

Thank you for listening to our Episode on Bond and Build with Chris and Cappy. We love to share our opinions and what we've learned but we always fact check anything we say otherwise advised.

We encourage you to do your own research on any topic that interests you and to start questioning things. [Knowledge is power so empower yourself for you and your family.](#)

Below are the show topics and some of our research we use to produce it. If you found value in our show and these facts sheets, please share our show with others so we can spread this valuable information.

## **SHOW TOPICS**

### **Parenting Now vs. Then**

Over the past three decades, parenting in the United States has undergone notable changes, particularly in family structure, parental roles, and the timing of childbearing.

#### **Family Structure**

The prevalence of single-parent families has increased. In 2023, approximately 15.09 million children lived with a single mother, and about 3.05 million with a single father. These figures have risen compared to 1995, reflecting broader societal shifts.

[statista.com](https://www.statista.com)

#### **Parental Roles and Time Allocation**

Parental involvement in childcare has evolved. In 1995, working-age mothers spent about 23 hours per week in paid employment, a figure that has since decreased. This reduction may be attributed to various factors, including increased paternal involvement and changing work dynamics.

[pewresearch.org](https://www.pewresearch.org)

#### **Timing of Childbearing**

Women are becoming mothers later in life. In 2016, 86% of women aged 40 to 44 had given birth, up from 80% in 2006. This trend indicates that while women are delaying motherhood, they are still likely to have children eventually.

[pewresearch.org](https://www.pewresearch.org)

These shifts highlight the dynamic nature of parenting, influenced by societal, economic, and cultural factors over the past 30 years.

## **Stats on how anxiety in children changed from 30 years ago vs now**

Over the past three decades, the prevalence of anxiety among children and adolescents in the United States has shown a notable increase.

### **Prevalence Rates**

- **1990s:** Research from this period indicates that specific phobia, social phobia, generalized anxiety disorder, and separation anxiety disorder were among the most common anxiety disorders in children, with mean prevalence rates ranging between 2.2% and 3.6%.

[pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov)

- **2016-2019:** Data from the Centers for Disease Control and Prevention (CDC) reveal that over 11% of U.S. children and adolescents aged 12 to 17 years reported having current anxiety problems during this timeframe.

[statista.com](https://www.statista.com)

### **Trends Over Time**

- A study analyzing data from 1990 to 2019 found that the global age-standardized incidence rates of anxiety disorders among adolescents decreased by an estimated annual percentage change of 2.2%. However, this global trend may not reflect specific national patterns.

[pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov)

- In the United States, office visits for anxiety increased from 30.8 per 1,000 population in 1990-1991 to 52.5 per 1,000 in 2002-2003, indicating a 1.7-fold rise.

[researchgate.net](https://www.researchgate.net)

### **Recent Developments**

- The COVID-19 pandemic has significantly impacted mental health globally. In the first year of the pandemic, there was a 25% increase in the prevalence of anxiety and depression worldwide.

[who.int](https://www.who.int)

These findings suggest a rising trend in anxiety among U.S. youth over the past 30 years, with notable increases in recent years, potentially exacerbated by global events such as the COVID-19 pandemic.

## **How Parenting Styles Have Evolved from Past Generations to Today**

- Single-parent households have skyrocketed—in 1960, only 8% of children lived in a single-parent home; today, that number is around 25% in the U.S. (Pew Research).
- Corporal punishment was common in schools and homes decades ago, but now, many states have outlawed it.
- Kids had more independence—riding bikes across town, staying out until dark—while modern parents track their kids' every move.
- Parents used to raise kids with *tough love*—discipline, structure, and independence were key.
- Today, many parents prioritize *emotional validation* and avoid strict discipline.
- The rise of “participation trophies” reflects a cultural shift toward shielding kids from hardship.

## **The Impact of Technology and Social Media on Raising Kids**

- Screen time has exploded—kids now spend an average of 7+ hours per day on digital devices, compared to less than 3 hours in the early 2000s (Common Sense Media).
- Social media fuels *anxiety, depression, and entitlement*—kids seek online validation over real-life skills. Social media is linked to mental health issues—teen depression rates have more than doubled since 2010, correlating with the rise of smartphones (CDC).
- Family time has decreased—traditional dinner conversations are being replaced by scrolling through phones. Parents now battle *TikTok challenges, online predators, and digital addiction*—things our parents never had to worry about.

