

~~Chad about GHS~~

Genetically Modified Organisms (GMO) Genetic Roulette by Jeffrey Smith

Read the book or watch the documentary for \$2.99 @ <http://geneticrouletemovie.com/>

- Genetically modified foods have been introduced in our foods for almost 20 years.
- FDA scientists said GMO were dangerous with a potential to cause allergens, toxins, nutritional problems, and disease.
- GMO is not governed by the FDA, it is up to the GMO company to do their own studies for safety.
- There is a definite link of GMO or Roundup use to: food allergies, gut inflammation, digestive disorders, eczema, skin disorders, auto-immune diseases, autism, infertility, accelerated aging, insulin problems, swelling of organs (liver, kidney, spleen), and general inflammatory disorders (blood pressure, cholesterol, & heart disease).
- GMO seeds are designed not to reproduce seeds so we have to purchase them again from Monsanto. We see reproductive problems in animals and humans who consume GMO products. Roundup increases estrogens, lowers sperm count, and lowers testosterone.
- Round-up ready crops are sprayed with Roundup and the weeds die. The weeds have developed resistance and more Roundup is used annually. Roundup never leaves the soil. Roundup is a chelator and binds nutrients to starve the weeds. It does the same thing in our foods by reducing our nutrients. Roundup is poisoning our air and streams.
- Bt toxin GMO corn, cottonseed, & soy is engineered to kill bugs that eat the corn by breaking open the digestive system. It also causes holes in our digestive system and itchy rashes.
- It is thought that our gut flora gets these genes inserted and produce the Bt toxin in our gut flora and thus in our bodies.
- Monsanto (a biotech company) wants to control the world's seed patents. They are not governed by the FDA. Most previous or current Monsanto executives are tied to government positions.
- Symptoms of GMO diseases can be reversed (within 2 days to 3 months) by avoiding GMO foods (eating Non-GMO Organic foods only).
- **Genetically Modified Foods include:** Corn, Soy, Cottonseed (oil, tampons, clothes), Canola, Sugar Beets, Papaya (Hawaii & China), Zucchini, Yellow Crookneck Squash, Alfalfa, & honey.
- **Common "at risk" food ingredients** to avoid (unless Non-GMO): cornstarch, corn, corn sugar, high fructose corn syrup, sugar (unless cane), soy sauce, tamari, oils (cottonseed, canola, vegetable, corn), Aspartame, medications, vitamins, supplements, & MSG-like (autolyzed yeast, hydrolyzed yeast, yeast extract, calcium caseinate, sodium caseinate, textured protein, gelatin, glutamic acid, hydrolyzed protein, hydrolyzed vegetable protein, hydrolyzed soy protein, monopotassium glutamate). SEE HANDOUT!
- GMO also affects our **animal foods we eat and our pet foods:** GMO corn, soy, and alfalfa are fed to beef, pig, chicken, and other livestock. GMO pet foods cause sick animals.

4 Ways To avoid GMO:

1. Always buy USDA Certified Organic
2. Buy Non-GMO Project Verified (400 companies use a 3rd party verification system).
3. Use the Non-GMO Shopping guide @ non-gmoshoppingguide.com, printed version, or i-phone version. This lists Non-GMO companies and over 1000 products that are Non-GMO.
4. Avoid "at risk ingredients" that are not certified as Non-GMO

Companies owned by Monsanto (contain GMO ingredients): Aunt Jemima, Quaker, Betty Crocker, General Mills, Bisquick, Duncan Hines, Hungry Jack, Jiffy, Ms. Butterworths, Pepperidge Farms, Campbells, Aurora Foods, Kraft/Phillip Morris, Post cereals, Hershey's, Nestle, Carnation, Holsum, Interstate Bakeries, Best Foods, Knorr, Kellogs, Nature Valley, Nabisco, Pillsbury, Heinz, Hellmans, Hunts, KC Masterpiece, Frito-lay, Delicious, Famous Amos, Keebler/Flowers Industries, Banquet, Green Giant, Healthy Choice, ConAgra, Kid Cuisine, Stouffers, Lean Cuisine, Marie Callenders, Ore-ida, Smart Ones, Power Bar, Chef Boyardee, Hormel, Loma Linda Morningside, Lipton, Unilever, Uncle Ben's, Rice-a-roni/Pasta roni, Tombstone Pizza, Totinos, Orville Redenbacher, Pop Secret, Pringles, Procter and Gamble, Coca Cola, Minute Made, Pepsi, Cadbury, Sweppes, Capri-sun, Cool-aid, Ocean Spray V-8, Prego Pasta Sauce, Bagu Sauce

Websites of interest: geneticrouletemovie.com, truefoodnow.org, organicconsumers.org, non-gmoshoppingguide.com, http://www.avaaz.org/en/petition/Worldwide_Suspension_of_Genetically_Modified_Seeds_1_MILLION_SIGNATURES_SOUGHT/?ZxYmeb&pv=1

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Invisible GM Ingredients

Processed foods often have hidden GM sources (unless they are organic or declared non-GMO). The following are ingredients that may be made from GMOs:

Aspartame (also called AminoSweet ®, NutraSweet ®, Equal Spoonful ®, Canderel ®, BeneVia ®, E951 ®)	diglyceride	leucine	soy oil
baking powder	erythritol	lysine	soy protein
canola oil (rapeseed oil)	Equal ®	malitol	soy protein isolate
caramel color	food starch	malt	soy sauce
cellulose	fructose (any form)	malt syrup	starch
citric acid	glucose	malt extract	stearic acid
<i>Methyl</i> cobalamin (vit B12)	glutamate	maltodextrin	sugar (unless cane sugar)
colorose	glutamic acid	maltose	tamari
condensed milk	glycerides	mannitol	tempeh
confectioners sugar	glycerin	methylcellulose	teriyaki marinades
corn flour	glycerol	milk powder	textured vegetable protein
corn masa	glycerol monooleate	milo starch	threonine
corn meal	glycine	modified food starch	tocopherols (vit E)
corn oil	hemicellulose	modified starch	tofu
corn sugar	high fructose corn syrup (HFCS)	mono and diglycerides	trehalose
corn syrup	hydrogenated starch	monosodium glutamate (MSG)	triglyceride
cornstarch	hydrolyzed vegetable protein	Nutrasweet ®	vegetable fat
cottonseed oil	inositol	oleic acid	vegetable oil
cyclodextrin	inverse syrup	Phenylalanine	vitamin B12
cystein	inversol	phytic acid	vitamin E
dextrin	invert sugar	protein isolate	whey
dextrose	isoflavones	shoyu	whey powder
diacetyl	lactic acid	sorbitol	xanthan gum
	lecithin	soy flour	
		soy isolates	
		soy lecithin	
		soy milk	

Vitamin C (ascorbic acid) although usually derived from corn, is probably not GM because it is not likely made in North America.

For more details, including non-GMO verified products, visit NonGMOShoppingGuide.com