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The Genetic Conspiracy – Are Genetically Engineered Foods Dangerous? and How to avoid eating Genetically Modified foods.

You may be surprised to learn that you have a 75 percent chance of picking a food with genetically modified (GM) ingredients when you're at the supermarket. This is because at least seven out of every 10 items have been genetically modified.

There is an incredibly important documentary, called *The Future of Food*, on this topic that I urge you to watch yourself and then pass on to ALL of your friends and family. This documentary will help you understand the very real threat that ALL future generations face as a result of genetic engineering. It is one of the most important videos I have ever viewed. View *The Future of Food*, at

<http://www.hulu.com/watch/67878/the-future-of-food>

Your GM Food Probably Contains Roundup Pesticide Residues

For starters, 85 percent of all GM seeds are engineered for herbicide tolerance, most of these being Monsanto's "Roundup Ready" cotton, corn, soy, and canola seeds. This allows plants to withstand the significant amounts of pesticides being sprayed on them, in effect promoting pesticide use. Since the introduction of GM crops in the United States, more than 120 million pounds of additional pesticides were used.

This particular variety of GM crop (Roundup Ready) became so popular because it allows farmers to spray Monsanto's Roundup herbicide directly onto their fields without harming the crops. As you might imagine, the use of Roundup herbicide has increased dramatically since the GM Roundup Ready crops were introduced -- a double win for Monsanto.

But while it's widely known that GM Roundup Ready crops contain Roundup residues (how could they not with how much is poured on them?), a recent study showed, for the first time, just how toxic these residues may be to your health.

Even when researchers tested formulations of Roundup that were highly diluted (up to 100,000 times or more) on human cells, the cells died within 24 hours. They also found damage to cell membranes and DNA, along with an inhibition of cell respiration.

At Least 65 Serious Health Risks Have Been Discovered

GM crops routinely create unintended proteins, alter existing protein levels, or even change the components and shape of the protein that is created by the inserted gene. This results in new proteins that have never before existed in food, some of which may be causing severe allergic

reactions.

Creating a GM crop can also produce massive changes in the natural functioning of the plant's DNA. Native genes can be mutated, deleted, permanently turned on or off, or change their levels of protein expression. Jeffrey Smith, a leading spokesperson on the dangers of GM foods, has documented at least 65 serious health risks related to GM foods.

Just last year a long-term feeding study commissioned by the Austrian Agency for Health and Food Safety confirmed GM corn seriously affects reproductive health in mice. The results were so worrisome that GM opponents called for an immediate ban of all GM foods and GM crops in order to protect the health of humankind and the fertility of women around the world.

Are You Willing to Play Russian Roulette With Your Food?

When you pick up seven out of 10 foods in your grocery store, you're picking up a food that contains GM ingredients. Yet, it likely won't be labeled as such.

Particularly in the United States, the GMO giants have been very effective in eliminating legislation that would require them to clearly label GM products and, as a result, most grocery stores in the United States do not post signs next to produce to let you know it's been genetically modified.

How to avoid GM Food

Visit <http://truefoodnow.org/genetically-engineered-foods/shoppers-guide/> to download a portable pocket shoppers' guide to help you find and avoid GE ingredients. The shoppers guide includes valuable information on common GE ingredients, brands to look for, and look out for, and common sense tips to keep you in the know.

If you want to avoid potentially dangerous Frankenfoods, you need to avoid an ever-growing number of ingredients, or choose **ORGANIC** versions of them. This is not an easy task, especially if you eat processed food. However, the four most prevalent GM ingredients to look out for are:

1. Soy
2. Corn
3. Cottonseed
4. Canola

You'll also want to avoid the offspring of these products, which includes items like maltodextrin, and high fructose corn syrup.

Buy Organic - Examining the produce stickers on the fruits and vegetables you buy is another way to detect GM foods. **The PLU code for conventionally grown fruit consists of four numbers; organically grown fruit has five numbers prefaced by the number nine; and GM fruit has five numbers prefaced by the number eight.**

You can vote with your pocketbook by avoiding everything that contains GM ingredients, and ask your local supermarket to stock their shelves with more natural organic foods.

Large portions of Europe have already succeeded in removing GM foods from their food supply, forcing food manufacturers to use real ingredients in their European product lines. But here in the United States we're still stuck with it to a very large degree.

It all starts with you and the choices you make when buying your food. So please spread the word. If more of us begin to refuse GM foods, food manufacturers will have no choice but to listen.