## **Are Modern Parents Too Overprotective or Just Adapting to New Challenges?**

- Helicopter parenting is real—nearly 75% of parents admit to monitoring their child's every move, compared to the “free-range” parenting style of the past (Pew Research).
- Childhood anxiety has soared—in the 1980s, about 4% of kids were diagnosed with an anxiety disorder; today, it's over 20% (CDC). Schools now ban “*offensive*” games like tag, while past generations thrived on *independence and resilience*.
- Fear-based parenting—many parents keep their kids inside due to concerns over safety, but violent crime against children has actually decreased since the 1990s.

Parents should protect their kids, but coddling them too much *creates weakness, not strength*.

### **The Pros and Cons of “Gentle Parenting” and Open Communication with Kids**

#### Pros:

- Kids feel heard and understood, which can improve self-esteem.
- Less reliance on fear-based discipline means fewer long-term emotional scars.

#### Cons:

- Lack of firm boundaries can create entitlement and a lack of resilience.
- Many "gentle parenting" methods rely on constant negotiation, making it hard for kids to respect authority.
- The rise in behavioral disorders suggests that being too lenient might not be working—ADHD diagnoses have increased by 41% over the past decade (CDC).

### **Business & Entrepreneurship: Starting a Side Hustle**

In 2025, individuals seeking additional income have a variety of side hustles to consider. Here are ten popular options:

1. **Freelance Services:** Offer skills like writing, graphic design, or web development on platforms such as Upwork or Fiverr. This allows you to work flexibly and build a diverse client base.

[forbes.com](https://forbes.com)

2. **Selling Digital Products:** Create and sell items like e-books, online courses, or printables. This can generate passive income over time.

[inc.com](https://inc.com)

3. **Affiliate Marketing:** Promote products or services through affiliate programs and earn commissions on sales generated through your referral links. This can be done via blogs, social media, or email marketing.

[forbes.com](https://forbes.com)

4. **Dropshipping:** Start an online store without holding inventory by partnering with suppliers who ship products directly to customers. This minimizes upfront costs and simplifies logistics.

[inc.com](https://www.inc.com)

5. **Print-on-Demand Services:** Design custom merchandise like t-shirts or mugs, which are produced and shipped by third-party suppliers when orders are placed. This eliminates the need for inventory management.

[forbes.com](https://www.forbes.com)

6. **Social Media Management:** Assist businesses or individuals in managing their social media presence by creating content, scheduling posts, and engaging with followers. This role is increasingly in demand as online presence becomes crucial for brands.

[inc.com](https://www.inc.com)

7. **Online Tutoring or Course Creation:** Share your expertise in a particular subject by offering tutoring sessions or creating comprehensive online courses. Platforms like Udemy or Teachable can help you reach a broad audience.

[inc.com](https://www.inc.com)

8. **Virtual Assistance:** Provide administrative support to businesses or entrepreneurs remotely, handling tasks such as email management, scheduling, or data entry. This role offers flexibility and a variety of tasks.

[inc.com](https://www.inc.com)

9. **Content Creation:** Develop engaging content on platforms like YouTube, TikTok, or blogs. Monetization can come from ads, sponsorships, or affiliate marketing. Consistency and niche focus are key to building an audience.

[forbes.com](https://www.forbes.com)

10. **Renting Out Space or Assets:** Utilize platforms like Airbnb to rent out a spare room or property. Alternatively, rent out equipment, vehicles, or other assets to generate additional income.

[thesun.co.uk](https://www.thesun.co.uk)

These side hustles offer diverse opportunities to supplement income, leveraging various skills and resources.

### **Why Side Hustles Are Essential in Today's Economy**

- Inflation is crushing the middle class—the U.S. dollar has lost nearly 98% of its value since 1913 (U.S. Bureau of Labor Statistics).

- Wages are stagnant—while the cost of living has skyrocketed, real wages have only increased by 9% since 1979, making it harder to build wealth (Economic Policy Institute).
- People don't want to rely on government handouts—nearly 40% of Americans say they started a side hustle to avoid financial dependency (Zapier Survey, 2023).

### **Tips for Identifying Profitable Side Hustle Ideas Using Your Current Skills**

- Find a problem and solve it—86% of millionaires say their wealth came from solving a *simple* problem better than others (The Millionaire Next Door).
- Use what you already know—if you have a skill, hobby, or expertise, monetize it. Freelancing, consulting, and online businesses are booming.
- Leverage the digital economy—e-commerce sales are projected to hit \$8 trillion by 2027, meaning there's never been a better time to sell online (Statista).

### **The Importance of Starting Small and Validating Your Idea Quickly**

- Most businesses fail due to cash flow issues—82% of small businesses collapse because they start big without proper planning (U.S. Bank Study).
- Test before you invest—successful entrepreneurs spend less than \$5,000 to validate a side hustle before scaling (Kauffman Foundation).
- Perfection is the enemy of progress—stop overthinking, launch your idea, and refine it as you go.

