



## **Pesticides in Produce – Top 10 “Dirty” List**

<http://naturalmentor.com/pesticides-in-produce-top-10-dirty-list/>  
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Just how bad is the extent of pesticides in our produce?

Studies show that over 20 million Americans consume a total of 8 kinds of pesticides in just one day! Over one year that adds up to 2900 pesticides that we are consuming.

What are these pesticides doing to our health and our bodies? When a word has the suffix “cide” at the end of it.... we know it is meant to kill. Pesticides are developed to kill insects, fungus, bacteria and other things that feed on crops.

Seven of the most toxic chemical compounds known to man are approved for use as pesticides in the production of foods. Pesticides are a way to ensure that big farming companies make money at any cost...no matter how it hurts the environment of the consumers.

### **What are the Dangers from Pesticide Exposure?**

Pesticides can be toxic to humans and animals. It can take a small amount of some toxins to kill. And other toxins that are slower acting, may take a long time to cause harm to the human body.

Children seem to be greatly susceptible to the toxic effects of pesticides. The Natural Resource Defense Council has collected data which recorded higher incidence of childhood leukemia, brain cancer and birth defects. These results correlated with early exposure to pesticides.

What you also need to understand is that toxins from pesticides can remain in the body and build up in the liver. And, even at “safe” levels your reactions can be mild to severe. High levels of exposure can be fatal.

### **How do you know if you’re going to be ill?**

You don’t! You don’t really know how your body will react to the toxins until it happens.

Several factors determine how your body will react including your level of exposure, the type of chemical you ingest, and your individual resistance to the chemicals. Some people are unaffected or are mildly affected, while others become severely ill from similar levels of exposure.

### **Some possible reactions are**

- Fatigue
- Skin Irritations
- Nausea
- Vomiting
- Breathing Problems
- Brain Disorders
- Blood Disorders
- Liver & Kidney Damage
- Reproductive Damage
- Cancer
- Death

### **Produce containing the highest level of Pesticides**

The Environmental Working Group (EWG) conducted a study on 42 produce commonly sold in stores. There are certain produce items that contain the highest levels of pesticides. Avoiding these crops can reduce your pesticides consumption levels by as much as 90%.

1. Peach – It was loaded with the highest amount of pesticide among the 42 fruits and vegetables tested by EWG

2. Apple – Apples are sprayed with Alar. Alar is a chemical that regulates growth. Alar has been shown to contribute to an excessively high risk of cancer.
3. Sweet Bell Pepper – It can be contaminated with the pesticide Imidacloprid 80% of the time. Imidacloprid is an insecticide that acts on the nervous system of insects.
4. Celery – The amount of pesticides present in celery is shocking. Non-organic celery is sprayed with approximately 67 different pesticides
5. Strawberries – Non organic strawberries contain 65 registered herbicides, pesticides, and fungicides. Methyl bromide is usually used as pesticides in strawberries. It is poisonous and damages the nervous system
6. Cherries – Shown to be 90% pesticide laden. Cherries grown in the US contain three times more pesticides than the imported ones
7. Nectarine – A total of 33 different pesticides were detected inside some samples of nectarines.
8. Lettuce – Lettuce has multiple nutritional benefits, however non-organic lettuce also contains a lot of pesticide residue.
9. Grapes – Grapes are rich in manganese, phytonutrients, carotenoids and flavanols. But alongside these health benefits is the possibility of ingesting Pyrimethanil when the grapes are not organic. This is a post harvest fungicide that is a prevalent residue in imported grapes.
10. Kale – A typical non-organic sample contained 10 pesticides.

Make Sure to Buy Organic as Much As Possible

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### **Marilyn Information**

It is important that we soak all produce in a product designed to remove as many pesticides and herbicides as possible. I also soak meat, chicken, fish and dried vegetables and lentils. I soak for five minutes and rinse thoroughly. I am lucky to have an area in my home where I can lay the produce on a clean tea towel on a table in the sun to dry. It is important that you dry the vegetables before storing away otherwise they will go mouldy. It is time consuming and a nuisance but to me a necessity to ensure that we are eating as wisely and healthily as possible.

### **My Experiences:**

- I have had a layer of black mould form under the skin of onions. I generally take the top layer off and wipe the mould off with a paper towel before storing away.
- Banana skins that have turned black – I throw these away.
- Button Mushrooms that turn black – I throw these away.
- Carrots that developed big brown streaks. I had these tested on a machine and found that they contained nematodes. Nematodes if ingested continue to grow inside you. I threw these away.

My suggestion to you is that if the produce shows a high sign of reaction to the soaking then I believe that this produce is suspect and I just don't consume it but throw it away. I never put this produce into our compost.

### **What I use**



Filling your diet with fresh fruits and vegetables is a good thing. But filling it with herbicides, pesticides, and germs is NOT! That is the science behind OrganiCleanse. We have utilized natural, Sisel Safe® ingredients that agitate, breakup, and remove 99% of these unseen chemicals and germs safely, leaving your produce clean and ready to enjoy.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

### **To Purchase this Product**

[Click this link to take you to the site.](#) You have two options to purchase and both options are the same price:

1. [Customer purchasing for their own use](#)
2. [Person wishing to use this to start a home based business.](#)

### **My Details**

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