsanto's that key.

128

00:22:36.480 --> 00:22:38.190

Wade Lightheart: executives that got in on during the.

129

00:22:39.510 --> 00:22:46.020

Jeffrey Smith: During the Bush administration, I mean they must have created bovine growth hormone that was injected into cows, to increase milk supply.

130

00:22:46.620 --> 00:22:56.310

Jeffrey Smith: I talked to a former Monsanto scientist, he said three of his colleagues were testing the milk from treated cows, they stopped drinking milk after less was organic they found such a high amount of.

131

00:22:56.310 --> 00:23:12.480

Jeffrey Smith: Our answer promoting hormone in the milk and they said, unless it was organic the three Monsanto scientist when drink it one bought his own cow so in order to approve that they had Michael Taylor Monsanto's former attorney on the top, then we had Margaret Mitchell, who was.

132

00:23:13.890 --> 00:23:28.800

Jeffrey Smith: Formerly, a researcher and Monsanto did research on bovine growth hormone then took charge of a division of the FDA that evaluator her research then Susan section that had been hired by Monsanto to do the review of our big ah, she became the chief reviewer at the FDA.

133

00:23:29.970 --> 00:23:38.010

Wade Lightheart: Dr Richard Burton, so this is this is very similar to Collins reviewing the impact of the NIH and outsourcing its funding to.

134

00:23:38.130 --> 00:23:49.800

Wade Lightheart: The to the whoo one lab in China, which is the oversight for themselves on on where will did they did they actually put you know.

135

00:23:50.640 --> 00:23:52.020

Wade Lightheart: Did they create the problem so.

136

00:23:52.260 --> 00:24:06.450

Wade Lighthead: What we have here is over, basically, is, if I understand this correctly for our listener, because people, because a lot of people are ignorant they operate from kind of this naive sense of do gooder ISM and that hey.

137

00:24:07.170 --> 00:24:15.630

Wade Lighthead: I wouldn't do xyz therefore other people wouldn't do xyz and the people on the other side of that equation.

138

00:24:16.650 --> 00:24:23.790

Wade Lighthead: will do xyz and they will hide xyz from the general public and and and leverage their.

139

00:24:25.110 --> 00:24:45.390

Wade Lighthead: or their goodness as a camouflage through plausible deniability and cherry picked oversight committees and being able to kind of navigate through the change of administrations that happened in democracies is would that be an accurate.

140

00:24:45.900 --> 00:24:48.540

Jeffrey Smith: perception of hell, but there's even more way because.

141

00:24:49.260 --> 00:24:54.300

Jeffrey Smith: Because I mean when you look at the recent Roundup trial, where a Monsanto was.

142

00:24:55.320 --> 00:25:02.670

Jeffrey Smith: convicted of having their round up as a contributor to the four plaintiffs that had non hodgkins lymphoma.

143

00:25:03.420 --> 00:25:12.030

Jeffrey Smith: They had to turn over millions of documents and it revealed a level of fraud that was so sensational and so rich, I mean it's something I have been studying.

144

00:25:12.300 --> 00:25:17.430

Jeffrey Smith: But it was there in black and white, I mean my name was in their head they went after me and they called it whack a mole.

145

00:25:17.970 --> 00:25:26.670

Jeffrey Smith: And that was used as an exhibit and mentioned in the

closing arguments, so, in addition to an end, like they had their laptops at the EPA.

146

00:25:27.090 --> 00:25:42.450

Jeffrey Smith: And we're working on their behalf, to get month to get their life was safe declared non carcinogenic to stop other government research being done on that etc they had front groups I paid scientist secretly they hired.

147

00:25:44.580 --> 00:25:59.160

Jeffrey Smith: editors of journals who later than retracted other things that were against Monsanto on their monsanto's behalf I mean it was absolutely fraught with a whole a whole mechanism, they had all these front groups attacking.

148

00:25:59.970 --> 00:26:05.850

Jeffrey Smith: When the International Agency for Research on Cancer determine glyphosate was a probable human carcinogen.

149

00:26:06.120 --> 00:26:14.760

Jeffrey Smith: And they also showed how for decades their research was rigged to avoid finding problems fraudulently done and one of the.

150

00:26:15.150 --> 00:26:26.460

Jeffrey Smith: One of the wonderful examples that I like to quote from the trial, which is so typical I mean, I have a whole section in my second book on how they rigged the research, but this was just perfect.

151

00:26:27.180 --> 00:26:43.740

Jeffrey Smith: When Monsanto had to see how much Roundup got absorbed into the skin that took human cadaver skin applied the Roundup, and more than three times the allowable level was absorbed it so what they did is they took new human cadaver skin and they baked it in an oven.

152

00:26:45.060 --> 00:26:46.290

Jeffrey Smith: Then they froze it.

153

00:26:47.340 --> 00:27:03.180

Jeffrey Smith: Then they applied the Roundup, hardly any was absorbed they reported that result without explaining to the EPA that they had baked and frozen the human skin before applying around, so this is

monsanto's science.

154

00:27:05.610 --> 00:27:09.660

Wade Lightheart: So what you're saying is that.

155

00:27:10.920 --> 00:27:19.740

Wade Lightheart: And this is something that I think makes a lot of people like the dot the bite the but diabolical nature of this is so, the.

156

00:27:21.000 --> 00:27:29.820

Wade Lightheart: Because the tenant the primary tenant of scientists to maintain and and a perception of skepticism.

157

00:27:31.110 --> 00:27:39.690

Wade Lightheart: In any theory and you test the theory and you are able to recreate and read demonstrate that theory over and over and over again.

158

00:27:40.200 --> 00:27:45.930

Wade Lightheart: And you continually retest that as new information comes to light or new testing equipment, because you.

159

00:27:46.350 --> 00:28:03.600

Wade Lightheart: are controlled by number one, the overall intention number two the general amount of knowledge that may be available at a given time and number three the testing equipment in order to measure that and anytime there's a change, at least in the second two of those things.

160

00:28:04.620 --> 00:28:13.500

Wade Lightheart: Then new information might be revealed science science, as we know it on the newtonian paradigm side is is certainly about causality.

161

00:28:13.890 --> 00:28:22.170

Wade Lightheart: And you can't measure all of the causal agents that might be involved, but you can do so to range of predictability that give us the modern world.

162

00:28:22.680 --> 00:28:41.190

Wade Lighheart: But what we're talking about here is a change in the intent and what is called science and really what you're saying is they're leveraging individuals with scientific credibility, but through some form of.

163

00:28:42.630 --> 00:28:43.500

Wade Lighheart: leverage.

164

00:28:45.420 --> 00:28:55.800

Wade Lighheart: Whether it's incentivizing or it's you know public threat, both of which have been reported when dealing with some of these institutions some sort of threat.

165

00:28:56.160 --> 00:29:05.100

Wade Lighheart: Whether that's a social threat or physical threat or a financial threat, I mean getting into a legal fight with a large corporation or or government agency.

166

00:29:05.970 --> 00:29:13.920

Wade Lighheart: right or wrong, usually bankruptcy and destroys the lives of those who engage in that just the economics of maintaining such a fight.

167

00:29:14.580 --> 00:29:19.620

Wade Lighheart: But what you're suggesting here is actually a movement away.

168

00:29:20.130 --> 00:29:28.350

Wade Lighheart: From the scientific method with that which is we are going to have hypotheses, we are going to test those with the best of ability and we're going to report this and an unbiased nature.

169

00:29:28.740 --> 00:29:37.020

Wade Lighheart: So that we can make a determination of what the best course of action is what you're really saying is we are using these people.

170

00:29:37.620 --> 00:29:50.730

Wade Lighheart: or individuals, maybe with great credibility but taking that data and turning it into a marketing point to move for their bottom line or whatever other agenda, they might have would that be accurate.

171

00:29:50.880 --> 00:29:58.290

Jeffrey Smith: And it's not just taking data it's sometimes manufacturing it and sometimes fraudulent coming up with it.

172

00:29:58.830 --> 00:30:05.430

Jeffrey Smith: Using entirely unscientific methods, and when I was writing my first book seeds of deception.