### **Balancing a Side Hustle with Family Life and a Full-Time Job**

- Time management is everything—Elon Musk schedules his day in 5-minute blocks to maximize productivity.
- Cut the distractions—the average American spends 2.5 hours a day on social media (Statista). Swap scrolling for building.
- Involve your family—teach your kids about entrepreneurship so they don't grow up thinking a 9-to-5 is the only option.

### **Mistakes to Avoid When Launching Your First Side Hustle**

- ✗ Waiting for the "perfect time"—there is no perfect time. Start now.
- ✗ Thinking too big, too fast—start lean, prove the concept, then grow.
- ✗ Relying on one income stream—millionaires have at least 7 sources of income (IRS data). Diversify!

## Big Pharma vs. Finding Cures – Is It All a Scam?

When you start looking deeper you start seeing a pattern with the same names and companies. They own the food that makes you sick, pretend to treat it, pretend to look for a cure. The truth is there are no profits in healthy people.

### What are the biggest food companies in the USA and who owns them?

The biggest food companies in the U.S. are often multinational corporations that own a wide range of food brands across different categories. These companies are typically publicly traded, and their ownership is divided among institutional investors, individual shareholders, and sometimes the founding families. Below are some of the largest food companies in the U.S. and their owners:

#### 1. Nestlé USA

- **Parent Company:** Nestlé S.A. (Switzerland)
- **Overview:** Nestlé is one of the largest food and beverage companies in the world, with a significant presence in the U.S. through brands like **Gerber, Hot Pockets, Stouffer's, Nescafé, and Nestlé Toll House.**
- **Ownership:** Nestlé is a publicly traded company, with major shareholders including institutional investors like **BlackRock, Vanguard Group, and Bill & Melinda Gates Foundation.**

#### 2. PepsiCo

- **Overview:** PepsiCo is a multinational food and beverage giant, known for products such as **Pepsi, Mountain Dew, Lay's, Gatorade, Quaker Oats, and Tropicana.**
- **Ownership:** PepsiCo is publicly traded on the NYSE, with major institutional shareholders such as **Vanguard Group, BlackRock, and State Street Global Advisors.**

#### 3. Coca-Cola

- **Overview:** The Coca-Cola Company is another global leader, best known for its flagship soda, **Coca-Cola**, but also owns numerous other brands like **Fanta, Sprite, Minute Maid, and Dasani.**
- **Ownership:** Coca-Cola is publicly traded on the NYSE, with major institutional investors such as **Berkshire Hathaway, Vanguard Group, and BlackRock.**

#### 4. General Mills

- **Overview:** General Mills owns iconic food brands such as **Cheerios**, **Betty Crocker**, **Yoplait**, **Haagen-Dazs**, **Pillsbury**, and **Nature Valley**.
- **Ownership:** General Mills is publicly traded, with major shareholders including **Vanguard Group**, **BlackRock**, and **State Street Global Advisors**.

## 5. Tyson Foods

- **Overview:** Tyson Foods is one of the largest producers of meat products, including chicken, beef, and pork. It owns brands like **Tyson**, **Jimmy Dean**, **Hillshire Farm**, and **Ball Park**.
- **Ownership:** Tyson Foods is publicly traded, and its ownership is divided among institutional investors such as **Vanguard Group**, **BlackRock**, and **Tyson family members** (the Tyson family remains a significant shareholder).

## 6. Mondelez International

- **Overview:** Mondelez International is a major snack and candy company, owning brands like **Oreo**, **Cadbury**, **Trident**, **Toblerone**, and **BeVita**.
- **Ownership:** Mondelez is publicly traded, with major institutional investors like **Vanguard Group**, **BlackRock**, and **State Street Global Advisors**.

## 7. Kraft Heinz

- **Overview:** Kraft Heinz is one of the largest food companies in the world, with well-known brands like **Heinz**, **Kraft**, **Oscar Mayer**, and **Jell-O**.
- **Ownership:** Kraft Heinz is publicly traded, with notable investors such as **Berkshire Hathaway** (owned by Warren Buffett), which holds a significant stake, as well as institutional investors like **Vanguard Group** and **BlackRock**.

## 8. Cargill

- **Overview:** Cargill is a privately held multinational corporation involved in food production, agriculture, and trading. It owns brands like **Cargill**, **Truvia**, and **Purdue Farms** (through a joint venture).
- **Ownership:** Cargill is privately owned by the **Cargill** and **MacMillan** families, making it one of the largest privately held companies in the U.S.

## 9. Hormel Foods

- **Overview:** Hormel Foods produces a wide range of food products, including brands like **Spam**, **Skippy**, **Jennie-O**, and **Applegate**.



