

A Theory of How Plants Create Diseases for Human Beings. Plants' Lectins of Toxins and Poisons that Create Food Allergies, Drug Addiction, Mental Disorders in Invisible War

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Abstract

This research examined the origins of chronic diseases such as Chron's diseases, irritable bowel syndrome (IBS), chronic autoimmune diseases such as obesity, diabetes, rheumatoid arthritis and origins of psychoactive drug addictions – all of which are traceable to people's diets. The evidence point to the fact that the source of all our innumerable diseases are traceable to edible plants or our foodcrops that our lives depend on. The research further examined the reasons why and how the foodcrops we grow to feed ourselves seasonally, and annually, could be the source of our diseases. The new findings points to the fact that unbeknownst to us human beings and our scientific community, plants are conscious organisms with their own type of consciousness. That because plants are conscious creatures, edible plants make specific demands on human beings that we ignore because of our ignorance of the fact that plants are conscious. On the other hand, edible plants have a clear understanding of the natural relationship between us and them. Edible plants see human beings as predators that attack them as our source of food. Thus, edible plants see themselves as prey. This is why edible plants developed a whole range of toxins, poisons, and psychoactive drugs to protect themselves and attack us in attempts to stop human beings from eating their seeds and sprouts, by waging war against us for perpetuation of their species. This is why edible plants developed three major lectins of toxins, poisons, and psychoactive drugs for this war of attrition against humans. But out of human's ignorance, this is an invisible war that we and our scientific community have no idea of as the underlying reason for the diseases we suffer from our foodcrops. Hence, this research has surfaced many things we did not know about plants, but which edible plants obviously take very seriously namely; (1) that plants have consciousness, (2) that plants have two specific demands on us that a), we should stop eating their seeds they consider as their babies and b), and to stop eating their sprouting leaves (3) that the reason for developing the toxins, poisons, and psychoactive drugs (such as nicotine, cocaine, and opium/heroine/morphine to mess with our minds) are just to protect themselves as well as ensure that we human beings observe our side of the bargain of peaceful coexistence, that plants laid down for animals, long before we human beings arrived in

the world as Adam & Eve (a.k.a) Homo Sapiens. Actually, it is not this research alone, but some physicians who have been treating chronic diseases of indigestion, autoimmune diseases, as well as food and drug addictions, have known that the source of all our diseases and suffering are traceable to the foods we eat, and how badly we prepare the food. The Food Industry also know that our diseases come from lectins (as health bombs) that edible plants put in fruits, nuts, seeds, leaves and tubers that we ingest into our bodies. Those who do not know this fact of life are the general populace and our scientific community – especially physicists, who are busy investigating the universe, multiverses and string theory, while remaining ignorant about edible plants that are our neighbours, that are waging an invisible war against us as (conscious organisms).

Keywords: autoimmune; edible; Lectoms. Foodcrops, multiverses; perpetuation; conscious

Introduction

Edible plants (a.k.a.) Foodcrops' Lectins of toxins and poisons against human digestive system, autoimmune disorders, and drug addiction

Class: This is one of the most important research for mankind. This is because, this research we are embarking on concerns one of the most important things that affect the life and happiness of all of mankind namely, disease and the origins of diseases that no scientist has ever contemplated. Therefore, to start this academic research on a proper note, each of you and as a matter of fact, every person in the world should be asked the question; *did you know that edible plants known as our foodcrops are the source of any diseases you can think of? In other words, did you know that our diet and the type of food we eat are the cause of all the diseases, pain, and the misery we suffer in our individual health and wellbeing or lack of, ever known to mankind?*

Many research papers begin with certain basic assumptions about a chosen topic such as problem statement, research method/ experiment or quasi experiment, literature search etc., to arrive at the findings of the research. However, this Research Paper starts with certain fundamental facts of life about the relationship or rather lack of a relationship between plants and animals including us human beings based on the obvious unavoidable interaction between plants and animals. The most notable example of the interaction between plants and animals is that both animals and us human beings depend on plants as our food source and sustenance for life. So, we definitely have a relationship with edible plants that we human beings are unaware of.

For example, the fact that living things on earth can be divide into two main kingdoms namely, plants on one side and animals cum human beings on the other, is a fundamental fact of life not an assumption. The fact that there is a specific relationship between plants, animals and us human beings based on the fact that animals and human beings rely on edible plants for their food source is a fundamental fact of life not an assumption. Based on these two fundamental facts of life, the problem statement which serves as the purpose of this academic research is to bridge the huge gulf of ignorance about the fact that plants are conscious organisms that have a specific type of consciousness of their own that our scientific community knows nothing about.

Therefore, this study will show that (a) plants have consciousness of their own that is still unknown to us human beings. (b) that as a result of having consciousness and being aware that animals including us human beings eat, graze, and browse plants as our food source. *Therefore, edible plants consider their relationship with animals and us humans as adversarial.* This view of edible plants is based on the fact that since animals especially, we human beings depend on them for our food substance, edible plants see us and animals as predators that attack them, while edible plants see themselves as prey. *This is why edible plants have intentionally developed toxins and poisons known as lectins to defend themselves from their predators namely we human beings.*

According to Dr. Gundry's book, (Plant Paradox), edible plants see our dependence on them for food, should be a mirror that scream to human beings "you are a predator", This is the main reason edible plants have been waging an invisible chemical war against us human beings and animals. Edible plants have always seen us as predators and themselves as prey. So, to edible plants, the world consists of two types of living things namely, plants and animals/humans, which to them, translates into predators and prey namely, edible

plants as prey versus animal and human beings as predators. And edible plants are basically right. When it comes to the consumption of food for the sustenance of life, there are only predators and prey.

We human beings and the animals eat edible plants for food. We see edible plants as our food source. Plants make their own food and do not depend on animals for their food source. Can anyone see the genuine reason why edible plants developed lectins that comprises toxins, poisons, and psychoactive drugs to wage invisible chemical war of attrition against us humans and animals? The predator versus prey relationship that edible plants see exists between us and them is what led edible plants to develop a whole range of toxins and poisons in the form of lectins not only to protect themselves from us, but to harm us human beings. Or else, what is the reason for the existence of toxins and poisons (lectins) found in edible plants or in foodcrops?

Class: One thing you must realize is that as part of nature and the process of evolution, edible plants did not go to the trouble of developing toxins and poisons and store them as lectins in their skins, and seeds, as well as psychoactive drugs in their leaves by accident. The fact is that the presence of toxins and poisons in the form of lectins as well as psychoactive drug enzymes known as lectins found in the seeds in and in the leaves of plants are intended to protect the seeds and leaves of edible plants as well as fight off their predators. Therefore, the question is; what is the purpose of toxins and poisons called lectins produced by edible plants?

Since, it has been scientifically proven beyond any reasonable doubt that the consumption of lectins by animals as well as human beings is the cause of all the digestive diseases and autoimmune disorders, the question as to why edible plants produce lectins in the skin and seeds of fruits seems redundant. This is because *Lectins cause inflammation, lectins can trigger an immune response, they have been linked to autoimmune inflammatory conditions like inflammatory bowel syndrome (IBS), rheumatoid arthritis, and type 1 diabetes.* (Precision Nutrition <https://www.precisionnutrition.com>).

