

Distended | Rob Scott

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The following are the first few pages of “Distended”
by Rob Scott

What we are eating, drinking and snacking on is mostly poison. No, not figuratively, I mean literally, it is an irritant to the body and our continual consumption is irritating the body over and over again, the very definition of cancer. You think not, why? Is it because you spend extra on organic foods? Or, better yet, are you a strict Vegan? Think you can't change it anyways so you don't need to question it? Do you want to continue living sluggishly or do you want to enjoy life actively, with vigor and energetic ability? Organically grown plant and animal, absent of chemical fertilizer, herbicides and pesticides is the answer. But the world has chosen to take a path of farming with poison, the only way that will be stopped is to buy the land and amend the soil. It is a \$20 trillion proposition for the United States alone.

The rich have the resources to effect changes to make the community a better place. They are obligated to employ their resources to be good stewards of the riches entrusted to them and to continuously improve the community as part of the social contract they hold with those around them. Because they often do so little to improve the community where they extract wealth from, they are violating the social contract, and they are responsible for the lack of engagement to make things better for others, to give back wealth for the good of the community. Instead of just collecting rents on properties, they should be building and improving destinations to be.

The top 1% of Americans own \$50 trillion

1 | The World Today

There are 911 million acres of farms in America. 318 million of those acres grow crops. Over 180 million of those acres grow just one kind of genetically modified version of those crops. Americans consume mostly processed foods, the inputs of which are almost always genetically modified grains, vegetables, fruits and proteins because they are created plentiful and cheap. The wholesale value of GMO corn is \$0.09 per pound. 784 billion pounds grown per year. This single \$70 billion dollar crop is processed into parts, packaged and sold in bulk. It is the largest crop part of the \$1.5 trillion food industry.

There is no longer any variety in our food-chain, out of a thousand varieties that exist for each kind of crop, we consume just one kind of banana, only one kind of corn, just one kind of every GMO grown variety of plant or animal. One kind has a specific quality to be grown in mass-quantity, low in vitamins, no minerals due to sterile soil from chemical fertilizers, very high starch, and genetic resistance to herbicide and pesticide. We eat several kinds of corn products; tortillas, corn chips, cereal, canned corn, frozen corn; yet it is all made from the exact same, genetically modified nutrition diminished kernel.

The human body's natural response to consumption of foods devoid of nutrition is to store the captured calories as fat. Consuming less does not eliminate the response, the body

still reacts and tries to store away all that it can. If nutrition were detected, the body would process it, break it down into amino acids and absorb them through the small intestine and carry them to the cells where it is used as fuel to power the body.

Processed foods look appealing, taste good, but there is very little sustenance within them, the calories are high but empty, the body cannot detect nutrition, it is duped into the assumption that if it tastes good, that it must have some benefit, yet it only breaks down into fatty acids and is stored away for future nutrient need. It all started in 1809 when Nicholas Appert invented the technique for hermetic bottling to preserve food for French militia. In 1864, Louis Pasteur invented pasteurization and further advanced food preservation. World War I caused widespread malnourishment across Europe and processed foods became laser-focused on providing protein-rich, energy-dense, and vitamin-fortified foods to large sections of the population. After World War II and the Cold War, new technological innovations in the processed food industry, such as spray drying, plate evaporators, freeze-drying, juice concentrate, artificial sweeteners, coloring agents, and various preservatives such as sodium benzoate, ushered in a new era of food types in people's diets. The second half of the 20th century saw a steep rise in convenience across North America and Western Europe. Middle-class mothers and working wives were the prime target market for most food processing companies. Processed foods saw their best success in juice concentrate and the so-called TV dinners. Marketers used the

perceived value of time to sell their convenience foods to the postwar population to great effect. In the 1970's food processing became more complex with processes, such as heating and boiling, which increased the overall safety but dramatically reduced vitamin content. Water-soluble vitamins, such as vitamin C, are especially susceptible to heat treatments. For instance, up to 40% of the vitamin C content can be lost while boiling peeled potatoes. The total vitamin loss will be dependent on both the heating time and temperature. The process of blanching the vegetables for a few minutes, followed by freezing, drying, and canning, will retain some of the vitamins and minerals. Refined grains, like white rice, pasta, or bread will contain lower levels of dietary fiber, as well as decimated amounts of vitamins and minerals than their whole-grain alternatives. These can, however, be added back after milling by a process known as enrichment. In other instances, food processing can also make nutrients more readily available for our consumption. Vitamin B3 (Niacin) in corn is not nutritionally available unless the corn has been soaked and cooked in limewater.

