SIEVEKING PLASTIC SURGERY

AGELESS SOLUTIONS

GLYPHOSATE PART II: LOWERING THE BURDEN OF EXPOSURE AND HEALING THE INFLAMMATION

Your Weekly Newsletter by

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Welcome to Part II of our discussion on glyphosate. In Part I, we addressed an uncomfortable but important reality: glyphosate is now a routine part of the modern U.S. food and environmental landscape. While that fact can feel unsettling, today's focus is not fear—it's about reducing exposure where possible and addressing the inflammation that follows when exposure is unavoidable.

Brief Recap of Part I:

- Glyphosate is the most widely used herbicide and desiccant in the world, with particularly heavy use in North America.
- Regulatory agencies such as the EPA and USDA continue to characterize exposure levels as safe, despite growing independent research raising concern about long-term health effects.
- CDC biomonitoring data show that approximately 80% of Americans aged six and older have detectable glyphosate in their bodies.
- Residues are most commonly found in wheat, corn, oats, barley, and the many processed foods derived from them (cereals, protein bars, cake mixes).
- Glyphosate has been detected in drinking water in multiple regions.
- Children are disproportionately affected due to higher intake per pound of body weight, greater exposure through common childhood foods, and increased vulnerability of developing organs and immune systems.

Complete avoidance is unrealistic within the current U.S. food system—but that does not mean we are powerless.

Let's Lower the Health Burden of Glyphosate

#1 Be Strategic with Food Choices (biggest impact). Prioritize Organic for High-Risk Crops.

Higher-Risk Vegetables & Grains to Prioritize Organic
These are often associated with the highest glyphosate use or higher residue reports due to contaminated soils, spraying, pre-harvest desiccation, transport, and storage:

- Corn (sweet and field)
- Dry peas
- Soybeans/edamame
- Wheat & grains: wheat, oats barley, rye
- Legumes: lentils, chickpeas, soy products
- Potatoes
- Green peas

"Pre-Harvest Desiccation" means the crops are treated with glyphosate prior to harvest to make harvesting faster and more uniform.

Low-Glyphosate Whole-Vegetable List* (not typically desiccated before harvest):

- Spinach
- Lettuce (romaine, leaf, butter)
- Arugula
- Kale
- Broccoli
- Cauliflower
- Brussels sprouts
- Cabbage
- Carrots
- Beets
- Radishes
- Onions
- Garlic
- Leeks
- Tomatoes
- Cucumbers
- Zucchini / summer squash
- Bell peppers
- Asparagus

Higher-Risk Fruits to Prioritize Organic - high spray rates or commercially grown in contaminated soil

Lower-Risk Fruits* - fruits with thick peels typically test low for glyphosate at harvest. However, soil contamination still matters. Glyphosate present in soil can be absorbed through the roots and transported upward via the plant's vascular system

High-Risk Fruits
- Strawberries
- Grapes
- Peaches
- Cherries
- Nectarines
- Pears
- Apples
- Blackberries
- Blueberries

Low-Risk Fruits
- Bananas
- Oranges
- Lemons
- Limes
- Grapefruit
- Avocados
- Pineapple
- Mango
- Papaya
- Kiwi

**While these fruits and vegetables are considered lower-risk, "low" does not mean zero—particularly when grown in soil with a long history of glyphosate use or in heavily treated agricultural regions. Even legally labeled "certified organic" crops may be grown in previously treated soil. When available, certified organic remains the safest option.*

MEATS

High Risk Meats to Prioritize Organic or Grass-fed (simply because the livestock and fish feed is glyphosate-laden grains that become incorporated into the meat proteins and which get passed into humans at the dinner table):

High-Risk Meats
- Conventionally-raised beef (grain-finished)
- Pork
- Chicken
- Turkey
- Farm-raised fish (fed soy/corn-based pellets)

Lower-Risk Meats
- Grass-fed/grass-finished beef
- Pasture-raised poultry, free-range organic
- Wild-caught fish
- Other organic meats

NUTS

What about Nuts?

Nuts are typically contaminated with glyphosate indirectly, through herbicide use on orchard floors or surrounding soil rather than direct spraying on the nut itself. During harvest and processing—especially for ground-harvested crops like peanuts—residues can transfer from treated soil and become further concentrated in nut butters and flours.

Higher-Risk Nuts:

- Almonds
- Pistachios
- Walnuts
- Pecans
- Peanuts

Lower-Risk Nuts:

- Macadamia nut
- Brazil nuts
- Hazelnuts

What's the Scoop on Seed Oils? - very high risk; some of the most heavily glyphosate-treated plants on earth; seed oils are cheap, unstable, inflammatory fats that were never part of the human diet at current levels. Reducing them is less about ideology and more about lowering oxidative stress and chronic inflammation over time.