Furthermore, as to the origins of lectins, listen to this: "So, what exactly are lectins, and what is their link to autoimmunity? *They're proteins that bind to carbohydrates and are found in almost all organisms, including plants... Found in all plant foods, lectins are found at exceptionally high levels in whole grains, legumes, seeds, nuts, and nightshades. The type of lectins in these foods are called agglutinins and prolamins.* Dr. Tiffany Caplan, DC, CFMP, IFMCP & Dr. Brent Caplan, DC, CFMP, IFMCP, (2021). There you have it. Class: Now, you know where this research is heading.

And the shocking truth this research is about to reveal about the origin of diseases arising out of our diet and the lectins we ingest into our bodies. Therefore, this research study is intended to call attention to this serious fundamental truth of life that our scientific community regrettably seem oblivious of. This research will show that edible plants will continue to inflict disease, pain and misery on us – all based on the fact that our scientific community have never considered edible plants as conscious living organisms – a fact that edible plants take seriously to the point that edible plants have been intentionally trying hard to hurt us all the time by attacking our digestive system, our immune system, and our minds with all sorts of lectin lased diseases and drug addictions, that we humans are ignorant of.

Thus, from the point of view of edible plants, they are in a serious war for the survival of their species against human attacks on their seeds and leaves. And whether we know it or not, we better pay attention to researchers like Dr. Gundry, the findings of this Research Paper, and other physicians and their patients in the medical fields, who have been warning us about our foodcrops being the source of all sorts of diseases connected to our diet and the foods we eat.

Referencing the big bang theory as the beginning of life on earth, we assume that in the beginning, billions of galaxies with their Solar Systems and numerous planets were formed. Each Sun had a number of planets orbited around it, and the eight planets of our local Solar System also orbited around the Sun in our local Milky Way galaxy. But life as we know it still waited until the heat of the Sun baked four out of the eight planets in our Solar System into terrestrial planets Mercury, Venus, Earth, and Mars that orbit round our local Sun of our Solar System.

Then somehow, life as we know it selected the earth which was located in the center of the Goldilocks, with abundant water, helium,

and carbon dioxide but no oxygen, to be the ideal place to appear and settle on the surface of the earth as the only benign planet in our local Solar System in some corner of the universe that life can find as a good place to appear and exist.

Therefore, when life started developing out of bacteria in the form of plants that tapped into the existing Cosmic Consciousness or rather, Cosmic Consciousness infused the developing bacteria of plants, (Cosmic Consciousness being an emergent property of the physical earth), plants started breathing in the available carbon dioxide on the surface of the earth and breathe out oxygen. Plants also started to use the available sunlight and water in the soil to photosynthesize and manufacture nutrients out of the soil to feed themselves to thrive and colonize much of the surface of the earth, minding their business, and being happy as it were with their life and existence on earth.

On the other hand, unbeknown to plants, the oxygen they breathed out helped the gradual development of another form of bacteria into insects, birds, mammals and other animals including us human beings. However, unlike plants, animals developed brain consciousness and the ability to move around to feed on any living organisms they could find to thrive. Luckily for the animal kingdom, they found plenty of plants the animals found to be edible to feed on as their food source, since animals were unable to use sunlight and water to photosynthesize nutrients in the soil to live on. This seems to be the overview of the history of how life as we know it comprising plants, animals and us human beings began to exist on earth.

The animal kingdom that also developed from bacteria perhaps first in the ocean or on the shores of seas soon moved to the terrestrial surface soil of the earth in the form of tiny insects at first that soon began to feed on the pollen of existing plants for food. And the plants kingdom cried out oh no! Why did God do that? We plants cannot run away from insects and animals attacks on our life, and worse, there comes bigger insects to nibble at our leaves, bigger mammals to graze and browse and feed on us, and another kind of animals called human beings to depend on us for their food sustenance.

From the point of view of edible plants, they are saying in effect; "we edible plants got to defend ourselves from the animal predators before we go extinct. We got to develop defensive lectins of toxins and poisons to protect our seeds and sprouting leaves from attacks by the insects, animals, and human predators".

However, we edible plants also got to somehow find a way to coexist with the animal predators since we cannot run away from them or stop them from attacking us. This is war – the war for survival of our plant species against the predators of the animal kingdom. But what options do we edible plants have against animals eating us and our seeds to extinction? How about we edible plants develop toxins and poisons to stop animals from at least eating our seeds that are our babies and our fresh leaves that we use to photosynthesize light and water for nutrients for the continued existence of our species?

"We edible plants need to develop lectins of toxins and poisons in the form of lectins to affect the digestive systems, and immune systems, of animals that eat our seeds and psychoactive drugs against human beings that eat or smoke our fresh leaves to mess with the mind of human beings in order to safeguard our seeds and fresh leaves from being consumed by them. This way we edible plants can continue to exist and be able to perpetuate our species".

This is how edible plants came to develop chemical, biological, and psychoactive drug warfare by plants on one side against us unsuspecting and ignorant human beings and the animals (that think that God made plants and flowers for the sole purpose of our food needs and enjoyment) on the opposite side of the invisible war between plants and animals. So, edible plants that were very much aware that they are in a war against the animal kingdom including human beings for the survival of their species developed defensive strategies of toxins and poisons as lectins for peaceful coexistence with all types of animals – insects, birds, mammals and us human beings.

And edible plants strategies of peaceful coexistence with the animal kingdom whose attacks they had no way of escaping was that; since animals will not stop feeding on us, let us give pollen grains to insects, nectar to birds, and leaves of grass to animal grazers (while safeguarding our roots for survival). Then, let us give other foraging and browsing animals the flesh of our fruits and nuts for

them to eat for their own survival, as long as they leave our seeds, roots, and fresh leaves, alone for the survival, and perpetuation of our species.

Hence, by the time Adam and Eve, also known as Homo Sapiens, full of ignorance about a world teaming with plants and animals they had been thrust into arrived on earth, edible plants had already arranged a system of peaceful coexistence between plants and the animals in what Adam and Eve thought was a supposed "Garden of Eden" prepared by God for the sole purpose of their enjoyment of life in the world. So by the time Adam and Eve arrived on the scene in the world, edible plants had not only laid down the rules of engagement between animals, human beings and themselves, edible plants had also developed lectins as toxins and poisons of war to support the rules of engagement in their relationship between the animals, us human beings.

Lectins are Edible Plants toxins and poisons used against Animals and Human Beings

So, what are Lectins: According to Mishra A. (2019). Lectins or; "*Algal lectins* are grouped into three major *categories* based on carbohydrate binding properties: complex type N-glycan specific *lectins*, high comatose type N- Structure-function and application of plant lectins". (2) "Lectins are carbohydrate binding proteins present in most plants, especially seeds and tubers like cereals, potatoes, beans". National Institutes of Health (NIH) (<https://pmc.ncbi.nlm.nih.gov>).

(3) Precision Nutrition; (<https://www.precisionnutrition.com>) Lectins can trigger an immune response, inflammatory bowel disease, rheumatoid arthritis, and type 1 diabetes (4) To the questions; which foods have the most lectins? "Some foods that contain higher amounts of lectins include beans, peanuts, lentils, tomatoes, potatoes, eggplant, fruits, and wheat and other grains. Lectins serve a protective function for plants as they grow. They don't have any nutritional value when consumed in foods". Mayo Clinic Q and A: What are dietary lectins and should you avoid eating ...Mayo Clinic News Network (<https://newsnetwork.mayoclinic.org>).

