

A Plea for Another Perspective on the Gender Altered/Same Sex Situation in the Christian Community - My Own Journey and Conclusions

WHO AM I AND WHAT MORALS DO I BELIEVE REGARDING GENDER AND SAME SEX ALTERATIONS?

I am a Christian, raised in a Christian home, a married mom of grown children and a grandmother. My husband is also a Christian, raised in a Christian home. We have been involved in non-profit Christian service for 48 years. Moody Radio, Focus on the Family and other ministries have been valued supports to our family for many years.

I support Scriptural family values, I believe the following:

- **Gender issues vs same sex attraction:** I recognize these are totally different, not necessarily correlated.
- **Marriage:** I believe in one man for one woman for as long as both shall live, but that God did make provision for divorce under certain conditions due to the hardness of our hearts.
- **Same sex attraction:** I believe same sex attraction may be a willful choice, OR, according to science, in many, not all cases, it may be caused by chemicals and other environmental factors. In those very common cases, it may not be a choice the person has deliberately made, and it may or might not, not be reprogrammable. I consider that “inborn same sex attraction” while not a willful choice, still requires strict control similar to that of a heterosexually attracted man who should not lust after a woman to sin.” I believe same sex attraction cannot be acted upon, hence celibacy may be necessary.
- **Same sex behavior:** I do not see room for same sex behavior in Scripture under any conditions. I am aware that some Christians are reinvestigating this issue and if their somewhat opposite conclusions are correct, I pray that God’s mind will become perfectly clear to us all. I have great sadness for those who are affected not by their choice. I believe we are responsible to help those altered by environmental toxins and other circumstances to live beloved moral lives of significance and honor among us.

Due to family health challenges I have done a great deal of research into health trends (about 16 years) and have a free health literature ministry that I also use to distribute the gospel, mainly with tracts and personal witness.

MY HISTORY OF EXPOSURE TO GENDER ALTERATION SITUATIONS THAT THE LORD HAS PREDETERMINED

20 years ago I heard of a Christian friend’s friend’s child who was born neither male nor female, or both, which ever, and the family’s gracious acceptance of their child? It was my first contact with the transgender dilemma other than a newspaper article on hermaphroditism. I was impressed by their support of their child.

18 years ago other Christian friends faced the challenge of a (perceived) sister who underwent gender completion to male. From afar I watched that family group struggle through the Scriptural implications and chaos created between family members. My friend, a brother to the transgender sibling, sometime later shared with me that “We need to let these people tell us who they are.” I pondered his conclusion for years, wondering, again, how such a situation could even happen???

16 years ago my daughter and I accompanied one of her friends to a gardening lecture in which the speaker explained that in the vicinity of the manufacturing plants of agricultural/lawn chemicals, children were being born with mixed up reproductive anatomy. That was disturbing as I had used a fair amount of those chemicals.

14 years ago my family experienced unusual and frightening health problems that sent me digging deep in the medical literature, seeking answers, and learning the changes required to deal with those health issues God placed in our path. In that process I began to purchase food from an organic farm run by a mature, sober, older God fearing man whom I trusted. **In 2010**, he came to me, and informed me that he had just returned from a farming conference and was deeply affected by information he had gleaned from scientists there. He was so disturbed and burdened that he actually was physically bowed over as he shared that many chemicals used on our food supply and lawns, and also chemicals in many plastics not only had potential to cause disease, breast cancer, thyroid and bone and other hormonally related issues, but they are estrogen mimics/endocrine disruptors and can literally turn boys into girls and girls into boys. To be more specific, they can mutate and change anatomy, genes and genetic expression, alter hormones and glandular function, skew sexual attraction, and alter gender both in utero and probably after birth in myriads of combinations of physical, anatomic, genetic, hormonal and identity or role disruptions. Furthermore the endocrine disruptors contribute to a higher incidence of twins conceived, and also fetal death. This combination (more twins conceived and more fetal death among them) increases the chance of chimerism in which a living twin may reabsorb genetic material from its dead opposite gender sibling and become transgender/intersex as a result. My farmer friend shared these lectures with me. I studied them and contacted those scientists and others with my questions.