- Soybeans
- Corn
- Canola
- Sunflower
- Cottonseed

#2 Avoid Home Exposure Completely

- Do not use Roundup or glyphosate products at home — period!
- Roundup (all Grass Killer, Ready-to-Use, Concentrate)
- Genetically-engineered grass seed or grass seed with fertilizer
- Ortho GroundClear
- Spectracide Weed & Grass Killer
- Bonide KleenUp Weed & Grass Killer
- Compare-N-Save Concentrate Grass & Weed Killer
- RM43 Total Vegetation Control
- Ranger Pro Herbicide
- Gordon's Amine 400 / Glyphosate 4
- Glyphosate-Free Weed killing options
    - Vinegar-based herbicides
    - Boiling water
    - Manual removal
    - Mulching or ground cover

- Keep kids and pets off treated areas

#3 Filter Drinking Water

Glyphosate has been detected in surface and groundwater in some regions.

Best options for water filtration:

- **Reverse osmosis**: RO systems are generally the most reliable at targeted removal of glyphosate and similar small organic molecules
- **Activated carbon**: Activated carbon and specialized media filters can reduce pesticides when properly certified, but effectiveness depends on the specific filter and contact time

**Basic refrigerator water filters are NOT sufficient.

#4 Reduce Processed Foods

- Sweetened breakfast cereals
- Granola bars & protein bars
- Instant oatmeal packets
- Toaster pastries
- Flavored yogurt with mix-ins
- Cookies, crackers, snack cakes
- Potato chips & flavored tortilla chips
- Cheese-flavored snacks
- Microwave popcorn
- Candy & chocolate bars
- Frozen pizza
- Chicken nuggets, tenders, corn dogs
- Microwave dinners
- Boxed mac & cheese
- Frozen breakfast sandwiches
- Soft drinks & diet sodas
- Sports and energy drinks
- Sweetened iced teas
- Fruit punch & fruit-flavored drinks
- White sandwich bread & buns
- Ketchup, BBQ sauce, flavored mayo
- Salad dressings
- Pancake syrup (non-maple)
- Shelf-stable gravies and mixes
- Hot dogs
- Deli meats
- Bacon & sausage
- Pepperoni and cured meats

Increase Safer Foods:

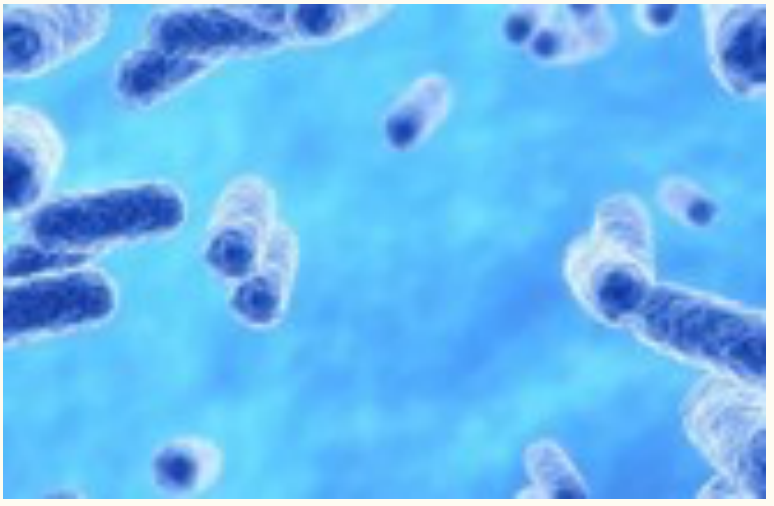
- Whole foods
- Fewer packaged snacks
- Home-cooked meals when possible

Lowering Systemic Inflammation Lowers the Burden of Unavoidable Glyphosate Exposure.

Support Your Gut & Detox Pathways

Why These Matter:

- Glyphosate can disrupt the gut microbiome, even at low, repeated exposures.
- It selectively reduces beneficial bacteria, allowing inflammatory microbes to dominate.
- This imbalance (dysbiosis) promotes chronic gut and immune inflammation.



How Glyphosate Drives Inflammation

- Weakens the gut barrier (“leaky gut”)

- Allows bacterial fragments (such as LPS/endotoxin) to enter circulation
- Keeps the immune system chronically activated
- Leads to systemic inflammation, not just digestive symptoms

These gut microbiome changes typically develop gradually over weeks to months of ongoing exposure.

Helpful Habits to Support Healing of the Gut:

Diet & Lifestyle Foundations

- High-fiber diet – feeds beneficial gut bacteria and supports microbial balance
- Fermented foods – kimchi, sauerkraut, kefir (introduce beneficial microbes)
- Adequate protein intake – supports liver detoxification pathways

Key Nutrients to Add on a Daily Basis

- Glutamine
- Magnesium
- Zinc
- B-vitamins

Targeted Support

- High-quality probiotic supplementation: my preferred probiotic is an **"Akkermansia"** blend from **Pendulum Life**

(Click HERE to view our newsletter on the Gut Microbiome)

Order Probiotics from Ageless Solutions

Main Non-Pharmaceutical Strategies to Reduce Systemic Inflammation:

1. Targeted Nutritional & Supplement Support

Order Supplements from Ageless Solutions

These compounds directly modulate inflammatory signaling, oxidative stress, and immune balance.

