



EPISODE #211

WHY THE BEES ARE DYING AND IMPLICATIONS FOR THE WORLD'S FOOD SUPPLY WITH MARYAM HENEIN

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Wendy Myers:

Hello everyone. My name is Wendy Myers. Thank you so much for joining me on the Live to 110 Podcast.

Today, we have a very important guest Maryam Henein. And she's going to be talking about the Vanishing of the Bees, a film that she created in 2007 about the really important topic—and frightening topic—of how our bees are being poisoned by pesticides, and how this can threaten (or is threatening) our food supply and even the future of the human race

It's no joke. I mean, pesticides not only affect us dramatically, but our bees are especially sensitive to these toxins and these poisons. It's not a joke. We need to really start protecting the bees and protecting our environment, and do that by eating organic food, not buying food that is being poisoned by pesticides.

We vote with our dollars. The better choices we make in not consuming food that's not organic, the farmers all hopefully will eventually go out of business if enough people raise their consciousness level and make better choices for themselves and their family.

So, we're going to be talking about these important subjects and more, how to heal autoimmune disease and CBD oil, a lot of other interesting topics on the podcast today.

Please keep in mind this podcast is not intended to diagnose or treat any disease or health

condition and is not a substitute for professional medical advice. The Live to 110 Podcast is solely informational in nature, so please consult your healthcare practitioner before engaging in anything that we suggest today on the show.

My book, *Limitless Energy*, is available on Amazon. I would love for you to go check it out. I wanted to write this book because the number one complaint all of my thousands of clients have had is that they're tired, they're fatigued, or they suffer from chronic fatigue, and have for many years. And I began looking closer at this when I was writing my blog and my website and doing my research about the underlying causes of fatigue and what toxins specifically affect our mitochondria (which create our body's energy).

So, this book, *Limitless Energy*, is all about the specific metals that reduce your ability to produce energy and how to detox them. And I also have a chapter on bioenergetics, which I believe is the cutting-edge future of medicine. It's what I used to take my health from just here to the next level. I don't currently suffer from any major health conditions, but I really had a huge jump in my health, in my energy level, in my sleep, in my brain function, in my emotional life, simply by doing this simple, easy, relatively inexpensive program that you can do at home. So, more on that in the book—and future podcasts.

I'm also starting a podcast completely devoted to bioenergetics because I find it that compelling and that interesting, and I wanted to get out the word to more people.

But if you want to check out my book, you can get it on Amazon. It's a number one bestselling book on Amazon. It's called *Limitless Energy*.

03:30 ABOUT MARYAM HENEIN

Wendy Myers:

Our guest today, Maryam Henein is an investigative journalist, activist, filmmaker, and entrepreneur. She directed a documentary, *Vanishing of the Bees*, narrated by Ellen Page, and is co-founder of Honey Colony, an online magazine and marketplace aimed at empowering people to be their own best advocate.

You can visit her site at HoneyColony.com.

Maryam, thank you so much for coming on the show.

Maryam Henein: Thank you, Wendy. Happy to be here.

Wendy Myers: Well, why don't you tell the listeners a little bit about yourself and why you ended up making a film called *Vanishing of the Bees*?

Maryam Henein: Well, I'm an investigative journalist by trade. I'm now studying functional medicine. So hopefully, I'll be a bonafide health coach. I'm also an activist.

And in I think 2002, I was hit by a Ford Explorer and almost lost my life. I was dragged 50 ft. and broke many bones. I didn't die. And I wanted to do something that was greater than me, be in service. And then, the bees literally flew into my life—literally and figuratively. I started having bee visitations and I decided to pursue this documentary in 2007, we started. It took five years. And now, it's become a film that's been shown all around the world and translated in 13 languages.

It's still very relevant. I tell people that the film is still alive because the bees are still very much dying.

Wendy Myers: When did you find out that you were an environmental indicator for abuse?

Maryam Henein: Me, myself?

Wendy Myers: Yeah.

Maryam Henein: Well, it was only after...

Wendy Myers: Or like the bees, like the bees...

