

WHAT CAN I EAT IF I AM OBESE, DIABETIC, OR SIMPLY WANT TO MAINTAIN GOOD HEALTH?

Obesity is the result of excess localized fat that increases body weight. It is a chronic, preventable disease caused by environmental, cultural, genetic factors, and by physiological regulatory mechanisms. However, the most common cause is the excessive intake of carbohydrates, which are converted into fat—a major risk factor for chronic degenerative diseases. When a man's waist circumference is greater than 102 cm and a woman's is greater than 88 cm, along with a 20% increase in body weight, the risk of developing the following conditions increases: heart disease, high blood pressure, diabetes, liver disease, cancer, dyslipidemia, and biopsychosocial maladjustment. Approximately 80% of obese adolescents will remain obese for the rest of their lives. Proper nutrition from birth is the best inheritance. From the first months of life, taste preferences and eating habits are formed, establishing likes and dislikes. A culture of eating is passed down from parents to children. It is important to eat in a pleasant, clean, and calm environment, with a set schedule and enough time to chew small portions thoroughly to aid digestion. The goal of a low-carbohydrate diet is to force the body to mobilize excess fat and water, since fat retains water. Body fat is stored under the skin, around the heart, along the artery walls, and surrounding internal organs.

PROPER NUTRITION AND MODERATE EXERCISE HELP MAINTAIN GOOD HEALTH!

I recommend following a **MEDITERRANEAN AND ALKALINE DIET, FREE OF GLUTEN AND ENRICHED WITH PROBIOTICS**, because:

1º The Mediterranean and alkaline diet is the most suitable for preventing and treating cardiovascular disease and cancer, as it is rich in omega-3, antioxidants, and natural anti-inflammatories, and prevents blood acidity (low pH), inhibiting the multiplication of malignant cells. This diet consists of consuming fruits, vegetables, seeds, and fish. Among the most alkaline foods are vegetables and seeds. It is especially recommended to consume avocado, spinach, and broccoli. We alkalize by drinking a glass of warm water with two tablespoons of lemon juice on an empty stomach (it is an acid but behaves like an alkali in the body, improving the pH), especially in obese patients, as it reduces abdominal diameter.

2º Gluten-free, because *modern* cereals with excess gluten (glutenin and gliadin) silently destroy our brain, causing diseases and symptoms such as Alzheimer's, attention deficit hyperactivity disorder (ADHD), depression, epilepsy, schizophrenia, autism, Parkinson's, multiple sclerosis (MS), and amyotrophic lateral sclerosis (ALS); migraine, anxiety, dementia, tremors, dystonia, arthritis, and other inflammatory diseases of the musculoskeletal system; celiac disease, irritable bowel syndrome, leaky gut, overweight, and allergies. Processed foods and refined sugars have also contributed to diabetes, obesity, allergies, brain diseases, and even DNA alterations, as they contain ingredients that we are not genetically prepared to consume.

3º With probiotics, fermented foods, and fiber (prebiotic, which feeds probiotics or beneficial bacteria or bacteroidetes against firmicutes), because they promote the gut microbiome, benefiting the cardiovascular system; they help prevent obesity, diabetes, and reduce cholesterol and triglyceride levels; reduce neurological and autoimmune symptoms; and improve cognitive ability. In turn, fiber stimulates the bacterium *Akkermansia muciniphila*, which promotes the microbiome-gut-liver-brain axis, the expression of brain-derived neurotrophic factor (BDNF) and serotonin receptors, improves the intestinal lining, and

produces butyrate, a short-chain fatty acid that controls glucose, cholesterol, triglycerides, overweight, and brain health. It is also an anti-inflammatory that boosts the immune response. For example, rhubarb increases intestinal flora and butyric (or *butanoic*) acid and prevents constipation. Psychobiotics such as *Lactobacillus plantarum* PS128, *Lactobacillus rhamnosus*, *Lactobacillus casei*, among others, are also recommended as they regulate dopaminergic and serotonergic signaling and the microbiome-gut-brain axis.

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PROTEINS

Foods rich in essential amino acids: egg yolk, fish, cheese, corn, beans, amaranth, chickpeas, lentils, almonds, sesame seeds, hazelnuts, walnuts, peanuts, pistachios, pumpkin seeds, watermelon, and tamarind. With lower amounts: Brussels sprouts, cauliflower, peas, spinach, mushrooms, nopales, romeritos, and dates.

EAT EGGS FROM FREE-RANGE HENS THAT ARE FED MEXICAN CORN

EGG YOLKS AND DATES ARE VERY NUTRITIOUS FOODS

Recommendations: Eat organic fish or chicken; if you have dyslipidemia or high uric acid, do not eat red meat. Do not eat meat, chicken, milk, or cheese that contain **hormones and clenbuterol**, which cause cancer and hormonal, cardiovascular, and neurological disorders.

FATS

Consume essential alpha-linolenic acid or omega-3, found in fish, krill oil, flaxseed or flax and chia seeds, avocado, pecans, and peanuts. Aires del Campo and Avocado oils (without trans fats) are recommended for cooking, and Aires del Campo and Filippo Berio raw olive oil for salads. Oilseeds: pecans (lowers cholesterol and LDL), peanuts, pumpkin seeds, almonds, and macadamia nuts; sesame seeds, hazelnuts, pistachios, pine nuts, and chestnuts. Chia is an *exceptional food for athletes*, rich in calcium and boron (fixes calcium, improves cognition and the musculoskeletal system), omega 3, iron, magnesium, manganese, potassium, copper, zinc, and vitamins B, A, and E. Ginger lowers cholesterol, triglyceride, and LDL levels. Apple cider vinegar reduces abdominal circumference, cholesterol, LDL, and glucose.

Recommendations: Add 2 tablespoons of yellow lemon juice with some zest and 1 tablespoon of apple cider vinegar (Bragg) to a glass of warm water. Drink half in the morning and half in the afternoon/evening every day for 3 months, taking 2 days off per week.

CARBOHYDRATES: FRUITS

Grapefruit, 1 piece	Perón, 3 pieces
Orange, 1 piece	Jicama, 1 medium piece
Dates, 2 pieces	Plum, 2 pieces
Chicozapote, 1 piece	Papaya, 1 slice
Pear, 1 piece	Tangerine, 1 piece
Apple, 1 piece	Peach, 1 piece
Strawberries, 5 pieces	Mango, ½ piece
Pineapple, 1 slice	Guava, 1 medium piece
Mamey, 1 piece	Banana, ½ piece

Watermelon, 1 slice	Prickly pear, 2 medium pieces
Melon, 1 slice	Fig, 2 medium pieces

Recommendations: consume once a day, or less if diabetic, depending on your blood sugar levels.