173

00:30:05.970 --> 00:30:12.840

Jeffrey Smith: I what I wanted the first chapter to be about Dr are papoose tie one of the world's great scientists in his field.

174

00:30:13.230 --> 00:30:20.370

Jeffrey Smith: And he had been he discovered the GMOs were dangerous they caused massive damage to rats and just 10 days.

175

00:30:20.880 --> 00:30:28.680

Jeffrey Smith: Potentially pre cancer cell growth and their digestive tract smaller brains livers and testicles partial atrophy the liver damaged immune system.

176

00:30:29.100 --> 00:30:41.340

Jeffrey Smith: When he went public with his concerns he ended up being fired from his job after 35 years silenced with threats of a lawsuit and was just trashed in the public area by Monsanto and the biotech machinery.

177

00:30:41.940 --> 00:30:52.980

Jeffrey Smith: So I wanted to start my book with what he considered to be his most shocking moment which is either finding the discovery of how bad GMOs were.

178

00:30:53.400 --> 00:31:03.060

Jeffrey Smith: or being fired from his job, but he was a man of such high scientific integrity his most shocking moment was actually before all of that it happened.

179

00:31:03.480 --> 00:31:13.560

Jeffrey Smith: Just reading the studies that had gotten GMOs approved in the UK, he said he was supposed to report to the Minister of

Agriculture, who was doing a a.

180

00:31:14.040 --> 00:31:23.520

Jeffrey Smith: vote in Brussels, so he was given all of the secret documents that have been handed a year earlier to the UK Government, and no one knew that all these GMOs were approved.

181

00:31:23.880 --> 00:31:33.630

Jeffrey Smith: So he was handed to him by his boss, he was on the approval committee, because no one in read it from that committee, they were all committeeman they weren't real scientist terms of working scientist, so he read it.

182

00:31:34.080 --> 00:31:43.860

Jeffrey Smith: And he had been just working on a on a \$3 million grant from the UK Government to figure out how to test for the safety of GMOs, he had 30 people working with him, so he was one of the most.

183

00:31:44.160 --> 00:31:52.530

Jeffrey Smith: Qualified humans on earth to evaluate the studies by about tech industry, he said that was his most shocking moment in his life.

184

00:31:53.310 --> 00:32:01.680

Jeffrey Smith: He said, you know poor science and that was poor science, it was bad they were doing as little as possible to get their foods on the market as quickly as possible.

185

00:32:02.100 --> 00:32:07.260

Jeffrey Smith: and none of those things that happened to his rats in just 10 days, whatever have been discovered.

186

00:32:07.650 --> 00:32:16.230

Jeffrey Smith: In the flimsy poor, these are his words studies that these businesses did these companies did to get their soybeans on the market.

187

00:32:16.980 --> 00:32:20.400

Jeffrey Smith: In the UK and in the US, etc, so it wasn't.

188

00:32:20.940 --> 00:32:27.540

Jeffrey Smith: It wasn't the scientific method, it was corporate science checkbook science and had nothing to do with real science.

189

00:32:27.750 --> 00:32:35.310

Jeffrey Smith: I remember talking to him about one study, where some rats died after being fed genetically engineered tomatoes and they just took them out and said.

190

00:32:35.490 --> 00:32:43.380

Jeffrey Smith: Oh, it wasn't treatment related in the middle of the study and added new rats he said Jeffrey you can't do this, it was like he was pulling his hair up so.

191

00:32:43.740 --> 00:32:52.080

Jeffrey Smith: That I mean it was rich ridiculous how bad their sciences, and yet they get away with it, because they have tremendous footprint.

192

00:32:52.380 --> 00:33:02.310

Jeffrey Smith: In the academic community, they have a false front situation of scientists in front groups and they go straight materials that came out in the documents and even.

193

00:33:02.670 --> 00:33:06.420

Jeffrey Smith: bragged about ghost writing saying we write it and we pay them to sign it.

194

00:33:06.900 --> 00:33:11.850

Jeffrey Smith: And it's what explains why Roundup is free from you know doesn't cause cancer.

195

00:33:12.030 --> 00:33:26.640

Jeffrey Smith: Whereas the scientists that they had hired a year earlier says it does he was one of the world's experts, so they buried his report never turned it over to the EPA, which was illegal and then coast wrote their own review paper with the opposite conclusions and that other side.

196

00:33:28.260 --> 00:33:28.920

Wade Lighheart: So.

197

00:33:30.450 --> 00:33:50.880

Wade Lightheart: Which leads us to the next piece, which is the genetic modification of food and the downstream implications because we are seeing a widespread first we saw widespread distribution of Roundup and Roundup friendly crops.

198

00:33:52.110 --> 00:34:02.310

Wade Lightheart: Through controlled seed exposure, so my mom i'll give you a nice example my mom, who is a longtime organic gardener she started organic gardening when we were a kid.

199

00:34:03.270 --> 00:34:09.570

Wade Lightheart: We didn't understand, we thought she was crazy and she wouldn't use chemicals and which means us and then, of course, I went to university, I discovered.

200

00:34:09.870 --> 00:34:16.890

Wade Lightheart: hey you know what I feel better on the food that I have at my mom's House than I do at the university food That was my first indication of the difference between.

201

00:34:17.490 --> 00:34:23.010

Wade Lightheart: hey I had a good sense of how I felt and I saw a change, I saw wait, I saw energy gain i'd like.

202

00:34:23.490 --> 00:34:30.840

Wade Lightheart: So i'm in one of those rare cases which I had a differentiation factor I grew up in a rural area we had organic food at the House.

203

00:34:31.260 --> 00:34:43.320

Wade Lightheart: My mom was very selective about the food that guy did a great job i'm very blessed that and I got to see physiologically the difference will it come home from the summer I eat the food from my mom's wasted my I felt better.

204

00:34:43.530 --> 00:34:44.580

Wade Lightheart: I know it's a difference.

205

00:34:46.020 --> 00:34:53.880

Wade Lightheart: And then you know, as I became more and more invested in this topic of course it got into microbiome and these sort of

things and start in Vedic.

206

00:34:54.270 --> 00:35:09.960

Wade Lighthead: investigating the impact of genetic modification on food and GMOs, and you know them inserting say genes from fishes and tomatoes and fly genes into things like so they were not only just.

207

00:35:11.340 --> 00:35:20.310

Wade Lighthead: it's not like Luther burbank taking two different types of tomato to make a better tomato or two different types of potato to make a potato we're talking about taking.

208

00:35:21.690 --> 00:35:41.820

Wade Lighthead: components and making these kind merrick kind of organisms that have never existed before because there's a an evolutionary biology there's a whole starting point of the food chain and an ending point of the food chain and it's all very much interrelated.

209

00:35:43.080 --> 00:35:46.560

Wade Lighthead: So when you insert an elements.

210

00:35:48.090 --> 00:35:56.640

Wade Lighthead: Particularly in the bottom part of the food chain which which were telling with microbes and then even one level below that and we're dealing with genes.

211

00:35:57.420 --> 00:36:08.670

Wade Lighthead: We don't know what the cascading effect could potentially be with is that fair to say and what evidence, do you have that genetically modified foods are causing problems.

212

00:36:09.360 --> 00:36:17.580

Jeffrey Smith: You know it's an interesting question, if you have a Roundup ready crop is it the Roundup, or is it the crop so Dr G lyrics are lenient toxicologist.

213

00:36:17.940 --> 00:36:29.670

Jeffrey Smith: From friends decided to find out he had been on the evaluation committee for France, and also for the EU and it looked at monsanto's original studies and found that like in Roundup ready corn.

214

00:36:30.060 --> 00:36:41.040

Jeffrey Smith: There was over 50 irregularities between the experimental group and the control group showing signs of toxicity in the liver and kidneys in just 90 days, so we took the Roundup ready.

215

00:36:42.060 --> 00:36:52.740

Jeffrey Smith: Basic design that mark that Monsanto did with the rats and just extended it for two years and then increased some of the parameters to test.

216

00:36:53.130 --> 00:37:04.650

Jeffrey Smith: And found Sure enough, right after 90 days the rat started getting cancer and by the time two years was over, and multiple massive tumors early death in Oregon dead.

