

It's A New World: Will You Be Able to Save Your Family?

By Syndicated Columnist Cathy Harris

July 1, 2014

Over the last few years there have been a complete paradigm shift in this country and there have been many reasons for this. The question is how do we embrace this New World and survive and how do we save the people that we care deeply about?

FOUR BASIC FOOD GROUPS MISINFORMATION

When I grew up living on a farm and eating from the land and taking castor oil and black draught laxative, along with my 8 siblings, which were old folks remedies, the first time I ever went to a doctor was at the age of 19 for a physical to join the military.

Your goal should always be to eat foods for your blood type. Foods affects every area of your life, especially your mood, behavior, happiness and entire quality of life. The government and pharmaceutical industry had to start making sure that people got sick from a very early age especially children who have undeveloped and weak immune systems.

They initially did this by miseducating families on the 4 basic food groups. Now many people are finding out especially once you get entrenched in holistic and natural communities that you should not mix bread and meat and other foods together so the 4 basic food groups were put into place to keep people sick.

Face it the pharmaceutical industry is big business and as long as people are sick and going to doctors or buying over-the-counter medications, then the pharmaceutical industry makes a profit. Pharmaceutical companies profit greatly from treatments not cures and natural, low-cost treatments work but they also threaten profits.

When you really stop and think about it, vested interest groups, special interest groups, and corporations control every major industry! They have the deep pockets to affect all areas of government. Corruption is wide spread and it's all about keeping a billion-dollar industry in place.

Some of the events that have brought on this New World include:

GENETICALLY MODIFIED ORGANISMS (GMOs)

The number one way to depopulate the world is to force GMOs, also called Genetically Modified Organisms, Genetically Modified Foods, Genetically Engineered Foods, and Genetically Altered Foods on the entire world – and now today over 90% of foods (all processed foods or foods that have been altered) in U.S. grocery stores are now GMOs.

GMOs have been in this country for 20 years, however, over the last 3 to 4 years, it has taken a front seat especially in most holistic or natural communities and the number one battle today is to label foods as GMOs. Only one state, Vermont, has approved this so far.

For those of you who think the government is here to save us -- you are wrong! Three governmental agencies, Food and Drug Administration (FDA.gov), Environmental Protection Agency (EPA.gov) and U.S. Department of Agriculture (USDA.gov) have all given permission for GMOs to be grown and sold on the U.S. economy and to be imported into this country.

If you thought the government and Congress are here to protect the people from dangerous foods, think again. It's time to wake up from your mass media induced coma and face the fact that if you want to protect yourself and your children and their children from the deadly effects of Genetically Modified foods, you're going to have to do it yourself because the government and regulators have been either paid off or silenced -- so that biotechnology companies can earn huge profits.

We are at the mercy of biotechnology companies that stand to make billions of dollars from selling GM foods, and could lose billions if they are ever found to be dangerous. This is a very big conflict of interest! The biotech companies are essentially self-regulating -- just like the banking industry has been. That should be cause for great alarm!

If you sleep on this one, by the time the truth becomes known, it will be too late because the effects of these Genetically Modified foods will already be in the genes of your children and grandchildren. Just because people aren't dropping dead in large numbers yet -- doesn't mean that it won't happen in the near future.

The worst thing about these Genetically Modified crops and genes is that once they get into the wild, they will eventually contaminate all of the Non-genetically Modified crops -- so that at some point in the future, there will be no Non-genetically Modified crops in the world!

Once the Genetically Modified genes have contaminated all of the Non-genetically Modified plants, there is presently no way to remove these synthetic genes from the plants. We'll all be stuck with these toxic plants that produce toxic foods.

GM foods are causing multiple illnesses such as antibiotic resistant diseases; food allergies; toxins; digestive issues; nutritional issues; organ damage; reproductive disorders; miscarriages, infertility or lower sperm counts; immune problems; diabetes; high blood pressure; cancer; obesity; blindness; accelerated aging and especially brain issues such as autism and other birth effects such as kids born with smaller brains and low birth weight; brain cancer, mental illness, bipolar disorder, brain fog, MS, Parkinson's and Alzheimers.