Maryam Henein: Only after making the film was I, myself, exposed ironically to pesticides on several different occasions, and then was diagnosed with an autoimmune condition.

It was last year that I discovered that I have Multiple Chemical Sensitivity. So that's a condition where you're highly sensitive to any fragrances or anything that's toxic or remotely a synthetic. And so, in a way, it is like being a honeybee where I can walk in and be like, "Oh, you have mold here" or "Oh, there's a gas leak" and maybe the average person doesn't pick it up.

So, instead of being dubbed a freak, it's like [being] an X-Man, like I have mutant superpowers. And it is like an environmental indicator. We should look to people like us as having a gift and being able to alert us to something that's going on that maybe our eyes or our nose doesn't necessarily

pick up.

06:27 THE DEATH OF BEES

Wendy Myers:

And so, bees are very sensitive to our environment. New studies are showing that bees are sensitive to the neonicotinoid pesticides that are being unleashed in our environment without any study whatsoever.

I think there's been studies done, but they're being hidden from us.

So, talk about why the bees are dying and what this means for humanity.

Maryam Henein:

Okay. So there are studies that show—I think what you mean is that there is no precautionary principle in the United States, and that we put things on the market without knowing for sure what the repercussions are (like in other countries). And also, with the Environmental Protection Agency, they ask the companies, the chemical companies, to provide the studies as opposed to having independent studies done. So obviously, it's like the fox guarding the henhouse, as we say.

So, these are at the crux of colony collapse disorder. There's now more than 800 studies since we started making the film back in 2006.

So, these are neurotoxins. They disable the bees' ability to forage, mess up with their navigational skills. And so, here we are in a monoculture where everything looks the same anyway, and the bee is having these issues finding its way back to the hive. And the honeybee cannot live for more than 24 hours without her hive. And so then what ends up happening with Colony Collapse Disorder is, in a very short amount of time, you open up the hive and the bees have abandoned the babies and the queen which is very unnatural in nature.

And so, I see that as a parallel to us abandoning Mother Earth. We're living in an increasingly toxic world as you know.

Wendy Myers:

Yes, absolutely.

08:34 HOW THE DEATH OF BEES AFFECTS US

Wendy Myers:

So, bees are so essential to our environment, but I don't think people realize how much. Can you explain a little bit about that?

We hear things in the news like, "Oh, there are some bees dying here and there," but I don't think people really grasps the gravity of the problem.

Maryam Henein:

Absolutely! I still speak to people today that are clueless to the fact that bees pollinate one in every three bites of our real food. And they are the most beneficial pollinators that we have. And so, we focus on the honeybees.

But now, 10 years later, the bats are disappearing. The hummingbirds, other native birds, other native bees, those are all pollinators as well. But we focus on the honeybees because they are the most beneficial to us as human beings. They're environmental indicators.

And now, if we really take a look at these systemic pesticides, they're being compared to DDT. It's also the 50th anniversary of Rachel Carson's Silent Spring where she did talk about DDT and other toxins, and things have only gotten worse.

When I say that we are the bees now 10 years later, we are being exposed to sub-lethal poisons on a regular basis, whether it's through the food supply, the water supply, the soil itself, products that we put on our skin. And there is something called chemical body burden that Western medicine doesn't really acknowledge.

But just with the bee, these toxins have been shown to synergize and become more toxic. The same thing happens within our human body.

I just recently interviewed Erin Brockovich for a story on our water. And that alone, it's like here's a glass of liquid cancer, cheers! The crap that's in the water alone is frightening.

Wendy Myers:

Yeah. Yeah, it is. I mean I write about toxins, and I have for about five years. And it's shocking! I mean, we know from many, many, many studies and new illnesses that are showing up that we've never seen before, ones that the doctors don't recognize, that these toxins are the primary underlying cause of disease or one of the primary drivers of disease. And we're not only unfortunately killing ourselves, but killing our bees that are feeding us.

11:20 PREVALENCE OF THE PROBLEM

Wendy Myers:

And so, do you have any information or statistics on how many bees are dying or...?