217

00:37:05.370 --> 00:37:14.490

Jeffrey Smith: But in another group he put round up at varying concentrations different groups in their water supply and fed them natural corn not Roundup ready corn.

218

00:37:14.970 --> 00:37:24.600

Jeffrey Smith: And they also had multiple massive tumors early death in organ damage so uh huh it's the Roundup, but another group hate the Roundup ready corn.

219

00:37:25.380 --> 00:37:35.700

Jeffrey Smith: and had no round upon it, and they had multiple massive tumors early death and organ damage compared to the control group that a normal corn that had a tiny percentage.

220

00:37:36.240 --> 00:37:49.290

Jeffrey Smith: Of the tumors and none of that other damage, so it was both the Roundup, and the GMO individually and together that led to the problems now.

221

00:37:49.980 --> 00:38:03.060

Jeffrey Smith: we've seen in some of the studies that the GMO itself is causing the problems they don't do extensive testing, but what we've seen for the testing it's pretty damning.

222

00:38:03.630 --> 00:38:14.550

Jeffrey Smith: there's plenty of problems in all of the bait and major major organs and systems, the immune system, the reproductive system etc just from the GMOs.

223

00:38:15.000 --> 00:38:25.050

Jeffrey Smith: And there's these potatoes and apples that are engineered not to turn brown when sliced they use an RNA I technology and interference.

224

00:38:25.560 --> 00:38:36.660

Jeffrey Smith: RNA double stranded RNA that could literally theoretically if you bit the apple it could reprogram your gene expression silencing genes in your own DNA.

225

00:38:37.290 --> 00:38:39.990

Jeffrey Smith: Similarly, with animals, and you know the animals out there.

226

00:38:40.170 --> 00:38:44.730

Jeffrey Smith: If they bite the apple or the potato, and now we have gene editing.

227

00:38:45.420 --> 00:38:57.840

Jeffrey Smith: which also has all sorts of problems, some scientists say it's even more dangerous than the old style of forcing genes using a gene gun or infiltrating it with bacteria.

228

00:38:58.560 --> 00:39:06.810

Jeffrey Smith: Is gene editing you don't necessarily take foreign genes in you do some cutting and rearranging within gene editing and in the traditional gene.

229

00:39:07.320 --> 00:39:16.080

Jeffrey Smith: Genetic engineering you end up with massive collateral damage hundreds or thousands of mutations up and down the DNA.

230

00:39:16.560 --> 00:39:26.730

Jeffrey Smith: With gene editing a journal nature described three gene editing crisper gene editing experiments with human embryos, it called it chromosome may have.

231

00:39:27.510 --> 00:39:40.170

Jeffrey Smith: Large sections of the DNA and the genome were lost, including whole chromosomes thousands of base pairs gone rearrangements massive mutations up and down.

232

00:39:40.710 --> 00:40:05.010

Jeffrey Smith: So it's not just a precision insertion of a gene that produces a particular protein that you're looking for, as the biotech industry portrays it, it is a way of causing unacceptably new types of damage that we have no understanding what the full impact will be and it's inheritable.

233

00:40:06.240 --> 00:40:14.460

Wade Lighheart: What is the trend that we're seeing because genetically modified foods have been going along quite well I would look back to a book.

234

00:40:14.970 --> 00:40:32.640

Wade Lighheart: called your your body healing is voltage by Dr tenant and one of the things that he identified specifically was birth defects birth rates and fertility levels in areas where.

235

00:40:33.780 --> 00:40:43.140

Wade Lighheart: Genetically modified canola oil was used used to be called rapeseed at one time and, and it was it was so damaging to people and he showed a correlation between that.

236

00:40:43.560 --> 00:40:57.000

Wade Lighheart: And it's in the states that used it in the states that didn't and there was a correlation will affect to the data and which made him believe from his clinical and medical research that hey.

237

00:40:57.510 --> 00:41:09.300

Wade Lighheart: We need to start getting the canola oil out of everything and, of course, that was a number of years ago there was a big political push if people recall there was during.

238

00:41:11.280 --> 00:41:14.250

Wade Lighheart: Maybe, eight years ago was during one of the elections and.

239

00:41:16.440 --> 00:41:31.560

Wade Lighthead: There was a viewpoint, the way the wording on the on the ballot was was very strange in that it when you seem like you are advocating for no GMOs you're actually voting for GMOs, and I remember the day before the election.

240

00:41:32.100 --> 00:41:40.770

Wade Lighthead: The editorial piece of every major news outlet in the world was in support of genetically modification essentially.

241

00:41:41.010 --> 00:41:49.710

Wade Lighthead: yeah so we're talking about massive influential marketing power to get an externalize component now.

242

00:41:50.100 --> 00:41:51.210

Jeffrey Smith: me, let me just ask.

243

00:41:51.420 --> 00:41:52.140

Wade Lighthead: me please.

244

00:41:52.350 --> 00:41:55.770

Jeffrey Smith: about the infertility and the birth of there's plenty of evidence.

245

00:41:56.130 --> 00:42:03.930

Jeffrey Smith: That in the in the vicinity of Roundup being sprayed birth birth defects grew up in an area in Argentina was 70 fold.

246

00:42:04.170 --> 00:42:15.030

Jeffrey Smith: On they started planting Roundup ready soybeans and spraying Roundup from the air, by planes I in my film secret ingredients that I did with amy heart we visit a Wisconsin.

247

00:42:16.020 --> 00:42:28.470

Jeffrey Smith: chiropractor's office, and she treats a lot of infertile couples and she puts the Molar and organic food and, at the time of the of the film and since the last time I checked with her 100% of our infertile couples have children.

248

00:42:28.830 --> 00:42:42.330

Jeffrey Smith: wow over 100 over 100 couples, these have been people

that were unable to get kids for sometimes years had been to in fertility clinics, you know and sometimes they had diagnose problems sometimes never diagnosed but 100% of them.

249

00:42:43.080 --> 00:42:57.960

Jeffrey Smith: Had children after she put them on a organic diet, along with the chiropractic and but she and I believe the organic side is the primary driver and we can look at the specific details of what Roundup and GMOs, due to the reproductive health.

250

00:42:58.680 --> 00:43:06.180

Jeffrey Smith: They pry provides plausible causative pathways to explain it all it's in the film secret ingredients if people want to look at it so back to you.

251

00:43:06.510 --> 00:43:08.670

Wade Lighheart: Where can where can people get that film, can you just make.

252

00:43:08.700 --> 00:43:13.500

Jeffrey Smith: i'd say live healthy be well.com, then you can check out my podcast there's a.

253

00:43:13.920 --> 00:43:18.900

Jeffrey Smith: healing from GMOs and Roundup series there's a 90 day lifestyle upgrade that you can do to help you.

254

00:43:19.230 --> 00:43:30.570

Jeffrey Smith: adopt an organic lifestyle, which you'll want to do when you watch secret ingredients, because we track families that switch to organic and kids on the spectrum, are no longer on the spectrum people with.

255

00:43:31.200 --> 00:43:45.420

Jeffrey Smith: Obesity and brain fog and skin conditions and cancer, we see a dramatic change, and then the doctor say, these are not one offs, this is what happens in our practice, every day, and then the scientists describe why, and we have Nice.

256

00:43:46.500 --> 00:43:59.430

Jeffrey Smith: animations showing the changes in the physiology So you can see what happens with GMOs and Roundup, and you see it in the

people and you hear it by the doctors who see it every day, and then you realize I need to make a change.

257

00:44:00.780 --> 00:44:17.400

Wade Lightheart: You know it's interesting one of the striking things I noticed i'm here in Venice beach California and I have the good fortune of being very close to a facility called air, one which is a very high end organic grocery market.

258

00:44:18.810 --> 00:44:22.470

Wade Lightheart: Now this is not a scientific study this is.

259

00:44:22.740 --> 00:44:24.450

Jeffrey Smith: Just the people who walk in the door.

260

00:44:24.780 --> 00:44:26.130

Jeffrey Smith: Are not obese.

261

00:44:27.420 --> 00:44:32.940

Wade Lightheart: I would say that the distribution of obesity would probably be.