Since 2010, I have found much more literature which confirms these findings and have contacted more scientists. I have personally witnessed tremendous concern among scientists, researchers, immunologists, endocrinologists, biochemists, and mercury specialists, practitioners., etc., that these chemicals, including agricultural, additives to plastics, and other products can and have, wreaked havoc in countless children and young people, not to mention everyone else, as far back as pre WW 2, (DDT, dioxins, PCB's, DES/Diethylstilbestrol, mercury, chlorine, sunscreens, fragrances, dry cleaning chemicals, hair and laundry products, flame retardants, BPA, BPS, other plastic additives, phthalates, polycarbonates, and vaccines containing aborted human male and female fetal cells). By now, 90 years later, accumulation of these and many more toxins both in the environment and our bodies, plus the increasingly weakened health of society, appear to exacerbate the adverse effects. Many individuals today can no longer excrete toxins efficiently.

7 or so years ago, a child close to me was born with serious gender related birth defects. This sent me on more investigation and prayer for this sweet child's future, and a sense that this is real, happening now.

5 years ago or so another couple we knew also gave birth to a child with gender related birth defects. More of my friend's children came out same sex attracted and others have come out transgender.

4 years ago - I distribute tracts at retirement centers and nursing homes. One evening I was approached by a person age early 50's in a wheelchair who asked which church I attended and if my church would allow a gender altered person to attend and be part of the church family. My first silent reaction was, "you would ask me! I have done the research!" And my verbal response was "That depends!"

To shorten a long story, this person was an environmentally gender altered female, misidentified as male at birth. Her body has accepted transition to the true female persona very well and her personality has blossomed.

The person had some goals in speaking to me.

1. **She sought assurance of salvation and** heaven, especially since Christians had insisted she would go to hell.

2. **She desired a church home, teaching, and fellowship** and asked if she would be accepted at our church in her true female persona.

Although two men from our church visited my friend and provided a Bible, it took 18 months to fulfil her request for a church home. She was extremely patient, and did not push, although there were tears as she waited.

In the mean time I tried to offer to my friend a Scriptural perspective of her situation, finding at first only the verse about “eunuchs born from the womb” to support the principles I presented. I encouraged her to remain celibate, which advice she has followed. To clarify, my friend has never wilfully committed sexual sin.

Later I found Isaiah 56:1-12 which addresses foreigners, eunuchs, outcasts and knowledgeable shepherds.

“Maintain justice and do what is right,
for my salvation is close at hand and my righteousness will soon be revealed.

² Blessed is the one who does this—the person who holds it fast,
who keeps the Sabbath without desecrating it, and keeps their hands from doing any evil.”

³ Let no foreigner who is bound to the LORD say, The LORD will surely exclude me from his people.”

And let no eunuch complain, “I am only a dry tree.”

⁴ **For this is what the LORD says:**

**“To the eunuchs who keep my Sabbaths,
who choose what pleases me and hold fast to my covenant—**

⁵ **to them I will give *within my temple and its walls*
a memorial and a name better than sons and daughters;
I will give them an everlasting name that will endure forever.”**

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**God’s criticism of the shepherds who are mandated to care *knowledgeably* for these  
foreigners, eunuchs and outcasts, and not to just think of their own reputations.  
His watchmen are blind: they are all ignorant,...they are shepherds that cannot  
understand: they all look to their own way...**

As we awaited further communication from my church, I approached a local women’s Bible study, explained the situation, and my friend was allowed to attend. Only 3 individuals knew her history and for 4 years now she has enjoyed wonderful study and fellowship there, with spiritual growth and maturity on her part (and I trust mine also), when she was well enough to attend.

Eventually God gave us a green light for my friend to attend our church. She has now attended for about 2 ½ years and many have treated her well. Most of the church members have worked hard to understand her situation and have been kind and welcoming of her. Yes truth told, a few were unwilling to communicate or accept her, nor obtain accurate facts, nor sought answers to their questions, and mistruths were spoken regarding her. Satanic activity has been evident. This has caused significant distress, but we try to be patient and trust the Lord for resolution and recently there has been encouragement.

My friend is a leader on some very large online forums in the hermaphrodite and LGBTQ community, (These communities are lumped together to the dismay of both communities. The same sex attraction community does not like the intersex/transgender community), but my friend is respected and wishes to bring Christ to her community as she grows spiritually. She has to be very careful as the community is terribly hurt by, and sensitive to, rejection by Christians. She was assured from many in her community at the start that "You are a fool to try religion!" For this reason she was very laid back in her (slowly developing) Christian testimony but they know she is a Christian. She participates in Christian transgender online forums and steers seekers to them.