Maryam Henein:

Well, it's been typically 40% for commercial bee—40% of commercial losses. But let's take a look at if you have a hive, a healthy hive, there's about 50,000 bees. And the queen is constantly repopulating. She's laying about 2500 eggs a day. And so it can give a semblance that there's nothing wrong.

Also, what beekeepers do is they'll take a hive, and they'll cut it in half, and they'll take a queen that is artificially reared, and they will insert it into the hive. And so they'll take one hive and make it into two. And now they split it—they're called splits—into four. And so it can give the semblance that the bees—

And journalists who write misinformation out there say that the bees are coming back more than ever, but that's not the case. Typically, the losses have been 40% plus. And this is not only in the United States. For instance, I live part of my year in Greece. And I did a piece there about the agricultural landscape in Greece. Neonicotinoids are still being used. There was a ban for three years in Europe that showed that the bees somewhat bounced back. But there's always other systemic pesticides that are being introduced.

So, for instance, the bees typically do better now in cities than they do in the countryside. That's a good example to show how effed up things are.

Wendy Myers:

And is this a problem in Europe as well? I know in Europe, they do protect their citizens more than we do here in the United States. Our governments are bought out by Monsanto and some of the other makers of these pesticides. So, is Europe fairing any better as far as their bees vanishing?

Maryam Henein:

Yeah, like I said, they had a 3-year ban that helped. But Europe is also having issues with Colony Collapse Disorder.

And just to clarify, we love to hate Monsanto. But in this case it's Bayer Crop Science that makes the systemic pesticides. Of course, they're going to be merging which is perverse and just unheard of crazy! It's a six billion dollar merger, Syngenta and Bayer. And now we're seeing just these big ag companies consolidating their—well, there are two other mergers that have occurred, which is very scary in itself and should not be legal really.

14:11 HOW PROBLEMATIC PESTICIDES ARE

Wendy Myers: And so, what other pesticides are problematic?

Maryam Henein: They're all problematic in my book.

Wendy Myers: Yeah, of course. Yeah, yeah, yeah. I meant for the bees, I meant for the bees...

Maryam Henein: Well, the systemic pesticides are imidaclopride, clothianidin. These are the neurotoxins. There's four or five. But if a beekeeper is putting fungicides in the hive or miticides, again, these synergize. And bees are like flying dust mops. In one grain of pollen, they found up to 17 different insecticides, fungicides, herbicides, whatever.

I mean, in my opinion, they're all poison. Hello, they're poisons. So why are we even having this conversation and arguing that they're not dangerous to human beings? That just doesn't make sense to me. Again there are sub-lethal doses and there's accumulation and synergy in the body.

And just to touch upon what you said as far as what is disease, studying functional medicine now, and more so metabolomics (which is looking at the metabolites in our body), disease happens when you're not able to accumulate the proper nutrients, whether it's from your crappy diet or because you have some mal-absorption or leaky gut going on, or the body is being exposed to toxins more so than the body can keep up to properly detoxify. And that's basically what causes disease.

Wendy Myers: And that's everyone today. I mean, everyone is exposed to way more toxins than their body can process. And I think conventional medicine really overlooks this, "Oh, we have our detox organs. The whole detox thing is a myth."

I've heard so many doctors say that. And it's really shocking to me.

Maryam Henein: What do they say?

Wendy Myers: That you don't need to detox, that you have detox organs that work just fine. I've heard a lot of doctors say this. It's scary. They just haven't studied it in depth, anyone that says that.

16:33 WHAT CAN WE DO?

Wendy Myers:

So, what can we do? What are some action steps that people can take to help the bees? What can they do?

Maryam Henein:

Well, I just wanted to say as far as like when you said it's everyone today, I'll just read off a fact that, in 2013, there was a Global Burden of Disease Study, and there was a massive investigation on the propagation of chronic disease. And it showed, for the first time, that up to 95% of the population is sick from a spectrum of chronic conditions.

