

### Today's Top Killers

During the 1900s the causes of infectious deaths ranged from influenza and pneumonia which were the number killers at the time. Falling in a close second was tuberculosis and diarrhea came in at third place. The influenza pandemic was believed to have spread so viciously because people were living in very close proximity to one another thus causing the travel and transfer of the disease much more rampant. Diarrhea and intestinal ulcers were also ranked very high because of lack of sanitary conditions. Besides living in close proximity to one another, people were very unaware of how to live in a cleanly manner.

In today's time, we have conquered all three of those top infectious diseases with influenza nearly at the bottom of the top causes of death within the United States. A funny correlation that I ran across during this study is that during the 1900s heart diseases and cancer were ranked on the lower half of top grossing deaths, only to be ranked as the top two killers in the U.S. a hundred years later. The change of our diets as well as our lifestyle is the cause of these new diseases reigning supreme in this time of history. During the 1900s hundreds of people ate fresher food from farms and their local food markets for their sustenance. However today a vast majority of our food has been processed and genetically modified for an increased shelf life for increased profits for big industrial corporations like Monsanto. The seed themselves in which the farmers plant in the ground for our nourishment have been genetically modified (<http://www.monsanto.com/products/pages/genetically-modified-vegetable-seeds.aspx>) and farmers are required or forced to sell those seeds, or go out of business.

In addition to our food becoming increasing unhealthy, our lifestyles have also become much more sedentary. We have become a much immobile nation, from our different modes of transportation to literally sitting down for six to seven hours a day. In conclusion we will continue to live malnourished and immobile with these types of diseases as our #1 killers until a systemic change is made within our food and work industry.