Many unsaved transgender/intersex people consider Christians to be almost their worst enemies, as they witness Christian groups' efforts to passively eliminate them, and to drive them to homelessness or suicide by denying them basic necessities such as birth certificates, driver's licenses, passports, insurance, etc.

Notwithstanding rejection by many Christians, when my friend announced online that she was accepted into a women's Bible study she was inundated with requests of other gender altered women to attend also. Others would not believe her and demanded a picture, and accused her of betraying them, "since Christians had treated their community so terribly." Some of her Christian gender altered friends had been kicked out of their churches after years of faithful participation. They love the Lord Jesus and want to "remember" and worship.

I advised her not to tell her friends, even the sincere ones, where she attended Bible study. The group was not yet prepared for an onslaught of gender altered applicants. It broke my heart because many of these people suicide. Perhaps in time it can be different. May God reach and keep any earnest seeking souls.

I sincerely plead with other Christians in my church group and the church at large to accept the challenge God has clearly laid at our doorstep. This group of precious suffering people is being mistreated by the Christian community in a way I have never seen any other group mistreated. Not pedophiles (including teachers, Christian pastors and priests), nor unfaithful spouses, drunkards, murderers, prostitutes, prisoners, mentally ill, narcissists, gossips or any other category of seeking souls has been as publicly and insultingly rejected out of hand and misunderstood as these people. We must remember that they were often injured by chemicals that are freely served at most of our churches and sprayed on church lawns where our children play.

Christians have a widespread perception of "transgender" people that has originated from confusing them with "cis" (fully male or female) cross dressers, and drag queens who cross dress for sport or onstage, and also from deliberately choreographed transgender pornography played by cis actors. How did that happen??? Why has transgender porn shaped our perspective when other heterosexual porn that is a huge problem among us has NOT similarly influenced our perspective of various cis demographic groups? Surely Satan has created a twisted perception of a group that contributes positively to society, and wishes to fly, miserably, under the radar.

What will happen to our own kids as they come out?? Will they watch my friend's struggle for acceptance and to be allowed to "Remember" Christ in His death, and give up/run away from us without even trying? or commit suicide? They have been and are now being born among us and mostly they are hiding out of fear. Will we stand idly by and ignore or gossip and shred them to ribbons??

I have attempted to "sit by the captives" as mentioned in Ezekiel 3:15 "I came to the exiles who lived at Tel Aviv near the Chebar River. And there, where they were living, I sat among them for seven days--deeply distressed." Walking alongside my friend, I learned a great deal more than I had ever dreamed of their suffering and unique needs. I beg my brethren to also be willing to learn the lessons and serve with Christian grace, joy and acceptance these people, including little children, whom God has placed in our path. They can help us too, and contribute to Christ's cause with their unique talents and insights.

## **PERSPECTIVES I HAVE LEARNED FROM MY GENDER ALTERED FRIEND**

**This is a one page summary. More detailed comments follow for those who seek a deeper perspective.**

- **In the Lesbian, Gay, Bisexual, Transgender, Queer community, LGBTQ, T is a different category in most cases.** I refer to “transgender/intersex” as “gender altered” since, this is reality in myriads of combinations of injury, usually unwittingly triggered by chemicals we spray on our church lawns or serve in our dining halls, where these dear souls are often unwelcome.
- **The gender altered community in general did NOT initially relate well to Bruce/Caitlyn Jenner.**
- **The gender altered community is much MUCH larger than commonly believed.**
- **The gender completion process often but not always, relieves the dysphoria a lot, but family and friends usually desert these people, which creates significant loneliness and heartbreak.**
- **Suicide attempt rate among the gender altered is around 42%. About 1/3 of attempts are successful.**
- **When the bathroom bills became a political football the suicide hotline calls tripled!**
- **The bathroom bills exacerbate gender altered folks true fear of arrest or physical danger/murder.**
- **Gender altered people are much more likely to be murdered than the general population.**
- **In most states of the USA, if someone murders a gender altered person, they can use the “transgender panic” defense to avoid or downgrade the murder charge.**
- **The gender altered community is not statistically known to attack women in bathrooms, rather they are the ones attacked. Meanwhile priests and pastors cannot boast such a record in their occupations!**
- **Laws requiring family bathrooms, or lockable single stall men’s and women’s rooms make a lot more sense than multiple stall gender neutral restrooms and are safer for gender altered kids and adults.**
- **Sadly, with altered gender, anatomy, genes, identity, hormones, etc., and without Biblical teaching or a caring home church these sensitive people have little support to learn or live Biblical lifestyles or have worthy projects and goals to distract them from their condition. Mentoring takes patience, understanding and commitment to model God’s gracious ways in a manner that attracts them to Him.**
- **Gender altered people are a field “white to harvest”, a largely untouched, hungry, outcast field.**