We have become accustomed or think that it's normal. I speak to people in Montreal where I'm from that say they have arthritis now, for instance. And it's like, "Oh, it's just normal." No, it's not just normal, it's not. I'm 44 years old, and I feel like I'm in better health now than I've ever been despite being sprayed by pesticides, being run over by a car.

So, as far as what things we can do, I mean education to me is the number one step towards effecting change. We spent five years and distilled 300 hours into 87 minutes. So, in a very short amount of time from watching our documentary, you could really be on the same page as to all the information that we were able to gather.

So, education, eating organic food. I joked that I'd rather spend money on super foods over shoes any day of the week.

Wendy Myers:

Me too!

Maryam Henein:

All my money goes into food. I mean, it goes into my health. This is my temple. It's sacred to me, and food is sacred to me. Going to farmer's markets and forging relationships with the growers so you know where your food is coming from, or growing your own food.

I have a vegetable patch. I'm growing some food. And I have two hives in my little patio. People are always asking, "So you get honey?" It's not about the honey, folks. It's really not about the honey. It's about being a steward and just having their energy.

If I'm working here, every once in a while, a bee will come and land on my desk, to me, it's a blessing to be near bees. Their energy is sweet and lovely.

So, those are some things that you can do. And I think in your own personal life, whether you

have a chronic disease or you're trying to reverse an autoimmune, contending with your toxic body burden. And I think coming in toward our future, we're all going to have to do some detox.

I'm a huge, huge fan of coffee enemas. And I think, from all the things I did in six years (including like glutathione or having IV treatments with high doses of vitamin C), that was a huge thing, coffee enemas. It's a pretty simple thing that you can do that totally empowers you.

I would assume that you've had experience...

Wendy Myers:

I did one this morning!

Maryam Henein:

Perfect!

Wendy Myers:

And I recommend them to all my clients on my detox program. They're not usually terribly excited about doing them. But once you start doing them, you feel really amazing.

Maryam Henein:

Exactly! Yeah, absolutely.

And then, also, I'm doing ozone. I'm doing ozone insufflations. I have ozone water that I make every day.

Also, when I do my consults, I speak to people with autoimmune. I also have Epstein Barr virus. And in a lot of cases, that's part of the scenario, that there is co-infections going on. And so I see people doing a lot of amazing things to get their viral load down or to nourish the body. But the detox organs themselves need bolstering before they can even start to do their job because, a lot of times, as you must know with auto immune, your liver is sluggish.

And so, another thing is I'm doing herbs that are good for the liver. There's a lot of milk thistle in here. And just eating to nourish the body, I'm a big fan of micronutrients and super foods.

21:18 REVERSING AUTOIMMUNE DISEASE

Wendy Myers:

And so, anything else that you did to reverse your autoimmune disease?

Maryam Henein:

Yes, yes. In the book that I put together just to give a sense of some of the things, last year, I made a conscious decision—I live part of the year, as I mentioned, in Greece—to really lower my

stress.

I think stress, we underestimate the impact that it has on wreaking havoc on whether it's the adrenals or the hormones. But everything works in consort. So I was in nature and that helped a lot.

I've been taking CBD—CBD oil with no THC. We make one that has Chinese herbs called Superior. And that has helped me actually with my sleep. And more so, we have our cannabinoid system. And the plant is basically interfacing with the body to give you what you need. So it helps with the cannabinoid system which regulates homeostasis and balance. So that is a part of my regimen.

Also, molecular hydrogen, there's a lot of talk about antioxidants versus oxidants and whether they do more harm than good and the balance. Molecular hydrogen is the smallest antioxidant, and it could go into the mitochondria. The mitochondria is what fuels our cells. It's part of the Krebs cycle and the ATP production of energy. And so doing molecular hydrogen...

Ozone is an oxidant, and molecular hydrogen is an antioxidant.

Of course food I think. I mean, you must see this with your clients, people who underestimate the negative impact of gluten or dairy. I have one hacker friend who won't give up his gluten. It offers no nutrients. What is it doing? It's just an addiction.