According to Dr Gundry (2017). Book, The Plant Paradox: "Lectins are large proteins found in plants and animals, and they are used as a crucial weapon in the arsenal of strategies that plants use to defend themselves in their ongoing battle with animals. Scientists discovered lectins in 1884 as part of their investigation into different blood types" on quote from the book (Plant Paradox -pp14).

In plain English, lectins are special proteins specifically developed by edible plants. "Lectins are a family of proteins in almost all foods, especially legumes and grains. Some people claim that lectins cause increased gut permeability and drive autoimmune diseases. While it's true that certain lectins are toxic and cause harm when consumed in excess, they're easy to get rid of through cooking". Healthline (<https://www.healthline.com>) › nutrition › dietary-lectins.

These references about the definition of lectins make it clear that lectins were specifically developed by plants in general and edible plants in particular as "weapons" against being eaten by animals including we human beings at the beginning of life on earth, when all species of living organisms were struggling to survive and perpetuate their offspring and their existence on earth.

In other words, before Adam and Eve (a.k.a) Homo Sapiens settled down in the jungles outside the "Garden of Eden" and declared themselves masters of the world, edible plants had already agreed to provide animals with free food for the animals and human beings' survival, as well as edible plants own survival and perpetuation of their species. But edible plants had also already developed toxins and poisons to warn animals that they can feed on edible plants all they want, but they have to leave the seeds and fresh shoots of leaves of edible plants alone, for the survival of edible plants; which was by the way a very fair deal arranged by edible plants that we call our foodcrops which we humans plant and harvest every season and every year by farmers.

However, since plants unlike animals are unable to speak and communicate this nice arrangement of peaceful coexistence directly to animals including us human beings, animals and human beings had to learn (the hard way) of the existence of the grand scheme of the appropriate relationship between edible plants and us, after ingesting and suffering disease and pain from the toxins and poisons, and psychoactive drug addictions developed by edible plants. *This is the reason why we human beings (in our ignorance of the demands of edible plants) suffer the numerous disease that afflict us, for taking for granted the largest of edible plants in utter disregard of what we*

can freely eat and "what we are not supposed to eat".

All of this in spite of humans with brain consciousness, education and intelligent scientific community, have failed to discover this fundamental relationship (of peaceful coexistence) between edible plants on one side and animals including us human beings on the other, that our scientists have mistakenly described as a symbiotic relationship between plants and animal, mutualism, or coevolution.

Unfortunately, even our scientists in the 21st Century namely, botanists, biologists chemists and a whole lot of medical doctors in the medical field have not discovered the simple fact that no organism can be deemed alive without being conscious. The fact that the difference between life and death is the difference between having consciousness or being bereft of consciousness, or the difference between animate and inanimate objects is that animate organisms have consciousness, and inanimate objects do not have consciousness. This deep seated ignorance about the consciousness of all living organisms was prominently displayed in Darwin's theory of evolution where consciousness was famously missing and unaccounted for in the great theory of evolution.

Needless to say, it was not that Darwin forgot to mention consciousness in plants and animals in his theory of evolution, Darwin who discovered instincts as perhaps a mysterious consciousness of animals feared that if he mentioned anything about the consciousness of animals, the materialist Newtonian scientists of his day would roundly reject the theory of evolution and put this fundamental theory of the process of the development of species into jeopardy. Hence, Darwin omitted any mention of consciousness in his great theory to the delight of scientists who to this day and age, are happy to remain ignorant of the fact that all organisms especially, edible plants have consciousness and needs that allowed edible plants to make specific demands on the animal kingdom and us human beings not to consume their seeds..

Thus, most human beings and our scientific community still have no idea about the arrangement of peaceful coexistence as the basis of the relationship between plants and the animal kingdom that was beautifully laid out by edible plants for us human beings to learn and respect. On the other hand, the food industry that have known about the direct connection between lectins, food allergies, our diet, and certain foods we eat, have no intention to adhere to the demands of edible plants not to consume their seeds or fresh leaves.

The food industry's knowledge about the connection between lectins, food allergies, and numerous diseases we suffer from our diet, should have alerted our scientists and physicians and the food industry to think about the connection between edible plants and the diseases people suffer for consuming certain foods, that maybe, just maybe, edible plants might not want us to consume those foods, or perhaps we need to change the way we prepare or cook our food, or otherwise tweak our diets to eliminate many diseases we suffer.

But alas, because of Newtonian materialism called "the scientific method" that forbids any mention of consciousness beyond the human brain (that is hard to prove in the laboratory with experimental instruments), Darwin's theory of evolution that omitted consciousness. The omission of consciousness in the theory of evolution is prime example of how our biologists, botanists, horticulturalists, physicians, gardeners, and florists, dare not think about edible plants having consciousness or any type of intelligence to be able to spike the seeds, nuts, fruits, and vegetables they produce for our consumption with toxins and poisons to harm us human beings. Hence, the idea that plants may probably have consciousness never crossed the minds of the entire scientific community.

For that matter, the idea that plants could consciously and intelligently develop lectins that cause food allergies and other diseases that go with eating certain foods is a huge surprise to the scientific community. Fortunately, some physicians and medical doctors who have been treating diseases such as type1 and type2 diabetes, lupus, leaky gut, irritable bowel syndromes (IBS), autoimmune disorders, rheumatoid arthritis, celiac disease and many chronic diseases including drug addiction have risen to the challenge. This is because some physicians and medical doctors have discovered that the source of numerous diseases are traceable to the lectins that edible plants and our foodcrops pack into our diets.

Nonetheless, what else are edible plants supposed to do to protect themselves from being eaten to extinction, but to enforce their simple code in effect telling human beings *"you human beings can eat all the fruits and nuts and veggies you want and we edible plants will have no problem with you, if you leave our seeds and sprouting leaves alone". But if you human beings do not respect this simple mutu-*

ally beneficial arrangement, then we edible plants have no option than to fight back with toxins and poisons that cause diseases to human beings". "And since there is no indication that you human beings want to take advantage of this fair deal, you will have to continue to pay the consequences of your ignorance by way of food allergies, autoimmune disorders, drug addiction, obesity, and mental disorders". This is why edible plants have been fighting an invisible chemical and biological warfare against us human beings all this time.

Class: This analysis of our human relationship with the natural world, especially, with edible plants is about the framework of peaceful coexistence between edible plants on one side and us human beings and animals on the opposite side, as laid down by edible plants (upon whom the food sustenance of animals and us human beings depend). It seems that human beings and our scientific community are still to this day, unaware of this basic fundamental mutual relationship that edible plants put forward a long time ago. On the other hand, we human beings with all our scientific knowledge and advanced technology are still obviously ignorant of having any mutual relationship with edible plants.

Therefore, this research is first and foremost about bringing to the attention of our scientific community the unavoidable fact and overwhelming evidence that stem from numerous diseases connected to the foods we consume, (for our scientific community) to do their due diligence to investigate whether plants have consciousness or not. Secondly, this academic research is about examining the evidence of the mutual relationship that plants (as the provider of our food sustenance) have laid down in no uncertain terms about the needs and demands that edible plants make on us humans, edible plants own survival and perpetuation of their species.