CARBOHYDRATES: VEGETABLES GROUP I

Chard Spinach	Cabbage, Kale, Cauliflower, and Brussels Sprouts anticancer	Tomato	Nopales Huitlacoche
Artichokes	Garlic and Onion	Mushrooms	Cucumber
Celery and rhubarb	Chayote	Lettuce	Radishes
Watercress	Leek	Flor de calabaza	Romeritos
Broccoli anticancer	Eggplant	Purslane	Calabacita
Turmeric (saffron) anticancer	Chia Quinoa	Amaranto Quintoniles = quelites	Green, red, and yellow peppers

Recommendations: Eat fiber-rich salads with rhubarb (stems only), as it improves metabolic, immune, endothelial, intestinal, and brain function by increasing butyric acid levels in the intestine and preventing constipation.

CARBOHYDRATES: VEGETABLES GROUP II AND LEGUMES

Beets	Rice	Ginger	Corn
Potatoes	Poblano peppers	Turmeric	Lentils
Carrots	Beans	Broad beans	Peas
Squash	Rutabaga	Turnips	Huauzontle
Sweet potatoes	Yucca	Chickpeas	Peanuts

Recommendations: Group I vegetables can be consumed twice a day, including battered, but without flour. Group II vegetables can be consumed once a day, or avoided if you are obese or diabetic and your glucose levels are above 100 mg/dl.

SEASONINGS

Iodized sea salt and pepper	Garlic and onion powder
Vanilla and cinnamon	Basil, rosemary, and dill
Thyme and oregano	Dehydrated seasonings

Recommendations: Do not cook with Knorr Swiza, as it contains monosodium glutamate (MSG). Do not use seasonings or Maggi. Prepare salads with organic garlic and onion, iodized sea salt and pepper, salad herbs, olive oil (Aires del Campo or Filippo Berio), and organic balsamic vinegar. Make your own curry [chili, garlic, onion, pepper, celery, cilantro, parsley, basil, turmeric (saffron), ginger, chia, mustard, nutmeg, tamarind, etc.].

DO NOT USE THE MICROWAVE!

ALKALINE FOODS: vegetables, especially green ones; seeds and fruits. Avoid coffee (no more than 2 cups a day), alcohol, chili, citrus fruits, and sugary foods, mainly. A good alkaline diet should contain 80% alkaline foods.

GLUTEN-FREE FOODS: amaranth, rice, corn, millet, potato, quinoa (*Chenopodium quinoa*), sorghum, tapioca, and buckwheat.

FOODS THAT PROMOTE A BENEFICIAL MICROBIOME: organic natural yogurt, milk fermented by the bacteria *Lactobacillus delbrueckii* subsp. *bulgaricus* and *Streptococcus thermophilus*; lassi, a traditional Indian drink; kefir, fermented organic milk; quark, cheeses rich in probiotics; fermented sour cream; fermented vegetables, including puree; homemade mayonnaise (olive oil, egg, garlic, lemon); fiber, seeds such as *psyllium*, flaxseed, and chia; tubers such as onions, sweet potatoes, and jicama; green beans, blackberries, almonds, and cauliflower. And the product that is special for the colon: *probiotic PEARLS complete*, which contains 6 probiotics for digestion as they act both in the small intestine (*Lactobacillus*) and in the large intestine or colon (*Bifidobacterium*). It consists of: *Bifidobacterium lactis*, *Lactobacillus acidophilus*, *Lactobacillus rhamnosus*, *Bifidobacterium longum*, *Bifidobacterium breve*, and *Bifidobacterium bifidum*.

FOODS TO ELIMINATE KIDNEY STONES: pineapple peel, prepared as follows: wash the peel of a pineapple thoroughly, cut it up and place it in a pot, cover it with water and heat it up. When it starts to boil, turn off the heat and drink the water throughout the day, one or two glasses a day. In addition to containing B vitamins and antioxidants due to its bromelain content, it helps eliminate toxins, aids digestion, and is anti-inflammatory. Other foods include oranges, lemons, melons, mangoes, watermelons, raspberries, pomegranates, celery, cucumbers, aloe vera, and white radishes, mainly. And drink plenty of plain water.

Drinks

Water, at least one liter per day
Mexican hibiscus tea, which cleanses the arteries and is an antioxidant
Chamomile tea once or twice a day

Recommendations: Do not consume soft drinks or hydrating or energy drinks with electrolytes that have misleading labels (official drink of the national team, official hydrator of Olympic athletes), as they contain colorings and flavorings (PowerAde, Gatorade, Zero, Clight, Electrolytes, etc.), sweeteners such as saccharin (imidazole o-sulfobenzoic acid, E954), aspartame and acesulfame K or potassium (NutraSweet, Canderel), sucralose (Splenda), or corn syrup or fructose (modified or genetically modified), as they cause cardiovascular, liver, kidney, and neurological problems, as well as cancer. Do not consume carcinogenic preservatives, flavorings, or colorings; or excess salt, as too much sodium damages the kidneys, liver, and heart, contributing to water retention; too much potassium causes arrhythmia and cardiac arrest; sweeteners and sugars cause obesity and diabetes. A diet with vegetables and fruit does not require extra intake of: Yakult, Activia, Ades (soy), Arizona, L-Carnitine Power Plus, Valle Frut (with 48 g of sugar), or supplements with additives.

Prohibitions for diabetics, obese people with high cholesterol and triglycerides: Group II vegetables, foods made with flour (bread, cakes, cereals, tortillas); do not consume rice, beans, chickpeas, broad beans; or sweets, gum, gelatin, desserts (they contain: sugar, refined flours, sweeteners, and other additives). AVOID THEM.

Observations: If you are insulin-dependent or hypoglycemic, eat 5 small meals a day and drink plain water.