- **Ownership:** Hormel Foods is publicly traded, with major institutional shareholders like **Vanguard Group, BlackRock, and State Street Global Advisors.**

## 10. Danone North America

- **Parent Company:** Danone S.A. (France)
- **Overview:** Danone is a multinational food company with a significant presence in the U.S., owning brands like **Activia, Silk, Evian, and Alpro.**
- **Ownership:** Danone is publicly traded, with significant shares held by institutional investors, including **Vanguard Group, BlackRock, and Amundi.**

## 11. J.M. Smucker Company

- **Overview:** J.M. Smucker is known for its jams, jellies, and peanut butter, as well as brands like **Smucker's, Jif, Folgers, and Milk-Bone.**
- **Ownership:** The company is publicly traded, and institutional investors like **Vanguard Group, BlackRock, and State Street Global Advisors** are major stakeholders.

### Key Points About Ownership:

- **Publicly Traded Companies:** The largest food companies in the U.S., such as PepsiCo, Coca-Cola, General Mills, and Kraft Heinz, are publicly traded. This means their ownership is divided among institutional investors, mutual funds, pension funds, and individual shareholders. Some major institutional investors include **BlackRock, Vanguard Group, and State Street Global Advisors.**
- **Privately Held Companies:** Companies like **Cargill** and some family-owned food businesses retain private ownership, often controlled by founding families or small groups of investors.

These major food companies dominate both the U.S. and global markets and are highly influential in shaping the food industry. Their products span a wide variety of food categories, from beverages and snacks to frozen foods, dairy, and packaged meals.

### What are the biggest pharmaceutical companies in the USA and who owns them?

The biggest pharmaceutical companies in the U.S. are leading players in the global healthcare and medicine industries. They research, develop, manufacture, and sell a wide range of prescription drugs, vaccines, and over-the-counter products. Here are the top pharmaceutical companies in the U.S., along with information about who owns them:

## 1. Pfizer

- **Overview:** Pfizer is one of the largest pharmaceutical companies in the world. It is known for drugs such as **Lipitor**, **Pprevnar**, and the **Comirnaty** COVID-19 vaccine (developed in partnership with BioNTech).
- **Ownership:** Pfizer is publicly traded on the **NYSE** under the ticker **PFE**, with major institutional shareholders including **Vanguard Group, BlackRock, and State Street Global Advisors**. The company has a broad shareholder base, with individual and institutional investors holding shares. **Bill and Melinda Gates Foundation** is also a notable investor in Pfizer.

## 2. Johnson & Johnson

- **Overview:** Johnson & Johnson is a diversified healthcare company with operations in pharmaceuticals, medical devices, and consumer health products. It is known for drugs like **Remicade**, **Imbruvica**, and **Stelara**, as well as over-the-counter products like **Tylenol**.
- **Ownership:** Johnson & Johnson is publicly traded under the ticker **JNJ** on the **NYSE**, with major institutional investors including **Vanguard Group, BlackRock, and Berkshire Hathaway** (Warren Buffett's company).

## 3. Merck & Co.

- **Overview:** Merck is a major player in the pharmaceutical industry, known for drugs like **Keytruda** (for cancer), **Gardasil** (for HPV), and **Januvia** (for diabetes). It also produces vaccines.
- **Ownership:** Merck is publicly traded on the **NYSE** under the ticker **MRK**, and its major shareholders include **Vanguard Group, BlackRock, and State Street Global Advisors**.

## 4. AbbVie

- **Overview:** AbbVie was created as a spin-off from Abbott Laboratories in 2013. It is known for its blockbuster drug **Humira** (for autoimmune diseases) and more recently for **Rinvoq** and **Imbruvica**.
- **Ownership:** AbbVie is publicly traded on the **NYSE** under the ticker **ABBV**, with major institutional investors like **Vanguard Group, BlackRock, and State Street Global Advisors**.

## 5. Eli Lilly and Company

- **Overview:** Eli Lilly is known for drugs such as **Trulicity** (for diabetes), **Humalog** (insulin), and **Verzenio** (for cancer).
- **Ownership:** Eli Lilly is publicly traded on the **NYSE** under the ticker **LLY**, with major shareholders including **Vanguard Group, BlackRock, and Bill & Melinda Gates Foundation.**

## 6. Bristol-Myers Squibb

- **Overview:** Bristol-Myers Squibb is known for its oncology and immunology treatments, including **Opdivo** (cancer treatment), **Eliquis** (blood thinner), and **Orencia** (for autoimmune diseases).
- **Ownership:** Bristol-Myers Squibb is publicly traded on the **NYSE** under the ticker **BMJ**, with institutional investors such as **Vanguard Group, BlackRock, and State Street Global Advisors** holding major shares.

