

Open Letter to All Local Food Growers–03/06/2010
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We in the "local real food" movement want to know how you grow your food, regardless of whether you are a large commercial grower or sell produce at farmers' markets or roadside stands.

Do you use pesticides? If so, which ones and on which fruits or veggies? If you sell "natural" meat, chicken or fish, do you use antibiotics, hormones, pesticides or genetically modified grains or grasses? We want this information on every product or posted in plain sight where you sell.

I acknowledge that some produce carries disease. Organic farmers have always known that all fresh food should be washed thoroughly and peeled if necessary. Real food, unlike all commercial beef, is never irradiated to "kill germs and make us safe." Radiation kills germs, and it also kills normal cells, rendering the product nutritionally useless.

I also know that air, and therefore earth, is highly contaminated with aluminum. Condensation "jet trails" that remain visible in the sky are not normal; normal "contrails" disappear quickly from the plane's path. These are "chemtrails," condensation from military (and maybe some commercial) jets, containing barium--an aluminum salt--among other toxins, which are ostensibly used for weather control and "global warming shields." Our snow is beautiful, but like rain, is poisoned. I am confident there will soon be solutions to heavy metal contamination.

Even though certified (or equivalent) organic food is more expensive at the moment, it will become more affordable as the price of commercial food rises. We all owe it to ourselves to consume food and drink that is as free of toxins as possible. Real organic food contains no pesticide, no commercial fertilizers, no hormones, no artificial sweeteners, no ill-treated animals and no genetically modified products. Real water is filtered and contains no chlorine, fluoride, pharmaceuticals or pesticides. We can reduce much chronic disease by eating and drinking real, honestly organic, food and water.

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