**IS THERE A MUCH LARGER MORE SINISTER PICTURE EMERGING FROM “TRANSGENDER” CONTROVERSIES THAT MAY HAVE LITTLE TO DO WITH GENDER ALTERED AND SAME SEX ATTRACTED PEOPLE?**

- **The gender altered community is being spun stories that Christian leaders and well-funded Christian groups are out to exterminate them or drive them to suicide! This is a weak spot for Christians already, but while Christian leaders’ articles and statements on bathroom issues or denouncing transgenderism may be uninformed and poorly phrased to begin with, they are being further manipulated to even worse hate speech. When these articles and speeches are closely examined the manipulative spin fed to the trans community manifests. Vice versa, there is an onslaught of “transgender drama” articles deliberately spun to inflame strong emotional reactions from Christians.**

**Are the transgender issues and resulting furor a TRAP!!...aimed at a very weak spot of the Christian testimony? Gender altered people are pawns and victims also, but are Christians the final target?**

**THIS COULD BACKFIRE INTO GENOCIDE OF CHRISTIANS AS A MURDEROUS, DANGEROUS COMMUNITY**

## **Further details of the summary above for those who wish to deep dive:**

**In the Lesbian, Gay, Bisexual, Transgender, Questioning community, LGBTQ the TIA is a different category in most cases.** In most other folk's minds, "transgender" conjures up a disturbing image of a perverted individual. In most cases this is cruel and inaccurate. Transgender is not behavior, as is LGB. It is who the person IS. Most/many hermaphrodite/transgender/intersex, aka gender altered individuals are quiet, law abiding and insightful persons who suffer and try to get through life as best they can with their injuries with very little comfort or support other than in their own communities. For that reason I will use the term "gender altered" in this paper. This avoids the "perception of perversion" that the term "transgender" evokes and reminds us of environmental factors. Gender altered people do not like to specify if they trans or intersex/hermaphrodite.

**The gender altered community in general does NOT appreciate Bruce/Caitlyn Jenner.** They say this person inaccurately represents who they are, and has plenty of money for bodyguards, medical treatments, and to look pretty and has no idea what most of the rest of them suffer. This distrust may change in time.

**The gender altered community is much MUCH larger than commonly believed.** Many of them are not recognized at birth, because the injuries may be internal and/or functional in the endocrine system or in structures in the head, and possibly other systems that are not yet discovered or understood. For years many of them did not fully understand that their misery is because they are gender altered, or they may not have money to have medical attention for diagnosis or treatment. They may suicide eventually without understanding this, although today it is better known. Many more are feminized males or masculinized females and some may think at first that they are cross dressers when in fact they later conclude they are truly gender altered.

**The attempted suicide rate in the gender altered community is 42-46%, and 33% of those attempts are successful.** They really do experience gender dysphoria, and are often rejected socially due to their mix of male and female characteristics, with or without the completion process. If they complete one gender or the other medically they may be very much relieved in many ways, but their family and friends usually desert them, most churches reject them, and now they cannot even use the bathroom safely. They trade significant physical and psychological relief only to become worse social outcasts. Christians can help here.

**When the bathroom bills became a political football the suicide hotline calls tripled.** My friend helps work the phones, and has talked people off bridges, called the police, and spent up to 18 hours with a suicidal person getting them to hospitals. She grieves very much when she loses a caller. A few weeks ago her best friend committed suicide. She believes the bathroom bills were the final straw for her friend.

**The completion process often but not always relieves the dysphoria.** In most cases the completion process helps them tremendously but like all other processes in life, not in every single case. . They are still both male and female. However, Christians are told by Walt Heyer that there is a 30% regret rate. That that does not match reality in the truly gender altered community. Walt himself was not gender altered, and his ministry is to "wanna-be's, who may or may not be affected but not severely enough for a persona change to be helpful. No one I know who works with this community sees even close to a 30% regret rate. It still remains though that fully transitioned people suicide much more often if their family does not support them. Family and friends support appears to normalize the suicide rate.

