

SEEDS OF DECEPTION

One of the overarching threats to humanity is the willful modification of our food sources, and I believe one of the reasons why people allowed it to occur in the first place is because we've become so far removed from the sources of our food.

Many children today do not even realize exactly where the various meats come from, for example. They've never set foot on a farm.

No thought is given to how milk and other products consumed every day are produced. Many assume that the food in the frozen food aisle is actually real food, not realizing they're chockfull of unnatural additives; preservatives, colorings, and artificial flavorings.

The distance between our food source and us is, I believe, an alarming problem! And it has allowed giant corporations to essentially hijack your health for profit.

Returning to natural eating habits is a must if you want to thrive in today's modern world, and banishing genetically modified (GM) food products is an essential step of this process. Man was created to thrive on certain combinations of nutrients, readily available in our natural food sources.

But the rise of modern food manufacturing completely changed man's relationship to food. Without being told so specifically, you've been led to believe you can live on synthetic chemicals. But you can't! Not to any great degree of success.

Make This Year the Year When You Say NO to GMO

This Weston A Price lecture by GMO expert Jeffrey M. Smith is a must-see for everyone. As always, Smith delivers a compelling picture of the GM problem, and offers practical solutions, many of which I will list below.

As Smith states, we, as individual consumers, have enormous power to change this world for the better by making healthier choices. The market simply cannot afford not to pay attention once the tipping point of consumer demand has been reached. So by switching brands, slowly but surely the rejected brands must follow suit once they realize that using a certain ingredient has become a liability.

Consumers move the market – not the manufacturers. That means YOU!

Smith believes that the tipping point for beginning the shift away from GMO ingredients in the US food supply is about 15 million people.

The problem we face here in the US is the fact that GM products are not labeled. But according to one poll, if GM products WERE labeled, 53 percent of Americans say they would not eat them!

After some 14 years of fighting for GM labeling in the US, it's time to realize that we can't wait for government to listen. Instead, we must educate each other, which is exactly what Smith's organization www.ResponsibleTechnology.org is all about.

Their slogan, "**Healthy Eating Starts with NO GMO,**" is worthy of being pasted on your refrigerator as a constant reminder.

The Health Hazards of GMO Foods

For an in-depth education on the many dangers of GM foods, I highly recommend reading [Jeffrey Smith's](#) books, *Seeds of Deception* and *Genetic Roulette*.

Smith documents at least 65 serious health risks from GM products of all kinds, including:

- Offspring of rats fed GM soy show a five-fold increase in mortality, lower birth weights, and the inability to reproduce
- Male mice fed GM soy have damaged young sperm cells
- The embryo offspring of GM soy-fed mice have altered DNA functioning
- Several US farmers have reported sterility or fertility problems among pigs and cows fed on GM corn varieties
- Investigators in India have documented fertility problems, abortions, premature births, and other serious health issues, including deaths, among buffaloes fed GM cottonseed products
- Animals fed GM foods have developed bleeding stomachs, potentially precancerous cell growth, damaged organs and immune systems, kidney inflammation, problems with blood and liver cells, and unexplained deaths
- Soy allergies have skyrocketed after the introduction of GM soy
- Genes from GM crops transfer to human gut bacteria, which might transform your intestinal flora into a "living pesticide factory"

No one knows the full extent of what happens to the end product when you splice in new genes, and then eat that product for several generations. The only thing that is guaranteed is that it will create surprise side effects.

However, according to Smith's research, what we do know is that between 1994 and 2001 -- the same time that GMO's flooded the market -- food related illnesses DOUBLED.

GMO foods can be:

- Allergenic
- Toxic
- Carcinogenic
- Anti-nutritional

It may also create brand new [diseases that we've never seen before](#), in addition to spurring on the disease rate of some we already have, such as cancer.

Moratorium Called on GM Foods!