262

00:44:33.030 --> 00:44:46.050

Wade Lightheart: Under 5% of the of the people entering into that place now, I can go a few miles down the road to a generic I won't name any grocery stores.

263

00:44:46.470 --> 00:44:51.630

Wade Lightheart: cause inflation, but you know your generic ones that you see the big chain block wars and stand outside.

264

00:44:52.500 --> 00:45:06.180

Wade Lightheart: And I would say that it would be close to the inversion of that we're 95% of the people are overweight and large fraction of those I would classify as clinically obese or morbidly obese.

265

00:45:08.220 --> 00:45:18.300

Wade Lightheart: So I mean there's a lot of factors there's economics and stuff and economics is one of the big factors that are influencing health and longevity studies so.

266

00:45:19.290 --> 00:45:32.100

Wade Lightheart: A few years ago it was always Japan was the healthiest market in the world, even though they have the highest rate of smoking and most of the regular countries but they had also the highest take of organic food and natural supplementation, which is very interesting.

267

00:45:33.300 --> 00:45:42.690

Wade Lightheart: But that was recently replaced by a small, a country called Monte Carlo.

268

00:45:43.440 --> 00:45:53.700

Wade Lightheart: which the income ratio of is quite high and the advantages that affords maybe better healthcare medical care organic products, and when I go to high end.

269

00:45:54.210 --> 00:46:04.710

Wade Lightheart: hotels chains and so oftentimes they serve organics where they don't have regular hotel chains, if you go to high end resorts it's organic you go to high end stores you look at expensive.

270

00:46:05.040 --> 00:46:11.010

Wade Lightheart: jurisdictions, if you go to Beverly Hills there's there's a readily availability of organic foods, but for the general population.

271

00:46:11.400 --> 00:46:25.680

Wade Lightheart: it's a lower quality or and and the proliferation of subsidies and government funding and things like that that gets into genetic modified food, the question is i'm let's say i'm listening to this, I have a moderate to low income.

272

00:46:26.850 --> 00:46:38.610

Wade Lightheart: i'm bought into everything you said i've watched the movies, I want to make the 90 day change and I encourage all of our, by the way, just so everyone knows I am 100% on board with what Jeffrey is saying here.

273

00:46:39.270 --> 00:46:45.480

Wade Lightheart: And so I think it's very clear and I think when you go through your research it's very detailed it's very.

274

00:46:46.590 --> 00:47:02.160

Wade Lightheart: potent in its clarity its sheer volume and what the dire consequences of not engaging in, say, a reversal of the trend of eating genetically modified or chemically enhanced.

275

00:47:03.180 --> 00:47:11.460

Wade Lightheart: So what does a person have moderate means do to move into a more organic lifestyle to say you know what I got to get office to.

276

00:47:11.760 --> 00:47:20.640

Wade Lightheart: Number one, what do they eat, how do they live their lifestyle and then what can they do from an advocacy standpoint, because it's not enough because we're us.

277

00:47:21.330 --> 00:47:29.280

Wade Lightheart: People who are on the organic side of the equation, and I made changes in my life early on, when I didn't have economic points i'm talking to the audience here.

278

00:47:30.210 --> 00:47:38.880

Wade Lightheart: When I remember not having a car, I remember living in a very moderate means and spending a disproportionate amount of my money on my my food.

279

00:47:39.420 --> 00:47:54.030

Wade Lightheart: And people would make fun of me I would take specialized nutritional supplements and do testing, it was obscure according to my medical practitioners, who I eventually abandoned for functional medicine practitioners.

280

00:47:55.710 --> 00:48:01.620

Wade Lightheart: How does a person have moderate or low means make this journey and how would they go about that.

281

00:48:02.250 --> 00:48:07.650

Jeffrey Smith: it's a great question i'm going to give some tips and tell you where you can get the tips.

282

00:48:09.180 --> 00:48:12.570

Jeffrey Smith: But I also want to give a psychological orientation to this.

283

00:48:13.680 --> 00:48:17.820

Jeffrey Smith: I would say combine your health budget with your food budget.

284

00:48:18.840 --> 00:48:19.140

Wade Lighheart: Right.

285

00:48:19.200 --> 00:48:24.210

Jeffrey Smith: A lot of people that we interview after switching to organic go to the doctor less.

286

00:48:24.630 --> 00:48:25.890

Jeffrey Smith: I interviewed a family, a.

287

00:48:25.920 --> 00:48:32.520

Jeffrey Smith: mother of a family of six she was spending about \$18,000 a year in her health costs per year.

288

00:48:33.060 --> 00:48:43.830

Jeffrey Smith: She switched to organic went to 9000 the first year and below 3000 the second year, and she said to me and I wasn't spending the difference on organic she was the return on investment was huge.

289

00:48:44.430 --> 00:48:54.960

Jeffrey Smith: In addition to your health budget added to your food budget put your philanthropy budget there too, because you're also making a contribution to a healthier world.

290

00:48:55.380 --> 00:49:10.530

Jeffrey Smith: healthier farmers healthier microbiome we'll get into the microbes in a moment that's the psychological orientation, so that you can feel good about the investment into your health into your future and into the planet.

291

00:49:11.940 --> 00:49:16.470

Jeffrey Smith: I was also wondering about How can people afford.

292

00:49:17.760 --> 00:49:24.720

Jeffrey Smith: When they don't have a lot of money to eat organic honey and or to eat of without GMOs and round up in their food.

293

00:49:25.230 --> 00:49:34.260

Jeffrey Smith: If you can't eat organic and a lot of times it's not available in your area, you want to at least avoid the GMOs, and you can go to responsible technology.org.

294

00:49:34.560 --> 00:49:39.180

Jeffrey Smith: For our Institute for responsible technology website and it tells you which of the GMOs.

295

00:49:39.660 --> 00:49:49.980

Jeffrey Smith: But in addition they spray Roundup now on outs, just before harvest and we just have a harvest and the beans and the lagoons, like lentils and chickpeas and stuff.

296

00:49:50.370 --> 00:49:58.410

Jeffrey Smith: So some of those have very high levels of Roundup if it's not organic so if you're going out to eat and there's no organic food and you want to eat there.

297

00:49:58.770 --> 00:50:09.210

Jeffrey Smith: You don't want to order oatmeal you'd want to try and avoid the bread don't get the hummus or the lentils, or the mung beans because they're going to have a lot of Roundup in it.

298

00:50:09.690 --> 00:50:14.850

Jeffrey Smith: So if you go to our website [responsible technology](http://responsible technology.org) that are we also have report.

299

00:50:15.300 --> 00:50:24.120

Jeffrey Smith: Gathering all the data of all the residues of Roundup that had been found by our organization and other organizations around North America US and Canada.

300

00:50:24.540 --> 00:50:29.640

Jeffrey Smith: So you can figure out pretty quickly which foods you don't want to eat unless it's organic.

301

00:50:30.390 --> 00:50:41.250

Jeffrey Smith: So you can avoid the GMOs, on the one side and those that have been sprayed with Roundup, on the other, but then there are tricks once you want to adopt an organic.

302

00:50:41.820 --> 00:50:54.900

Jeffrey Smith: lifestyle, so I interviewed a person who was an organic farmer who runs a distribution company around the United States he's got 2500 drop points for little group buying groups.

303

00:50:55.230 --> 00:51:06.810

Jeffrey Smith: And he said he figured out that when he feeds his family of five or six a dinner or breakfast he figured out was like \$1 37 per person for a completely organic meal.

304

00:51:07.410 --> 00:51:20.790

Jeffrey Smith: And he explains how to do it in the film Kathleen DDR says, I can feed my family of five an all organic meal for 20 bucks or for less than 20 bucks and she explains how so.

305

00:51:21.450 --> 00:51:27.210

Jeffrey Smith: First of all, and i'll give you a few of those points, but we actually asked, most of the people in the film.

306

00:51:27.600 --> 00:51:35.040

Jeffrey Smith: Who are way up on the learning curve of how to live a organic lifestyle, how to save time and how to save money and they're brilliant ideas.