GLOBAL WARMING

After losing his run for the President, Al Gore started to educate the country on Global Warming but even though many people laughed at him, today with all these erratic storms and what happened in Atlanta a while back and other places, many are now convinced we are seeing the results of what he was trying to teach us.

GREEN MOVEMENT POISONED THE ENVIRONMENT

When the Green Movement came on the scene, everyone supported it thinking it would help clean up the environment but instead it totally poisoned the environment. Not only are the new green tote bags that are sold in all establishments toxic but the biggest contributor that poisoned the environment was the green twisty light bulbs.

The light bulbs were supposedly created to help people save money because they would last longer but then we found out that not only did people die in China from making the bulbs because of heavy metal poisoning, but many people who put these bulbs throughout their homes today are coming down with heavy metal poisoning.

And don't break the bulbs in your homes, because if you do, you will have a toxic dump site right in your home. First there were recyclable bins to discard the new green bulbs but because of the downfall of the economy, people just stop caring and now the bulbs are thrown in with regular garbage.

In 2012, it was suppose to be mandatory for every home to use the new green bulbs and the old bulbs would stop being made but many states fought this. Now they are saying it will become mandatory in 2014 but many states and legislators are still fighting this. So if you switched to the new green bulbs – switch back ASAP.

CHEMTRAILS POISONED THE ENVIRONMENT

Today we are learning from many whistleblowers about the use of chemtrails and how it is contributing to poisoning the environment. The heavy metals from the Air Force planes that criss-cross in the sky and leave streaks of white foam not only gets into the water and food supply system but it's in the air we breathe.

So everytime you walk out your door, you are exposed to heavy metals which makes it imperative to clean up the air quality in your home by using natural products only because the air quality in most homes today are 2 to 3 times more toxic than the outside of most people's homes.

2007 HOUSING MARKET CRASH

What brought about a big change in this New World was the housing market crash of 2007, where you had everyone living in parks and on the other side of the street you had empty homes owned by banks. After the crash even those with good credit were

denied loans by banks and none of these banks were punished for setting people up to become homeless.

The housing market crash of 2007 was the worst housing crash in U.S. history. It was the cause of the financial crisis and this nearly caused the U.S. to experience another depression like the Great Depression.

According to latest statistics, 50% of people still can't afford their homes and many people who were underwater during the crash simply walked away from their homes. Homeless people do not just live on the streets anymore! They are living in hotels and with relatives and friends.

CORPORATE AMERICA DOWNSIZING/OUTSOURCING

Downsizing has changed the entire structure of the workplace and unless many employees that were downsized learned new skills, many today are still unemployable.

You have companies like General Motors that have outsourced 70% of their company in order to use cheap labor but the ending results have been faulty equipment where many people have died in their vehicles. Now they put a woman at the head of the company to try to fix the problem – so chances are she has been set up to fail.

DETERIORATION OF SCHOOLS

The quality of schools deteriorated when Corporate America started downsizing and outsourcing jobs. Most employees who were downsized with degrees ended up teaching school even though many of these people did not care about children.

They were simply there for a paycheck and because of their unions, it was hard to fire teachers. Many feel the reason some teachers do not care about the public school system is because their kids attend other institutions. Many public school teachers' children attend private schools.

Black kids continued to receive harsher punishment in schools and TV and other media entities continued to portray these students as criminals which gave them no hope of change. Because of GMOs many students lost the ability to learn, think or act so today we are left with over 60% of students that will drop out of school – 70% in some areas.

Over 60% of students who graduate from school – read at a 6th grade level (most read at levels 4 or 5 grades behind). If you can't read then you can't fill out a job or college application or start a business. Many of these kids can't write either especially since they took cursive out of schools.

PRISON INDUSTRIAL COMPLEX

The U.S. population is less than 5% of the world. The U.S. has two million people behind bars today -- more than any other country on earth. One fourth is locked up for drug offenses -- nearly half are African-Americans.

Black females are the fastest rising population being incarcerated in the American penal system. Nearly half of all women behind bars are there for drug-related offenses. And studies show that, unlike men, women are more likely to stay behind bars longer for these offenses. One in four women is now imprisoned for violent crimes, and half of them are African Americans.