So, food is thy medicine to me. And it's the first kind of pillar to take a look at. And somehow, often, you see the resistance with people to give up their bread.

Wendy Myers:

It's hard! It's their drugs for a lot of people. If they don't do drugs or alcohol or something, their food tends to be their drug that they go to again and again when they're stressed or what-have-you.

And fortunately, my clients are typically pretty advanced. I mean, most of them come to me, they're looking for that last piece of the puzzle that maybe hasn't dawned on them which is detoxification. And fortunately, for a lot of my clients, we don't have that hurdle to jump. But still, I do have a number of them that—

I think, really, once people start seeing the value in reducing sugar and gluten (maybe dairy if you don't tolerate it, which is certainly the case with autoimmune disease), people start associating

those who's more with pain than with pleasure like they did in the past. It's just making those small steps, taking it out for like 30 days and see how much better you feel. And then, people slowly start making those associations and can ditch it.

Maryam Henein:

Yeah, I hope so.

24:52 ADDITIONAL RESOURCE ON AUTOIMMUNE DISEASE

Wendy Myers:

And so, you wrote an ebook on autoimmune disease. We're going to have links for that in the shownotes if anyone wants to download it. But can they download it from your website as well?

Maryam Henein:

Yes, it's a little bit more hidden on the website. I don't know it off-hand where the landing page is. But yes, for sure, I provided the e-book link.

It just expresses some of the personal things I did because it's a regime, right? I didn't mention, but I also started doing iodine. I was on a thyroid medication and taking T3 has helped. A lot of times, if you go traditionally and ask for your thyroid markers, they don't even look at T3 and T4. They look at TSH which doesn't really indicate much.

So yeah, to me, Western medicine has so many holes and is so myopic in the way that they look at human body. It's so compartmentalized. Just like you read in the beginning, you have this incurable autoimmune, your body is attacking itself, just that belief has to be deleted. It had such negative repercussions.

Honestly, think about it. If my body is attacking myself, I can't trust my own body, who the eff am I going to trust if my own body is turning against itself? When in reality, I've come to realize how amazing our bodies are. We just need to assist and give the right climate for the body to heal. So it's all encompassing.

So, I was mentioning iodine. A book that I recommend is The Iodine Crisis. I put a little bit of iodine with coconut oil after a shower. I put it on my thyroid. I put it on my breasts, on my ovaries.

And so, all these little things have helped. And as you said, you feel great doing a coffee enema. You can feel immediate benefits from pain reduction and so forth and vitality.

And the same thing with ozone. I don't know what your experience is with ozone, but it's helped a lot. It gave me more energy as well.

Wendy Myers:

Yeah! I've done a podcast with the before. I haven't personally done it, but I keep meaning to. I keep meaning to. It takes two hours to do the hyperbaric blood transfusion of ozone. I'm too busy helping other people typically.

But yeah, fortunately, I don't have too many health issues. But if I had a health crisis, yes, I would absolutely be doing ozone for sure—especially since it's great for infections.

27:56 CBD OIL

Wendy Myers:

And so, you mentioned CBD oil while we were talking earlier. You have a CBD oil product in your store to help your client base. What are some of the other things that you offer?

Maryam Henein:

Oh, on Honey Colony? I would like to just maybe tell you a little bit about the other Chinese herbs in Superior. It's great for people who have Lyme. There's sichuan teasel root which is great for the liver and the kidneys. There's dong shen root which is a chi tonic, which is also an antioxidant and a neuroprotector. There's astragalus. There's white peony which is very kind on the body and calming, it helps with inflammation. There's propolis because we love the bees and bee medicine.

And so, there's no other CBD on the market that has this formulation. I joke that everyone and their mother is creating CBD now, however people don't know what to ask for.

So, for instance, the cannabis plant is bioremedial. They actually use the cannabis plant to clean the soil off toxins. It pulls whatever's in the soil. So, if you're not dealing with an organic plant, then your imbibing all these heavy metals and toxins. So you need to make sure that your source is organic.