Thus, the aim of this research is to reveal to the scientific community as well as the layperson, this fundamental fact of life that has been hidden from our general knowledge because we human beings and our scientific community still do not think that plants are conscious organisms with any form of intelligence for edible plants to lay down any rules of engagement between us human beings and the plants kingdom.

Unfortunately, the evidence from the diseases and sicknesses we acquire from foods we consume point to the fact that such is the case, namely, that plants have consciousness and that edible plants have laid down specific rules of engagement between we human beings and edible plants not to eat their seeds and fresh leaves. It should be clear to our scientists by now that when it comes to our food dependence and our happiness health wise, edible plants are our landlords.

And if we are wise, we would learn to follow the rules of life, and the rules of the mutual relationship laid down for us by edible plants. Rules without enforcement are no rules at all. That is why edible plants support the rules of engagement they laid down between us and them with toxins and poisons in the form of lectin proteins to harm us and stop us from eating their seeds and fresh leaves. That is the simple rules. of life that we human beings can no longer afford to continue to ignore. And since we human beings are still obviously unaware and ignorant about plants being conscious organisms, edible plants have resorted to waging an invisible chemical war against us by spreading diseases with lectins-time bombs that harm us through the foods.

So, imagine that you are fighting an invisible enemy that your think is your friend and is the giver of your food sustenance free of charge. But unknown to you, this friend namely, (edible plants) is quietly waging an invisible war against you and wants to harm you, because it thinks that you want to eat it to extinction and put the perpetuation of its species in jeopardy. Thus this friend and benefactor that gives you free food for no apparent reason has become your invisible enemy who consciously and intentionally wants to destroy your wellbeing and happiness with secret toxins and poisons hidden in lectins that you are not aware of.

Thus, unless human beings do what "edible plants that are essentially invisible enemy" (that human beings do not know), wants us humans to do, or unless human beings find an antidote to the secret toxins and poisons in lectins that this invisible enemy (namely, edible plants) has devised against us humans, we will never find peace and happiness in this world.

Therefore, this Class: should stop thinking about an invisible enemy and take the analysis of edible plants as invisible enemy of the animal kingdom including us human beings as the initial findings of this academic research. So, this research starts with the initial findings of the mutual and beneficial relationship laid down by edible plants (our invisible enemy) between plants on one side, and

animals and us human beings on the other side, as the basic assumption to investigate as “the problem statement of this research”. And what is the problem statement?

Thus, the problem statement of this academic research is the question of why did edible plants develop toxins and poisons in form of lectins not only to protect themselves, but to harm us with diseases that destroy our health and make us human beings miserable. Otherwise, what is the purpose of the presence of lectins consisting of toxins, and poisons found in edible plants? Or why did edible plants develop toxins and poisons hidden in lectins that make us human beings sick from consuming certain foods in our diet?

For example, why did edible plants develop lectins consisting of toxins and poisons that make human beings sick from consuming certain foodstuffs? Why did some plants develop psychoactive drug enzymes in their leaves so that when human beings smoke the leaves of tobacco, or marijuana, or coca or poppies mess with their mind and make them drug addicts? The fact that we get chronic diseases from food indigestion, diabetes, autoimmune disorders, drug addiction and even cancer from the foods we eat or plants we smoke is a problem known to only a few physicians in the medical field and hospitals.

Furthermore, the origin of all our diseases being connected to toxins and poisons found in lectins produced by edible plants is a big problem that is unknown to the world and the scientific community. This leaves much to be desired from our scientific community.

And what is the literature search for this academic research? The literature search comes out of the medical field from reports by some physicians about the diagnoses and treatment of many diseases connected with food allergies, food addictions, autoimmune diseases and drug addictions found in lectins of edible plants, as well as the book written by Dr Steven Gundry which he titled “The Plant Paradox” (Gundry S., 2017). There are literature reports of many patients about their diet related chronic diseases they have suffered as a result of the type of foods they consume and the type of diets they follow.

On the other hand, neither the physicians nor the patients who have suffered from food related allergies or mental disorders from drug addiction have made any direct connection of their diseases and drug addictions to the toxins, poisons and the psychoactive drug enzymes that are traceable to edible plants as the source of their suffering. This is because neither physicians, their patients, nor the scientific community or the world in general have ever considered edible plants as being conscious organisms with any specific needs, let alone laying down the rules of engagement of what fruits, nuts, and veggies human beings should to eat and what not to eat.

Therefore, this revelation that edible plants have consciousness and intentionally developed lectins of toxins, poisons, and psychoactive enzymes that mess with our digestive systems and immune systems, should be evidentiary clear to the scientific community that food allergies and chronic food diseases were not created by edible plants by accident. But lectins were intentionally developed by edible plants to wage war against us human beings to not only to protect themselves but to attack us humans beings. The development and production of lectins by edible plants to attack us through the foods we consume should alert our scientific community that, probably edible plants may have some form of consciousness and intelligence that needs to be investigated and proved or disproved beyond any scientific doubt.

Discussion

Questions and Answers (Q & A) between Professor and the Class

Class: Now, take a look at some of the various diseases listed here to see if you are familiar with any of them, or if you know anybody who suffer from any of these diseases that people suffer by unknowingly consuming lectins in their diets and the food they eat; such as *Aching joints, anaemia, arthritis, asthma, diabetes, brain fog, cancer, cramps, dementia, depression, fibromyalgia, hypertension, infertility, low testosterone, lymphomas, leukaemia's, memory loss, migraine headaches, Parkinson's disease, skin rashes – eczema and psoriasis...*

Now take a look at some chronic disease syndromes you may have heard about such as; *autoimmune thyroid disease, rheumatoid arthritis, Crohn's colitis, lupus, osteoporosis, chronic fatigue syndrome, chronic pain syndrome, insulin resistance, gastrointestinal problems (bloating, gas, constipation, diarrhoea, gastroesophageal reflux disease, (GERD), heart disease – coronary artery disease, irritable bowel*

syndrome (IBS), unexplained bouts of dizziness or ear ringing.

Student A: Sir, are you saying that all these numerous diseases come from lectins produced by edible plants that are the foodcrops farmers grow year in and year out, that we all eat everyday all the time?

Professor: that is right. Or else, how would these diseases be connected to any of the foods we consume that you have heard about? Where else do you think these diseases come from other than from our diets, and from edible plants that are the foodcrops our lives depend on?

Student B: So, Professor, are you saying that if we did not have the types of food and diet we eat everyday, we human beings would not have any of these diseases?

Professor: that is exactly right. It is not only the foods human beings eat, it also has to do with the way human beings prepare the food we eat. For example, edible plants do not want human beings to eat their seeds which edible plants consider their babies for their future generation. The part of a fruit that edible plants such as apples want is to consume is the fleshy meat of the fruit without eating the seeds. When we human beings or animals consume an apple, the apple tree wasn't us to throw away the seeds so that the apple seeds can germinate and grow into new or more growing apple trees. That is, all edible plants such as apples and mangoes, papayas and other fruits and nuts want from human beings – that human beings can eat the flesh of apples but we should not eat the seeds of apples.

But if an apple juice factory grinds the apple fruits with the lectin loaded seeds together to make apple juice, drinking a lot of apple juice is going to have some side effects on our health “including gastrointestinal issues, such as diarrhoea and flatulence., Increase risk of kidney stones, tooth decay, Increases in blood sugar levels, weight gain, low in vitamins and minerals”. Medicine Net (<https://www.medicinenet.com>).