The preparation of food for the masses is processing of food and as it is cooked, prepared and packaged it is stripped away of the nutritional goodness with each step. Today, most chain restaurants utilize processed foods as their standardized menu offerings. Italian restaurant chains Carrabba's, Olive Garden, Johnny Carino's; they don't take raw wheat, mill it, manufacture pasta, steep tomatoes into sauce, they don't make bread; rather they buy in mass quantities cases of pasta, number ten cans of tomato sauce and frozen

logs of dough, all at the very least cost. Everything is processed, nutrition is discarded all along the way, the end result is a meal that has ample amounts of sugar and salt, taste but not nutrition. These chain restaurants don't make food, they simply assemble it from boxes and cans. You have to go back to the early 1800's, before the Industrial Revolution, where food was actually made, in order to achieve variety in grains, vegetables, fruits and proteins and when eating food actually sustained the consumer. Back then, farms were the basis of the community, houses were arranged around farms and the food produced sustained the community.

The approach of big farming failed us, they took smaller farms and adulterated them, they took all the varieties of crops and livestock and desecrated them, by selecting just one kind of each crop or species, grown in massive quantity, risking all on just one genetic mutation, applying herbicides and pesticides, believing that nothing and no one would disrupt the new world order.

We only eat one kind of banana, the Cavendish, it has no seeds, it is a monoculture, vulnerable to disease, fungus, mutation and commercial extinction. Out of over a thousand known varieties of bananas in the world, the world eats only one kind. You cannot grow one from a banana, it can only be grown as a clone of another banana plant. The world consumes just one kind of corn, *Bacillus thuringiensis*; also known as dent corn, because of the dimple that exists on the kernel when it has dried; a genetically modified organism

(GMO) that is processed into sweeteners, foods and drinks but mostly consumed by livestock; cows, pigs and chickens. There is just one kind of soybean; the Glycine Max; a Roundup-ready, pesticide absorbing kind that is primarily used to feed livestock. 95% of all potatoes grown in America are Russet, a GMO variety. The world grows just one kind of canola, a GMO roundup-ready, herbicide resistant kind used to make cooking oil and margarine. Only one kind of alfalfa is grown, a GMO variety resistant to herbicides, so it can be sprayed directly with poison for weed control and is predominantly fed to dairy cows. 50% of all apples are GMO; Granny Smith, Fuji and Gala such that they resist browning when cut into or sliced. 60% of all granulated sugar come from one kind of sugar beet, resistant to herbicide poisons sprayed on them to control for weeds.

The world uses one kind of herbicide, Round-up, or Glyphosate, a highly cancerous molecule Monsanto developed and patented in the 1970s, and marketed it as Roundup since 1973. It retained exclusive rights to glyphosate in the US until its US patent expired in September 2000; in other countries the patent expired earlier. The Roundup trademark is registered with the US Patent and Trademark Office and is still extant. However, glyphosate is no longer under patent, so similar products use it as an active ingredient. Monsanto also produced seeds which grow into plants genetically engineered to be tolerant to glyphosate, which are known as Roundup Ready crops. The genes contained in these seeds are patented. Such crops allow farmers to use glyphosate as a post-emergence herbicide against most weeds. Since June 2018

Bayer has reached approximately \$11 billion settlement with 11,200 plaintiffs. Since then, over 42,000 more plaintiffs have come forward claiming the product caused their cancer. As of 2015 the product was used in over 160 countries. Roundup is used most heavily on corn, soy, and cotton crops that have been genetically modified to withstand the chemical, but as of 2012 glyphosate treated approximately five million acres in California for crops like almond, peach, cantaloupe, onion, cherry, sweet corn, and citrus.

