



THE FASTING PODCAST **WOW**: EPISODE 97 – 2021 Dirty Dozen & Clean Fifteen

EPISODE 97: 2021 DIRTY DOZEN & CLEAN FIFTEEN

The Fasting Podcast **WOW** (Wellness & Optimal Weight)



2021 Dirty Dozen & Clean Fifteen

Host: Julie Phillips, CNHP



New Report by EWG Non-Profit



DANGER



Pesticides are linked to cancer, ADHD, autism, Parkinson's & many more health challenges. GMO is also a major danger.

BUY ORGANIC!

- Environmental Working Group is a 2-decade non-profit 501c3 with the slogan “Know Your Environment. Protect Your Health” - published March 17 2021 “A Shopper’s Guide to Pesticides in Produce”
- 2021 report states that about 70% of non-organic samples tested positive for at least 1 pesticide. 90+ % of strawberries, apples, cherries, spinach, nectarines & leafy greens tested positive for 2 or more pesticides. Spinach 1.8 times more by weight than any other produce tested.
- Neonicotinoids banned in Europe may be harmful to fetus & children – found in potatoes, spinach, lettuce, cherries, watermelon & strawberries
- Sample of kale/collard/mustard greens had up to 20 different pesticides
- About 90% of citrus samples contained imazalil – fungicide linked to risk of cancer & hormone disruption – beware although not on dirty dozen list
- Per USDA & FDA, cleaning & peeling produce does not remove all pesticide residue – **CHOOSE ORGANIC whenever possible & clean well**



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2021 Lists

- 2021 “Dirty Dozen” (EWG):

- 1.Strawberries
- 2.Spinach
- 3.Kale, collard and mustard greens
- 4.Nectarines
- 5.Apples
- 6.Grapes
- 7.Cherries
- 8.Peaches
- 9.Pears
- 10.Bell and hot Peppers
- 11.Celery
- 12.Tomatoes

Note dried fruit from 2020 - RAISINS are worse than all on 2021 fresh list (avg 13 pesticides, 99% 2 or more) – even “organic” are at risk.



- 2021 Clean Fifteen (EWG):

- 1.Avocados
- 2.Sweet corn
- 3.Pineapple
- 4.Onions
- 5.Papaya
- 6.Sweet peas (frozen)
- 7.Eggplant
- 8.Asparagus
- 9.Broccoli
- 10.Cabbage
- 11.Kiwi
- 12.Cauliflower
- 13.Mushrooms
- 14.Honeydew melon
- 15.Cantaloupe



Possible Next Steps

- ✓ For questions or suggestions contact Julie@JPWOWPrograms.com
- ✓ **PLEASE Refer others** & check out our website that includes the slides for each episode, our favorite WOW natural products, a blog & the new WOW Lifeboat Freedom video system for income from the WOW natural products www.JPWOWPrograms.com



Stay Positive, Focused, & Determined Because Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

