



Dear Friend,

From my son's first allergic rash, to speaking at the EPA, to the publishing of *UNSTOPPABLE*, this has been an amazing journey. Life is full of unexpected twists and often devastating turns. But when we take actions based on the future we want to create, a future that for me is one of health and freedom, exciting new pathways open and life becomes an adventure beyond what we ever imagined possible. When I chose to transform the food supply---not by myself, but not to wait for someone else to do it---suddenly a world-wide community of like-minded souls showed up.

My new book, *UNSTOPPABLE: Transforming Sickness and Struggle into Triumph, Empowerment, and a Celebration of Community*, is a result of the worldwide efforts of this new food movement community. In this book, I share my harrowing and empowering personal experiences, expert opinions on the state of our food supply and the science behind those opinions, and what actions we can take to transform our food industry, our health, and the future of our country---together. Activism has a new life today; a new breath of hope is emerging from massive crowds of people speaking up. This book is the voice of that cry for a future we can believe in.

My journey may have begun out of desperation and fear, but this book was borne out of love and the type of empowerment that comes from uncorrupted information and the support of a diverse, dedicated community. I want to invite you to become a part of this community, to feel this personal power, and to regain your healthy future.

Our food system and trust in our regulatory systems may be broken, but the people of America are not. We are courageous, creative, and together we are making a huge contribution to the health of our communities and future of our country. Together we are truly *UNSTOPPABLE*.

For the love of our families,

Zen Honeycutt

Zen Honeycutt
Mission Viejo, California

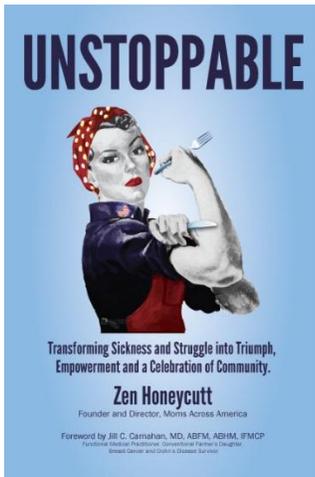


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CONTACT

Debbie Lucan, (949) 484-3365

dluican@outlook.com



UNSTOPPABLE

Transforming Sickness and Struggle into Triumph, Empowerment, and a Celebration of Community

By Zen Honeycutt

Founder and Director of Moms Across America

Foreword by Jill C. Carnahan, MD, ABFM, ABHM, IFMCP
Functional Medical Practitioner, Conventional Farmer's Daughter, Breast Cancer and Crohn's Disease Survivor

"As a parent, it's easy to feel threatened by the toxins that have infiltrated our food and environment. In UNSTOPPABLE, Zen empowers you with knowledge to bravely embrace these challenges and move your loved ones towards greater health."
---Vani Hari, New York Times Bestselling Author of *The Food Babe Way*

"UNSTOPPABLE is arguably the best book available today on the topic of toxic foods and their effects on human health."
---Stephanie Seneff, Ph.D., Senior Research Scientist, MIT Computer Science and Artificial Intelligence Laboratory

Mission Viejo, CA (May 2018)--No one feels in danger when they walk down the grocery store aisle. But should they? If you don't have the right information, the information that goes beyond the label, and you don't know the full story, the story that begins before the food you eat is even planted as seeds in the ground, then the choices you make could be putting you--and your loved ones-- in danger. In *UNSTOPPABLE* (Publication Date: May 2018), Zen Honeycutt details the existence of GMO's and toxins in our food supply, the disturbing science behind their link to the myriad of health issues our society currently faces, and what you can do about it.

After five years of rallying expert scientists, farmers, journalists, activists, moms, and others with a vested interest in maintaining the health of their families and their communities, Zen has put it all down on paper, and the impact is staggering.

But, as the saying goes, information is power. *UNSTOPPABLE* is a treatise on hope and the human spirit. There is information available, there are answers to the

encompassing questions, and there is a community of people across the country---and around the world---actively involved in creating change.

In a direct, pull no punches style Zen details her own family health issues, the road that she walked to understanding, and explores with numerous contributors to the book how we came to be in this unacceptable situation, who the major players are, and how and why the American public needs to take matters into its own hands.

"Zen sheds light on our toxic environment, revealing the corruption behind the use of pesticides, GMOs and so many other technologies and realities that threaten our lives. UNSTOPPABLE is timely and important. Read it."

---Evaggelos Vallianatos, Ph.D., former EPA analyst and author of Poison Spring

Perhaps the most detailed, easiest to read account of the science behind GMO's and glyphosate, *UNSTOPPABLE* takes the mystery out of hard to pronounce terms, and lets you know you are not alone in your disbelief that not your mother, nor your doctor, nor any department of the US government ever made you aware of the dangerous chemicals you have been feeding your family. As cancer, autism, liver disease, infertility, and miscarriage become more and more commonplace in our society, you need to understand what you can do---now.

Zen Honeycutt is the founder and director of Moms Across America. A prolific writer and vocal activist, Zen has committed her life to transforming our food supply.

"Inspiring, poignant, educational, courageous...UNSTOPPABLE is a must read for anyone who is invested in the sustainability of the global food supply, as well as the health of future generations."