VITAMINAS EN LA ALIMENTACIÓN

DEFICIENCY DISEASE	SOURCES
Vitamin C or Ascorbic Acid	
Scurvy	tomatoes, citrus fruits (oranges, grapefruit, kiwi), vegetables such as cabbage (Brussels sprouts, cauliflower), and spinach
Vitamin A or Retinol	
Night blindness, short stature, and	infections egg yolk, dried lentils, walnuts, hazelnuts, oranges, yeast, vegetables, and green leaves
Vitamin D or Sunlight Vitamin	
Rickets and Osteomalacia	sunlight (10-15 minutes daily), egg yolk, cheese, butter, cream, fish (tuna and salmon), sardines, oysters
Vitamin E or Tocopherol	
Anemia in premature infants	egg yolk, nuts, almonds, wheat germ, corn, barley, whole rice, oils (safflower and olive), green leafy vegetables, asparagus
Vitamin K or Phylloquinone	
Coagulation disorders or bleeding	egg yolk, cauliflower and cabbage, green leafy vegetables such as lettuce and spinach
Vitamin B1 or Thiamine	
Beriberi, neuritis, anorexia, heart disease, liver disease, and nervous system disorders	egg yolk, whole grains, legumes, brewer's yeast, rice, fruits, and vegetables
Vitamin B2 or Riboflavin	
Photophobia, glossitis, and growth retardation	egg yolk, vegetables, legumes, brewer's yeast
Vitamin B3, niacin, or niacinamide	
Pellagra; dermatitis, diarrhea, dementia	egg yolks, fish, chicken, whole grains and whole wheat bread, brewer's yeast, green vegetables, and seeds
Vitamin B5 or pantothenic acid	
Fatigue, allergies, nausea, abdominal pain; adrenal insufficiency and hepatic encephalopathy	egg yolk, whole grains, broccoli, avocado, rice, alfalfa, peanuts, molasses, brewer's yeast, and royal jelly
Vitamin B6 or Pyridoxine	
Dermatitis, glossitis, cheilosis	egg yolk, fish, beans, corn, germ, bran, whole grains, brewer's yeast, bananas, and plums
Vitamin H, B7, B8, or biotin	
Seborrheic dermatitis, conjunctivitis, alopecia, colitis, glossitis, anemia, depression, and seizures	egg yolk, mushrooms, cauliflower, potatoes, bananas, grapes, watermelon, strawberries, peanuts, brewer's yeast, almonds, walnuts, fish, chicken, and royal jelly
Vitamin B9, folate, or folic acid (synthetic)	
Glossitis, diarrhea, depression, confusion, anemia, neural tube defects, and other brain defects in the fetus	egg yolk, avocado, broccoli, asparagus, spinach, romaine lettuce, beans, broad beans, oranges, strawberries, beets, tomatoes, Brussels sprouts, and brewer's yeast
Vitamin B12 or cobalamin	
Megaloblastic anemia, neurological disorders	egg yolk, fish, shellfish, and brewer's yeast

Note: vitamins and minerals from natural, fresh and organic foods, with biological (nutritional) value, maintain our health.

For anemia, consume eggs, watercress, spinach, sesame seeds, chia seeds, almonds, zucchini, pistachios, peanuts, and beans.

CONSUME ORGANIC PRODUCTS, FREE OF GENETICALLY MODIFIED ORGANISMS (GMOS), PESTICIDES AND ADDITIVES.

Do not consume products with monosodium glutamate (MSG), a neurotoxic additive; nor transgenic, packaged or frozen vegetables or fruits; nor bread, cookies, microwave popcorn or movie theater popcorn. Neither the brands: Bimbo, Marinela, Wonder, Quaker, Nestlé, Tía Rosa, Gamesa, Suandy, Lonchibon, Ricolino, Lara, Bocadoín, El Globo, Lay's, Barcel, because they stay between the teeth, and favor autolysis, and due to their trans fat content, they grease the arteries. Eat native corn tortillas (not Minsa, Maseca, Milpa Real) and bakery bread, without preservatives, or transgenic fructose, or carcinogenic dyes.

CONSUME MEXICAN, ORGANIC RICE AND BEANS, THE IMPORTED ONES ARE TRANSGENIC AND THE CHINESE RICE HAS PLASTIC

Do not use Pam spray, it contains **silicon dioxide**; do not use pans with Teflon (**perfluoroalkoxide or perfluorooctanoic acid**), or stain resistant fabrics, or cleaning products containing this acid, because they cause chronic fatigue, fibromyalgia, lupus, Reynaud's phenomenon, multiple chemical sensitivity syndrome, hypothyroidism, cirrhosis, cancer, degenerative diseases; Do not consume products with **sodium benzoate, additive E211, parabens, carcinogenic preservative, which destroys the DNA of mitochondria, accelerating aging**. It is found in soft drinks, and in packaged and canned products. Other **parabens act like estrogens (female hormones)**, found in supplements, vitamins, medicines, deodorants, toothpastes, cosmetics, sunscreens, dyes, perfumes and junk (industrialized) food. All of these can cause cancer, cirrhosis, Parkinson's disease (PD), Alzheimer's disease (AD) and **tertiary butyl hydroquinone (TBHQ)**, which causes cancer. Conclusion: additives added to foods and products that are in contact with the skin are carcinogenic, mutagenic and genotoxic.

Powdered milk may contain **melamine**, a chemical found in plastics, chocolates and pizzas. Consequence; children with renal insufficiency, which increases in children and adolescents.

Do not consume **Herbalife, or other supplements rich in amino acids, because they cause proteinuria and increased liver enzymes, damage kidneys and liver**, alter the cardiovascular and nervous systems, in addition to causing depression, because they contain sugars from transgenic plants (dextrose and corn fructose) and sweeteners (saccharin, aspartame, acesulfame K, sucralose), chromium and other chemicals that damage our body.

According to the World Health Organization (WHO), genetically modified organisms (GMOs) cause alterations in the immune system, among other disorders. For example, **genetically modified soy** is one of the foods that Monsanto has genetically modified and markets with misleading advertising (*The World According to Monsanto*, Marie-Monique Robin, Ed. Península, Barcelona, 2008). In girls, it causes premature puberty (menarche or first menstruation at age 9); and in boys, it causes breast growth, as it contains **isoflavones** (estrogens, female hormones). In the US, 93% of soybean crops are genetically modified; in Brazil, they have destroyed the Amazon rainforest; in Argentina, they cover 43% of the territory, especially in the Pampas, causing sterility or erosion of the land, once famous for its ancient

agricultural diversity and now contaminated by millions of liters of carcinogenic herbicides (Roundup, glyphosate). In South America, genetically modified soybeans also cause loss of organic matter in the soil and water retention, which causes flooding. Soybean cultivation is the most profitable for transnational corporations, despite the fact that it is less rich in calcium than milk and that its high concentration of phytates prevents the absorption of metals such as iron and zinc, which increases the risk of anemia. Its consumption is prohibited in children under 5 years of age because, as already mentioned, it is rich in isoflavones. **It is said that soy is worth more than our lives, because in India, soyization, the Frankenstein food, has led to the suicide of farmers.**