307

00:51:35.580 --> 00:51:42.660

Jeffrey Smith: But one is learning to cook So if you just take if you're just eating processed foods that are not organic that's expensive.

308

00:51:43.110 --> 00:51:49.950

Jeffrey Smith: If you substitute processed organic for your process not organic now you're going to pay probably more.

309

00:51:50.550 --> 00:51:57.810

Jeffrey Smith: And you're it's it's going to have some benefit, of course, I can have the GMOs in the Roundup, but if you learn to cook.

310

00:51:58.440 --> 00:52:08.910

Jeffrey Smith: And you can buy things in bulk at Center and if you learn to cook your price may actually go down from you from a processed conventional or chemical food.

311

00:52:09.570 --> 00:52:19.290

Jeffrey Smith: To a cook from scratch organic now, how do you have time for that that's a whole real we did a whole series of interviews which we put together.

312

00:52:19.530 --> 00:52:26.670

Jeffrey Smith: You know, with a woman that runs that chiropractic office that's very busy during the week she gets together with six other moms.

313

00:52:26.910 --> 00:52:37.410

Jeffrey Smith: And they have a great party every Sunday and they cook seven entrees and then they all freeze stuff for the week and then they meet again for the next, the next time you know there's different.

314

00:52:37.740 --> 00:52:43.710

Jeffrey Smith: there's different tricks for different folks and a lot of them are represented in that 90 day Program.

315

00:52:44.250 --> 00:52:51.630

Jeffrey Smith: But the key is, it has to be worth it for you to try now in the film secret ingredients, we have a number of doctors saying.

316

00:52:51.960 --> 00:52:58.500

Jeffrey Smith: That when their patients change their diet and their autoimmune disease goes away or their pain of joint pain goes away or other words.

317

00:52:59.220 --> 00:53:08.970

Jeffrey Smith: they'll they'll be on that diet for well and then they'll cheat they'll go on vacation or they are some for some it's a single meal for some it's like they just go to dietary fatigue.

318

00:53:09.780 --> 00:53:17.910

Jeffrey Smith: And they stop then their symptoms come back and the doctors were so excited about that they were like beaming.

319

00:53:18.450 --> 00:53:25.440

Jeffrey Smith: Because that was more motivational to their patients, because their patients saw.

320

00:53:26.280 --> 00:53:34.950

Jeffrey Smith: Without a doubt, it was the diet that was driving those symptoms and because they didn't want that pain, because they didn't want those had autoimmune disease or whatever.

321

00:53:35.460 --> 00:53:47.820

Jeffrey Smith: They became more steadfast in their diet, so the motivation may drive someone who doesn't really want to cook to learn how to cook and we have some tips, and we have a whole program for getting comfortable with that.

322

00:53:49.050 --> 00:53:59.700

Jeffrey Smith: But yes there's a learning curve, but the first piece is motivation, so I would say, the first thing to do is watch secret ingredients.

323

00:54:00.240 --> 00:54:14.310

Jeffrey Smith: And I did with any hard you can go to live healthy be well calm and then make the decision what to do, because when you see the changes in the people in it, you know there's one family that de ke RS.

324

00:54:15.540 --> 00:54:24.300

Jeffrey Smith: 21 chronic conditions between the five of them, she started studying nutrition she lost her job she was paralyzed etc so she started studying nutrition.

325

00:54:24.780 --> 00:54:41.070

Jeffrey Smith: and start experimenting on the family and got rid of gluten and soy and dies and commercial dairy and whatnot and they were getting better from a bunch of things, but she was still managing chronic conditions until they switch to organic and then in very little time they all went away.

326

00:54:42.420 --> 00:54:44.850

Jeffrey Smith: And she was the inspiration for doing the film.

327

00:54:45.270 --> 00:54:56.040

Jeffrey Smith: And we interviewed her because I was at a I speak at medical conferences, I was at a chiropractic Conference, and I said from the ot from the podium if you have some good stories come so we interviewed her it was all we got to go to her house and.

328

00:54:56.520 --> 00:55:05.760

Jeffrey Smith: Then the next person coming in with Dr marcia schaefer who had at the time 53 infertile couples and ended up with kids last time I spoke to her was 123.

329

00:55:06.240 --> 00:55:16.080

Jeffrey Smith: And it was like you know these are real life situations, I remember the first time a doctor i've been speaking about GMOs to medical conferences, since 2006.

330

00:55:16.530 --> 00:55:22.680

Jeffrey Smith: And I have to admit it's a little embarrassing that people would come up to me and say, I can tell the difference and I didn't believe him at the time.

331

00:55:22.950 --> 00:55:31.950

Jeffrey Smith: I was talking about rat changes and mice changes, but I wasn't quite thinking it was going to be that overt so I started telling the doctors about it, they started prescribing.

332

00:55:32.370 --> 00:55:43.740

Jeffrey Smith: Non GMO and organic diets when I went back to those same conferences to speak those doctor said it's works thousands of patients, I put on organic non GMO.

333

00:55:44.190 --> 00:55:50.610

Jeffrey Smith: And they all get better they all show a change and things happen that are not happening to the population that's not making the change.

334

00:55:51.480 --> 00:55:59.430

Wade Lighheart: it's a it's a powerful case and I love the fact that you're providing the impetus of jeans and you know i'm a I have my.

335

00:56:00.780 --> 00:56:14.610

Wade Lighheart: didn't show, but I have my Jordan peterson shirt on today and it says clean your room tell your truth order out of chaos and one of the tenants that he's put forth is that.

336

00:56:15.930 --> 00:56:37.500

Wade Lighheart: clean up your own House before you go out and clean up everyone else's and I think one of the things that i've noticed with the best advocates within the industry for non GMO non chemical organic food is the best ones are following those tenants themselves and there's a level of.

337

00:56:39.480 --> 00:56:47.040

Wade Lighheart: Truth and expression of truth that resonates, in other words, is a clarity of communication there's no.

338

00:56:47.550 --> 00:56:53.820

Wade Lighheart: distortion between what they're advocating what they're saying and inside and I think for a lot of people they want in today's world.

339

00:56:54.270 --> 00:57:06.480

Wade Lighheart: there's a lot of virtue signaling, in other words the hey i'm going to put a post about this i'm going to put a post about my political opinions.

340

00:57:07.080 --> 00:57:12.780

Wade Lighheart: Well wreck not recognizing where or the environment let's say an environmental issue.

341

00:57:13.320 --> 00:57:26.520

Wade Lighheart: While i'm doing this on my petroleum based phone with my lithium batteries, which are from the most environment in front of the phone that's built by in an area where we're having major human rights thing, but I can do my I can do my post have a.

342

00:57:27.900 --> 00:57:28.470

Wade Lighheart: Good so.

343

00:57:28.950 --> 00:57:30.900

Wade Lighheart: The question becomes I guess because.

344

00:57:32.730 --> 00:57:42.330

Wade Lightheart: What you're saying for many can be overwhelming So if you could walk people through the steps that you feel is is.

345

00:57:43.440 --> 00:57:52.170

Wade Lightheart: for lack of a better word and a Gore or organic way to take control of this method, because what you're suggesting is a threat to all of humanity.

346

00:57:53.190 --> 00:57:53.760

Wade Lightheart: Essentially.

347

00:57:53.820 --> 00:57:57.810

Jeffrey Smith: Well, we haven't even talked about the existential threat from GMO microbes.

348

00:57:57.960 --> 00:57:59.520

Jeffrey Smith: i'm waiting for i'm like.

349

00:57:59.610 --> 00:58:00.060

Wade Lightheart: Okay let's.

350

00:58:00.330 --> 00:58:06.210

Wade Lightheart: let's hit it let's get let's get right now we're going to the existential threat, I know that Eric.

351

00:58:07.080 --> 00:58:17.550

Wade Lightheart: Excuse me Brett weinstein and his wife heather who are evolutionary biologist they have a beautiful podcast called dark horse podcast It is absolutely excellent they are.

352

00:58:18.030 --> 00:58:26.280

Wade Lightheart: What I would call definitive hardcore scientist that look at data they have a level of skepticism they don't rush to conclusions.

