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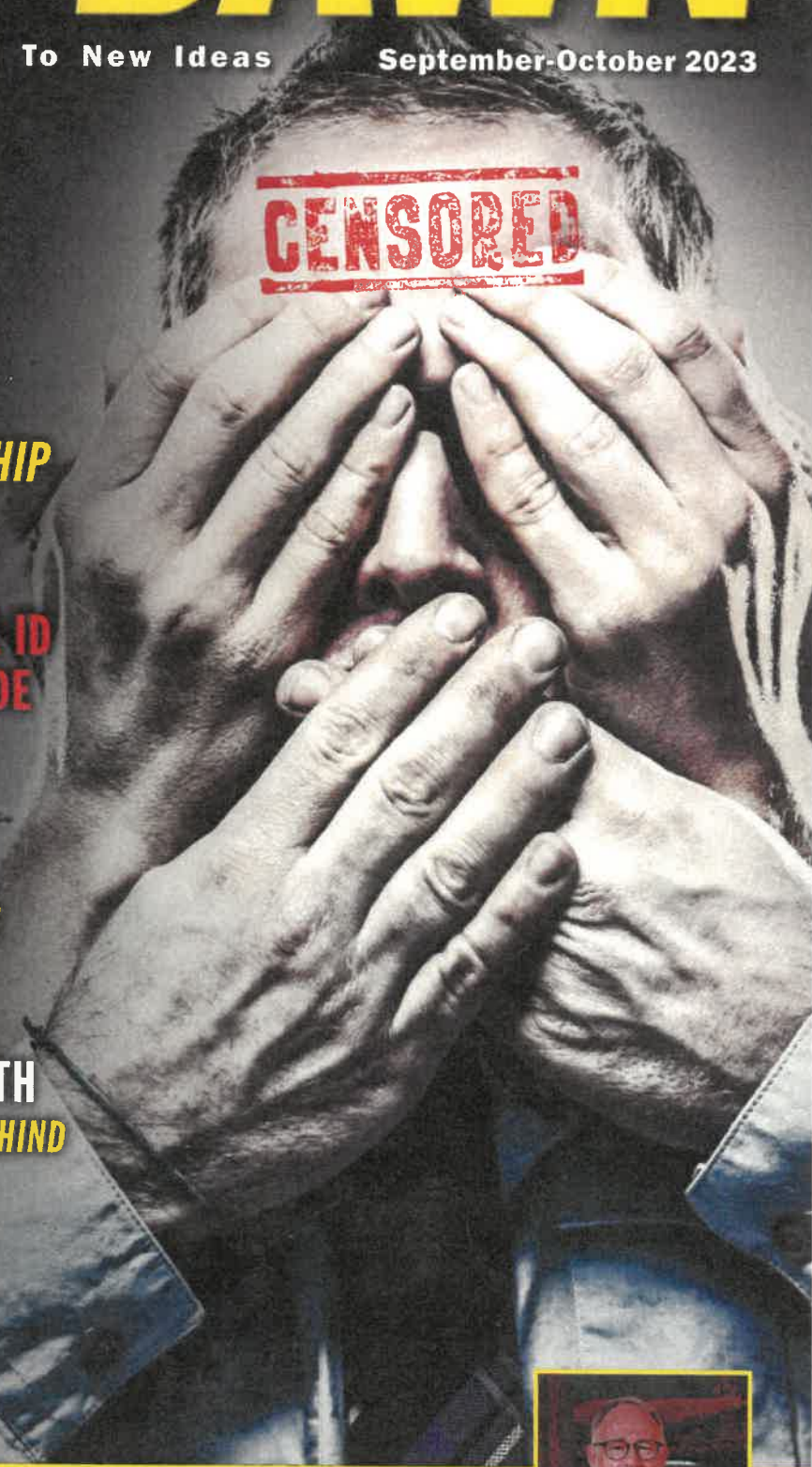
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**GRAHAM HANCOCK, ANCIENT APOCALYPSE
& THE VAST, INCREDIBLE SAUSAGE MACHINE OF GROUPTHINK**

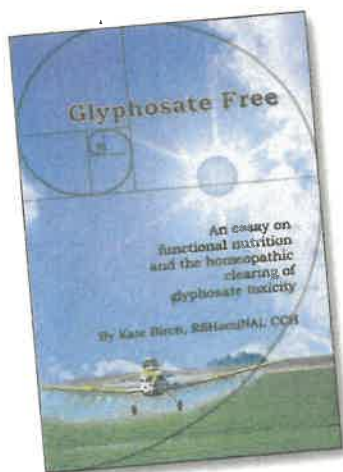


GLYPHOSATE FREE AN ESSAY ON FUNCTIONAL NUTRITION AND THE HOMEOPATHIC CLEARING OF GLYPHOSATE TOXICITY

By Kate Birch, RSHom(NA), CCH
266 pages, paperback

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This book begins with the chemistry of Glyphosate. It is essentially an amino acid, Glycine, attached to a phosphate molecule; the resultant molecule is named Glyphosate.