The trend of consuming calcium contributes to aging, atherosclerosis, Alzheimer's disease, and cancer. Calcium is fixed by vitamin D, which is formed in our skin by the sun's rays (when exposed for 10 to 20 minutes). Calcium and other minerals such as phosphorus, magnesium, and potassium are found in food. Those with the highest calcium content are shown in capital letters: **CHIA, BROCCOLI, NOPAL**, cucumber, **PAPALOQUELITE**, **QUINTONILES** (*Amaranthus hybridus*), **PARSLEY**, **CHERRY TOMATO**, cilantro, **HUAUZONTLE**, **XOCONSTLE**, **MINT**, radish leaves, **EPAZOTE**, **DANDELION**, chilies (**ANCHO**, pasilla, **MORITA**, **GUAJILLO**, **CHIPOTLE**), squash, watercress, pistachios, sunflower seeds, peanuts, **SESAME**, **ALMONDS**, **AMARANTH**, wheat bran, beans, **BEANS** (yellow, brown, and black), chickpeas, purslane, anchovies, **CHARALES**, **DRIED SHRIMP**, **CRAYFISH**, **SARDINES IN OIL**, **FRESH CHEESE**, **PARMESAN**, and **EGG YOLK**.

Foods rich in magnesium: figs, lemons, grapefruit, apples, celery, brewer's yeast, legumes, sunflower and sesame seeds, chestnuts, almonds, walnuts, peanuts, pistachios, ginger, seaweed and spirulina, honey bread, and all green leaves, since magnesium is part of the structure of chlorophyll, a photoreceptor pigment that participates in the transformation of sunlight energy into chemical energy and is therefore the molecule responsible for the existence of life on Earth.

One of the most complete foods is the EGG: The **shell** is made of calcium carbonate. The **white** provides 52 calories (1.20 g carbohydrates, 10.10 g protein, and 0.20 g fat); it contains 90% water and 9% protein (ovoalbumin is the most abundant, followed by conalbumin, ovomucoid, ovomucin, and lysozyme). Ovalbumin is a phosphoglycoprotein that traps heavy metals and contains neuraminic acid, cysteine, and methionine; conalbumin (ovotransferrin) is a non-phosphorylated protein that contains mannose and glucosamine; ovomucoid is rich in glucosamine and sulfur-containing amino acids and contains mannose, galactose, and neuraminic acid; ovomucin is a glycoprotein rich in neuraminic and sialic acid; and lysozyme is an antimicrobial agent with enzymatic activity that destroys mucopolysaccharides in the cell walls of gram-positive microorganisms. It contains vitamins: thiamine (0.01 mg), riboflavin (0.28 mg), niacin (0.10 mg), pyridoxine (0.01 mg), folic acid (16 mcg), and cobalamin (0.07 mg). And minerals: calcium (11 mg), phosphorus (11 mg), iron (0.10 mg), magnesium (9 mg), sodium (152 mg), potassium (137 mg), and zinc (0.02 mg). The **yolk** is composed of proteins, fats, vitamins, and minerals. The intensity of its color depends on the food the hen eats, and the color of the shell depends on the breed (white egg, Babcock breed; red, Hisex Brown), and there is no nutritional difference between them. One yolk provides 20 calories (carbohydrates 0.20 g, protein 16.40 g, and fat 32.90 g) and is the most nutritious part, due to its protein content of **essential amino acids**: isoleucine (820 mg), leucine (1,320 mg), lysine (1,202 mg), methionine (364 mg), phenylalanine (728 mg), threonine (753 mg), tryptophan (240 mg), valine (998 mg),

histidine (400 mg), and arginine (1,143 mg), the latter being related to growth hormone production, tissue and muscle development, and maintenance of the immune system; **non-essential amino acids:** alanine (325 mg), aspartic acid (650 mg), cysteine (120 mg), glutamic acid (715 mg), glycine (225 mg), proline (250 mg), serine (480 mg), and tyrosine (300 mg). The fat consists of monounsaturated acids (oleic, 12.06 g), polyunsaturated acids (**linoleic or omega 6, 3. 66 g; and linolenic or omega 3, 150 to 200 mg; if the hens are fed chia, fish oil, and flax seeds in addition to corn, their eggs will be rich in omega 3**), phospholipids (lecithin, cephalin, sphingomyelin), and cholesterol (1.6 g). Minerals: calcium (152 mg), phosphorus (508 mg), iron (5.6 mg), magnesium (15 mg), sodium (49 mg), potassium (90 mg), zinc (3.38 mg), and selenium (19 µg). Fat-soluble vitamins: A, E, D, and K; and water-soluble vitamins: thiamine (0.25 mg), riboflavin (0.44 mg), niacin (0.10 mg), pyridoxine (0.31 mg), folic acid (152 µg), and cobalamin (3.80 µg). Choline (one egg yolk 125 mg), 500 mg is recommended during pregnancy, for the development of the embryo's nervous system, brain, heart, and liver; **carotenoids, lutein, and zeaxanthin, for eyesight. Lecithin and unsaturated fats reduce intestinal absorption of cholesterol; they prevent Alzheimer's, cataracts, and macular degeneration.**

**DO NOT CONSUME EGGS FROM STRESSED HENS ON INDUSTRIALIZED FARMS,
TREATED WITH HORMONES AND ANTIBIOTICS.**

**CONSUME EGGS FROM FREE-RANGE HENS,
FED WITH NON-GMO CORN FROM MEXICO.**

In case of WEAKNESS, ANEMIA, CANCER, take the juice or extract of the following 14 vegetables: 1 lettuce leaf, 1 chard leaf, 1 cabbage leaf, 1 sprig of cauliflower, 1 sprig of kale, 1 sprig of broccoli, 1 sprig of parsley, 1 small salad tomato, 1 slice of beetroot, ginger, and turmeric (saffron root), 1 slice of cucumber with peel, 1 medium carrot, 1 stalk of celery, the juice of 1 lemon, ½ teaspoon of chia seeds, and red grape seeds.