Student C: But that is what we do, we do not eat apple seeds?

Professor: that is true that is why we do not have apple seed disease, but does the food factories get the apple seeds out when they make apple juice? They do not. That is why we may get gastrointestinal disorders listed above for drinking too much apple juice. But what about the fruit and nuts and veggies of other edible plants? Do we throw away the seeds of rice, beans, peanuts, bananas corn, hazelnut, etc?

Student D: But Professor, how can we eat rice and throw the seeds of rice away? How can we make bread out of wheat without wheat seeds? We have to consume the seeds of wheat one way or the other right?

Professor: we have to consume wheat if we eat bread. But we can make healthy bread by taking out the lectins in the wheat that are concentrated in the wheat-bran by throwing away the wheat bran, (and not feed the wheat bran to cattle. That is like eating the lectin-loaded wheat bran in a circuitous way). So, we can make healthy bread the same way we make gluten-free bread by getting gluten out of bread. We can do the same with beans, or peanuts and other seed-foods we consume by preparing them as healthy as possible. But the food industry will not do that unless there is a huge outcry by consumers against the food industry to take lectins out of bread and canned foods and others.

Professor: according to Dr Steven Gunry in his book: “The Plant Paradox”, edible plants (a.k.a.) foodcrops have the greatest amount of lectins to mess with our digestive system and immune systems that plague our health because of the way we prepare the foods we eat from those foodcrops. Our forefathers learned to minimize the lectins in eating these edible plants for example, soaking beans at least overnight to reduce the lectins in beans and cooking beans with fresh new water. They also learned that fermenting foods also reduced the lectins in them.

Professor: Does the food industry do any of these things to reduce the effects of lectins in our fast food diet today? Our ancestors

threw away the bran from wheat bran to reduce the lectin-laden bran. Now the food industry feed the lectin-laden wheat bran to cattle, transferring the same lectin that we should avoid back to our diet from factory-bred cattle as part of the meat source we consume in our diet, see?

Student E: In other words, we help edible plants we call our foodcrops to perpetuate all the diseases we suffer from the food we eat and the way we prepare our diet right?

Professor: that is right. But the food industry is not the only culprit to be blamed. What about our scientific community getting involved by way of educating the people as well as the food industries about the dangers of lectins in our food that have been causing all the disease?

Student F: But what about the government requiring the food industries to get lectins out of bread, cookies, canned food, fast food, and all the foods we eat?

Professor: well, you saw how the fight to ban cigarettes went with the tobacco industry? The food industry will not make any attempt to clean our diet free from lectins. Instead, the food industry will fight with tooth and nail any attempt to make them clean up the foods they manufacture, because it is a lot of work – and the food industry thinks it will increase their cost for example, for the food industries to de-seed tomatoes before making tomato puree, or tomato paste to sell.

Professor: Therefore, unless there is a big outcry by consumers or a huge regulatory push by the government (even though the food industries know the harm lectins in diet do to our health), they will not make any effort to change the easy and profitable way they manufacture foods in the factories.

Student G: Gosh, somebody needs to do something about our diet and the foods we buy from supermarkets and grocery stores that give us so many diseases, pain, and suffering.

Student H: What about drugs and drug addiction? Is that also from edible plants? Furthermore, listen to what WebMD says about cocaine; “The cocaine found in coca can cause an increase in brain activity and has numbing (aesthetic) effects. Cocaine is highly addictive. People use coca leaves for fatigue, asthma, altitude sickness, and other conditions, but there is no good scientific evidence to support these uses”. (WebMD <https://www.webmd.com>).

Professor: Most substances have what’s known as an LD50. It’s the dose for an average person to have a 50/50 chance of killing them, usually expressed in measurement/kg of body weight”. Association between coca (*Erythroxyllum coca*) and natives chewing habit. <https://thoughtscapism.com/measures-of-toxicity>, (2018).

Professor: with regards to the coca plant listen to this; to the question, are coca leaves carcinogenic? Here is the answer from Sciencedirect.com; “Drug addiction comes from psychoactive drugs and psychoactive drugs come from four specific plants namely, nicotine from tobacco, cocaine from the coca plants and opium from poppy flowers and caffeine from marijuana”. The interesting thing about these four plants that are not foodcrops is that we do not eat them for nourishment so we do not depend on them as food source. However, people chew coca leaves or smoke these psychoactive leaves to get intoxicated and the effects of euphoria.

Professor: According to ScienceDirect, “chewing coca leaves could be considered a risk factor for oral cancer in a subset of Argentinian patients. Coca (*Erythroxyllum coca*) is a plant. The leaves are sometimes used to make medicinal tea. They are also a source of cocaine, an illegal drug in the US”. *Erythroxyllum Coca* - an overview. (<https://www.sciencedirect.com>)

Professor: On the other hand, these psychoactive plants still see us as predators who attack their seeds and leaves that they do like. However, the psychoactive plants know that we do not eat them for food therefore, they cannot get into our bowels to mess with our digestive system and immune system. So to ensure that we leave their seeds and leaves alone? The four psychoactive plants direct their lectins of toxins, and poisons to our minds. The interesting thing is that while we human beings do not know that plants are con-

conscious organisms with their own consciousness, the psychoactive plants know that human beings have mind and consciousness which they can mess with. So, they mess with our minds through drug addiction. Got it Class? Association of (Erythroxylum coca) <https://thoughtscapism.com/measures-of-toxicity>, (2018).

Student I: How is that possible?

Professor: how do we mess with tobacco, marijuana, coca leaves and poppy seeds and leaves? We plant tobacco, harvest the leaves dry them and make them into cigarettes right? We make crack-cocaine out of coca leaves and we refine poppy into opium, heroine, morphine etc. That is why these plants have increased the opiate level of their lectins in their seeds and leaves to stop us from messing with their seeds and leaves. There are some specific types of lectins identified by the NIH, FDA, for you to understand what the psychoactive plants are up to.

Student J: What are the different types of lectins?

Professor: Lectins are divided into several families based on the CRD sequence motifs and cation requirements such as galectins (or S-type lectins, rhamnose-binding lectins (RBLs), C-type lectins (CTLs), X-type lectins, (XTLs), P-type lectins, F-type lectins, and pentraxins. National Institutes of Health (NIH) (.gov) <https://www.ncbi.nlm.nih.gov>.

Professor: And when asked, what are the disadvantages of coca leaves? "When inhaled: The cocaine contained in coca leaves is unsafe. Cocaine is illegal and can cause serious side effects such as migraines, seizures, strokes, heart attacks, high blood pressure, and liver and kidney failure. COCA - Uses, Side Effects, and More (WebMD <https://www.webmd.com>).

Professor: here is the level of acute toxicity of psychoactive drugs from psychoactive plants; Acute toxicity is the kind of harm which describes classical poisoning effects. People often compare measures of acute toxicity expressed as LD50, which measures lethal effects from a large one-time dose, when trying to place these exposures in context. As the famous quote goes, "the dose makes the poison" (see Dr. Cami Ryan's version of an acute toxicity comparison with that very title here). However, as noted by Alison in a previous piece: Let's get something straight about LD50 – it is a measure of ACUTE toxicity.