And also, the extraction, sometimes they use toxic ways to extract. They use hexane or butane. So again, if you're taking a medicine to help you, you don't want to be taking one that used toxic methods to extract the CBD.

And in reality, if we weren't living with prohibitive times, we would be using a little bit more THC because it's the whole synergy of the plant. The universe, God, whatever you want to call our

creator, meant the plant to work in a synergy. And what the pharmaceutical companies are doing is that they're creating a synthetic extract and isolating. And that's what Western medicine does. It doesn't look at things in a holistic manner.

So yeah, CBD in the Honey Colony. The whole thrust of the site is to empower people to be their own best health advocate and to put honesty back into the food supply. So we have a lot of solid information and articles that are sourced. We're not into cosmo fluffy BS as I like to say.

Wendy Myers:

Me neither!

Maryam Henein:

There's a lot of that around.

And then, all the products, we say that they're simply transformative products to replace every day toxic mainstream products out there. People don't even know that, let's say, underarm deodorants can lend to cancer. You'll have to wonder, with all the sunscreens out there, why is it that there's a growing number of skin cancer. It's because a lot of the ingredients are toxic and actually give you cancer.

Wendy Myers:

Yeah. It's almost a joke. The joke's on us. All the companies are making money off of our illness.

And so, yeah, that's really interesting with the CBD oil. I haven't heard of one with herbs in it, with healing herbs. That's really interesting. I use CBD oil to manage my lower back pain when I was having some inflammation there. And it really, really helped me a lot.

Do you have any other interesting products that you offer? Any B products or anything like that?

Maryam Henein:

Oh, we have a product called Equilibrium. It's a super, super food. It's very popular. This one is tailored for energy. We're going to have one that we're rolling out for clarity that's more of a nootropic.

So, if you do use super foods, you know that it's expensive. So this super food has honey as a base, and then has everything—I mean, ginger, turmeric, phytoplankton, algae. It has all the super foods—royal jelly, propolis, bee pollen—in there. And the honey serves as the delivery mechanism.

So, that is a super yummy product that people use to get a little bit extra energy and verve. And that's called Equilibrium. It's also very popular.

And then, we have Silver. I would say Silver and CBD are our bestsellers. Silver, we're living in a very real antibiotic-resistant epidemic. So for instance, for me, I was getting urinary tract infections on and off for 16 years. Oftentimes, when you get one, then you get subsequent. It's the second most common infection in women. It is related a lot of times to Epstein Barr or let's say lupus, because lupus, it can attack a certain organ. In my case, I have issues with the bladder. It's super sensitive.

So, since taking Silver, I myself have not had taken any antibiotics in five years. I have not had one urinary tract infection. We sell a silver healer where you can actually make the silver at home. And if part of your regimen, let's say you're getting rid of biofilms because you have Lyme or you're strengthening the immune system.

And then, we have a super concentrated chelated version called Silver Excelsior. It used to be called Silver Surfer, but Disney didn't like that because they have a Marvel's comic called Silver Surfer. So yeah, silver is huge. I mean, the antibiotic resistance epidemic is worldwide because of the abuse and misuse of antibiotics.

Wendy Myers:

That's why I use manuka honey. I love manuka honey for infections. There's nothing better than our products, manuka.

34:24 THE FILM: VANISHING OF THE BEES

Wendy Myers:

And so tell us what can someone expect when they watch The Vanishing of the Bees.

Maryam Henein:

Well, they can expect to learn a lot. Like I said, we condensed 300 hours in 87 minutes. They can get a sense of—I mean, the honey bees have been around for millennia. They're ancient creatures. They also represent the sacred feminine. So you could learn a lot about the ins and outs of modern agriculture and open your eyes to that.

And then, also, to the kind of back story of what everything the bees symbolize. I kid around that "all roads lead to bee." I can connect anything to the bees. They teach us about cooperation and how to work for the greater good, which is I think really important in a society where we're kind of primed to give a crap about the bottom line.

Right now, we celebrate our consumer decisions as what identifies us—our labels and stuff. I

personally I guess would be dubbed eccentric and don't really give a crap about the matrix and all the superficiality that it promises us.