Natural anticancer agents: olive oil (hydroxytyrosol, oleic acid), walnuts (omega-3, phytosterols, antioxidants, and polyphenols), broccoli (sulforaphane), garlic and onion, red pomegranate (antioxidants, anti-inflammatories, polyphenols, and ellagitannins that inhibit aromatase), flax seeds (lignans), berries such as red grapes, raspberries, and capulines (anthocyanins and ellagic acid), moringa (glucosinolates), green tea (polyphenol epigallocatechin-3-gallate), tomatoes (antioxidant lycopene), cauliflower (vitamin C and manganese, β-carotene, β-cryptoxanthin, caffeic acid, cinnamic acid, ferulic acid, quercetin, rutin, and kaempferol); sweet wormwood (artemisinin, from *Artemisia annua*). Others: kale, and olive seeds. Purple foods are recommended because they contain polyphenols (phenolic compounds), natural chemicals with antioxidant, anti-inflammatory, and anti-cancer properties, especially for the colon, and they also reduce the risk of cardiovascular disease.

Conclusion: They affect our health and pollute our environment (water, air, and soil): seeds and genetically modified products; agrochemicals or **pesticides** (insecticides, herbicides, and rodenticides); plant growth regulators or accelerated maturation agents; veterinary drugs (nitrofurans, fluoroquinolones, malachite green, chloramphenicol); **anabolics** administered to livestock and poultry, such as growth hormone, bovine somatotropin, and clenbuterol; radionuclides (cesium 137, strontium 90); **polycyclic aromatic hydrocarbons** from petroleum, coal, and tar, which are highly carcinogenic and teratogenic; arsenic, mercury, cadmium, nitrate, and perchlorate; polychlorinated biphenyls, dioxins, and polybrominated diphenyl ethers; **packaging materials** containing antimony, cyanide, tin, lead,

perfluorooctanoic acid, semicarbazide, benzophenone, isopropylthioxanthone, and **bisphenol-A, an endocrine disruptor, highly carcinogenic, due to leachates from bottled water bound to plastic material**; polyethylene terephthalate (PET) packaging, perchlorate, phthalates, and bisphenols; copper, aluminum, and lead cookware; lubricants and cleaning products such as **carcinogenic chlorine**; mycotoxins, phytohemagglutinin, pyrrolizidine alkaloids and grayanotoxin, poisonous mushrooms, shellfish, and toxic fish containing scombrototoxin, ciguatera toxin, and tetrodotoxin from puffer fish or Fugu.

Cosmetics containing carcinogens that promote skin aging: propylene glycol and butylene glycol, polyethylene glycol, sodium lauryl sulfate, sodium hydroxide or caustic soda, triclosan (a bactericide that can alter hormone regulation and is cardiotoxic), hydantoin, urea or imidazolidinyl, mineral oil, diethanolamine, monoethanolamine, triethanolamine, isopropyl alcohol SD 40, F, D, and C dyes, **parabens** and fragrances containing 4,000 ingredients, which are found in 72% of cosmetics

Food processing (cooking and fermentation) causes chemical reactions and produces substances that are toxic to our bodies, such as: nitrosamines, polycyclic aromatic hydrocarbons (PAHs), heterocyclic amines, histamine, acrylamide, furans, benzene, trans or hydrogenated fats, monochloropropanediol, semicarbazide, 4-hydroxynonenal, and ethyl carbamate. **Acrylamide** is a neurotoxic chemical found in soft drinks, French fries, cereals, cookies, popcorn, and all manufactured products that are made at very high temperatures.

All these **synthetic toxins** we consume, the onset of smoking, alcoholism at an early age, genetically modified foods, the five white poisons (salt, sugar, milk, rice, and flour), the use of additives such as preservatives, colorants, sweeteners, flavor enhancers, and emulsifiers, trigger pathologies, from allergic reactions to neurological and cardiopulmonary disorders, cancer, miscarriages, and birth defects due to genetic damage.

Therefore, consume products that are truly organic, natural, free of GMOs, pesticides, hormones, and additives, which are irresponsibly and immorally added to food and medicine. For example, the most contaminated vegetable is celery, as it was found to contain 95% pesticides; 67 different types were found in just one piece.

MONOSODIUM GLUTAMATE, TRANS FATS, AND TOXIC BEVERAGES: Monosodium glutamate (MSG), an additive additive, is responsible for obesity, diabetes, and neurodegenerative diseases (PD, AD, and ALS); attention deficit disorder, addiction, alcoholism, allergies, asthma, atrial fibrillation, autism, depression, dizziness, epilepsy, fibromyalgia, heat stroke, hypertension, hypothyroidism, irritable bowel syndrome, inflammation, migraine, pituitary tumors, panic attacks, rosacea, sleep disorders, hearing and vision problems. MSG or "natural flavoring," "hydrolyzed vegetable protein," "accent," "Ajinomoto", etc., is found in **Knorr Swiza, Campbell and Maruchan Instant Lunch, Doritos Hostess, Lay's, Barcel, Ruffles, Betty Crocker, Heinz sauces, Swanson frozen meals, Kraft light dressings; Tim Horton coffee; packaged foods, soups, snacks, and "fast" foods. They cook with MSG: Vips, Burger King, McDonald's, Wendy's, Taco Bell, Chilis, Applebee's, Denny's, and Kentucky Fried Chicken.** John Erb (*The Slow Poisoning of America*, John E. Erb. Ed. Paladins Press. Virginia Beach, 2003), a researcher at the University of Waterloo, Ontario,

wrote *The Slow Poisoning of America* and demonstrated that it causes obesity and diabetes, as MSG triples the amount of insulin produced by the pancreas.

TRANS FATS: Trans fats or hydrogenated fats (bad fats) cause cardiovascular disease; they are unsaturated fatty acids that form when vegetable oils are processed and transformed into a stable solid or liquid; this process is called hydrogenation. They are found in baked and fried foods to prevent them from going rancid, such as **MARINELA, BIMBO, WONDER, GAMESA, LAY'S, BARCEL, KELLOGS, among others; they also contain preservatives and colorants; and microwave popcorn contains diacetyl, which gives it a butter flavor and causes obliterative lymphocytic bronchiolitis.** It has been banned in some restaurants because it causes heart disease. Foods **high in trans fats** include: cookies, cakes, and pastries; margarine, vegetable shortening, commercial and diet oil; premixed products (cakes, pancakes, chocolate drinks, pizzas); fried foods (donuts, fried chicken, fish sticks, *nuggets*); snacks (potatoes and corn).