353

00:58:26.670 --> 00:58:44.520

Wade Lightheart: But as an evolutionary biologist and his brother is a super genius and physics Eric weinstein he also has another podcast

he's come to the conclusion of bread has and his wife that it's about a 5050 chance a coin flip whether humanity is going to erase itself from the planet.

354

00:58:46.290 --> 00:59:01.710

Wade Lighthead: I mean that's an and he's not someone that is into hyperbole Okay, so you hear hyperbole on the news the skys falling the end of the world, all that sort of stuff but what you're talking about here is an existential crisis can you explain why you feel that is the case.

355

00:59:01.830 --> 00:59:12.750

Wade Lighthead: Okay, and why your message is so urgent for people to not only embrace in their own lives, but to embrace that advocacy to stop the insanity before it's too late.

356

00:59:13.380 --> 00:59:23.130

Jeffrey Smith: So i'm going to give a website and I mentioned it again at the end, so if your people are driving, or whatever you can get it at the end, protect nature now calm.

357

00:59:24.060 --> 00:59:32.910

Jeffrey Smith: And if you go there there's three things i'm going to suggest in terms of advocacy the first is watch the 16 minute film don't let the genie out of the bottle.

358

00:59:33.960 --> 00:59:42.840

Jeffrey Smith: then go to the advocacy platform and then make some sort of continuing monthly donation to allow us to work on your behalf, to save.

359

00:59:43.260 --> 00:59:52.530

Jeffrey Smith: To tip that percentage, so that we have more than a 50% chance because as you'll hear in a minute, this is one of the existential threats that can take us out.

360

00:59:53.910 --> 01:00:01.950

Jeffrey Smith: In the film don't let the genie out of the bottle I interview Dr elaine in him when she was at Oregon State University.

361

01:00:02.520 --> 01:00:13.410

Jeffrey Smith: One of her graduate students was getting his PhD and

wanted to do some research on GMOs and there was a group of people, creating a GMO bacterium.

362

01:00:14.340 --> 01:00:27.060

Jeffrey Smith: Well, meaning people that was going to have a great impact on farms you'll see this in the film where this is a bacterium that normally exists on the root structures of every plant in the planet.

363

01:00:27.870 --> 01:00:39.600

Jeffrey Smith: And they had genetically engineered it so that it would create alcohol turning plant matter into alcohol, so they were going to send it out to all these farmers.

364

01:00:40.170 --> 01:01:01.320

Jeffrey Smith: who normally burn their crop residues after harvest, so no no mix it in a big barrel put the bacterium in and then two weeks later, open the spigot at the bottom left 34 proof alcohol run your tractors sell it on a farm and use that nutrient rich sludge at the bottom as fertilizer.

365

01:01:02.730 --> 01:01:15.420

Jeffrey Smith: Well, it turns out this graduate student was invited by these researchers Now you can use, you can look at our organisms and he mixed it with soil and planted weed seeds compared to the the.

366

01:01:16.200 --> 01:01:32.640

Jeffrey Smith: club's compared to two different controls and on a Saturday morning he came into the laboratory and was shocked, because all of the plants that had the genetically engineered bacteria mixed into their soil were dead it, it turned plants into SLIME.

367

01:01:34.080 --> 01:01:35.340

Jeffrey Smith: Now it turns out.

368

01:01:36.420 --> 01:01:39.390

Jeffrey Smith: That if they had released this genetically engineered bacterium.

369

01:01:40.560 --> 01:01:50.610

Jeffrey Smith: into the environment, and it spread if it had taken over the biological niche of its natural counterpart, it could

theoretically turn all the routes.

370

01:01:51.990 --> 01:02:01.860

Jeffrey Smith: In the world to slam I asked aligning them I said what would be the consequence of releasing this outdoors he said.

371

01:02:03.150 --> 01:02:08.040

Jeffrey Smith: The end of biologically then at the end of terrestrial plant life is possible.

372

01:02:09.180 --> 01:02:16.260

Jeffrey Smith: that's from one microbe doing what it was designed to do, and it was supposed to be released two weeks later.

373

01:02:18.030 --> 01:02:24.480

Jeffrey Smith: And how far would it spread whistleblowers at the EPA told doctoring him they had released a different genetically engineered micro.

374

01:02:24.990 --> 01:02:36.210

Jeffrey Smith: Bacteria in Louisiana and found that within several years in a traveled around the world, I found it everywhere, they look so put the two together.

375

01:02:36.900 --> 01:02:43.020

Jeffrey Smith: You may have narrowly avoided a cataclysm genetically engineered bacterium designed to turn a particular bacteria.

376

01:02:43.620 --> 01:03:03.300

Jeffrey Smith: That normally creates rain creates frost create snow make an impotent if they had released that, as planned, it might have changed weather patterns on the planet again a microbe doing what it was intended to do, but maybe too well, but if we release genetically engineered microbes.

377

01:03:04.560 --> 01:03:11.820

Jeffrey Smith: They can travel the planet we didn't need a pandemic, to know that microbes can travel we didn't need a pandemic, to know that they can mutate.

378

01:03:12.840 --> 01:03:31.830

Jeffrey Smith: So now, you have a genetic engineer micro that's introducing a new trait into a micro BIOME balanced nature outside us and inside us doing something that was never intended that did not evolve with nature or our bodies, but it doesn't stop there.

379

01:03:33.090 --> 01:03:42.390

Jeffrey Smith: It also swaps jeans with other microbes maybe hundreds, maybe thousands, so you introduce a genetically engineered microbe in your laboratory.

380

01:03:42.900 --> 01:04:02.190

Jeffrey Smith: And you release it to a particular ecosystem to do a particular job and it mutates and it swaps jeans and it ends up in 1000 different microbes in 10,000 ecosystems and inside the human body doing things that you can never predict now, we take the importance of the microbiome.

381

01:04:03.390 --> 01:04:09.810

Jeffrey Smith: You said this earlier 80% of the diseases chronic diseases have their source and an imbalance in the microbiome.

382

01:04:10.860 --> 01:04:21.060

Jeffrey Smith: And you take a particular gene like just to give you just how fine tune this system is, and the second trimester of human pregnancy.

383

01:04:21.870 --> 01:04:32.220

Jeffrey Smith: Milk digesting bacteria go into the birth canal to inoculate the baby to digest the breast milk, the breast milk, also has.

384

01:04:32.700 --> 01:04:38.760

Jeffrey Smith: Micro BIOME inoculation the skin on the nipple has micro BIOME inoculation.

385

01:04:39.600 --> 01:04:52.920

Jeffrey Smith: And there's part of the breast milk is not designed to be digested by the baby indigestible by the baby because it's designed to feed the microbiome because, when the microbiome is in good shape early.

386

01:04:53.370 --> 01:05:08.490

Jeffrey Smith: It sets that person up for health for the rest of their life and then to the next generation, in fact, when there are problems with the health of the baby it's affects the saliva microbiome which then feeds back through the breast to the mother, which changes the formula.

387

01:05:09.570 --> 01:05:12.000

Jeffrey Smith: Right now, you take something.

388

01:05:13.020 --> 01:05:25.350

Jeffrey Smith: along that line or the lines of the bacteria that help prevent the spread of breast cancer or the bacteria that help give us I accuse in the brain, you know there's these are very real programming genetics.

389

01:05:26.040 --> 01:05:32.070

Jeffrey Smith: And you take something that's been there for thousands of years, and you change it in some way accidentally.

390

01:05:33.330 --> 01:05:43.830

Jeffrey Smith: You may be creating destroying the nature of nature, causing a damage or collapse of ecosystems inside us or outside of us now there's two more pieces, you need to know.

391

01:05:44.940 --> 01:05:54.750

Jeffrey Smith: One gene editing is so cheap and easy, you can genetically engineer microbes and a do it yourself kit on Amazon for \$169.

392

01:05:55.110 --> 01:05:55.590

Wade Lightheart: yeah.

393

01:05:55.650 --> 01:06:02.430

Jeffrey Smith: As a bio hacker you can build your own laboratory for under \$2,000 for the price of dinner each day.

394

01:06:02.880 --> 01:06:09.630

Jeffrey Smith: You can create a new genetically engineered microbiome and take it for a walk and have an irreversible permanent environmental release.