So, I think watching the movie can really educate you. There's definitely a consciousness that's been raised. If I look at 2007 just in my own personal life of the consciousness that have been raised, I think we're a lot more aware. And we have to continue to be aware and to come together as bees to fight.

In reality, what are we doing? We're paying more money not to get poisoned, right? Isn't that how...?

Wendy Myers:

Backwards.

Maryam Henein:

Yeah, it is... I think more so than ever.

And I think, Wendy, that people are getting stupider by the day. When I say that, there's for instance an article in The Atlantic that showed 10 toxins—I think lead and arsenic being one, chlorpyrifos which is a pesticide—that scientifically showed that they rob us of IQ points.

So, if you look at that plus Coca-Cola and all the junk food that people eat, I'm not joking when I say there is a dumbing down of our consciousness. People are not using critical thinking and thinking outside the box.

And so, to me, again, food is medicine. I'm adopting more so now a ketogenic diet where I'm eating a lot of high fats. I'm not a vegan or vegetarian. I have so many allergies. I believe of course in organic food that's humanely raised. But I'm doing things in my life to heighten brain cognition, whether it's like bulletproofing my coffee (I'm a fan of David Asprey, and we sell bulletproof on the site) or just being mindful of what good fats can do to us if we're operating with ketones as opposed to glucose.

37:55 THE MOST PRESSING HEALTH ISSUE IN THE WORLD TODAY

Wendy Myers:

I have a question I like to ask all of my guests—I have a feeling I know what the answer is going to be. What do you think is most pressing health issue in the world today?

Maryam Henein: So, would you mean a condition?

Wendy Myers: Really anything, whatever thing you think is impacting our health dramatically in the world. What do you think is the most pressing?

Maryam Henein: I think the most pressing is the modern ills of agriculture. Instead of fighting with a staunch vegan about not to eat meat, we should all focus on what we do agree on. And it's this modern way of farming. It's biodynamic farming, permaculture. It takes into consideration how we can make the most of everything in our environment.

And so, I think being on a farm and participating in the death of a goat in a sacred way and then eating that is different than buying chicken from Tyson's that's been pumped with hormones and the chickens are kept in horrible situations.

So, I think we should focus on what we agree on, that this modern way of growing our food is not working. You can argue that tons of slugs are killed when you're planting a monoculture of lettuce, for instance. Death and life, it's part of the cycle. Things need to die in order for life to come forth.

So, hopefully, that answers your question.

Maryam Henein: Yes, I definitely think that our current way of farming is just an abomination. And all these pesticides, like chlorpyrifos which you mentioned, was just approved by the EPA to go into production. We know it has horrific side effects for human beings, and our government is not protecting us at all. They're bought out.

You have to protect yourself. You have to take responsibility because no one's going to. You have to make those choices and vote with your dollars because you're going to pay now for food are you're going to pay for it later in medications and doctors and nursing homes.

Maryam Henein: Absolutely!

Wendy Myers: you're not going to like the outcome.

Maryam Henein: Absolutely.

40:14 WHERE TO FIND MARYAM HENEIN

Wendy Myers: And so, why don't you tell the listeners where they can find you and learn more about you.

Maryam Henein: Thank you. I would invite you to check out HoneyColony.com, and also SimplyTransformative.com. We've had a lot of issues selling CBD even though ours is perfectly legal—a lot of disruption there. And people can certainly follow me on Twitter, @MaryamHenein. If they want to email me, Maryam@HoneyColony.com. And the film is on Netflix and iTunes and Hulu. And it's called Vanishing of the Bees. It's narrated by Ellen Page.

Wendy Myers: And we will have that link in the shownotes also. If you want to watch it, you just search for it.

Thank you so much for listening to the Live to 110 Podcast. My name is Wendy Myers. You can learn more about me at Liveto110.com.

And please be so gracious to leave a review of the podcast on iTunes, so when people search, they can find us more easily, and we can get to more listeners and help more people. Thank you so much!