DRINKS THAT KILL US

RED BULL: cocktail of death, containing **taurine** (inhibits neurotransmitters, aggravates bipolar disorder and causes schizophrenia), **caffeine** (together with taurine increases ventricular function), **sucrose, glucose, inositol, and glucuronolactone**, a dangerous chemical developed by the US Department of Defense in 1960 to stimulate soldiers in Vietnam; a hallucinogenic drug that calms stress; discontinued due to causing migraines, brain tumors, and hepatotoxicity; accelerates heart rate, causes heart attacks, cerebral hemorrhages, high blood pressure, and excitability; alters the nervous system, causing irreversible neurological diseases; mixed with alcohol, it is deadly.

MONSTER, BOOST, BLUE SHOT, DARK DOG, MC2, CICLÓN, CULT, and LA BOMBA: Contain caffeine, ginseng, taurine, carnitine, sweeteners, and guarana. The neurostimulants they contain cause **arrhythmias, anxiety, irritability, difficulty concentrating, diarrhea, and tremors.** In young people, they open the door to narcotics or psychotropic drugs, as they stimulate and damage the nervous system. They are cardiotoxic, hypertensive, and cause aggression, mood swings, depression, and dependence.

COCA ZERO: It contained **monosodium cyclamate**, a cheap sweetener banned for being carcinogenic, which was replaced by **aspartame**, a carcinogenic and neurotoxic substance that causes cramps, vertigo, headaches, joint pain, blurred vision, memory loss, seizures, speech impairment, and increased glucose levels. **Aspartame (phenylalanine, aspartic acid, and methanol)** accumulates in adipocytes or fat cells. Aspartic acid and phenylalanine are neurotoxic; they cause anger and violence. If ingested during pregnancy, they cause mental retardation in the baby. **Phenylalanine blocks the synthesis of serotonin, causing depression, and the synthesis of dopamine, causing Parkinson's disease, multiple sclerosis, systemic lupus erythematosus, Alzheimer's disease, and cancer. Aspartame was created by Monsanto, a multinational company that patents genetically modified seeds, the seeds of death; it is ecocidal.**

COCA~COLA: Contains harmful ingredients such as: sugar (10 tablespoons per can), genetically modified fructose (protoxin), the carcinogen 4-MI (ammonia and sulfites, carcinogens), the coloring agent E-150d, which gives it a dark color and is associated with vitamin B6 deficiency,

the lack of which causes anemia, fatigue, nervousness, depression, confusion, vertigo, conjunctivitis, sores, vomiting, hyperactivity, and insulin resistance, and phosphoric acid, which prevents calcium from being absorbed into the bones, leading to osteoporosis.

GATORADE: an *energy drink* with a high content of sodium, sugars, and toxins (sucrose and transgenic fructose, citric acid, natural and artificial flavorings, sodium citrate, monopotassium phosphate, wood rosin glycerol ester, sucrose acetate isobutyrate, brominated vegetable oil, and carcinogenic colorants (Yellow 5, 6, and Red 40), large amounts of potassium (27 mg/L), sodium (464 mg/L), and sugars (59 g/L). Enough to cause diabetes, kidney failure, heart disease, and cancer.

JUMEX and DEL VALLE JUICES, COCA and PEPSI COLA, and BONAFONT WATER: Not recommended for consumption, these are fluoridated beverages (neurotoxic and carcinogenic); they cause vomiting, abdominal pain, diarrhea, convulsions, and spasms; osteosclerosis and dental fluorosis; they are made with toxins that are not eliminated from cells; rich in salt and sugar, fructose, and genetically modified corn (kills the Monarch butterfly).

PEDIALYTE, ELECTROLIT, AND YAKULT: Sugary drinks with high amounts of sodium, which, together with other sugary and salty foods, cause kidney and/or cardiovascular disorders. Excessive consumption of Pedialyte Electrolit causes edema, agitation, and convulsions; P45 causes nausea, vomiting, constipation, dizziness, and headache. Yakult also causes fluid retention and obesity.

All these products, along with others rich in carbohydrates, fats, and salts, have increased the number of children who are obese, diabetic, or suffer from hypertension, kidney failure, dyslipidemia, cancer, autoimmune diseases, and collagen diseases, which are also on the rise.

ADDITIVES AND CANCER: Cancer is a pandemic, due to the intake of carcinogenic additives found in sweets, chewing gum, soft drinks, desserts, juices, jams, cappuccinos, among other products; in addition to the carcinogenic chemicals that are in the air, water, cosmetics, and cleaning products. Among the carcinogenic additives are the following colorants: Sunset yellow FCF (E-110), red 2G (E-128), patent blue V (E-130), anthraquinone blue (E-131), artificial red (E-123), ponceau 6R (E-126), benzoic acid (E-210), sodium benzoate (E-211), ethylparaben (E-214), sodium ethylparaben (E-215), propylparaben (E-216), sodium propylparaben (E-217), sodium derivative of propyl ester of p-hydroxybenzoic acid (E-218), sodium methylparaben (E-219), diphenyl (E-230), orthophenylphenol (E-231), sodium orthophenylphenol (E-232), potassium and sodium nitrite (E-249, 250, and 251), nitrites and nitrates (E-249 to E-252), sodium propionate (E-281), calcium propionate (E-282), potassium propionate (E-238), butylated hydroxyanisole or BHA (E-320), butylated hydroxytoluene or BHT (E-321); and sweeteners: aspartame (E-951), acesulfame K and sucralose (Splenda), cyclamates (E-952), saccharin and its derivatives (E-954), dimethicone (E-900), carrageenans (E-407), among others.

ASPARTAME (Canderel, Nutrasweet, Equalmeasure, and Spoonful): a neurotoxin produced by Monsanto that destroys the central nervous system (CNS), causing: multiple sclerosis, systemic lupus erythematosus, scleroderma, PD, and AD; composed of 50% phenylalanine (a regulatory neurotransmitter), a precursor to tyrosine, which forms various neurotransmitters; 40% aspartic acid (an excitatory neurotransmitter in the CNS) and a precursor to glutamate, asparagine, and glutamine; 10% methyl ester, which is converted to methanol in the stomach and then to formic acid, causing acidosis; formaldehyde and diketopiperazine, which are carcinogenic, and other toxic substances are among its components. Phenylalanine and aspartic acid cause anger, violence, headache, dizziness, mood

swings, nausea, vomiting, abdominal pain, diarrhea, cramps, blurred vision, seizures, memory loss, insomnia, dermatitis, arrhythmia, swelling, and dyspnea. It is found in light products, diet drinks and desserts, gelatins, *Kool-Aid*, iced tea, chewing gum, chocolates, frozen foods, cereals, mints, dressings, vitamins, and candied fruit. Diet Coke contains acesulfame K (16 mg/%) and aspartame (24 mg/%). Coca-Cola ZERO used to contain sodium cyclamate (27 mg%), but it was replaced because it's highly carcinogenic. It was replaced with acesulfame K (15 mg%) and aspartame (12 mg%), which are neurotoxic and carcinogenic; they're not banned, despite the damage they cause.

