

Suggestions from Karyn Sanders on Herbal Highway KPFA Radio

paraphrased and transcribed from
<http://www.kpfa.org/archives/index.php?arch=25160> [link](#)

Karyn Sanders, in response to a caller's question about protecting oneself from the spray:

Burdock - to get it out of the gut and fat before it gets into the fat cells: Cook it for at least one hour, two hours is better, or it can be eaten

Because of constant exposure, add **seaweed, selenium, cilantro**, to your diet, and especially **milk thistle**, which heals the liver while cleaning it. The others stimulate the liver, but are not healing while damage is being done.

Red root or **cleavers** for cleaning out the lymphs

These are also good for feeding animals.

Wash clothes more, so you don't sweat pesticides into yourself.

Use more **organic mushrooms** with nice thick stems, which give it the medicine.