395

01:06:10.440 --> 01:06:20.790

Jeffrey Smith: multiply that by all of the garage labs high school biology labs the College labs this school the corporations, academia.

396

01:06:21.360 --> 01:06:31.980

Jeffrey Smith: And within a next generation, you may have a million different genetically engineered microbes introduced on this planet and the regulation.

397

01:06:32.790 --> 01:06:44.820

Jeffrey Smith: Is look the other way that's the official regulation it's as if there's no problem there's very, very few structures available anywhere.

398

01:06:45.450 --> 01:06:59.430

Jeffrey Smith: and have any form of even evaluation and all of those are too superficial to make a meaningful dent in this flood of what could end up being the end of biological evolution, as we know it.

399

01:07:00.990 --> 01:07:06.480

Jeffrey Smith: Today we are reeling from the pandemic so everyone's all about viruses.

400

01:07:06.840 --> 01:07:07.830

Jeffrey Smith: And right groups.

401

01:07:08.550 --> 01:07:16.350

Jeffrey Smith: There is a receptor cells, we said, there are receptor cells that are open in the human consciousness right now about this issue.

402

01:07:17.400 --> 01:07:29.820

Jeffrey Smith: So we are finding that people in Congress are concerned, people around the world are concerned, it is when you watch the 16 minute film don't let the genie out of the bottle you get it.

403

01:07:30.420 --> 01:07:34.650

Jeffrey Smith: it's not hard it's not difficult to understand the problems.

404

01:07:35.580 --> 01:07:46.710

Jeffrey Smith: And so, now we every month we load a different campaign into the advocacy platform, so you put your address, and whether you live in the United States or Canada UK EU Australia your elected official show up.

405

01:07:47.400 --> 01:07:59.670

Jeffrey Smith: You hit send and they get a film or a White Paper or an article about some aspect of this each month takes you a couple of minutes because you can also tweet them, you can also send.

406

01:08:00.120 --> 01:08:06.300

Jeffrey Smith: a press release to your local or regional papers press of a button, or you can customize the message.

407

01:08:06.690 --> 01:08:17.550

Jeffrey Smith: And we've spent 10s of thousands of messages and it's working I was just in DC last month and meeting at the offices of members of Congress, they were all over this.

408

01:08:18.030 --> 01:08:27.030

Jeffrey Smith: And then, at the same time, when you go to protect nature now calm and you watch the film and you go to the advocacy play embassy play page please go to the donate page.

409

01:08:27.330 --> 01:08:35.640

Jeffrey Smith: and make a recurring monthly donation, even if it's \$5 whatever it is, because it's monthly we know it's coming, and we can hire.

410

01:08:36.150 --> 01:08:42.120

Jeffrey Smith: And we can create new educational assets we can open new offices, because we know we can count on it.

411

01:08:42.570 --> 01:08:54.750

Jeffrey Smith: Because we need to, we need to be a micro whisperers here they don't have their own voice, we need to feel into the fact that they are the micro jet army working on our behalf 24 seven everyone on the planet.

412

01:08:55.080 --> 01:09:09.060

Jeffrey Smith: And they are under attack, right now, from our folly from our mistakes from are not appreciating the nature of nature, so

we need to protect nature now, and that is why, after 25 years of talking about the health dangers of GMOs.

413

01:09:09.630 --> 01:09:23.730

Jeffrey Smith: i've taken our Institute for responsible technology and we're pivoting now and putting our main attention passing laws to prevent the outdoor release of any GMO micro and that's our focus today.

414

01:09:25.620 --> 01:09:30.000

Wade Lighheart: very strong words and very important ones, I might add.

415

01:09:31.260 --> 01:09:46.020

Wade Lighheart: Before we wrap up and we're going to put up by the way for all our listeners definitely go through all the show links we've got all the connections to the films, books and the advocacy plans, where you can donate all those things is very, very important that you take action, action, action.

416

01:09:47.370 --> 01:09:51.000

Wade Lighheart: it's great to get information but it's actionable.

417

01:09:52.620 --> 01:10:00.330

Wade Lighheart: As dark in challenging and almost hopelessly daunting that.

418

01:10:02.040 --> 01:10:08.820

Wade Lighheart: This situation presents to our listeners into yourself as someone who's studied it and understood that.

419

01:10:10.290 --> 01:10:22.410

Wade Lighheart: what's the what's the positive side of the equation what like what gets you up is is, is there a world that you see, on the other side of this which.

420

01:10:24.210 --> 01:10:34.710

Wade Lighheart: Humanity moves past genetic modification moves past overt chemical ization and this type of thing and what does that world look like.

421

01:10:35.460 --> 01:10:43.530

Jeffrey Smith: I am way optimistic wait, first of all, focusing on the GMO health dangers, I was pioneering the messaging and.

422

01:10:44.010 --> 01:10:50.910

Jeffrey Smith: trying to get at least 5% of the US population to avoid eating GMOs, which would create economic.

423

01:10:51.300 --> 01:11:00.930

Jeffrey Smith: Pressure on those companies that have their products sitting next to a non GMO labeled product product, so that they would become non GMO simply for economic.

424

01:11:01.290 --> 01:11:15.360

Jeffrey Smith: Sustainability and protecting their their market share, we now a 51% of the US population thing in the GMOs are unsafe more than we need 48% around the world, so we are in the middle of the tipping point we are.

425

01:11:15.990 --> 01:11:23.610

Jeffrey Smith: Exceeding tremendous success in 25 years tremendous and when I look at this situation now with.

426

01:11:24.330 --> 01:11:33.150

Jeffrey Smith: The existential threat we have just at the time when the technology is available, we have the pandemic which sensitize us and we have.

427

01:11:33.660 --> 01:11:51.540

Jeffrey Smith: The awareness of the importance of the microbiome inside of us, because the 50,000 studies that have been published in the last five years, just on the human microbiome alone it's an overwhelming flood of evidence showing that this is a essential part of our health.

428

01:11:52.620 --> 01:12:05.370

Jeffrey Smith: But you know when that you've talked to people who were facing a crisis situation and that caused them to make a change and see life different and they look back at that crisis has a blessing.

429

01:12:06.150 --> 01:12:23.160

Jeffrey Smith: So we are now at a situation where the Earth is hitting

a wall or not, and we have to make change now that change turns out to be a more fundamental shift.

430

01:12:23.880 --> 01:12:31.740

Jeffrey Smith: Where we get to think about nature differently, we get to think about being stewards and protectors of nature.

431

01:12:32.340 --> 01:12:44.370

Jeffrey Smith: We realize that we now have arrived at the inevitable time in human civilization, we can redirect the streams of evolution instantly and for all time irreversibly.

432

01:12:45.240 --> 01:13:00.240

Jeffrey Smith: And that with that become comes a new responsibility and then it's for our very existence, we have to redefine our role for our very future and the future of humanity.

433

01:13:00.900 --> 01:13:10.800

Jeffrey Smith: We have to step up as protector, and as steward, which is our appropriate role, especially now that we have this technology.

434

01:13:11.220 --> 01:13:17.160

Jeffrey Smith: That can affect all living beings, and all future generations and from an individual standpoint, because we are now.

435

01:13:17.670 --> 01:13:27.510

Jeffrey Smith: Curbing and protecting all living beings, and all future generations we're doing more good than any previous human could do.

436

01:13:28.110 --> 01:13:31.980

Jeffrey Smith: Because there was never a level of threat and had that footprint.

437

01:13:32.520 --> 01:13:46.170

Jeffrey Smith: So it becomes our honor not our burden, but our honor to do this, our honor to use this time to help tweak and change and deliver a new awareness, for humanity.

438

01:13:46.710 --> 01:13:57.420

Jeffrey Smith: which can give us a lot more return on our investment

than just protecting the microbiome because when we understand that the nature of nature is precious.

439

01:13:58.140 --> 01:14:12.180

Jeffrey Smith: And is awesome and is part of our health, our future and our legacy, then we can gain a lot more benefit from that new relationship, and we will be the drivers.

440

01:14:13.170 --> 01:14:16.980

Wade Lighheart: beautifully said I had a during a recent meditation.