**Gender altered people are much more likely to be beaten or murdered.** In most states someone who murders a transgender is allowed to use the “transgender panic” defense to avoid or downgrade the murder charge! This is a reason why a normally quiet community that wishes to blend in is getting so vocal.

**Gender altered people are not a notable danger in bathrooms.** They want to use the bathroom matching their persona and leave quietly without being “clocked” (recognized) for their own protection. They live in fear of being murdered. Unfortunately peeping toms have always been around, but with heightened awareness, and cell phones, might this crime be less probable? True gender altered people dress in the persona that matches the restroom they quietly use. Cowboys in women’s rooms taking advantage of bathroom bills would stand out and likely quickly scatter any women who happen to walk in.

**Bathroom and other antitransgender bills exacerbate gender altered people’s true fears of arrest or physical danger.** They sometimes do not have funds to physically or legally complete transition, and even if they do the process takes time. Therefore they may carry identification that does not yet match their persona. This is dangerous for them as they may be jailed or worse if someone clocks them. A gender altered person was recently jailed when the person checked into a hotel and a clerk noticed a discrepancy in the driver’s license.

Unfortunately some gender altered people struggle to survive financially. Gender altered persons of color are high risk for homelessness. True, some may turn to prostitution, as “cis” persons may also. However, in some other cases, they do not even possess working anatomy and are certainly not a threat in a bathroom.

**Mandated public family bathrooms, or lockable single stall rest rooms make a lot more sense than multiple stall gender neutral ones.** Small businesses such as gas stations already are so equipped. Larger facilities with multiple stall restrooms can afford renovations. When the Americans with Disabilities Act was passed years ago, it cost to convert public spaces, curbs, parking lots, but America got it done.

**Sadly, with variations of dual gender, anatomy, genes, hormones, attraction, identity, and roles, and without Biblical teaching or a caring home church these people have little support to learn or live Biblical lifestyles or have worthy projects and goals that distract them from their condition.** Their altered bodies and souls are so paramount in their lives that, they may be much occupied with their condition and earthy anatomical matters. On the flip side, they often are very insightful, perhaps due to their dual natures. They contribute greatly to society in the military, medicine, science and many service and academic professions.

**Trans people are a field “white to harvest”, an untouched field, or are Christians who have been displaced from their churches.** In spite of their hurt and anger toward Christians, whom they perceive are hypocrites and a physical threat, many gender altered people are hungry for God and fear hell. In attempting to reach them it is wise to first “sit with the captives”, sense their misery, and model and lead them to Christ. Be patient as their grave clothes slowly unwind.

**THERE IS A MUCH BIGGER AND MORE SINISTER PICTURE EMERGING FROM THE BATHROOM CONTROVERSIES THAT HAS LITTLE TO DO WITH GENDER ALTERED AND SAME SEX ATTRACTED PEOPLE.**

As I have watched the bathroom and other transgender issues unfold it has been a mystery why politicians chose this smallish but growing arena to pick on??? But now is it becoming clearer?? and only a demon would think of it!!!!

Due to lack of knowledge of the chemical piece behind the gender alteration and some not all same sex attraction conditions, Christians have fallen over themselves attempting to uphold Scriptural family values, and “protect cis women” in bathrooms. They have made unfortunate, inaccurate statements to the gender altered community that denies their actual physical plight or any relief strategy! (It’s true that God made us male and female, but man’s fraudulent science and the devil did not). Christians often acknowledge in their articles that “there is a very small percentage of folks who are truly intersex”, but then they offer no hope or help for even those persons and denigrate every real need they have. This has frightened and further angered the gender altered community. But the Christians are wrong on the numbers. There are many MANY more who are gender altered “in some way” than is recognized. Christians publicly, unwittingly miss Christ’s mandate to reach out to them. (No, it’s not always easy. They are very angry and very sensitive.)

Furthermore I have seen articles directed to the gender altered community that misrepresent Christian leaders’ statements in ways that demonstrate clear manipulative spin of already weak Christian motives.

These Christians have stated that “in the Old Testament transgender people and homosexuals would be put to death”, (Kevin Swanson) or that “if the bathroom bills had been put in place 100 years ago people would have been shot” (James Dobson). Those comments have been **spun** into “Christians should shoot transgenders” in the versions fed to the gender altered community. Important qualifying phrases are being misquoted or simply cut out that serve to heighten their angst and fear of Christians. For example Kevin Swanson preached the Old Testament principles of “death for homosexuals and supposedly transgenders” at an Iowa Republican event, but his final comments that “today we should NOT kill them, we should love them” was edited out of the YouTube video circulated among the LGBTQIA communities!!!! He didn’t consider that God never said to kill a eunuch. He did not know that the transgender category is intersex!

