



## Fatal Conveniences™: Not Washing Your Produce

### [00:00:00] Intro to Fatal Convenience – Not Washing Your Produce

Darin: Pesticides, fertilizers, toxic chemicals, dangerous microbes. This is just a small taste of the particles that may be lurking on your produce. Especially if you buy conventional fruits and vegetables from the grocery store, taking a bite out of the unwashed apple or pear or strawberry could introduce these harmful toxins into your body, which could wreak havoc on your health. Taking just a small extra step to thoroughly wash your produce before eating could make a huge difference to you and your kids. We are going to go through all the dangers of not washing your produce before consuming it, how to wash it properly, and which fruits and vegetables have a higher risk of contamination. So you can get all the nutrients your body needs without the nasty stuff it doesn't.

### [00:01:04] Podcast Intro

Darin: Welcome to Fatal Conveniences™ where we address the things, we may be doing in our daily lives that are actually harming us. And in some cases, slowly killing us, tap water, Teflon, caffeine, blue light, food additives, you name it. We dive into it. We take a critical look at everyday products that really are affecting us and our bodies and the environment and how we can avoid them and find a solution. So, let's dive in.

### [00:01:49] The Dangers of Conventional Produce

Darin: So, today's fatal convenience is not washing your produce. Yeah man. If you are eating conventional foods, they are being blasted with pesticides, not to mention during the growing process, but certainly right before harvesting, they usually blast them with even more. So, if you have conventional, if you are still eating conventional foods, you want to listen up and also drift happens. So also organic farming and if you are buying organic, there still can be a trace amount of pesticides and herbicides in your organic produce, right? So keep in mind, it's not 100% protected if it is organic. So, you still want to wash, pasture and crop land occupy 50% of the Earth's habitable land, crop land techniques preserve and restore critical habitats while protecting water sources if they are well managed. However, it's not the case for the majority of the food crops, unsustainable agriculture results in several impacts on people's health and that's what we have to understand it affects us and the environment. Whenever it's affecting the environment it's affecting you, whenever it's affecting you, it's affecting the environment. I really want you to understand that. If we divorce nature, it is a laundry list of consequences, side effects, all of these things. Why do drugs always have side effects? Because it does not have nature in mind, it does not have health in mind. It is outside of that, trying to provide some sort of remedy to an already list of symptoms that you haven't quite gotten to. But I digress, what happens with conventional growing. It has unmeasured use of pesticides, fertilizers, and toxic chemicals that poison the food and poison fresh water and contaminate the Marine air and water ecosystems, that's the reality. What the hell are we doing? Right? And so they all say, well, we need food for everybody.



Darin: There's a lot of different ways to create food and food forests. We already know that we know this, but we continue to do this same stuff. These chemicals are disruptive and they disrupt your immune system and your hormonal system as humans and the wildlife. Nowadays, our food is exposed to a variety of these harmful chemicals, microbes, and contaminated dirt and arrives in your home and this is why we are talking about it.

### **[00:04:48] A brief history pesticide use on fruits and vegetables**

Darin: Just a little bit of history. I mean, yes, they were using non-chemicalized pesticides before, but that was human understanding. Different plants produced different chemicals and when you grow properly, it can support the ecosystem. Permaculture methods, regenerative agriculture methods have proved this over and over and over again, understanding nature's balance. But certainly in 1939, DDT was presented as an extremely effective insecticide. Yep, killed everything but it had a huge amount of consequences. It was then discovered that the fish eating birds because of all of this runoff and exposure stopped reproducing and it presented a huge threat to the biodiversity and it's still going on today. It may not be DDT because DDT is now banned, but it's only banned in 86 countries, which is crazy because it's so toxic to us animals and the environment but here's the gnarly thing. We still do this stuff. We just ban one and produce another and we don't test them, we keep doing it. Materials and practices are still used, including synthetic fertilizers, glyphosate, genetically modified organisms in seeds. What are we doing? Come on. This is common sense. People. It affects the soil, the sewage, the fertilized, synthetic pesticides, pest control chemicals, irradiation to preserve the food. It is insane what we are doing or to eliminate other diseases we spray it again.

Darin: It's a continuous loop of the chemicalization of our food. We are trying to genetically engineer and then we are trying to have more and more pest resistance because again, the plant gets weaker, the soil gets weaker, and then we are in this whole host of superbugs and challenges that we never can get control of. Because nature, ladies and gentlemen is infinitely more powerful and resilient than our stupid chemicals that we keep creating. Why the hell are we still doing this? So, getting back to all of that, right?

### **[00:07:20] Why you need to wash your produce?**

Darin: So we are spraying all this conventional agriculture with infinite amount of toxins affecting our entire globe at this point. So the obvious getting back to this, if you are buying conventional anything, then wash your freaking vegetables. I don't buy any conventional anything anymore and I get it. There's a price to it, but there's also a price of not buying it. But getting back to this episode, you want to absolutely wash your produce if it is conventional and also organic, because you never know what has being sprayed next to the field. Many brands fail to include complete information and constantly use confusing names to prevent us, us as people from actually knowing what's on their food and what has been exposed to it. So we need to absolutely wash and please save up and maybe sprout your own food or create a food garden, whatever, you know my stance on this, we need to have



common sense. Supermarkets and stores are not mandated to disclose the origin of their products, the data around the number of toxins that are sprayed on your food. This is a crime, this shouldn't be, but it is again, do we have our best interests as humans? No, we don't. We have to take our own measures here.

