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## **JOHN'S CORNER:**

### **NEWS FROM THE WONDERFUL WORLD OF SOIL AND PLANTS**

*by John Ferguson*

Ever since a couple life changing experiences a few decades ago, I have been fascinated by the link between our soil, the plants we eat and our health. In our society today, we have hundreds of health problems directly related to toxic chemicals in our food, everyday products, and in the environment in which we live.

Many of our readers are familiar with the work of Mike Adams an investigative journalist whom is known as the "Health Ranger" and his e-publication Natural News. There is a tremendous amount of information is on his website [www.naturalnews.com](http://www.naturalnews.com). He has a cutting edge internationally certified lab that tests our food and common products for contaminates, heavy metals, and other toxic compounds.

Years of research and study is now combined in his new book, just released a few days ago.

Food Forensics - The Hidden Toxins Lurking in Your Food and How You Can avoid Them for Lifelong Health, Mike Adams, BenBella Books, 2016, ISBN: 978-940363288

In this book, Adams summarizes all the meticulous testing he has done on common grocery store items, fast foods, dietary supplements, spices, protein powders and much more.

He has tested over 800 foods doing the work the EPA, USDA and FDA has refused to do, sharing the information with the public so consumers can make informed decisions.

Adams reveals stunning, never before reported details of heavy metals found in recycled human waste used on crops and in parks, and he explains how industrial pollution causes mercury, lead and cadmium to end up in our food supply.



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The book is broken into three parts. Part 1 is on everything you need to know about toxic elements. It included heavy metals, chemical contaminates, food ingredients as contaminants and animal feed contaminates. Part 2 is on how we can naturally detoxify our bodies to remove the chemicals that are making us sick. Part 3 is data. This book is extremely well researched. In addition to his own testing, he lists over 1,000 scientific papers published in peer-reviewed journals.

"This book will forever change your view of food safety, regulation, and manufacturing. When you know what's really in your food, you can start making changes to protect yourself against serious diseases like cancer, all the while maximizing your natural defenses against infection and disease."

This book is highly recommended and a must read, for anyone concerned about their health and the health of their families and pets.

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