

THE DIET THAT WILL

Save the Planet



by David Sandoval

I've been thinking a lot about extinction lately.

Not about the extinction of owls or whales—
but the extinction of the creatures that are
more populous than any other mammal
(aside, possibly, from rats).

That's right. You and I. Humanity.
Homo sapiens.

Wikipedia defines extinction as occurring “when [species] are no longer able to survive in changing conditions or against superior competition.” Typically, a species will naturally die out within 10 million years of first appearing on the planet. Some particularly well-adapted species have survived, virtually unchanged, for hundreds of millions of years without dying out.

Modern humans? Experts say we have inhabited Earth for about 125,000 to 150,000 years—meaning we should be able to survive here for at least another 9.99 million years, give or take a few.

We may not, however, if we don't make some changes—and fast.

ARE WE ON THE PRECIPICE OF EXTINCTION?

Some experts state that humans are currently in the second generation of a five-generation decline in our ability to sustain our species. I don't know about you, but I'm not ready to see humans call it quits so prematurely.

Evidence that we stand on the precipice of possible extinction goes beyond what we know about the population explosion and the sustainability of the Earth's resources; it's getting worse!

Our food supply is overprocessed, contaminated with multiple chemicals and compromised permanently by dangerous genetically modified organisms (GMOs). At best, it lacks the nutritional potency necessary to support good health and sustain a species.

Fertility among North Americans is in dangerous decline. Sperm and egg counts among young adults are hitting unprecedented lows. Couples struggling to overcome infertility are increasing in number. This has been attributed to hormone-mimicking chemicals that have contaminated our food chain and concentrated in our bodies, disrupting the hormonal signals necessary for procreation. The higher we eat on the food chain, the more of these chemicals we're exposed to.

Research laboratories around the world are scrambling to untangle an ever-shifting web of drug-resistant bacteria, super-viruses, immune disorders and deadly cancers that were unknown even 30 years ago. Millions of people are dependent on multiple drugs just to get through each

day—drugs that, as we've seen in the past year, often pose significant dangers alongside their marginal helpfulness. Depression, anxiety, crippling fatigue, allergies, asthma, learning and attention deficits: all problems distinctly of the most modernized and prosperous parts of the world.

A lot of this has to do with what we eat—both with what our food lacks (vitamins, minerals, phytonutrients, fiber, and lots of other substances we have yet to discover) and with what it contains too much of (antibiotics, hormones, pesticides, herbicides, additives, colorings, industrial wastes).

I'd like to see *Homo sapiens* use its enormous brainpower, goodness of heart and strength of will to pull back the reins on environmental catastrophes that would spell our demise. We have the imagination and the intelligence to create a sustainable world.

A large piece of that puzzle involves major changes in the foods we cultivate and consume. As we change our diets in a radical way, we will change our own health in a similarly extreme fashion. We'll take in fewer of the chemical toxins implicated in damaging reproductive and immune health. We'll take in fewer of the foods that damage our arteries and set the stage for the growth of cancers.

From there, the microcosm of each person's health will translate to the health of the planet. Truly a win-win proposition! I don't mean to suggest that this is an easy transformation; however, preserving our species on the planet goes back to our intelligent use of the resources it offers us. The food we eat is the most basic and fundamental of those resources.

Proper diet leads to proper health, and that proper health is the foundation upon which the future of humanity rests.

Any questions?

AVERTING DISASTER WITH PROPER DIET: THE ROLE OF PURE PLANET

Several years back, I began to notice a disturbing trend in the lives of the people I cared about. More and more, the people I loved were complaining of low energy, poor digestion, overweight, diabetes, arthritis and dozens of other ailments, major and minor.

My efforts to help make a difference in their lives and their health led me down a fascinating, fulfilling path. I have now devoted more than a

decade of my life to discovering foods that heal and making them available in their purest, (almost always) organic, non-crossbred, wildcrafted forms.

The food supplements I design are created especially to be easy to use and assimilate. Pure Planet reflects those efforts and my dedication to bringing you whole-food supplements. The Pure Planet promise is that we have traveled the world to bring you the most natural ingredients for our products. They are 100 percent pure, with no binders or fillers, no preservatives or additives, no chemicals or GMOs. Just as Mother Nature intended: in balance with nature, in harmony with your body.

I believe that with lifestyle changes and these tools you can transform your own health—and help save our species from extinction, paving the way for a more sustainable world. It all starts with the food you put in your mouth! ■

Listen to David Sandoval on the radio

Health Discovery Show

Mondays & Thursdays from 1 to 2:00pm EST on WWRL 1600am.

WWRL is based out of New York City. You can also join us on the web at www.wwrl1600.com.

In Chicago: Every Monday from 2 to 3:00pm EST on WYLL 1160am.

Resources

To learn more about Pure Planet products, please visit www.pureplanet.com or call (800) 695-2017.

The Evolution of Green Kamut



Who is David Sandoval?

One of the world's leading experts in grasses, Dave originated Green Kamut® Wheatgrass, the first wheatgrass grown from an ancient and pure heirloom seed. Rejecting the trend toward megadosages of vitamins and minerals, his company focused on finding nature's most potent *natural* source of phytonutrients and revolutionized the way they are concentrated into non-pasteurized stable powders.

Dave currently formulates and produces nutritional products for over 100 companies, from cancer treatment centers to internationally recognized health food companies, as well as for some of the most popular personalities in the nutrition industry.

Dave Sandoval has spread his message across Asia, Europe, and the United States through his unrelenting desire to help people improve their quality of life and achieve maximum longevity while remaining free of disease. He hopes to inspire others to become as passionate as he is with living foods so they may live longer and healthier lives.