Vice versa, there is a current tsunami of articles written in ways that inflame Christians against gender altered people. This appears to be an intentional spin by a recognizable “enemy”/entity to create angst between the two groups. I believe that enemy is Satan.

Scripture does NOT say “*hermaphrodites, aka eunuchs*” should be killed. Only in reference to same sex *behaviour* (which is not the same as gender alteration or same sex attraction), yes, the law required death, but grace, now in effect, does not. Unsaved and untaught gender altered and also same sex attracted people may not understand the difference between law and grace, so this is hate, murderous speech to them. Christian gender altered people who do understand the difference know that many Christians do not fulfill Scripture.

Scripture itself speaks of “eunuchs from the womb” and “eunuchs of men” (physical mutilation or chemical injury caused by humans). Yes they clearly, provably, exist. There is no Scriptural injunction in the Old Testament law or under New Testament grace anywhere to kill them. Isaiah 56:1 very clearly states that if they follow the Lord they have a place within the walls of our churches and a name and a place among us.

**IS THIS A TRAP??!!** This political mess may be a masterful trap to tempt Christians into hate speech against gender altered people and that could eventually backfire into literal genocide for Christians in this country. The real goals of these bathroom bills and inflammatory transgender articles may have little to do with gender alteration or even same sex attraction. They may be, among other purposes, to trap Christians into implicating themselves as radical, murderous zealots.



Let's rethink our perceptions of the gender altered community, and LGBTQ also, and find ways to reach their hearts for Christ. Might we need to repent (change), restate our stance, ditch the chemicals at least at church, and/or in some cases, um... apologize? It's even harder when many Christians are connected to the chemical industry i.e., farmers, scientists, food prep, etc.

As we face increasing gender alteration in our own Christian families and churches let's consider the possibility of chemical injury as we prayerfully evaluate each case, each small child, each young or older gender altered person who may appear in our path. The older ones may be from chemicals such as DES or DDT from many decades ago.

Prayer: "Lord, help us repent of our serious, often unwitting mistakes, help us comfort and appropriately support the altered, and we ask for mercy and protection for ourselves and our children."

## **Helps for churches and families who wish to avoid “bad actor” chemicals.**

**“Repentance means change!”** Years ago we did not know the dangers of these estrogen mimics. (The manufacturers knew and among other strategies covered it up in the safety studies with a strain of rats that were insensitive to estrogen!!! Wicked!!!) Now,.. we know, and there are moral implications, particularly at church where Scriptural principles are supposedly upheld. For consistency at least, might it be time to rethink church kitchens, menus, lawns where children play, and avoid endocrine disrupting substances???

**Will this help? Is it too late???** Perhaps, perhaps not! Nonetheless, it’s hard to counsel altered kids to be celibate for life with a plastic water bottle in our own hands! Increasingly, these young people will know what happened to them. ☹ This is not a claim that every case of homosexual behavior involves endocrine disruption, but one injured young person may influence others who are not physically affected.

**Plastics** - Most plastics contain endocrine disruptive additives that leach and outgas for the life of the item. We cannot avoid every exposure, but avoidance in the kitchen makes a lot of sense. We can steer clear of hot or fatty food in plastic and plastic food storage containers. Sadly, even BPA free items may use BPF or BPS, both which are now implicated as endocrine disruptors, possibly even worse.

**How did folks handle life before they had plastic???** Usually that question prompts ideas for substitutes, often found at Goodwill or the basement (glass canning jars work for food storage and usually are easily obtained from older relatives). Old or pretty socks work well for transporting glass beverage containers or food. If something breaks, the entire sock can be tossed, glass contained within. Other materials include wood, wicker, glass, non-lead ceramic, bamboo, stainless steel (no tin or aluminum for food!), cardboard, paper, parchment, beeswax, jute, hemp, linen, silk, cotton (estate sales often have nice company linens from the pre gmo cotton era), banana leaves, corning ware with glass lids, rubber, and so on. Homemade reusable “plastic wrap” can be made from thin cotton or cheesecloth dipped in hot beeswax, or can be purchased commercially. Silicon is being accepted as reasonably safe. I hope so.