## 7. Amgen

- **Overview:** Amgen is a biotechnology company that focuses on treatments for cancer, kidney disease, and bone health. Its top-selling drugs include **Neulasta** (for cancer patients) and **Prolia** (for osteoporosis).
- **Ownership:** Amgen is publicly traded on the **NASDAQ** under the ticker **AMGN**, with major shareholders including **Vanguard Group, BlackRock, and Bill & Melinda Gates Foundation.**

## 8. Gilead Sciences

- **Overview:** Gilead Sciences is known for its antiviral drugs, including **Sovaldi** and **Harvoni** (for hepatitis C), as well as treatments for HIV, such as **Truvada**.
- **Ownership:** Gilead Sciences is publicly traded on the **NASDAQ** under the ticker **GILD**, with institutional investors like **Vanguard Group, BlackRock, and State Street Global Advisors.**

## 9. Cigna

- **Overview:** While primarily a health insurance company, Cigna is involved in the distribution of pharmaceutical services and operates a large pharmacy benefits management division through its **Express Scripts** subsidiary.
- **Ownership:** Cigna is publicly traded on the **NYSE** under the ticker **CI**, with major institutional investors like **Vanguard Group, BlackRock, and State Street Global Advisors.**

## 10. Sanofi U.S.

- **Parent Company:** Sanofi S.A. (France)
- **Overview:** Sanofi is a global healthcare company known for producing vaccines, insulin (via **Lantus**), and drugs for cancer, allergies, and cardiovascular conditions.
- **Ownership:** Sanofi is publicly traded on the **Euronext Paris** and **NYSE** (under ticker **SNY**), with institutional investors such as **Vanguard Group, BlackRock, and State Street Global Advisors** holding significant shares.

### Key Points About Ownership:

- **Publicly Traded Companies:** Most of the top pharmaceutical companies, like Pfizer, Johnson & Johnson, Merck, and AbbVie, are publicly traded, meaning they are owned by a combination of institutional investors, mutual funds, pension funds, and individual shareholders. The largest institutional investors in these companies include **Vanguard Group, BlackRock, and State Street Global Advisors**.
- **Private Shareholders and Founders:** Some companies, like **Cigna**, may have significant private ownership stakes by founders or families, though they are still publicly traded. Additionally, some companies, like **Amgen**, have large holdings by specific individuals (e.g., **Bill & Melinda Gates Foundation**).

These pharmaceutical giants lead the industry in terms of revenue, research, and global market influence. They play a crucial role in developing life-saving treatments and drugs, making them key players in the healthcare system.

### What companies are the American cancer society biggest financial donors?

The **American Cancer Society (ACS)** receives funding from a variety of sources, including individual donors, corporations, and foundations. Some of the biggest financial contributors to the ACS are companies that have formed partnerships to support cancer research, prevention programs, and patient support services. Here are some of the notable corporate donors and partners:

#### 1. CVS Health

- **Contribution:** CVS Health has been a long-standing partner of the ACS, contributing through its **"Time to Quit" campaign** (focused on tobacco cessation) and other initiatives. They also make significant contributions via corporate giving programs, including donations from the CVS Charitable Trust.

#### 2. Humana

- **Contribution:** Humana, a health insurance company, has supported ACS through various initiatives, including fundraising campaigns, sponsorship of events, and contributions to cancer research and patient services.

### 3. Toyota

- **Contribution:** Toyota has partnered with the ACS for years, particularly in its "Drive for a Cure" campaign. Toyota has contributed financially through the sale of special edition vehicles and charitable donations to the ACS.

### 4. PepsiCo

- **Contribution:** PepsiCo has supported ACS with donations and sponsorships for events such as the **Relay for Life**. They also contribute to programs that promote cancer awareness and prevention.

### 5. Revlon

- **Contribution:** Revlon, a cosmetics company, has been a prominent supporter of ACS, particularly through the **Revlon/UCLA Women's Cancer Research Program**. Revlon has made substantial donations and funded cancer research efforts, particularly in breast and ovarian cancer.

### 6. Walmart

- **Contribution:** Walmart has contributed to the ACS through donations and fundraising efforts. The company has sponsored various events, including those aimed at raising awareness and funds for cancer research and patient care.

### 7. Bank of America

- **Contribution:** Bank of America has supported ACS through various philanthropic initiatives, including sponsoring **Relay for Life** events and contributing to funding for cancer research and patient care services.

### 8. General Mills

- **Contribution:** General Mills has been a corporate partner of ACS, contributing through various fundraising campaigns, such as in-store promotions and sponsoring events like **Relay for Life**.

