

No Farmers, No Food



Control the food and you control the people.

A quote by Henry Kissinger that no one paid much attention to. He's dead now, but the end game hasn't changed. There's a war on farmers, but the real war is on people.

American Farmland. Almost 15 1/2 million acres of farmland is owned by ten Americans, their families and King Ranch heirs (all with politics unknown) contrary to the belief that it was being bought up by nefarious actors. Small farmers, however, are being driven out of business because of onerous regulations imposed by the bureaucratic state using the "one size fits all" excuse of "climate change" (a subject for another time) and requiring unaffordable financial investments.

Destruction of Food Production Facilities Fires and explosions destroyed over 1,000 food producing facilities in 2022. Although the widely held belief that the destruction was deliberate has been vigorously denied by mainstream sources, the sheer volume of mayhem aligns with predicted food shortages.

European Farmers are experiencing restrictive EU agricultural policies and are protesting en masse, blocking major roads into cities and airports and spewing manure onto government buildings in Paris and Brussels, as well as building bonfires of burning tires. With their livelihood being threatened, farmers in the Netherlands, Spain, France, Germany, Portugal, Greece and Poland are pushing back...hard. The Netherlands, which is the largest producer of food in Europe, is forcing farmers to sell their farms and agree to refrain from farming anywhere else in Europe. The Dutch government has allocated \$1.6 B to buy out these farmers. The farmers have no choice. The Irish government is considering slaughtering 200,000 dairy cows to combat "climate change." American mainstream media is choosing to ignore what is happening to these farmers in Europe.

The Manipulation of the Food Supply is real threat. Whether it is the prospect of famine, substituting fake meat concocted in a lab for the real thing, the use of insect protein and the distribution of vaccines through fresh vegetables (already being tested at UC Riverside), the freedom to eat healthy, natural food is under attack.

States Are Fighting Back Some states are taking steps to protect their people. Florida just signed a bill banning fake meat and prohibiting the sale of land to foreigners. Alabama has banned the sale of fake meat and other states are considering the ban in order to protect farmers. The media is referring to fake meat as "cultured" meat, in an attempt to manage perceptions. Governor Abbott of Texas has signed a bill with significant protections for rural landowners and agricultural operators.

The Bottom Line, however, is if you haven't yet stocked up on food and water, you should. If you haven't started a garden, it's time. If you've never grown anything in your life, go on YouTube and watch some videos on how to grow something you might want to eat when the going gets tough.

Vote Wisely not only for federal and state representatives, but particularly for your local critters over whom you have the most influence. Research their voting records. Promises roll off the tongue easily during election season, but past performance is the best predictor of future performance.

Who controls what you buy? 11 major corporations produce most of the products you buy. The majority of food is ultra processed, preserved and flavored by chemicals and responsible for the obesity that is ruining your health. It's actually a trick question. **YOU** control the food you eat, but these companies and their brands don't play fair. To increase their profits, they spike them with additives produced in labs to extend shelf-life, enhance their taste with sugar, excessive salt and lab-created chemical flavorings. They require little (often a few minutes in the microwave) or no preparation other than tearing open a bag or popping a tab and are largely devoid of nutrients. It's no coincidence that these additives are also addictive.



Breaking the Addiction to Ultra Processed Foods

- Eat as close to nature as you can.
- Grow your own food.
- Shop at farmers' markets.
- Buy organic, but with caution. Check the labels for hidden ingredients.
- Avoid GMO products (wheat, corn, soybeans, sugar beets, summer squash, apples, papaya, potatoes and the alfalfa fed to our food animals. Many countries do not allow our GMO products to be imported.
- Read labels. Become familiar with the names of non-food additives. They don't sound like food.
- Learn to cook simple, but nutritious meals. In the long run, you'll be satisfied with less.