The people being jailed are not part of the political system. They don't vote and are not knowledgeable about issues in the community. Judges, police officers, probation officers, lawyers, solicitors, zero tolerance, parental neglect, mandatory minimum, breakdown of the family, and poor education are causing kids to be jailed.

If kids are not reading by 1st grade or know their timetables by 3rd grade they are already behind and many will never catch up. If kids fail the 3rd grade especially black boys – many cities use these statistics to build prisons -- so schools are serving as feeders into the prison system.

On average, states are spending more on prisons than on higher education. It is sad that states are finding it easier to contribute to incarcerating our boys and girls. As long as funds are going into prisons instead of the educational system, schools will continue to serve as feeder systems into prisons. That means students will continue to be expelled and kicked out of school and end up in prison.

HOMESCHOOLING

Because of the quality of education today or lack there of, many parents are choosing homeschooling over sending their kids to public schools. In an effort to keep children from receiving mandatory vaccinations required for public school children, which many feel will cause autism rates to rise, many parents have chosen homeschooling.

However, because of the latest outbreaks of measles (at least that is what the media is telling us) the government is preparing to make it mandatory for all children to take vaccinations. Remember that vaccinations are medications and who profits from these vaccinations – the pharmaceutical industry.

MARRIAGE/HAVING CHILDREN

Oprah Winfrey had a popular show on TV for 25 years and because she chose to live with her mate, instead of marry him, many people followed in her footsteps. Many couples moved in and lived together instead of going to the altar and saying "I do."

Over 70% of black women are single mothers today and many are choosing it this way. Many single mothers today are electing to go to sperm banks to conceive rather than doing it the old fashioned way.

I remember a few years ago as an advocate and activist on the streets of Atlanta when many 15 year old girls were having babies. Now we see the results of those births. Since many children are only 15 years younger than their parents, they are not being reared in the correct manner by their parents. And unlike earlier years, even grandparents are not involved in their grandkids lives.

BULLYING IN SCHOOLS

When we grew up most of us never moved so we knew everyone from the first grade to the 12th grade. However, today because of the 2007 housing crash everyone were forced to relocate or move to other areas, and because of the lack of rearing and manners in kids today, many children are being bullied in schools.

GAY MARRIAGE

Within the next few months and years, gay marriage will be allowed in each state so this too has contributed to this new changing world by changing the entire makeup of families. Many states are even electing to open up schools just for gay kids because of all the bullying they are experiencing.

TECHNOLOGY

Because of technology, cyber bullying has become the new norm on many social networking sites. The 10 greatest tech inventions included the cellular phone, microwave oven, GPS, personal computer, digital music, computer mouse, internet, remote control, digital camera, and video conferencing.

I never thought I would be able to pay my bills by talking into a machine on the phone but today time and time again, people are being replaced with machines. Even factories are replacing people with robots so what does this really mean for those workers that think factory jobs will eventually return to this country?

It means that people will have to embrace new ways and look for jobs that are embracing this New World. It means that we need to try harder to help our kids become business owners.

Desktop computers, laptops, Ipads, cell phones and other hand-held gadgets can get you on the internet and many people are building careers around these inventions, however, with new inventions and technology, you have to be careful because listening to this new technology especially using cell phones with headsets today will also cause you to lose your hearing at an early age (in your forties).

Years ago many people were told to get a hearing test at age 65, however, today it's much earlier. So whenever technology comes on the scene, you need to look at the pros and cons of using it. Microwave ovens are now said to cause cancer and many people have elected not to own one.

There have been many more deaths and accidents from people talking and texting on mobile phones in cars or even while walking on streets. Time and time again we hear stories about women being abducted because they were distracted by talking or texting on cell phones.

BAD CUSTOMER SERVICE

With everyone's brains turned off from eating GMOs and because of technology, bad customer service has taken a front seat in society today. As a matter of fact, most people are shocked when they do experience good customer service.

Everyone seems to be tuned out to people and tuned into machines, computers or some type of hand-held gadget. It appears that people with bad manners have taken over the entire world and rudeness is no longer an exception but a lifestyle.