### 9. Delta Air Lines

- **Contribution:** Delta has been a strong supporter of ACS, particularly through its involvement in fundraising events and initiatives, such as contributing to the **Relay for Life** and providing travel support for cancer patients.

## 10. Macy's

- **Contribution:** Macy's has partnered with ACS for many years, contributing through its "**Macy's Goes Red for Women**" campaign and other fundraising initiatives that benefit cancer research and prevention programs.

### Other Notable Contributors:

- **Ford Motor Company**
- **Kroger**
- **Johnson & Johnson**
- **Merck**
- **Pfizer**
- **Microsoft**

These companies contribute in various ways, from direct financial donations to sponsorship of events like the **Relay for Life** and **Making Strides Against Breast Cancer**. Corporate donations often come in the form of fundraising campaigns, matching employee donations, and cause-related marketing initiatives. Additionally, many of these companies also support specific cancer research efforts or provide in-kind donations.

The ACS relies heavily on corporate partnerships to fund its mission, making these companies key supporters in the fight against cancer.

### What top 10 processed food ingredients are major contributors to cancer?

These foods and ingredients are known to cause cancer and diseases but are still added to our foods in the USA while banned in Europe. It's not because they cannot make it without but it's greed and more profit on cheap production and then on sick patients.

Processed foods often contain ingredients that, when consumed in excess or over long periods, have been linked to an increased risk of cancer. Some of the top processed food ingredients that are considered major contributors to cancer risk include:

#### 1. Nitrites and Nitrates

- **Found in:** Processed meats (bacon, sausages, hot dogs, deli meats).
- **Cancer Link:** These preservatives can form **nitrosamines**, which are **carcinogenic** compounds, especially when meats are cooked at high

temperatures. **Colorectal cancer** is most strongly associated with high intake of processed meats containing nitrites and nitrates.

## 2. Artificial Sweeteners

- **Found in:** Diet sodas, sugar-free candies, and packaged desserts.
- **Cancer Link:** Some artificial sweeteners, like **saccharin** and **aspartame**, have been controversial due to concerns over their potential carcinogenicity. Although the FDA has deemed many of them safe at typical consumption levels, some studies suggest possible links to **bladder**, **brain**, and **breast cancers**.

## 3. Trans Fats (Partially Hydrogenated Oils)

- **Found in:** Packaged snacks, cookies, cakes, margarine, and fried foods.
- **Cancer Link:** **Trans fats** increase inflammation and oxidative stress in the body, which may promote the development of cancer. They are particularly linked to **breast**, **colon**, and **prostate cancers**.

## 4. Refined Sugar

- **Found in:** Soda, candy, baked goods, and processed cereals.
- **Cancer Link:** **Refined sugars** contribute to obesity and insulin resistance, both of which are risk factors for several types of cancer, including **breast**, **endometrial**, and **colorectal cancers**. High sugar intake can also cause chronic inflammation, which may contribute to cancer development.

## 5. Artificial Food Colorings

- **Found in:** Processed snacks, candies, soft drinks, and baked goods.
- **Cancer Link:** Some artificial food colorings, such as **Red 40**, **Yellow 5**, and **Yellow 6**, have been linked to **hyperactivity** in children and potential cancer risks. While the research is ongoing, concerns persist about the long-term effects of consuming these chemicals.

## 6. Acrylamide

- **Found in:** Fried or roasted foods, such as French fries, potato chips, and coffee.
- **Cancer Link:** Acrylamide forms when starchy foods are cooked at high temperatures (like frying or baking). It is considered a **Group 2A probable carcinogen** by the **International Agency for Research on Cancer (IARC)**, with a potential link to **kidney**, **endometrial**, and **ovarian cancers**.

## 7. Monosodium Glutamate (MSG)

- **Found in:** Processed foods, canned soups, savory snacks, and fast food.
- **Cancer Link:** While MSG is generally considered safe by the FDA, some studies suggest that high intake may lead to **neurotoxic** effects and possibly increase the risk of certain cancers. However, the evidence is not definitive.

## 8. BHA (Butylated Hydroxyanisole) and BHT (Butylated Hydroxytoluene)

- **Found in:** Processed cereals, packaged snacks, and vegetable oils.
- **Cancer Link:** These **preservatives** are used to extend shelf life. Some studies suggest that they may act as **endocrine disruptors** and are possibly **carcinogenic**, particularly related to **stomach** and **liver cancer**.

## 9. Sodium Benzoate

- **Found in:** Soft drinks, fruit juices, pickles, and condiments.
- **Cancer Link:** **Sodium benzoate** can form **benzene** (a known carcinogen) when combined with ascorbic acid (vitamin C) under certain conditions. Long-term exposure to benzene has been linked to **leukemia** and other cancers.