Professor: That is, LD50 is relevant for accidents, murders or suicides. An LD50, or the median Lethal Dose, and the related LC50 (median lethal concentration, for inhalation rather than ingestion) are measures of acute toxicity only. Acute toxicity relates to adverse effects that occur after a single exposure or multiple exposures within a day, and effects that manifest immediately or within two weeks of the exposure. The LD50 is determined experimentally, usually with rats or mice. It is single acute dose that will kill 50% of a population given that dose. If you have a test population of 100 rats, it is the dose found to be sufficient to kill 50 of them. Likewise, the LD50 for humans is the dosage of a compound estimated that would kill 50 out of 100. LD50s tell us about risk in cases where someone is exposed to a large amount of a chemical in a short amount of time. In other words: accidents, murders or suicides. (<https://www.ncbi.nlm.nih.gov>)

Professor: Class: Now let us move on to the psychoactive plant namely, the poppy flower that does not want us or even animals to eat their seeds or leaves. Insect damage to, and sub-optimal harvesting practices of the (Papaver somniferum) poppy are associated with contamination of it. National Institutes of Health NIH.gov. (<https://www.ncbi.nlm.nih.gov>).

Professor: as to What toxins are in poppy seeds? "Poppy seed pods contain morphine and codeine, which are opioid medicines. The seeds are coated with small amounts of these opioids, which remain in the liquid when the seeds are removed. The amounts of opioids in the seeds can vary depending on the growing and harvesting conditions of the plant. The consumption of poppy seeds with opium alkaloids has been linked to opium-like overdose symptoms, such as reduced consciousness, and respiratory depression. (<https://www.deadiversion.usdoj.gov>).

Professor: According to Bozan G. (2021). Opioid Intoxication: can also occur with raw ingestion of poppy plant seed or as tea. Opium is a highly addictive non-synthetic narcotic that is extracted from the poppy plant, Papaver somniferum. Opium is the key source for

many narcotics including morphine, codeine, and heroin. (<https://www.ncbi.nlm.nih.gov>).

Professor: as to the question; And what does poppy do to your body? Here is the answer from the National Institute of Health (NIH). "Poppy seeds come from a species of poppy plant called *Papaver somniferum*. 'Somniferum' is Latin for 'sleep-bringing,' which hints that it might contain opiates – powerful compounds that depress the central nervous system and can induce drowsiness and sleep. The alkaloids are extremely toxic and can cause convulsions, asphyxiation, and death. Using any part of the poppy, in any way, is life-threatening; people in Tasmania have died from doing this. Any ingestion of poppy plants should be treated as an emergency. National Institute of Health <https://www.ncbi.nlm.nih.gov>). There you have it. Class.

This research shows that plants are conscious creatures that actually have consciousness and not only that, plants use their consciousness to fight biological and chemical warfare against us human beings.

Student K: What is the Plant Paradox?

Professor: The Plant Paradox is a book by Dr Steven Gundry (2017), that explains what lectins are, and why plants are at war with human beings, and why and how edible plants use lectins to inflict all sorts of diseases that we suffer against us human through our foods and diets.

Student L: And what could the conclusion of this research be?

Professor: The conclusion of this research is that unless we human beings who think that we are the smartest organisms on earth spearheaded by our scientific community investigate the validity or otherwise of the claims of this academic research that has surfaced the fact that plants have consciousness of their own, as well as try to find the antidote to the secret defensive weapon of lectins by edible plants against us, we will never be free from numerous diseases that afflict us and make our lives full of pain and misery nor would we find peace, and happiness, in this world.

Therefore, all our human diseases and suffering is the result of our ignorance that our landlord, in this case edible plants have good reasons to lay down some basic ground rules for a mutual relationship between plants and human beings. Hence our (scientific community's) insistence that plants are unconscious beings that we can treat anyway we want is hurting us. As this research has revealed the cause of most of our chronic diseases including many physicians warning about where our civilised new diseases come from, especially the scientific evidence provided by Dr. Gundry's book *The Plant Paradox*. We cannot allow the scientific community to continue to ignore the fact that plants are conscious organisms like us human beings on whose conscious supply of foodcrops, veggies, fruits and nuts our diet and life depend on.

Hence, in detailing the cause of many of our new diseases as a consequence of our disregard of "plants redlines" against eating their seeds and smoking their leaves, is our scientists ignorance that plants are conscious organisms with specific needs for the perpetuation of their species. So, we start with one of the most famous fruits of all, apples. This is because of (a), the story of Adam and Eve, and the apple fruit in *The Garden of Eden*, and (b), because Isaac Newton used the fall of apple fruit to the ground to illustrate the gravitational pull of things in the sky to the ground.

We are talking about the common apple fruit which an English proverb also says "an apple a day keeps the doctor away". Yes, the common apple fruit is not famous for nothing. One of the easily noticeable plants lectins of toxins against eating the seeds of certain plants by human beings happens to be found in the seeds of the common apple. For example; "Apple seeds (and the seeds of related plants, such as pears and cherries) contain amygdalin, a cyanogenic glycoside composed of cyanide and sugar. When metabolized in the digestive system, this chemical degrades into highly poisonous hydrogen cyanide (HCN). A lethal dose of HCN can kill within minutes". (Britannica <https://www.britannica.com>).

Hence, what eating apple seeds can do to a person's health says it all – that plants don't want their seeds eaten. Or else how come the flesh of apple is good to eat but eating apple seeds can harm you? So, animals eating the whole apple plus the seeds become ill but they

found out that when they eat an apple and leave the seeds alone, they feel good. Thus, animals learned that when they eat apples and leave the seeds alone all was fine and dandy between apple eating animals and apple plants. In this way and in many instances apples and other edible plants have made their point and won. Class, got it?

But there is more. All flowering and edible plants have made it clear to animals and us human beings to leave their seeds alone whether we know it or not. This is why there is a list of plants known as the world's seven deadly or vicious plants that do not want anything to do with animals or human beings. But before we get to that list, here is a list of different specific edible plants strategies of defence, the various toxins and poisons or lectins deployed against specific types of animals they want to prevent from eating their seeds or browsing their leaves. From the point of view of edible plants, their lectins are defences and protections against being eaten, browsed, grazed or nibbled at.

That is why toxins and poisons in the form of proteins known as lectins effect our immune systems, cause food allergies, and produce psychotic drug addictions, for example, *Plants that do not want their seeds eaten are:* (We have already mentioned apples), beans, peanuts, tomatoes, rice, corn, wheat, soya, coffee, cocoa, etc. *Plants that do not want their tubers eaten are:* Potatoes, yams, cassavas. *Plants that do not want their leaves eaten, or browsed, grazed, nibbled at are:* Tea, cacti, cabbage, lettuce, vegetables, tobacco (nicotiana tabacum).

It must be remembered how smoking tobacco cigarettes and the havoc that nicotine wreaks on our nervous system, our lungs, nicotine addiction, and how the disease of emphysema affects our lungs and cause breathing problems. We human beings especially smokers suffer all sorts of health problems that weaken our immune system, all because the tobacco plant does not want its leaves eaten or smoked.

Class: Do you see what this research is pointing out? Tobacco is a common tropical plant just like any common garden plant that can grow almost anywhere. But tobacco leaves pack a whole lot of health problems for smokers and even those who inhale smoke fumes from smokers.