- **Omega-3 fatty acids** (fish oil or wild-caught fatty fish)

→ Lower pro-inflammatory cytokines and support vascular health

- **Curcumin** (with black pepper for absorption)

→ Inhibits NF-κB and other key inflammatory pathways

- **Quercetin**

→ Stabilizes mast cells, reduces oxidative stress, supports immune regulation

- **Vitamin C**

→ Potent antioxidant; supports immune resilience and tissue repair

- **Glutathione or N-acetylcysteine** (NAC)

→ Enhances detoxification, reduces oxidative and inflammatory burden

- **Polyphenols** (green tea, berries, colorful plants)

→ Support gut health, mitochondrial function, and anti-inflammatory signaling

2. Lifestyle Interventions (Often More Powerful Than Supplements)

- **Exercise**

→ Improves insulin sensitivity, reduces inflammatory markers, enhances immune regulation (consistency matters more than intensity)

- **Sleep**

→ Poor sleep is a direct driver of inflammation; quality sleep lowers cortisol and cytokine production

- **Sauna / Heat Exposure**

→ Activates heat-shock proteins, improves circulation, enhances detox pathways, and reduces inflammatory load

<u>SAFE</u> Pharmaceutical Intervention for Reducing Inflammation at *SIEVEKING AGELESS SOLUTIONS:*

1. Low-Dose Naltrexone (LDN)

LDN does not mask inflammation—it corrects immune dysregulation. By calming overactive immune signaling and increasing endogenous endorphins, it lowers inflammatory burden and reduces long-term tissue damage.

2. Tadalafil (low-dose)

At low, steady doses, tadalafil (generic of ***Cialis***) improves microvascular blood flow throughout the body—not just sexual organs. Improved circulation enhances oxygen delivery, nutrient exchange, and clearance of inflammatory byproducts, supporting ALL-tissue healing without suppressing immune function.

3. GLP-1–Based Therapies

GLP-1 therapies (semaglutide, tirzepatide, retatrutide) provide systemic anti-inflammatory effects beyond appetite control. At low doses, they help regulate immune and neuroinflammatory signaling—often independent of weight loss—and may improve outcomes in cardiovascular disease, fatty liver disease, osteoarthritis, neurodegenerative disorders, and autoimmune conditions.

4. Bio-Identical Hormone Replacement Therapy (BHRT)
BHRT reduces systemic inflammation by restoring hormonal balance that regulates immune function, metabolism, and vascular health. As **estrogen**, **progesterone**, and **testosterone** decline, inflammation rises; BHRT helps reverse this trajectory.

Don’t Chase Myths

- Washing produce helps but doesn’t remove all glyphosate (it’s systemic).
- “Non-GMO” ≠ glyphosate-free.
- “Natural” labels mean nothing unless certified organic.
- Even “certified organic” foods can contain small residues of glyphosate due to the fact that soils can retain glyphosate for many years and nearby non-organic farming can spread glyphosate through “air drifting”.

REFER & WIN!

Love our weekly newsletter? Share it with friends and WIN BIG! From now through **January 29, 2026**, the subscriber submitting the **most referrals** to receive our weekly newsletter will win **one of three amazing prizes**.

--PRIZES--

1st Place: **LMNT Micro-pulse PBM Technology™**: An FDA-cleared, at-home energy-based device delivering red and infrared light therapy using clinically validated **830 nm and 633 nm wavelengths**. (Value - $700)

- Promotes skin elasticity and boosts collagen production
- Clinically shown to reduce fine lines by **10.05%**
- Increases collagen by **14.74%**
- Improves skin barrier function by **27.21%**
- FDA-cleared for the treatment of **acne and hair loss**

2nd Place: Two areas of BOTOX Treatment (Value - $560)

3rd Place: One Diamond Glow Facial Peel (Value - $225)

--HOW TO ENTER--

1. **Get your link:** Click the button below to generate your unique "Invite Link."
2. **Spread the word:** Copy that link and drop it in your group chats, email threads, or social media. However you want to share the link works!
3. **Watch the magic happen:** For every friend who joins us, you get a point towards our great prizes. We'll handle the tracking for you! The top three subscribers with the **most referrals** will win!

Winners will be announced after the contest on January 29, 2026. Start sharing today — the more you refer, the better your chances to win!

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STAY TUNED!

Be on the lookout for next week's newsletter, "Face and Neck Lifts Under Age 45".

Schedule Appointment

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