Sounds simple, right? Well, as you read further, you learn that Glyphosate seeks out situations where amino acid Glycine is normally used, for example, DNA and RNA transcription, protein and enzyme synthesis, and collagen formation.

It then disrupts the Shikimate-acid pathway, a seven-step metabolic process for making Glycine dependent enzyme, 5-enolpyruvyl shikimate -3-phosphate synthase,

(EPSP). Glyphosate competitively inhibits another enzyme, phosphate ester 2-phosphoenolpyruvate (PEP), essential for photosynthesis. Glyphosate shuts down the EPSP synthase pathway and photosynthesis.

The discovery of Glyphosate-resistant EPSP synthase in *Agrobacterium* strain CP4 enabled the scientists to modify several cash crops using genetic information for Glyphosate resistant CP4 EPSP synthase. This tinkering paved the way for spraying crops with Glyphosate to kill weeds and pathogenic bacteria without killing the main crop.

Farmers worldwide signed onto buying genetically modified seeds that are resistant to the weedkiller Glyphosate and started using the poison to kill weeds in their crops.

Kate Birch has written a powerful book on the important topic of Glyphosate to educate us about its toxicity. You will need your full attention to be focused on this book. Glyphosate is used everywhere – in sports fields, pastures, agricultural lands, animal husbandry, roadsides, and gardens.

With such global usage, Glyphosate is found in all commercial crops

(both genetically modified and non-modified), processed foods, commercially grown meats, eggs, and dairy. Our groundwater, rivers, oceans, and aquatic life forms are contaminated with Glyphosate. It is present in vaccines, cotton, honey, tobacco, pet foods, and even organic foods grown or processed too close to commercial crops.

Via our food and water, this poison seeps into us to disrupt our

internal and external biome, resulting in gut dysbiosis, folate deficiency, DNA/RNA dysregulation, and disruption of enzymes leading to nutritional deficiency and impacting hormones and neurotransmitters.

Studies indicate a correlation between the rise in autism and the increasing usage of Glyphosate. As shown in this book, the list of ailments is long indeed and can elicit a sense of gloom. Indeed, the Glyphosate problem is worldwide, and it is not going to go away with wishful thinking because this monster is fuelled, nurtured, and driven by giant agribusinesses that profit enormously from this toxic synthetic chemical.

Kate Birch is not into fear-mongering journalism. She is a healer at heart and by profession. Instead of leaving you saddled with information about the ill effects of Glyphosate toxicity, she successfully lays out a straightforward plan in chapter 11 on how to alleviate the problem in seven steps: 1. Clean-up of food sources and exposure incidents, 2. Fasting and colon cleanse (see Chapter 19 for easy-to-follow tips), 3. Meal planning, 4. Nu-

tritional detoxification, 5. Mechanical support, 6. Glyphosate clearing protocol, and finally, 7. Vigilance towards future exposure to Glyphosate.

We can take these steps to help ourselves and our fellow beings. This section is truly the heart and soul of the book. It shows us a ray of light and hope, encouraging us to walk in the right direction. Practitioners dealing with clientele impacted by Glyphosate might consider handing out this chapter to clients so they can easily understand and implement life-changing routines, practices, and habits.

Another strong feature of this book is that Kate has researched and formulated a homeopathic detox plan for overcoming exposure to and toxicity from Glyphosate.

She clarifies at the outset that classical homeopathy asserts there is only one disease at a time in an individual, and natural diseases elicit dysfunctions in multiple systems as one symptom that can be addressed with one remedy. However, Glyphosate toxicity is a man-made disease that produces multiple unrelated symptoms. Therefore, we may need a variety of remedies, sarcodes, nosodes, and cell salts, to address its effects fully.

A Glyphosate clearing protocol, a tautopathic approach based on ascending potencies of remedies made from Round-Up and Glyphosate, would be necessary too. In chapters 14, 15 and 16, the author details how to proceed with a homeopathic approach for mitigating the wide-ranging ill effects of Glyphosate on the human organism.

Kate Birch has personally experienced Glyphosate toxicity. This adversity gave her the mojo for in-depth research (each chapter has a long list of endnotes). She applies her insight to help her clients with Glyphosate toxicity, and this is evident in the illustrative cases from her practice.

Kate's narrative of her own experience suffering this toxicity and how she overcame it completes chapter 17. And a chapter with tips for fasting and colon cleansing is the icing on the cake.

The take-home message of this book by Kate Birch is that Glyphosate and its far-reaching impact on the biome is here to stay *but* we have time-tested, holistic, and natural self-help options, including homeopathy, available to enable us to reclaim our good health.

Kate, thank you very much for writing this excellent and highly educative book.

– Vatsala Sperling