And, tea, the common tea plant which is also a common tropical plant that The British people cannot live without – have caffeine as a toxin. Does anybody see the connection between tea and caffeine addiction? Does anyone see the effects of caffeine on our nervous system? All of this is because certain plants such as tea do not want anybody – human or animal to eat or browse their leaves raw or cooked. We mention tobacco and nicotine first because tobacco is famously connected to cigarettes smokers and the equally world-famous chronic disease of emphysema and asthma from smoking cigarettes.

So, the problem is that we humans and our scientific community do not know that these edible plants are conscious organisms, and worse, that before we human beings appeared on earth, these edible plants had already laid down the rules of engagement between insects, animals and plants in the form of a warning (through various diseases to leave the seeds and fresh leaves of edible plants alone in a mute warnings or caption that reads you eat our seeds, browse, or smoke our leaves at your own peril.

Hence, when we humans disregard this rule by edible plants we suffer the inevitable consequences of all the diseases that have plagued our health from time immemorial. So, below is a quote about the ill-effects of tobacco and its nicotine lectin; (1) “tobacco contains a chemical called nicotine. *Nicotine is an addictive substance.* Production of nicotine (a poisonous chemical) thus provides protection against being eaten, which is useful since plants cannot run away and don't have an immune system. As mentioned previously, the addictive properties are incidental to the plant”. The Guardian (<https://www.theguardian.com>)

(2) According to tobacco Science (2019). *Alkaloids are important compounds found in Nicotiana plants, essential in plant defense against herbivores.* The main alkaloid of *Nicotiana tabacum*, nicotine, is produced in roots and translocated to the leaves. Allen Press (<https://meridian.allenpress.com>). Nicotine is a stimulant. ... Nicotine “is a carcinogen” Nicotine mimics chemicals in the body. ... Nicotine is poisonous (especially to insects), Nicotine Biosynthesis in *Nicotiana*: A Metabolic Overview (<https://www.ncbi.nlm.nih.gov>).

List of Edible plants Redlines, defence Strategies, and Disease or Reactions of Human beings

Plants	Redlines	Defences	disease/reactions
Apples	seeds	lectins/gluten	chronic digestive/disorders
Beans	seeds	lectins/gluten	chronic digestive/disorders
Peppers	seeds	lectins/gluten	chronic digestive/disorders
Peanuts	seeds	lectin/gluten	chronic allergies/disorders
Rice	seeds	lectin/gluten	chronic digestive/disorders
Wheat	seeds	lectin/gluten	chronic digestive/disorders
Tomatoes	seeds	lectin/gluten	chronic digestive/disorders
<i>Coffee</i>	<i>seeds</i>	<i>lectin/caffeine</i>	<i>mental problems/autoimmune</i>
<i>Cocoa</i>	<i>seeds</i>	<i>lectin/caffeine</i>	<i>mental problems/autoimmune</i>
Soya beans	seeds	lectin/gluten	chronic digestive/disorders
Berries	seeds	lectins/gluten	chronic digestive/disorders
Cucumbers	seeds	lectins/gluten	chronic digestive/disorders
Squash	seeds	lectins/gluten	chronic digestive/disorders
Pumpkins	seeds	lectin/gluten	chronic digestive/disorders
Watermelon	seeds	lectin/gluten	chronic digestive/disorders
Tubers that do not want to be eaten			
<i>Potatos</i>	<i>tuber</i>	<i>lectin/gluten</i>	<i>chronic obesity/autoimmune</i>
<i>Cassavas</i>	<i>tuber</i>	<i>lectin/gluten</i>	<i>chronic diabetes/autoimmune</i>
<i>Yams</i>	<i>tuber</i>	<i>lectin/gluten</i>	<i>chronic obesity/ autoimmune</i>
Mushrooms	mushrooms	lectins/gluten	chronic psychoactive/coma
Plants that do not want their leaves eaten, or browsed, grazed, or nibbled.			
Vegetables	leaves	lectin/gluten	chronic digestive/autoimmune
Cabbage	leaves	lectin/gluten	chronic digestive/autoimmune
Lettuce	leaves	lectin/gluten	chronic digestive/autoimmune
Cacti	leaves	thorns/spines	chronic digestive/autoimmune
Stinging nettles	leaves	spines/stings	burning rabbit nose and lips
Tobacco	leaves	lectin/nicotine	psychoactive mental problems

Marijuana	leaves	lectin/psychoactive	drug addiction/mental problems
Opium	leaves	lectin/psychoactive	drug addiction/mental problems
Coca	leaves	lectin/psychoactive	drug addiction/mental problems
Poppies	leaves	lectin/psychoactive	drug addiction/mental problems

Now there is a different list of plants below described as the world's deadliest and vicious plants. The reason is that those plants have consciously made themselves deadly and vicious because they have found out that they have to show foraging, grazing, browsing, nibbling animals that they cannot eat the seeds and leaves of certain specific plants. otherwise, animals will continue to disregard their pleas to leave their seeds and leaves alone. It is that simple. Next, some individual plants fight biological and chemical warfare against their individual herbivores foragers such as the war between stinging nettles versus rabbits, the biological war between acacia versus girraffes.

Class: Now that you know about the reasons why plants fight biological and chemical wars against animals including us humans, let us tackle the types of diseases we inflict upon ourselves by our insisting *that plants have no consciousness and therefore cannot have rules, redlines, or defensive, and protective strategies. Furthermore, that plants cannot consciously design lectins to harm us*, a fact that Dr Steven Gundry has graciously documented and informed us about.

But first, Dr. Gundry' book speaks about the paradox of our relationship with plants. However, there are many other paradoxes for example, the pharmaceutical industry paradox which is this; the pharmaceutical industry makes drugs (not to cure but to alleviate pain from) the food allergies, stomach aches, indigestion, chronic diseases, and drug addiction, perpetrated on us by edible plants (by making a ton of profits out of our misery). Would it not be better if mankind did not have to suffer all the diseases that plants rightly perpetrate on us humans for ignoring "their-redlines" of not eating their seeds and their fresh leaves.

Instead of making drugs to alleviate the pain from stomach aches and indigestion, why don't the pharmaceutical industry just teach people about why they have food allergies and indigestion, and how to avoid food allergies and stomach aches.? Then, the question arises that if the pharmaceutical companies teach us hot to avoid food allergies and autoimmune diseases, how would the pharmaceutical companies make money by just becoming merely health advisory agents? Class; do you see the paradox of the pharmaceutical industry?

Next, here is the Medicare and Medicaid paradox; the federal government spends billions of dollars on Medicare and Medicaid to the point of going bankrupt when the federal government can avoid all the billions of dollars spent on health issues of Medicare and Medicaid patients by simply requiring hospitals and the health profession to teach patients to avoid the chronic diseases perpetrated by edible plants to reduce the federal budget for Medicare and Medicaid?

Another big paradox is the scientific community paradox; which reads like this; the knowledge that all of our chronic diseases of digestive disorders, autoimmune disorders, and drug addiction come from our consumption of the seeds and leaves of psychoactive plants. But instead of using their scientific capabilities to investigate this important question about the health of mankind, and the reasons why plants such as marijuana, tobacco, poppies, coca and certain mushrooms produce lectins consisting of toxins and poisons that mess with our bodies and minds, the scientific community ignores so much evidence lying right under their noses. Instead, physicists focus on arguing about theories of quantum consciousness, string theory, multiverses and metaverses.