People are disrespectful of others in public areas and in business. Most businesses go out of business within 2 to 5 years and many times it's because of their customer service. Amazon.com seems to be the only company out there that still believes in good customer service and this is why the company is worth billions.

LEGALIZING MARIHUANA

First came the legalization of medical marihuana in many states. New York just became the 23rd state to legalize medical marihuana. Many people have moved to Colorado because they have legalized marihuana in that state. Eventually it will be legal to buy and smoke marihuana in every state.

I agree that people who are sick and especially those with some type of terminal illness should be allowed medical marihuana but I don't agree with legalizing marihuana period. Just like alcohol, marihuana will alter your ability to think especially while driving a vehicle and it will also increase the obesity problem in this country.

LATEST ALARMING STATISTICS

1. Unemployment/Jobs is the number one concern for U.S. voters.
2. 20% of American families do not have one single family member employed at this time.
3. One out of every six men in their prime (25 to 54) do not have a job.
4. More than 20% of children are living in poverty.
5. Over a million public school children are homeless.
6. 53% of wage earners makes less than \$30,000 a year.

7. Half of all college graduates are still relying on their parents for financial support even after being out of school for 2 years.

WHAT NEEDS TO HAPPEN IN THIS COUNTRY

1. **Join the National Non-GMO Health Movement:** Everyone should join the National Non-GMO Health Movement and urge all their legislators to introduce bills to label foods as GMOs. You can learn more at www.ResponsibleTechnology.org; www.Occupy-Monsanto.com; and www.MillionsAgainstMonsanto.org.
2. **Grow Organic Gardens/Form Organic Food Co-ops:** Every city has holistic and natural healers who are actually healing people. They can tell you where the organic farmers are located who can teach you which foods to grow and when to grow it. You should seek out these communities to help you turn your brains back on while you eliminate all processed foods and switch to organic foods only. Ideally you should eat foods that are “100% Certified Organic” but the only way to guarantee this is to grow foods in your own gardens or join organic food co-ops.
3. **Join the Fight to Extend Unemployment Benefits:** Many people have given up looking for work because there are many applicants for every available job. Secretary of Labor Tom Perez, who is also a former civil rights lawyer, stated that “No one is living the good life on unemployment. It is a lifesaver, not a lifestyle” -- so why aren't these benefits being extended all over the country? Everyone should urge their legislators in every state to extend these benefits.
4. **Join the Fight to Raise the Minimum Wage:** Everyone should join the fight to raise the minimum wage. Even though women are still underpaid in this country compared to men, female legislators are not taking the lead to raise the minimum wage. It will probably be a male raised by a single mother who will probably help raise the minimum wage in this country.
5. **Support the Homeless:** Housing is a human right so join the fight to support the homeless.
6. **Support Veterans:** Many veterans who have been denied benefits in the past by the Veterans Administration (VA.gov) are homeless so everyone should get behind our veterans and honor them instead of putting them on a death panel list.
7. **Support Whistleblowers:** We need a nation of whistleblowers and everyone should support whistleblowers. What you need to understand is that it was whistleblowers that exposed the VA. You have whistleblowers in every major industry at this time but many don't receive the support that they should. Learn more about whistleblowing by subscribing to the following websites -- Government Accountability Project (GAP) (www.whistleblower.org), National Whistleblowers Center (www.whistleblowers.org), Project on Government Oversight (www.POGO.org) and Public Employees for Environmental Responsibility (www.Peer.org).
8. **Support Youth Entrepreneurs:** We need to teach our kids to start businesses so they can grow up into a responsible adult and humanitarian; help their family out financially; help improve the conditions in the community; pay for their entire

college education; and currently they don't have any other choice. Unlike adults, children have not been scarred or damaged and many can form thriving futures by learning about business early on.

Cathy Harris is an Empowerment and Motivational Speaker, Non-GMO Health and Wellness Expert, Business Coach, Self-Publishing Expert and author of over 20 non-fiction books including 4 health books. She is available for lectures, seminars and workshops and can be contacted through her empowerment company, Angels Press, P.O. Box 5288, Atlanta, GA 31107, Phone: (770) 873-2072, Website: <http://www.angelspress.com>, Email: info@angelspress.com.

Copyright 2014 Cathy Harris. All Rights Reserved