SUCRALOSE (Splenda): contains **methylene chloride (carcinogenic)**; weakens the immune system, causes arrhythmia, agitation, dyspnea, headache, rashes, depression, blurred vision, confusion, liver and kidney damage, and cancer; discovered when young Phadnis (Rodero AB, Rodero LS, Zoubel R (2009) Toxicity of sucralose in humans: a review. *Int J Morphol*, 27(1):239-244), accidentally tasted his new insecticide, which was sweet and cheap.

TRANSGENIC FRUCTOSE: Coca-Cola (FEMSA) and Pepsi-Cola promote transgenic fructose, regardless of the economic consequences for farmers and workers in the **Mexican sugar industry**, cultural heritage, and the deterioration of ecosystems that are important for our survival. **Transgenic fructose contains the Bt protein** (a gene from the bacterium *Bacillus thuringiensis*), introduced into corn through recombinant DNA techniques (changing the original genetic code) to confer resistance to lepidopteran insects. **Bt is an insecticidal protein from a bacterium or protoxin**, a product that we have been importing by the ton and consuming since 2008, when the doors were opened to Monsanto, the producer of genetically modified seeds.

We know that by altering the natural course of evolution, life itself is modified. The evolution of species is the result of **natural mutagenicity** within the species itself. But with the **manipulation of a gene** (inserted gene), instability and therefore mutagenicity and genotoxicity occur. **Our generations are already suffering prematurely from neurodegenerative and autoimmune diseases and cancer**. This, combined with pollution, stress, processed foods with additives, and the hormones we consume, maximizes the damage to our health. We are already more vulnerable to infections due to **resistance to pathogenic bacteria** that we cannot fight, which is a serious public health problem.

Agro-biological repercussions caused by GMOs: 1) Resistance to other agrochemicals (pesticides); 2) Unwanted pollination and hybridization with wild species; 3) Reduction of biodiversity and death of wildlife; 4) Impact on the natural food chain; 5) Destruction of the autoimmune reaction of plants; reduction of microorganisms in soils, and genetic contamination (new viruses and bacteria); 6) Resistance and creation of superinsects; 7) Plant resistance to antibiotics; 8) Unknown risks to biodiversity.

Between 2017 and 2018, Mexico imported 16 million tons of genetically modified corn from the US (La Jornada, 2018) and genetically modified high fructose corn syrup, plus 2 million tons annually, at low prices; sweetener for soft drinks and other products. Kraft, Kellogg's, ConAgra, Archer, Daniel Midland, and Tyson were contaminated with genetically modified grains. Genetically modified corn contains a bactericidal gene, detected in the blood of pregnant women and fetuses. In 2007, genetically modified rice that was rejected by the European Union was accepted by Mexico; more than **90% of the rice in Mexico was genetically modified**.

"The earth is our mother, we come from her and depend on her, we return to her. Trees, water, rivers, nature are life. We must defend, respect, and protect them, because they may disappear... and man wants to transform them... The earth gives us medicine, food, shelter, clothing, and clean air... every tree, every plant is medicine... Let us oppose injustice and invasion, as we did centuries ago," says a Guamí leader from Costa Rica, after being displaced from his land and culture by a transnational corporation. **La vida en venta: transgénicos, patentes y biodiversidad**, by

Ivannia Ayales, social psychologist at the University of Costa Rica; Dr. Ulrich Brand, University of Kassel, Germany; Ana Lucía Bravo, Laura Carlsen, among others. Ed. Heinrich Böll. El Salvador, 2002.

CHLORINE, FLUORIDE, AND CANCER: Chlorine and **trihalomethanes** (THMs), which are carcinogens, penetrate the skin and lungs without passing through the liver for detoxification. A comparison was made between 1,219 volunteers with bladder cancer and 1,271 without cancer. All those interviewed consumed chlorine through drinking water, swimming pools, or other uses. The level of THM in the water of several municipalities was measured, and it was found that people living in homes with a level of 49 µg/liter of THM had twice the risk of developing bladder cancer than those receiving water with 8 µg/liter of chlorine. **35% of people who drank chlorinated water developed bladder cancer. The use of chlorinated water in swimming pools increased the risk of stomach, liver, bladder, colon, rectal, breast, and laryngeal cancer by 57%.** Seven out of ten Americans drink chlorinated water and have stomach cancer.

AVOID THE USE OF FLUORIDE, which is found in: perfumes, lotions, detergents (ACE, Ariel, Vanish, Suavitel, Fabuloso, 1 2 3); deodorants, and creams; home air fresheners, and pesticides. **Fluoride is a poison as potent as arsenic, causing dental fluorosis** (dark, brittle teeth); causes **thyroid cancer, osteoporosis, hypothyroidism, pulmonary fibrosis, atherosclerosis, heart disease, kidney failure, tendon rupture, infertility, arthritis, obesity, Attention Deficit Hyperactivity Disorder (ADHD), and decreases testosterone.** Fluoride in the pineal gland decreases melatonin and causes insomnia.

Toxic perfumes cause cancer (they mutate the DNA of sperm, lungs, the urinary tract, and the endocrine system); their high toxicity is due to phthalates and synthetic musks. The following brands contain phthalates: Adidas, Alqvimia, Armani, Bogner, Bvlgari, Calvin Klein, Cartier, Chanel, Coty, Dior, Etienne Aigner, FCUK, Fiorucci, Gloria Vanderbilt, Gucci, Hugo Boss, Isabella Rossellini, Jean-Paul Gaultier, Joop, Lancome, Melvita, Mexx, Naomi Campbell, Paco Rabanne, Puma, Ralph Lauren, The Body Shop, Tommy Hilfiger, Van Gils, Victoria Secret. **Contain large amounts of phthalates:** Calvin Klein, Melvita, Jean-Paul Gaultier, Ralph Lauren, Van Gils, Dior, Cartier, Coty, Bvlgari, Joop, The Body Shop, Fiorucci, Paco Rabanne, Adidas, Alqvimia, Armani, Etienne Aigner, Isabella Rossellini. **Contain large amounts of musk:** The Body Shop, Jean-Paul Gaultier, Cartier, Ralph Lauren, Bvlgari, Tommy Hilfiger, FCUK, Coty, Yves Saint Laurent, Armani, Paco Rabanne, Calvin Klein, Van Gils, Dior.