Darin: So why should we care? Because 48 million people are sickened by food contaminated with harmful germs alone and foodborne illnesses include things like stomach crabs, diarrhea, vomiting, fevers, headaches, muscle aches, *Mysteria* is a big one. 70% of the non-organic fresh produce sold in the US contains residues of potentially harmful pesticides. That was by the environmental working group science team in 2022; pesticides by the way, act as endocrine disruptors, they neuter you. They neuter your children, they neuter the wildlife and that's what they do. This is not me making this up. This is in the science all over in it. We know what we are doing, but we keep doing it. So the reduction of semen quality, the change in the estrogen levels of women, decreased fertility, genitalia being altered, testicular and prostate cancer, early puberty, that appearance of cysts on ovaries, uterine abnormalities, breast cancer, pregnancy complications, and the list goes on.

Darin: Why are we using pesticides 2022, if not, just to affect more of us over and over. And if you say it's because of food, you do not have enough information. We are throwing away 50 to 60% of our food and we can have food forests all around the world that we start growing our own food. And we can have infinitely more yields if we use permaculture and regenerative farming practices, period. End of story. So we have all kinds of exposure to pesticides that can create serious health effects, respiratory tract infections, sore throats, cough, allergic reactions, skin, eye irritations, nausea, vomiting, diarrhea, headaches, loss of consciousness, extreme weakness, seizures, Parkinson's disease, asthma, depression, anxiety, attention deficit, hyperactivity, ADD, ADHD, extreme cases, death, that's it. That's in the literature people, pesticides are known to be a carcinogen and we are spraying our food with it, we are still doing it.

Darin: Do you hear me? We need to wake up. Don't be apathetic to this stuff. This is our children, this is our food. These are carcinogens that they are knowingly spraying on our food and selling it to us. These are linked to cancer, leukemia, non-Hodgkin's lymphoma. The list goes on and on and on. What the hell are we doing? So you get it. There's outbreaks all the time, it's doing all this stuff. It's not sustainable, it's insane. You know, that's why I do these fatal conveniences. We spend time the researchers and myself, we go over this stuff. We gather the data for you to make it out of your unconsciousness and bring it to the forefront of your consciousness so that you can go, wow, that does not make sense. I am not going to do that to myself or my family. And I am going to wash this stuff and I am going to do everything I can to grow my food, grow some herbs sprout, which takes a few cents and I am going to save my money and spend money on non-toxic food so that I can have health and vitality, damn it man, we need to do this.

**[00:13:09] The produce you should wash, and how to wash it**



Darin: The extremely simple solution here is wash your vegetables like crazy. Especially asparagus strawberries, blueberries, cucumbers, kale, onions, cranberries, lettuce, mangoes, sweet potatoes and it keeps going. Those are the big ones. Okay, this is directly from USDA reports and from the FDA; wash your hands for 20 seconds and warm water and soap if damaged or bruised, cut away the damage because that can get sucked into the fruits or vegetables, rinse all the dirt away and bacteria and gently rub. You can use things like some organic vinegar, you can use ozone water. I know therafarage.com has an ozone machine that can be put in water. And you just dump those in and the high amounts of oxygen eliminate those, clean your vegetables. Use a little brush, scrub that away, especially melons and cucumbers. All of those things wash, wash, wash, wash, wash, okay. And then, like I said, support organic, support local, understand your farmer, understand where that stuff and put seeds in the ground.

Darin: Okay, my good friends at Food Forest Abundance.com. You can learn and grow your own food and then no problem eating some dirt. Good for you, right? So that's it. It's all out of love, revealing the challenges that we seem to be apathetic towards. Raise the attention, wash your vegetables, save your money so you have more nutrients per bite of organic and regenerative and biodynamic and permaculture food and grow your own food. That's the goal, if you can't do it now, start sprouting, wash your vegetables. We have a way, there's, see chaga agrees at a boy chaga. So from chaga and my new German shepherd Ella, we love you. Stay happy, stay healthy and know that we always, always, always have a solution. Love you.

#### **[00:15:40] Podcast Outro**

Darin: That's it for today's Fatal Conveniences™. Thank you so much for tuning in. If you want this valuable information and email form, you can sign up for my fatal conveniences newsletter at fatalconveniences.com. I send out an in-depth breakdown of what we covered in each episode, every Monday after an episode airs. And if you make any changes in your life or home from these episodes, I want to see them, tag me in your Instagram posts and show me how you are avoiding these harmful products and making better choices. It's awesome to see the impacts these episodes have. And I love seeing how creative my audience is. Remember small changes can have a big impact. Oh, and if you haven't had a chance to check out the interview I released earlier in the week, here's what you missed:

#### **[00:16:38] Snippet – How to Determine Your Goals in 12 Hours | Colin O'Brady**

I have come to think of life, sort of on a spectrum of one to 10, for all of us, one being our lowest, low moments. One being in that hospital room, getting burned in a fire. We all experience ones and 10 being the highest highs, the elation of falling in love or in my case, crossing Antarctica and having this great achievement that no one in history had ever done or number of other high highs. But I have come to realize that we only experience our tens because of the ones, not in spite of them. Not because we are hedging against them, but allowing ourself the potential to take some risks and fail along the way and get scraped up.