---Tami Canal, founder of March Against Monsanto

"UNSTOPPABLE reminded me that committed, passionate caring moves mountains and how each of us can empower ourselves to be the change we want to see in our personal lives and the world."

---Pamm Larry, The Good Food Brigade

UNSTOPPABLE: Transforming Sickness and Struggle into Triumph, Empowerment, and a Celebration of Community

Moms Across America Publishing

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CONTACT

Debbie Lucan, (949) 484-3365

dlucan@outlook.com

QUESTION AND ANSWER

UNSTOPPABLE: Transforming Sickness and Struggle into Triumph, Empowerment, and a Celebration of Community

By Zen Honeycutt

- Q** Moms Across America (MAA) recently turned 5 years old and *UNSTOPPABLE* was published shortly thereafter. What made you decide to write a book, and why now?
- A** Like millions of moms today, I was struggling with sick kids. There is a saying that, “A worried mom does better research than the FBI.” I took that on and I found out about GMOs and toxins, which were allowed into our food supply in the early 1990’s---without media attention, without labeling. I was shocked to learn that GMOs aren’t detectable except under a microscope and glyphosate, the active ingredient found in Monsanto’s Roundup weed killer, can’t be seen, washed off or cooked off. It literally permeates the food we eat, the water we drink---and tests have found it in our urine, in mother’s milk, in our vaccines... everywhere. Our families are suffering from the toxins that are now in our food, water and environment because of GMO chemical farming. But when I removed them from my family’s diet I saw huge health improvements and complete recovery in my children’s health issues. I wrote this book to not only share what I learned but with the hopes that those who read it will take action to support their families and others in their community as well. I believe that NOW is the time for moms to remember how powerful we are, for women, caretakers and supporters of health everywhere to reclaim our communities and restore health to America.
- Q** In your book you say that when we know better, we do better. Once we know about the existence of GMO’s and glyphosate, why is that important? And how can we do better?
- A** GMOs and glyphosate have been shown in scientific studies to cause the myriad of diseases we are now facing in epidemic proportions. Diseases such as cancer, auto immune disease, autism, and infertility---just to name a few---have risen from 79% to 400% in the past 10-20 years since GMOs and glyphosate were introduced into our food supply. In my book I share a few dozen of the thousands of testimonials from moms and people on the front lines every day who have halted and even reversed chronic illness by switching to an organic, GMO free diet. These are people who refused to listen to doctors and others who told them that nothing could be done for their child, spouse, sibling or parent when they became suddenly and inexplicably ill. These are people who took matters into their own hands and found their own solutions. We can all do better by being willing to learn the truth, which I share in my book, get connected to community and take actions to create that future WE want, a future of health and freedom, NOW.

Q So how do we do better? If we aren't in control of the food supply, how *can* we do better?

A The good news is that we can make changes in our own lives and influence the way our food is grown with every forkful we eat. Women make 90% of the household purchases---WE control the consumer purchasing power, not the corporations. Think about it---the chemical companies only have the money they have because we give it to them when we buy food grown with chemicals. If we don't buy it, they can't sell it! By buying organic, non-GMO foods families are changing how our food is grown by sending a message with our spending dollars as to what we want and don't want. Thanks to the internet even if you don't have a grocery store near you that sells organic produce, meats, or food products---you can order anything you might want, and have it sent to your home. Conventional food growers and manufacturers only produce the food they produce because there is a market for it. As more people come to understand the health risks their dinner tables or kids lunch boxes pose, they will make the necessary changes. In addition, if we take actions to stop the spraying of toxic herbicides and pesticides in our neighborhoods, the chemical companies can't profit from poisoning us. Manufacturers of herbicides and pesticides will see the consumer shift to safe, nontoxic products and they will meet the demand. We can do better and, in many cases, families and towns ARE doing better.

Q How did we get to this place? Isn't the quality of our food supply something we have been---and should be able to---take for granted?

A Absolutely, we should be able to trust that our food is safe. A colorful, diverse, and delicious meal is one way we express our love for our families and celebrate special moments in our lives! It is such a disservice to society that the FDA allowed GMO chemical companies to contaminate our food supply with these substances. Other countries have not. In Europe in the late 1990's Arpad Pusztai shared his study on rats that ate GMO potatoes and grew tumors and within weeks. After his study was released and pressure from the public, GMO labeling was required and most were off the shelves. Here in the USA, our mainstream media did not cover this study or any information about GMO corn, soy, canola, cotton seed, or sugar beet crops entering our food supply. Twenty years later, here we are with 85 -100% of those crops in the USA being GMO. The loop hole that the GMO chemical companies succeeded in creating within the FDA was to have GMOs and pesticides/herbicides classified as a process and not an additive. If they were classified as additives they would have to be safety tested and labeled. They were not, and now GMOs and pesticides are in 85 - 100% of many types of foods in the USA, and we are experiencing toxic burden.

Q There are a lot of voices adding support to this book. In addition to other moms there are scientists, farmers, journalists, doctors and many others adding their perspective and experience to the current situation. Why did you seek out their input?