**The Dirty Dozen/Clean 15 list of chemicals on food is available free** at <https://www.ewg.org/foodnews/>

**Churches or families can form wholesale co-ops** and split cases of veggies or a purchase a whole pastured animal at lower prices for members’ freezers. Older retired members can help with the real work of managing the details, drive for pickups, share garden produce and help financially stressed families manage costs. Sometimes church or family members enjoy getting together to prepare bulk food ahead and save.

**Church event menus can be simplified** to stretch the budget for chemical free food. Desserts can be limited to fewer, healthier versions, or a juicy pesticide free watermelon, in season. Healthy fats such as avocado, nuts, coconut, full fat dairy, and fattier animal based dishes etc., help fill folks up. Serve filtered water! In smaller groups, the men or teenagers can wash the dishes, and save on toxic foam and plastic disposables.

**Organic lawn care products and services are available now.** Even TruGreen type companies offer organic alternatives, or DIY. Dr. Porter mentions several inexpensive strategies for weed and pest control in the audio lectures listed on the next page.

**Some farms are uncertified organic/biodynamic** and usually they are cheaper if the farmer can be trusted. Some Amish farms are reasonably priced. (Others are not! ☹)

Bottom line, there are many ways to cut costs and still avoid the bad actor substances.

## RESOURCES



Dr. Warren P Porter, Professor of Zoology and Molecular and Environmental Toxicology, University of Wisconsin, Madison Dr. Porter studied pesticides and herbicides.

**Here are 2 lectures by Dr. Warren Porter and the Powerpoint for the first lecture**  
2010, M.O.S.E.S. conference lecture

[http://www.theglutensyndrome.net/MOSES15-Porter\\_Benbrook-GMOWhatDoWeKnowPlus2010Q&AFinal.mp3](http://www.theglutensyndrome.net/MOSES15-Porter_Benbrook-GMOWhatDoWeKnowPlus2010Q&AFinal.mp3)

Here is the powerpoint for the above lecture - [http://theglutensyndrome.net/Risk\\_Management-15.pdf](http://theglutensyndrome.net/Risk_Management-15.pdf)



Frederick vom Saal, Ph.D.  
Curators' Professor Emeritus of Biological Sciences

Sexual differentiation, maternal-fetal physiology, hormones and behavior. University of Missouri, Columbia Dr. Vom Saal and his group particularly studied BPA in plastics

Check You Tube for lectures by Dr. Fred vom Saal, now retired

[http://e360.yale.edu/feature/a\\_warning\\_by\\_key\\_researcher\\_on\\_risks\\_of\\_bpa\\_in\\_our\\_lives/2344/](http://e360.yale.edu/feature/a_warning_by_key_researcher_on_risks_of_bpa_in_our_lives/2344/)

<http://www.pbs.org/wgbh/pages/frontline/shows/nature/interviews/vomsaal.html>



**DES research - Dr. Bruce S. McEwen**

[http://www.theglutensyndrome.net/McEwen\\_Steroid\\_hormones\\_brain\\_develop\\_87.pdf](http://www.theglutensyndrome.net/McEwen_Steroid_hormones_brain_develop_87.pdf)



**Heritability of epigenetic gene mutations in male fertility - Dr. Michael Skinner**

[http://www.theglutensyndrome.net/Anway\\_et\\_al\\_2005.pdf](http://www.theglutensyndrome.net/Anway_et_al_2005.pdf)

**Atrazine and aromatase upregulation – endocrine disruption**

[http://www.theglutensyndrome.net/Atrazine\\_and\\_aromatase\\_induction.pdf](http://www.theglutensyndrome.net/Atrazine_and_aromatase_induction.pdf)

**Dr. Tyrone Hayes of U of Berkeley, CA** Effects of Atrazine on breast cancer and gender disruption see You Tube

**Dr.Theo Coburn, (late)author of Our Stolen Future, and [www.endocrinedisruption.org](http://www.endocrinedisruption.org)**

**Dr. Lou Guillette** toxin endocrine disruption in alligators check you tube.

**Dr. Theresa Deisher and Marcella Piper-Terry** on aborted fetal cells in vaccines see [vaxtruth.org](http://vaxtruth.org) and [youtube](http://youtube.com) for both speakers <https://www.youtube.com/watch?v=RU2BDZL3OFY&t=12s> [www.cogforlife.org](http://www.cogforlife.org)



**In Memory of thousands of babies and children who have been injured, altered or died from chemical and other toxic exposures in both utero or after birth.**