## 10. Sodium and High-Sodium Salts

- **Found in:** Processed meats, canned foods, chips, and ready-to-eat meals.
- **Cancer Link:** A diet high in sodium can increase the risk of **gastric cancer**. **High-sodium** diets can damage the stomach lining and create conditions favorable for **H. pylori infections**, which are linked to stomach cancer.

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### Additional Considerations:

- **Obesity:** Many processed foods are high in calories and low in nutrients, contributing to **obesity**, which is a well-known risk factor for several cancers.
- **Chemicals in Packaging:** Some processed foods may contain **Bisphenol A (BPA)** in their packaging, which has been associated with hormonal disruption and increased cancer risk, particularly in breast and prostate cancers.

### Prevention Tips:

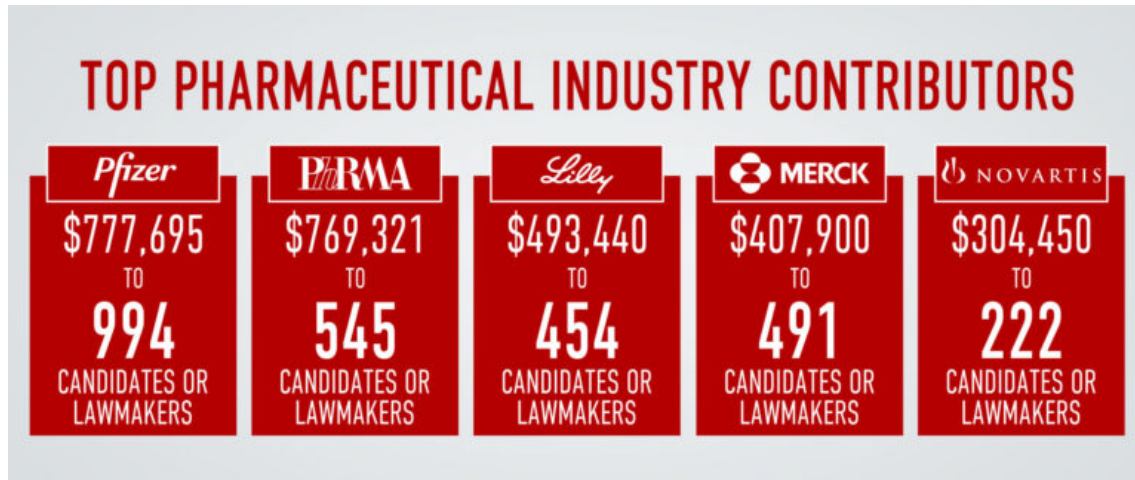
- **Reduce Processed Food Intake:** Limit the consumption of packaged snacks, processed meats, sugary drinks, and fast food.
- **Increase Whole Foods:** Focus on a diet rich in fresh vegetables, fruits, whole grains, and lean proteins.