On May 19th, 2009, the The American Academy Of Environmental Medicine (AAEM) sent out a press advisory calling for Immediate Moratorium On Genetically Modified Foods”? and for physicians to “educate their patients, the medical community, and the public to avoid GM (genetically modified) foods when possible, and provide educational materials concerning GM foods and health risks.”

They also advised that physicians should “consider the role of GM foods in their patients' disease processes.”

In their [position paper](#), the AAEM states that several animal studies indicate serious health risks associated with GM foods, including:

- Infertility
- Immune problems
- Accelerated aging
- Insulin regulation
- Changes in major organs
- Gastrointestinal changes and problems

The AAEM concludes,

“There is more than a casual association between GM foods and adverse health effects. There is causation, as defined by recognized scientific criteria. The strength of association and consistency between GM foods and disease is confirmed in several animal studies.”

I've recommended this before, but it bears repeating – Educate your doctor!

Many physicians are still completely unaware of this problem, and there's absolutely nothing wrong with handing them a printout of the [moratorium](#), or suggesting they take a look at the research.

The Institute for Responsible Technology also offers two full audio lectures on the dangers of GMO's, available for download [here](#). They're free, and you're even allowed to burn them onto CD's to give away.

Why not give a copy to the members of your family, friends, and yes, even your doctor?

Playing with Technology We Don't Fully Comprehend

Dr. Mae-Wan Ho of the Institute of Science in Society (ISIS) explains the heart of why GM foods are so dangerous:

"The genome is remarkably dynamic and 'fluid', and constantly in conversation with the environment. This determines which genes are turned on, when, where, by how much and for how long. Moreover, the genetic material itself could also be marked or changed according to experience, and the influence passed on to the next generation."

But when genetically modified "rogue genes" are inserted into a genome, it cannot possibly mimic the complex processes -- the "dance of life" -- that's necessary for survival in nature.

"The rogue genes inserted into a genome to make a GMO could land anywhere; typically in a rearranged or defective form, scrambling and mutating the host genome, and have the tendency to move or rearrange further once inserted, basically because they do not know the dance of life."

That's ultimately why genetic modification doesn't work and is also dangerous."

Four Ways to Avoid GM Foods

As stated by Smith, there are four main ways to avoid GM foods:

1. Buy organic
2. Only buy products that carry a Non-GMO label
3. Only buy products listed in the [non-GMO shopping guide](#)
4. Avoid products that contain these at-risk ingredients:
 1. Soy
 2. Corn
 3. Cotton
 4. Canola

The offspring of these products include items such as maltodextrin, soy lecithin, and high fructose corn syrup.

As for fresh produce, you'll want to avoid some varieties of zucchini, crookneck squash, and papayas from Hawaii, as these are mainly GM.

Other common GM-containing foods to avoid include:

- Milk containing rbGH
- Rennet (containing genetically modified enzymes) used to make hard cheeses
- Aspartame (NutraSweet)

Avoiding GM products in your diet means avoiding all of the foods and ingredients mentioned above, or choosing organic versions of them.

If your diet consists largely of processed foods, you can be sure you're eating about 70 percent GM foods, as the ingredients listed above (particularly corn and soy) are in a vast majority of all processed food products!

I highly recommend downloading the [Non-GMO Shopping Guide](#), issued by the Institute for Responsible Technology. They also offer some helpful basic [advice for how to avoid GMO's when eating in restaurants!](#)

Help Others Help Themselves

Last but not least, I also recommend watching [The Future of Food](#) to learn more about the food you eat. It is perhaps one of the most important videos on this subject, and one that everyone in America should watch and pass on to others, along with the free [audio lectures by Jeffrey Smith](#).

In conclusion, remember to appreciate the power of your pocketbook! If more of us begin to refuse GM foods, food manufacturers will have no choice but to listen.

Related Links:

- » [Enjoy Pesticides in Every Bite of GMO Food?](#)
- » [Monsanto Report Sheds Light on Damaging Foods](#)
- » [Germany Bans Genetically Modified Corn](#)