The world consumes glyphosate daily in the foods we eat, our food is grown with massive applications of the poison directly onto the crop. If you think you are not consuming it, because you choose to eat only organic foods, then be advised that the animal feed given to the livestock is all poisoned as well, the corn, alfalfa and soybeans are grown for the feed to give to livestock and you are eating it every day. If you think becoming an organic vegetarian eliminates the problem, you are mistaken. Glyphosate is a molecule that is everywhere, in the water, within soil, detectable by levels above regulatory limits everywhere it is monitored across the entire globe.

2 | A Bad Plan

“One ear of GMO corn is identical to every other one and contains 800 kernels in sixteen rows,” Jeremy stated, “It is not like what it used to be. Corn used to be called Teosinte, a tall grass with a few kernels on it. But genetically, deep down, corn is not very different than the grass it used to be. The fungus, *Puccinia sorghi*, or corn rust and *Puccinia polysora*, or southern rust will decimate a GMO corn crop. Southern rust is the most aggressive as it overseasons on its host and depends on wind dispersal of spores to spread into areas where it cannot persist between seasons. Most rust diseases, including common and southern corn rust, are usually caused by parasites that require living plant tissue in order to survive. Thus, these pathogens cannot survive the winters in Nebraska, Iowa and Illinois. Rust fungi only require six hours or more of either relative humidity above 95% percent or leaf wetness for spore germination and infection. One ear of corn affected by southern rust will only produce about 100 kernels. When a bushel of corn is expected to produce 80,000 kernels and it only yields 10,000 kernels, there are going to be a lot of hungry livestock out there. The most effective way to combat southern rust is with a fungicide made of *Sphaerellopsis* but it is very expensive. After several fungal blooms with light applications of fungicide, people have been able to produce a strain of southern rust resistant to fungicide. All it takes is the car windows rolled down on a lightly rainy night and a few cups of spores dispersed into the air along a corn patch to set off the reaction. In a matter of a couple weeks, the entire crop, thousands of acres, is infected. All we need to do is drive

around at night and disperse the spores. Most GMO corn (in bushels) is grown in Iowa and Illinois, there are miles and miles of corn all out in the open, no fences around them and roads running for miles and miles within the fields.”

“Jeremy, what people made fungicide-resistant corn rust? How do you know them?”

“Just some guys on a blog page devoted to a better way to grow food.”

“Have you met them, in person?”

“No, not yet.”

“Okay, don’t meet them. And why do you want to spread diseases on corn crops anyways?” asked Tricia.

“To break it”, Jeremy said, “Because it is a bad system.”

“But why destroy the corn crop? What does that prove?”

“Because it will force change, it will make them have to change the way they grow, it will place a huge spotlight on farming and will force questions to be answered about GMO and the bad system that it is.”

“But only you say that it is bad, how are you going to prove that it is bad, and what if you get caught making your point? You could be prosecuted as a domestic terrorist!”

“The point is to show them that you cannot rely on the GMO science to provide food to the world. The point is to show that it is a flawed system.”

“But how do you expect people to see that? Aren’t they just going to see the corn rust as an unfortunate act of God? I mean, yes, there will be less corn made available for the livestock, but how are they going to know the meaning of the whole thing? How are they going to know what it all means?”

“Look, nobody cares to study anything unless there is a reason to try to understand something. If there is a crop crisis, then they will want to try to figure out why.”

“And you think because a corn crop is destroyed people will want to find out the root cause and why it happened? You really think people give a crap? You don’t think it will just be dismissed as an anomaly? That people will just move along, unphased about the unknown problem?”

“But the fact that a crisis exists, there will be Podcasts, articles in journals, newspaper columns, and voices will be heard that are not normally given a chance to be heard. Local news stations will spur on the deeper delving into why.”

“So, what, you are going to record and broadcast Podcasts, write articles and journals and you are going to be heard?”

“Maybe. It could work.”

“But why do you have to destroy to get the soapbox? Just make the Podcast and write your articles.”

“Nobody gives a shit about the Podcasts and articles unless they feel like it is a problem they want to try and solve. If there is no visible problem, no one is going to care, and no one is going to listen or read anything about it.”

“Just write about it, that way you won’t go to jail.”

I hope you did enjoy reading the first few pages of “Distended” by Rob Scott. Please note all books can be located for sampling and purchase at:

<https://ereadery.com/lulu/index.html>