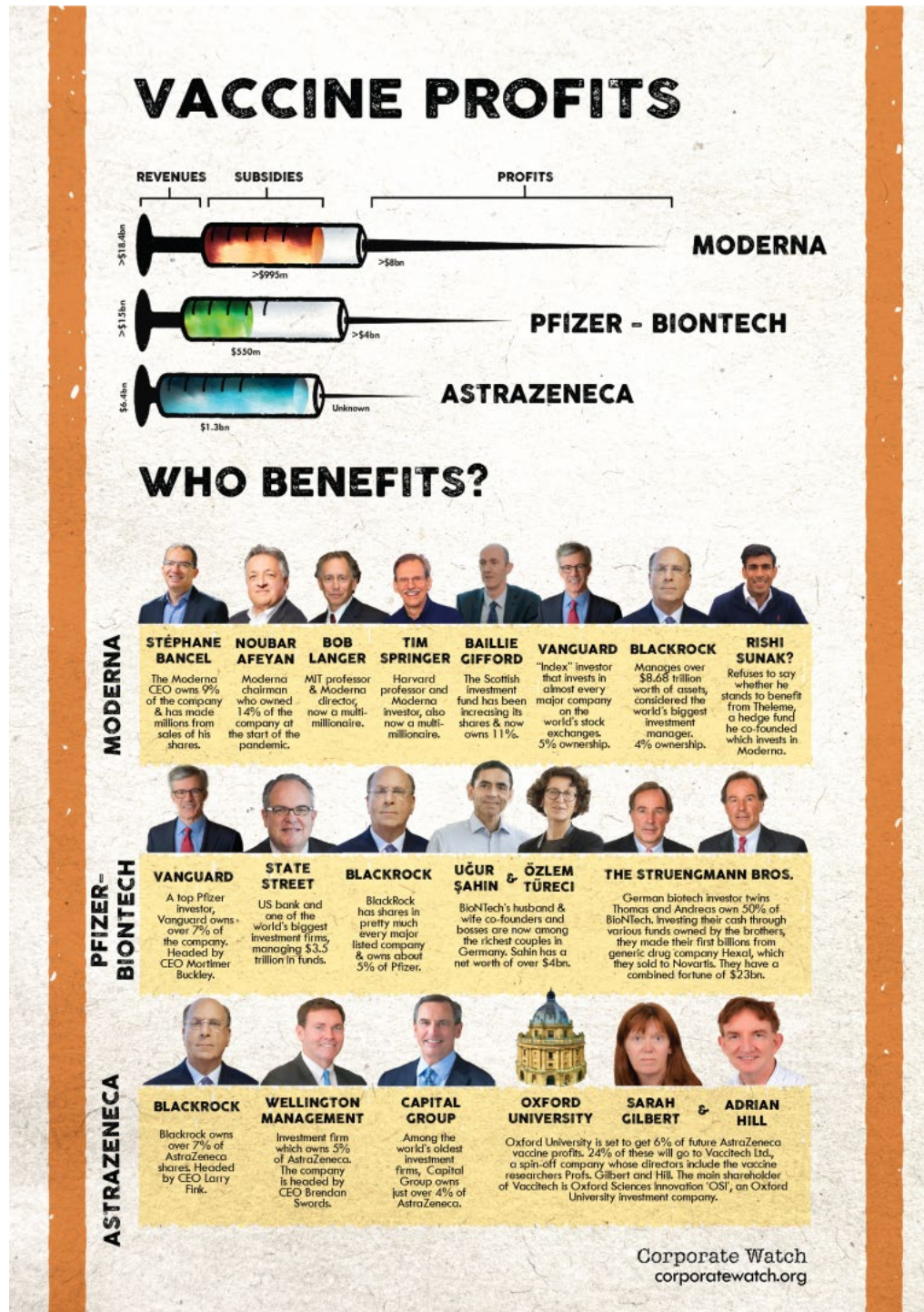
- **Cook at Home:** Preparing meals at home allows more control over ingredients and cooking methods, reducing reliance on processed foods.

Understanding the risks associated with these ingredients can help make more informed choices when it comes to diet and long-term health.

**Biggest lobbyist contributors are big pharma- Do you ever wonder WHY?**



Look at who profits from vaccines – Do you recognize any of the names we spoke about? Coincidence or by design? Extra Fact: You cannot sue them when you have side effects! They have legal immunity. Why would they need it in the first place?



## It's all a vicious cycle and they are not interested in finding cures!



### How Big Pharma Profits from Treatments Over Cures

- Pharmaceutical companies prioritize *recurring revenue*—a cured patient is a lost customer.
- Diseases like diabetes, cancer, and autoimmune disorders generate billions in long-term drug sales.
- Funding is directed toward *patentable* drugs, not one-time cures or lifestyle-based solutions.

### Real Examples of Controversial Drug Pricing and Healthcare Monopolies

- *Insulin prices* skyrocketed despite being inexpensive to produce, forcing many Americans to ration their supply.
- *EpiPen price hikes* (from ~\$100 to over \$600) exposed how monopolies exploit life-saving medication.
- *Opioid crisis*—Purdue Pharma pushed OxyContin aggressively, fueling addiction while profiting massively.

### The Difference Between the Healthcare System and Life-Saving Medical Advances

- The *system* is driven by corporate interests, insurance companies, and government lobbying.

- Breakthroughs in medicine are real, but they're often controlled, delayed, or priced out of reach.
- Regulatory agencies like the FDA and CDC have deep ties to the pharmaceutical industry, raising concerns over conflicts of interest.

### **Are Alternative Treatments and Holistic Health Solutions Being Suppressed?**

- Natural remedies and non-pharmaceutical treatments often lack funding because they aren't profitable.
- Big Pharma has a history of discrediting or lobbying against holistic health options (e.g., ivermectin, vitamin D, dietary interventions).
- Medical professionals who promote alternative treatments sometimes face censorship or loss of medical licenses.

### **What Individuals Can Do: Advocating for Their Own Health and Staying Informed**

- Research *beyond* mainstream sources—seek independent studies and holistic health perspectives.
- Question conflicts of interest in medical recommendations (e.g., ties between doctors and pharma companies).
- Take control of your health: prioritize nutrition, exercise, and informed decision-making over blind trust in prescription drugs.

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