And here is the biggest paradox of them all, namely; the plants disease- medicine paradox. Mankind is now learning that it is edible plants that have given us all the diseases we suffer from. Yet, it is the same plants that give us all the medicines that cure our diseases. What is the natural cause of disease? Plants. What is the natural cure for disease? Plants, and we think that we are more intelligent than plants? And that we humans are conscious and plants are not conscious organisms? Go figure.

So, we have what has been dubbed as *seven of the World's Deadliest Plants, namely*, Water Hemlock (Cicuta maculata) Deadly Nightshade (Atropa belladonna) ...White Snakeroot (Ageratina altissima) ...Castor Bean (Ricinus communis) ...Rosary Pea (Abrus precatorius) ...Oleander (Nerium oleander) Tobacco (Nicotiana tabacum) Castor Bean, Castor Oil Plant. Ricinus communis. Giant Hogweed. Heracleum mantegazzianum. Gympie Gympie. Dendrocnide moroides. Monkshood. Aconitum napellus. Water hemlock. Oenanthe crocata. False Hellebore. Veratrum. Khat. Catha edulis. Henbane. Hyoscyamus niger. World's Deadliest Plants (Britannica<https://www.britannica.com>).

These world-renowned deadliest plants are plants that do not want anything to do with human beings or the animals- no grazing, no nibbling, no browsing, no eating of their seeds and definitely no smoking of their fresh leaves.

Findings: The findings of this journey into the behaviour of plants are; 1), Plants have consciousness of their own known as Cosmic Consciousness that underpins the sentient and intentional behaviour of edible plants. 2), That as a result of the existence of plants consciousness, edible plants view the animal kingdom as predators that not only prey on plants, but animals especially human beings, want to eat them and their seeds ("babies") to extinction. 3), and for that reason, edible plants developed toxins and poisons hidden in proteins called lectins to protect themselves and harm us and stop us from eating their seeds. This is why lectins are the origins of disease and it is lectins that produce all sorts of diseases that afflict mankind. This is why edible plants are the source and cause of so much pain and suffering to mankind.

Recommendation

This Researcher proposes that the entire scientific community including, neuroscientists, psychiatrists, psychologists, biologists, botanists, horticulturalists, florists, and physicists do their due diligence to probe the findings of this research in order to validate or disprove these new findings about our human relationship with plants and plants behaviour towards mankind.

Conclusion

The conclusion of this academic research reiterates (1) mankind's ignorance of the fact that plants are conscious organisms just like us that have their own consciousness and (2), arising out of this deep-seated ignorance of plants consciousness that plants in their wisdom knows about, edible plants developed toxins and poisons in the form lectins to protect themselves and stop us from consuming their seeds and fresh leaves. And (3) that lectins from edible plants in our food crops and in our diets is the source and origin of all the diseases known to Man.

Thus, in concluding this research about the connection between edible plants and all the diseases we suffer from ingesting lectins, has surfaced as well as validates the old saying that "ignorance is expensive". This adage might as well relate to our human ignorance about the origins of disease arising out of our deeper ignorance of the fact that lectins produced by plants to warn us about what to freely eat and what we should not eat, or the fact that we should not smoke the fresh leaves of plants such as (tobacco, coca, poppies, and marijuana), has led to all the drug addictions, misery, and suffering inflicted on us by edible plants for our ignorance that they are conscious organisms like us.

On the contrary, all we have to do is to recognize first and foremost that plants have a certain type consciousness of their own, and (b), the second recognition of the two simple demands by edible plants not to eat their seeds or smoke their fresh leaves, and we would have no diseases.

Furthermore, from the viewpoint of plants, they punish us human beings with diseases only for our ignorance that they are living organisms with consciousness and nothing else - no ill will, no malevolence on their part because what they want is peaceful coexistence. And as soon as we come to our senses to recognize that edible plants have consciousness and change our mentality and behaviour towards edible plants, the biological and chemical warfare between plants and us human beings will be over.

Thus, the findings of this research as well as the findings of other researchers about the connection between the foods we consume

out of edible plants to the numerous diseases we suffer from our diets, has also revealed our deep-seated scientific ignorance about the great topic of the consciousness of plants (that form one big half of all living organisms on earth), that can be classified as plants and animals, or the plants kingdom versus the animal kingdom.

Thus, when it comes to the facts of life and matters of the good life, edible plants have shown us human beings who is boss. Edible plants through their defensive weapon of lectins to punish us for our disregard of plants being conscious organisms, allowed edible plants to lay down the rules of engagement for the mutual relationship between edible plants and us human beings. And from the point of view of edible plants, the ball is in our court or rather the ball is in the hands of our scientific community. And again, from the point of view of edible plants, the rules of the game of life is simple; as long as our human ignorance of plants consciousness persist as it did before Darwin propounded his theory of evolution, diseases, misery and suffering will persist.

And as far as edible plants are concerned, the remedy of our plight of disease and suffering is in our hands. In the meantime, life goes on and edible plants secret war of survival of their species against humans continues, since we human beings are still ignorant of the fact that plants having consciousness of their own.

So, what does that say about our scientists' ignorance about plants being conscious creatures like us with their own type of consciousness? What this research has also exposed is the fact that our ignorance of the two simple needs and demands of edible plants (not to eat their seeds and fresh shoots of leaves) has been the basis and origins of the diseases edible plants keep inflicting on the human race through lectins in our diets and the consequent pain and misery we suffer thereof, speak volumes about what we call true knowledge of life, when our true knowledge disregards the consciousness of half of all living organisms on earth – plants.

Needless to say, this research has led to many unanswered questions such as; if our scientists are completely ignorant about such an important topic regarding plants being conscious organisms with their own type of consciousness with severe consequences to our health and happiness, what does that say about human advancement? What does that say about what we know about “consciousness a term that is the darling invention” of scientists against the philosophers dillydally with mind? The scientific community spearheaded by the physicists, have not given us any indication that they know more about consciousness than the philosophers knew about the human mind.

More importantly, one of the prominent revelations of this research is the fundamental truth that the existence and prevalence of disease is the result of our scientific community's ignorance about the fact that the origin of diseases is easily traceable to lectins that edible plants produce for the purpose of causing diseases and suffering to mankind. That when we finally come to recognize that the root cause of all diseases and suffering is traceable to lectins in our diet. And that if we take care of lectins, we will eliminate the cause of a whole lot of diseases, ensure our health and happiness, and end all diseases in the world. Will that not be amazing to contemplate?

Class: dismiss, and as the French say – bon appetite! For your lunch, or lectin-loaded supper.

Dedication

This Paper is dedicated to Dr. Steven Gundry, author of (The Plant Paradox), Dr. Monica Gagliano, Biological Science Professor (University of Sydney Australia) and Mr David Attenborough, author of (The Private Life of Plants), Fratres and Sorores, and all Professors and Researchers of Plants Intelligence.

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3. Some of the autoimmune diseases that have been linked to issues with lectins include whole grains, raw whole grains like raw

- wheat germ. Creative in My Kitchen; (<https://creativeinmykitchen.com>).
4. Tomatoes contain lectins, proteins found in most seeds, grains, skins, rinds, and leaves. DEA Museum; (<https://museum.dea.gov>).
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