Common Environmental Toxins: Glyphosate, Sodium Benzoate & Your Health (Part 1) Transcript

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Introduction to the toxin series

Hello, Lisa Broyles here with Way to Hello, Lisa Broyles here with Way to Health MD. I just gave a lecture for my Health MD. I just gave a lecture for my community. I'm so excited about the community. I'm so excited about the topics that I realized I need to put topics that I realized I need to put this into a video series. So, I'm going this into a video series. So, I'm going to take the next three videos and to take the next three videos and explain common environmental toxins.

explain common environmental toxins.

Glyphosate exposure and health risks

Today, we're going to talk about Today, we're going to talk about glyphosate, which is Roundup, and sodium glyphosate, which is Roundup, and sodium benzoate. So, jumping right in, benzoate. So, jumping right in, glyphosate, that is Roundup. We spray it glyphosate, that is Roundup. We spray it on our lawns, we eat it in our on our lawns, we eat it in our non-organic food. What's the big deal non-organic food. What's the big deal with glyphosate? Okay, so farmers, farm with glyphosate? Okay, so farmers, farm workers, people that are directly workers, people that are directly exposed to heavy amounts of glyphosate, exposed to heavy amounts of glyphosate, we have good studies proving that they we have good studies proving that they do have a 40% increased risk of do have a 40% increased risk of non-Hodgkin's lymphoma, a 40 as well as non-Hodgkin's lymphoma, a 40 as well as acute myeloid leukemia. So, we do know acute myeloid leukemia. So, we do know that there are some blood disorders that that there are some blood disorders that are associated with heavy glyphosate are associated with heavy glyphosate absorption and exposure. Now, you're absorption and exposure. Now, you're going to say, "Well, I don't I'm not a going to say, "Well, I don't I'm not a farmer. I am not exposed to heavy farmer. I am not exposed to heavy amounts of these chemicals. What about amounts of these chemicals.

Glyphosate, brain effects, and avoiding exposure

What about me?" Well, we also have studies showing me?" Well, we also have studies showing that pregnant women, okay, that that pregnant women, okay, that glyphosate crosses the placenta and it glyphosate crosses the placenta and it affects the neurocognitive development affects the neurocognitive development of the fetus. Okay, we also know that of the fetus. Okay, we also know that glyphosate crosses the blood-brain glyphosate crosses the blood-brain barrier. So, it's in the bloodstream, it barrier. So, it's in the bloodstream, it crosses into our brain tissue, and it crosses into our brain tissue, and it increases amyloid deposition. Amyloid is increases amyloid deposition. Amyloid is what causes Alzheimer's, people. This is what causes Alzheimer's, people. This is a big deal. Glyphosate increases a big deal. Glyphosate increases amyloid, which increases cognitive amyloid, which increases cognitive decline and leads to Alzheimer's. Direct decline and leads to Alzheimer's. Direct correlation. So, we also know that correlation. So, we also know that there's other issues with glyphosate there's other issues with glyphosate with uh cognitive impairment. We found with uh cognitive impairment. We found that it impairs recognition memory. And that it impairs recognition memory. And there's an area of the brain that's there's an area of the brain that's first affected when you're starting to first affected when you're starting to have cognitive decline called the have cognitive decline called the hippocampus. So, we see direct in hippocampus. So, we see direct in increase in inflammation in the increase in inflammation in the hippocampus from glyphosate. It also hippocampus from glyphosate. It also decreases acetylcholine. And decreases acetylcholine. And acetylcholine is what your brain needs acetylcholine is what your brain needs to think, to transmit signal from cell to think, to transmit signal from cell to cell. Exposure to glyphosate does to cell. Exposure to glyphosate does cause cognitive impairment. So, how can cause cognitive impairment. So, how can we avoid exposure? Eat organic. I have we avoid exposure? Eat organic. I have an example here. Here we have an example here. Here we have non-organic bananas and organic bananas, non-organic bananas and organic bananas, okay? So, the truth is, if you peel your okay?

Sodium benzoate and benzene formation

So, the truth is, if you peel your banana, you're not going to get the banana, you're not going to get the glyphosate that's on the outer skin of glyphosate that's on the outer skin of this banana. However, what about those this banana. However, what about those farm workers? So, by eating your organic farm workers? So, by eating your organic banana, you are supporting companies banana, you are supporting companies that are not spraying their farm workers that are not spraying their farm workers with glyphosate and giving them with glyphosate and giving them non-Hodgkin's lymphoma.

non-Hodgkin's lymphoma. Okay, we're going to talk about sodium Okay, we're going to talk about sodium benzoate. Sodium benzoate is a common benzoate. Sodium benzoate is a common preservative in beverages, in foods, in preservative in beverages, in foods, in shampoos, lotions. We have a shampoos, lotions. We have a um lotion here. We have a shampoo. Both um lotion here. We have a shampoo. Both of these contain sodium benzoate as a of these contain sodium benzoate as a preservative.

preservative. preservative. What's the deal with sodium benzoate? What's the deal with sodium benzoate? So, sodium benzoate in of itself doesn't So, sodium benzoate in of itself doesn't harm you. However, when sodium benzoate harm you. However, when sodium benzoate comes in contact with vitamin C, which comes in contact with vitamin C, which is called ascorbic acid, that is called ascorbic acid, that combination can create benzene, and combination can create benzene, and benzene causes cancer, okay? So, sodium benzene causes cancer, okay? So, sodium benzene has been associated with liver benzene has been associated with liver damage, kidney damage, genotoxicity.

damage, kidney damage, genotoxicity. That means that the benzene created by That means that the benzene created by vitamin C combined with that sodium vitamin C combined with that sodium benzoate actually causes your DNA to benzoate actually causes your DNA to mutate. That causes cancer, guys. That mutate. That causes cancer, guys. That causes neurodegeneration, causes neurodegeneration, neurotoxicity. So, we've got multiple neurotoxicity. So, we've got multiple studies showing that when you avoid studies showing that when you avoid sodium benzoate and food colorings, that sodium benzoate and food colorings, that has beneficial effects on the behavior has beneficial effects on the behavior of children with ADHD. So, sodium of children with ADHD. So, sodium benzoate, it's really hard to find stuff benzoate, it's really hard to find stuff that doesn't have it in it, okay? I that doesn't have it in it, okay? I managed to find one brand at my grocery managed to find one brand at my grocery store that did not have sodium benzoate store that did not have sodium benzoate and it was this Everyman Jack. Pay and it was this Everyman Jack. Pay attention. Lotion, I use Eucerin.

attention. Lotion, I use Eucerin. Eucerin does not have sodium benzoate in Eucerin does not have sodium benzoate in it. So, you've got to look at what's in it. So, you've got to look at what's in your products.

your products. Stay tuned next week. We're going to Stay tuned next week. We're going to talk about two more common environmental talk about two more common environmental toxins.