441

01:14:18.570 --> 01:14:32.610

Wade Lighheart: I saw my single life as a single cell in the human body or the organism of humanity throughout all of time, in other words 10s of thousands of generations before.

442

01:14:33.420 --> 01:14:44.160

Wade Lighheart: And 10s of thousands of generations to go beyond, and from that perspective, one can make sense of what appears to be a chaotic world.

443

01:14:46.770 --> 01:14:49.140

Wade Lighheart: I guess it comes down to intent.

444

01:14:50.520 --> 01:14:58.860

Wade Lighheart: What is the intent and how aligned, you can stay to your intention, when you come face to face with.

445

01:15:00.030 --> 01:15:15.330

Wade Lighheart: A fallible mind are all our minds are fallible to a certain extent we believe things that we think are true and are not true, we are presented with situations where we are in alignment with our values or we're not in alignment of your values and.

446

01:15:16.740 --> 01:15:19.230

Wade Lighheart: What are the incentives are.

447

01:15:21.180 --> 01:15:25.710

Wade Lighheart: to advance one's life or to preserve it as we're seeing.

448

01:15:27.870 --> 01:15:41.520

Wade Lightheart: It would seem that humanity right now is in an existential crisis, and that is, with the injection of radical technological innovation, which has happened in the last.

449

01:15:42.000 --> 01:15:53.910

Wade Lightheart: century essentially since the 1900s really was the explosion with electricity and trans communication across great vast distances in the in the interconnectivity of humans and the explosion.

450

01:15:54.390 --> 01:16:07.500

Wade Lightheart: Of the human population largely in part to medical science that allowed this explosion to happen, and then the complications from compromised medical science science moving away from its original intentions to preserve and protect life.

451

01:16:09.720 --> 01:16:20.280

Wade Lightheart: Do you see that these existential drivers are actually evolutionary pressures to a to a newer level of conscious and new understanding this new world.

452

01:16:22.410 --> 01:16:25.770

Wade Lightheart: Or are they just catastrophic in nature and hopeless.

453

01:16:27.450 --> 01:16:37.590

Jeffrey Smith: You know the flexibility of human spirit is remarkable as as the diversity of experience of humans on earth.

454

01:16:39.390 --> 01:16:53.490

Jeffrey Smith: I do see it as catalytic I do see even the the pandemic shutdown as an interesting shift towards a phase transition, I remember asking people.

455

01:16:54.030 --> 01:17:12.600

Jeffrey Smith: to three months into the shutdown even to even a month into it what's, the best thing you've noticed about this, and they say, well, I realized, based on my lifestyle, now that when I go back out there, I need to make a change, I need to I need to up level and in a chemical.

456

01:17:13.920 --> 01:17:23.700

Jeffrey Smith: tight ration curve you drop chemicals in nothing happens nothing happens nothing happens, and then the phase transition happens and then it levels out.

457

01:17:24.330 --> 01:17:38.400

Jeffrey Smith: The quality of the drops of the first flat stage make no difference, the quality of the drops, the last stage make no difference, the quality of the drops during the trait phase transition to determine how much transformation occurs.

458

01:17:39.450 --> 01:17:50.250

Jeffrey Smith: that we see as a as an advocate and activist, you can work real hard to get someone to want to make a change and they're resistant resistant and finally say Okay, I want to make a change.

459

01:17:51.000 --> 01:17:55.650

Jeffrey Smith: The quality of the information there is all important because that's going to determine.

460

01:17:56.130 --> 01:18:11.190

Jeffrey Smith: What they're going to do, are they just gonna avoid GMOs, I can avoid Roundup, or they just kind of like you know, take a vitamin and that becomes their new normal the information during the phase transition when they're actually making the change is critical.

461

01:18:12.330 --> 01:18:25.830

Jeffrey Smith: So I created a program called a magnificent new normal for that to help people get the right information during this time, but what I see is that this time now.

462

01:18:27.000 --> 01:18:33.990

Jeffrey Smith: Has people are we need to make a change, we need to make a change, it is absolutely critical, because the pandemic.

463

01:18:34.350 --> 01:18:40.380

Jeffrey Smith: And these existential threats have done the heavy lifting to get us to the point where people are saying yes, I will change.

464

01:18:40.590 --> 01:18:51.330

Jeffrey Smith: that's the point we wait for as activists as global educators that's the point where we get to celebrate with a new

relationship with the people we're talking to so that they establish.

465

01:18:51.810 --> 01:19:05.550

Jeffrey Smith: The highest level of transformation, so I see both the pandemic and the existential crises that we're facing as shifting to an openness and a readiness and a curiosity and a motivation.

466

01:19:06.540 --> 01:19:18.540

Jeffrey Smith: That it's now most of us that have information to give with you, giving your information me giving my information, those of us that have been studying and feel coveted that what we have is important, it is a critical time.

467

01:19:19.230 --> 01:19:26.160

Jeffrey Smith: to insert that into humanity, I also feel like human systems like natural systems all over.

468

01:19:26.610 --> 01:19:35.340

Jeffrey Smith: Are not linear and non local they operate as systems phase transitions happen in metal turning them into magnets happening.

469

01:19:35.730 --> 01:19:41.190

Jeffrey Smith: The heart turning the pacemaker cells into a whole beating heart, I think there's a leap.

470

01:19:41.610 --> 01:19:51.840

Jeffrey Smith: Possibility with human consciousness also and it doesn't mean we need 51% of the population to line it because that's not how phase transitions work in nature it's usually a lot less.

471

01:19:52.410 --> 01:20:03.390

Jeffrey Smith: So the capacity for a small number of people aligning themselves with high quality information and a time when the whole civilization is ready to make a change.

472

01:20:04.620 --> 01:20:06.660

Jeffrey Smith: Yes, I think this is an evolutionary time.

473

01:20:08.340 --> 01:20:14.250

Wade Lightheart: amazing where can people reach you connect with you follow your information and, more importantly, take action in their

own life.

474

01:20:15.000 --> 01:20:23.010

Jeffrey Smith: We have two different lists, we have the protection we have the protect nature now Institute for responsible technology.

475

01:20:23.610 --> 01:20:40.260

Jeffrey Smith: Those are responsible technology org protect nature now calm and then we have the live healthy be well podcast and sacred gradient movie and all that, so I would say, get both one is what the live healthy be well as like what can you do to.

476

01:20:41.280 --> 01:20:58.920

Jeffrey Smith: heal from the impacts of GMOs and Roundup detox rebuild repair the body, because that's what people want when they say yes to the to life in a new way, and then the other one is more advocacy and a lot of science, and you know contacting your your local or your elected officials, etc.

477

01:21:00.210 --> 01:21:09.000

Wade Lighthead: There you have it folks Jeffrey Smith on the cutting edge of the understanding of our role with genetically modified foods.

478

01:21:10.200 --> 01:21:19.950

Wade Lighthead: chemical agents with impact our microbiome and an avenue to express yourself in a responsible way as we move through this phase shift.

479

01:21:20.970 --> 01:21:29.850

Wade Lighthead: humanity is facing right now the challenges you face today are oftentimes the invitations to find the greatness within yourself.

480

01:21:30.420 --> 01:21:41.460

Wade Lighthead: I want to thank you for joining us today I want to thank all of our listeners, if you like, that smash it share it but, more importantly, take action don't just listen to it go in there donate to the cause.

481

01:21:41.970 --> 01:21:48.450

Wade Lighthead: start taking the 90 day program yourself implement the changes, because once you've implemented change within yourself.

482

01:21:48.990 --> 01:21:58.140

Wade Lightheart: You become change in the world, and that is a little bit of a paraphrase on one of my heroes Mahatma Gandhi who illustrated a tremendous amount of change.

483

01:21:58.380 --> 01:22:09.960

Wade Lightheart: In his life thanks so much for joining us today Jeff really appreciate it and best wishes for you in this mission it's a great and noble cause and I really appreciate your commitment to it, thank you for joining us today on the awesome health podcast.

484

01:22:09.960 --> 01:22:11.520

Jeffrey Smith: Thank you waiting safe eating everyone.