A The impact of GMOs and toxins is widespread and there are so many aspects to look at, that it takes a variety of different professional perspectives. When I spoke with 30 international experts at a Beijing Food Safety Conference, I was the only one to discuss the impact of glyphosate and GMOs on the health of our children. This chemical method of farming also impacts soil, corn, livestock, water, climate change, and many other aspects of life on our planet. The chemical companies would have us believe one perspective, what they call "science" from scientists or professors who have been funded by the very chemical companies which stand to make a profit from selling their chemicals. I believe we need many perspectives. We all have a role to play. Surviving and solving this situation is a coming together of community. This affects everyone. No one gets to turn a blind eye or monopolize the conversation. To quote Marshall McLuhan, "There are no passengers on spaceship earth, we are all crew.")

Q Why isn't everyone aware of the problems with our food supply? Why aren't all the doctors, farmers, scientists, and journalists on board?

A The result of consumers speaking up about the food supply has sparked testing, studies, journalism, lawsuits, and exposes scientists who have been paid off, politicians who have been corrupted, media that looks the other way to favor the revenue generating corporations, and farmers who have been sold false promises. Doctors in most cases don't even receive training or education regarding toxins in our environment or toxic overload in our bodies. They just aren't told the truth by the chemical or pharmaceutical companies. In *UNSTOPPABLE*, I talk about a situation of having to share information with my son's doctor, who was surprisingly receptive. Many doctors and media like you do want to know and I truly appreciate the receptiveness. Regardless of your job description, we all draw from the same food supply and we all need to be educated.

Q **What can everyday people do? If you already have toxic overload and have become ill, does it make a difference at this stage? Is there any hope for the future?**

A There is a great deal of hope for the future. The good news is that every day more and more families become aware of the situation and their options and take steps to reclaim their lives by riding themselves of toxic overload. We moms see our children get better when they avoid GMOs and toxins. No matter what health challenges you face and no matter what your doctors have told you, there is someone out there – probably many people – who have experienced exactly what you are going through and come out the other side. They want to share their story. They want to help you. So what everyday people can do – everyday – is learn more, share more, speak up, vote with their dollars. I wrote *UNSTOPPABLE* specifically so that anyone can pick up the book and start reading – and start changing their life. In this book is a wealth of information and a community of people waiting to offer a helping hand.

Q **In terms of the food supply, is this really a ship that can be turned? Do you believe this situation can have a positive outcome in our lifetime?**

A Despite the fact that 85 - 100% of some of our major crops are GMOs, I am very hopeful. Think about it. It only took us 20 years to get where we are with a GMO chemical farming system. The fact is, before that that as a human race, we have been farming for hundreds of thousands of years--- successfully! Our global population growth has been fed by organic farming! I believe we can turn this ship around within the next decade, as many farmers already have or are in the process of converting their farms back to organic. In just one season they are reporting healthier crops, higher yields, and greater profits with non-GMO and organic farming. I am also convinced that our next generation will refuse to put up with the corporate control that has snuck into our food system. My 15-year-old son has assured me of this and I believe him. The growing numbers and awareness to the cause are *UNSTOPPABLE*. Moms Across America and international activists around the world are expanding and becoming more effective in shifting consumer purchases to organic and improving our health. There is so much more to this movement than just buying organic food. We are strengthening communities and empowering people to reclaim their countries. The food and the kitchen are where it starts---but not where it ends.



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CONTACT: Debbie Lucan, (949) 484-3365, dluican@outlook.com



BIOGRAPHY

Zen Honeycutt

Zen L. Honeycutt is—first and foremost—a mom. She is also an activist, speaker, author, founding executive director of Moms Across America, and co-creator, with Dr. Vandana Shiva, of Mothers Across the World.

Known for being *UNSTOPPABLE*, Zen makes a practice of going head-to-head with government agencies, big corporations, and anyone who believes that things simply are the way they are and that it's impossible to create change. She has it on good authority—her mother—that we are all amazing. And she knows from experience that anything is possible. Her own story is proof of her beliefs.

Happy to speak to anyone interested in better health for all, she has been featured on ABC, CNN, The Dr. Oz Show, the Wall Street Journal, CSPAN, Fox News, Reuter's, Huffington Post, and many other media outlets. Zen is available for consulting to nonprofits, organizations, and companies that support the expansion of the organic market and sustainable, toxin-free lifestyles. She has created several successful social media platforms, including the Moms Across America Facebook page, which reaches over a million people a month. Her documentary *Communities Rising* highlights efforts across our nation to transform the food supply.

For years, she has been motivating groups around the globe to take action to improve their quality of life, health, and food. Speaking tours have taken her to Australia, New Zealand, Japan, Switzerland, China, Maui, France, The Hague, and across mainland America.

Zen, formerly of Connecticut and New York City, currently resides in Southern California with Todd, her husband of nineteen years, Ben, Bodee, and Bronson, her three sons, and their dog, Princess Zoe. In her spare time, Zen loves life drawing, swing dancing, spending time at the beach, and singing off-key.

To get in touch with Zen or Moms Across America, visit zenhoneycutt.com, momsacrossamerica.org, or facebook.com/MomsAcrossAmerica.