

## Diabetes & Our Deadly Fascination with Junk Food

\* America is overwhelmed and undermined by too much SUGAR!

Just 100 years ago, the average person consumed 18 pounds of sugar per year. Any guesses on how many pounds they consume now?? 176 POUNDS PER YEAR! That's nearly a half a pound per day!

The result is that our bodies haven't evolved quickly enough to handle that change. Instead we've become fatter, more lethargic, and diabetic.

Many think sugar is just empty calories to give them a rush of energy. Sugar is, however, an anti-nutrient that not only makes us fatter and more tired, but also actually steals away nutrients. Calcium is the most lost. It also undermines body processes and causes the inflammation that is the leading cause of diabetes.

If you're really trying and cheat occasionally, be sure to take some flax seed or Fat Grabbers to neutralize some of the effect.

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## Unreal Foods - GMOs

GMOs, short for Genetically Modified Organisms, are man-made organisms created in a laboratory and patented by a corporation or the USDA. GMOs are created by a process called genetic engineering.

How are GMOs different from traditional cross-breeding? Traditional cross-breeding is creating natural hybrids, such as crossing two varieties of roses, different types of squashes, or different breeds of dogs or cats. GMOs are made by actually splicing a gene from a virus or another species into the GMO seed. Some examples are fish genes spliced into tomatoes, human genes into corn, and mouse genes into potatoes.

Why haven't GMO seed and the food grown from them been properly tested? The makers of these organisms stated that GM crops are the same as natural crops. The US regulatory agencies have accepted this assurance and listed them as GRAS (Generally Recognized As Safe) so there has not been adequate testing to determine the affects of these crops on human health.

Interesting, though... NO OTHER COUNTRIES will accept our crops that are genetically altered.

Top genetically modified products include:

- \* Corn
  - corn oil, corn flour (corn chips), high-fructose corn syrup, corn-fed beef & chickens
- \* Soy
  - soy oil, lecithin, soy protein
- \* Cotton
  - cotton fabric, cottonseed oil
- \* Tomatoes
  - ketchup, barbecue sauce, pizza & spaghetti sauce, etc
- \* Sugar
  - from GM beets

Buy organic and/or foods labeled as Non-GMO. Stay up to date on the topics through organizations such as [Responsible Technology](#) and [Organic Consumers Association](#).