Research confirms that environmental pollutants cause breast and prostate cancer [Bagga D, Anders KH, Wang HJ, Glaspy E, Glaspy J (2000) Organochlorine Pesticide Content of Breast Adipose Tissue From Women With Breast Cancer and Control Subjects. *J Natl Cancer Inst* 92(9):750-753; Settini L, Masina A, Andron A, Axelson (2003) Prostate cancer and exposure to pesticides in agricultural settings. *Int J Cancer* 104:458-461]; since **organochlorines** from pesticides and plastics affect fetuses, infants, children, and young people; in industry, 95% of 100,000 chemicals are unregulated. Wilhelm Hueper, a scientist at the US National Cancer Institute, wrote in 1942 (Sellers C (1997) Discovering environmental cancer: Wilhelm Hueper, post-World War II epidemiology, and the vanishing clinician's eye. *Am J Public Health*. 87(11):1824-1835: "Environmental carcinogenesis is the most disastrous consequence of our industrial environment. Although its scope and magnitude are unknown, it is obvious that external carcinogens pose an urgent public health problem"... "Through a continuous and reckless increase in environmental pollution with chemical and physical carcinogens, **the foundation is being laid for the emergence of a catastrophic epidemic** that cannot be stopped for decades once it begins." In 2002, there were 24.6 million people with cancer; in 2020, there were 30 million.

RECOMMENDATIONS: Use Roma (biodegradable), Ajax (chlorine-free), Tersso, Tepeyac, Zote, and Lirio soap; fluoride- and sweetener-free toothpaste, Briden; neutral deodorant, not antiperspirant, without parabens. Do not use perfume or air fresheners; use mosquito nets; avoid insecticides. Do not drink water from plastic or aluminum bottles, **only from glass or stainless steel.** Do not consume foods in plastic packaging such as Styrofoam (bisphenol, phthalates, carcinogenic perchlorates, and endocrine disruptors, which alter sexual characteristics). Styrofoam (polystyrene) is made from petroleum, is not recyclable or degradable, and is highly toxic to consumers and the environment. Do not consume *miracle*

supplements that are rich in colorants, sweeteners, flavorings, preservatives, or high amounts of amino acids and/or proteins, sugars, and sodium. Check the ingredients of products.

Eat fruits, vegetables, and seeds, especially green leafy vegetables (vegetables, legumes, and greens), rich in vitamins A, E, K, B complex, and minerals such as calcium, phosphorus, and magnesium. Do not consume meat or chicken from the supermarket; investigate the origin of fish, seafood, eggs, and dairy products, as they may have come from animals treated with hormones, clenbuterol, antibiotics, and with the utmost cruelty. Consume those that are treated humanely and with dignity, and whose producers do not harm the environment. Choose products from organic farms. Let's use ethics to choose what we consume. Raise awareness.

WEIGHT LOSS PRODUCTS CAUSE HEART ATTACKS AND DEATH: They contain **toxic plants**, *Thevetia spp* and *Fucus vesiculosus*; toxic substances such as chromium picolinate and sibutramine: Capslim, Escoba Intestinal, Easy Figure, Maxi Demograssa, Demograss, Reductil, Ectiva, GEA, Peso Natural, Sbeltix, Slim and Bodygrass, Té Rojo Magistral, Adelgazol PM, Fat&Burners, KMA Kilos, Redu Express, Thermogenic, Venus Slim, Pro Winner de Pronat, Alcachofa, among others. They cause: hypo- and hyperthyroidism, allergies, thyroid cancer, gout, and acne; neurotoxicity, psychiatric problems, heart attack, tachycardia, high blood pressure, anxiety, insomnia, headache, dizziness, nausea, constipation, and dermatitis; kidney necrosis and death. Capslim is a "natural reducer" (bark of the troncomin tree) that **causes heart attack and death**. **Artichoke contains:** l-carnitine, l-lysine, garcinia, cambogia, calcium citrate, apple cider vinegar, and fennel, which cause: headaches, nausea, vomiting, hyperhidrosis, myasthenia (a chronic autoimmune neuromuscular disease with respiratory failure), liver and kidney disorders, hypertension, and arterial ischemia.

PESTICIDES AND PARKINSON'S DISEASE (PD): It is detected in the blood by the presence of **β -hexachlorocyclohexane (β -HCH), banned in 1970** (RW Johnson, Medical School, US, Archives of Neurology, (2009); 66:870-875); and JR Richardson has verified this in patients with Alzheimer's disease; it lasts for decades in the environment and in the body. Researchers analyzed the levels of 16 pesticides in the blood of 50 people with PD, 43 healthy individuals, and 20 with AD. **75% of those with PD had β -HCH, compared to 40% of the control group and 30% of the group with AD;** genetics influence 10%, the rest is in the environment. The association between pesticide exposure and PD is confirmed (143,000 individuals exposed to pesticides for 10 years, **70% developed PD**), Ascherio A, Honglei Ch, Weisskopf M, O'Reilly E, McCullough M, Calle E, Schwartzschild M, Thun M (2006) Pesticide Exposure and Risk of Parkinson's Disease. *Annals of Neurology*, a journal published by John Wiley & Sons. DOI: 10.1002/ana.20904. The herbicide **paraquat causes neuron degeneration and produces PD in experimental models;** there is destruction of the substantia nigra, nerve cells that send fibers to both hemispheres of the brain; it releases the neurotransmitter dopamine to control movement and coordination; there is depression and disability.

The less informed we are, the easier it is to manipulate us with malicious information—because interests are placed above all ethical values; they enrich themselves at the expense of disease, the elimination of the population (75 million people per year), and contribute to deforestation, pollution, toxic emissions, ocean acidification, and species extinction. To take care of our planet, we need to: 1) Avoid consuming our non-renewable resources; 2) Avoid industries that poison the population and the environment; 3) Urgently and massively reforest our lands; 4) Support education to become self-sufficient and avoid overpopulation and overexploitation of the planet's resources.

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