

# ARE GMO'S (GENETICALLY MODIFIED ORGANISMS) SAFE?

By Carla Lee Johnston

Rather than aesthetically modified Kardashians making headlines, where's the beef on GMO's in the media? This topic should make our top "10" most important talking points list. Here's how GMO's (genetically modified organisms) make their way into our guts and mutate our DNA. The American Academy of Environmental Medicine (AAEM) states, "Animal studies indicate serious health risks associated with GM food" such as infertility, immune problems, accelerated aging, faulty insulin regulation, changes in major organs and the gastrointestinal system. AAEM asked physicians to advise patients to avoid GM foods.

Before Michael Taylor, former VP of Monsanto, got a position as head Czar of the FDA to help move GMO's onto our plates, FDA scientists repeatedly warned that GM foods create unpredictable, hard-to-detect side effects: allergies, toxins, new disease and nutritional problems are some. They urged long-term safety studies and were ignored. Glyphosate is now found in mother's breast milk, and in our DNA. Unlike safety evaluations for drugs, no human clinical trials exist of GM foods. Studies submitted are to gain GMO approval into our food supply and are done by scientists from bio-tech companies who profit at our health and economic expense. The ONLY published human feeding experiment revealed that genetic material inserted into GM soy, transfers into bacteria living inside our intestines which continues to function. Even after we stop eating GM foods, GM proteins can continue to produce inside us.

**If the antibiotic gene inserted into most GM crops were to transfer, it could create super diseases, resistant to antibiotics. If the gene that creates Bt-toxin in GM corn were to transfer, which evidence suggests it does, it might turn our intestinal bacteria into living pesticide factories.**

Our ignorance is no longer bliss — it's deadly! When we connect the dots to big-agri-food giants and pharma, there is a genetic mutation based on the anti-human greed gene. How do falsehoods become truth? You can thank Edward Bernay's, uncle of Sigmund Freud, for studying the human mind,

becoming "famous" getting paid big bucks by presidents, tabaco companies, big pharma, the fluoride industry and food industry, to create crafty marketing campaigns that "program" myths into our minds until a falsehood becomes a fact. Lies of omission were and are deliberately seeded to tell us that GMO's can solve the world's hunger problems, which is a double frap froth of decepticcino! Lies of omission are untruths. We must connect the dots for our well-being, and the well-being of those we love.

Knowledge is power: the first step towards sovereignty. WE hold the unified power to vote "soul" into our dollars by refusing to buy food or goods from companies who cash in on short-term gains at the expense of long-term good for all of Earth's sentient life. When buying food, turn your hearts towards love, the missing ingredient in much of our world's systems and share information that matters. There are numerous studies today that identify the irrefutable potential dangers from GMO's, and they are banned in more than 60 countries.

## FYI GMO FOOD LIST

- **GM CORN DAMAGES THE LIVER AND KIDNEYS.**
- **MEAT THAT IS RAISED ON GM FEED IS "DIFFERENT"...**
- **THE DAMAGING EFFECTS FROM ROUNDUP CAN CAUSE BIRTH DEFECTS.**
- **GENETICALLY MODIFIED SOY IS LINKED TO STERILITY.**
- **GM CROPS DON'T INCREASE YIELDS.**
- **GMOs CONTAMINATE INDUSTRY STUDIES THAT ARE INEVITABLY FLAWED AND FILTERED WITH UNTRUTHS.**

Food for... thought stockholders: If one invests in one or more companies for the sake of profit at the expense of our highest good, what does the inner bank account balance look like? If we look back to a world whose soils have been irreparable infested and our body's perfectly designed bio-systems have been modified past the point of no return — what have we gained?

While science can discover quantum quarks, it will be quantum millenniums before man can think that they can isolate or genetically modify nature's perfect laws, or order, by trying to pull the wool over Mother Nature's intentional medicine — whole food sourced straight from the Goodness From our Earth™. ■  
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# EATING CLEAN: 6 PROCESSED FOODS YOU CAN AVOID

By Mimi Kozma

**"Let medicine be thy food and let food be thy medicine." - Hippocrates**

...except when food is sprayed with chemicals, stripped of nutrients, then fortified and enhanced with artificial sweeteners, flavorings and coloring. Chemical adulteration of food wasn't the case in 460 B.C., or even in the early 1800's. However, it has been a deafening reality since post WWI. Since when did food created by nature with all its nutrients, flavors and colors in tact, need to be improved? Is man so arrogant to believe he can 'one-up' what nature has orchestrated? No, I cry! If Hippocrates, ancient cultures and scores of generations had knowledge that man could structure his intake of food to avoid the development of, and management of illness, why has it taken us so long to 'get it'? We can snap out of a state of apathy, by joining the movement toward clean eating, and looking to mother earth for sustenance and healing.

What is 'eating clean?' According to cleaneatingmag.com, "It's a practice of eating food in its natural state, or as close to it as possible." Eating clean is avoiding highly-processed, ultra-refined foods, and basing your diet on whole foods. Eating raw is an ideal situation, but not for everyone. Some foods must be processed to remove harmful bacteria. Others can be preserved, chopped, blended or cooked. Though technically considered processed, it doesn't count in this case. Highly-processed or ultra-refined foods are dramatically changed from their original state. With factory farms and modern food production methods, clean eating habits can be difficult to achieve. Here are six "Frankenfoods" (Sandoval, 2015) to avoid — and tips to guide you on the road to change.

**1.** Artificial sweeteners to include high fructose corn syrup, aspartame, sucrose (stimulates appetite, increases carbohydrate cravings, stimulates fat storage, weight gain and can increase insulin sensitivity). Worse, some artificial sweeteners cause brain tumors, seizures, skin rashes, diarrhea and headaches. Instead, try natural sweeteners such as honey, syrup or my personal favorite — coconut sugar.

**2.** Food Dyes are a petroleum-based product, suspected of causing birth defects allergic reactions and cancer. Dyes are purportedly linked to hyperactivity in children.

**3.** Natural Flavorings are not natural, but made in labs. Additives like monosodium glutamate (MSG) lead to obesity, migraines, fatigue, depression and are linked to nerve disorders. Instead, use herbs and spices to change the flavor profiles of your food. They are tasty, and many of them have medicinal properties.

**4.** Refined Oils including canola, corn, soybean and cottonseed oils are highly-processed and full of toxic trans fats that can cause inflammation, and raise your risk for cardiovascular disease. Instead, try organic coconut oil, grape seed oil, or ghee.

**5.** Farmed Raised Fish don't possess the same nutrients as their wild counterparts. They can develop unhealthy levels of fat and PCB's (polychlorinated biphenyls) within their systems and ingest high rates of antibiotics. As you steer clear of meat from factory farms, apply the same standards to your seafood. Instead, eat only wild caught fish.

**6.** Refined grains are stripped of their most nutritional parts, and are high in gluten, devoid of natural fiber and nutritionally imbalanced. When consumed, refined grains can spike energy levels then crash, leaving you feeling drained. Consumption of refined grains is linked to diabetes, high blood pressure, cardiovascular disease, increased inflammation and weight gain. Instead, consume whole grains such as red, brown or black rice or my favorite — quinoa.

## POINTS TO KEEP IN MIND

- Don't eat whatever crosses your path.
- Know from where your food comes; read labels and ask questions.
- Observe how you feel when you eat. Learn about benefits for your body.
- If it's not possible for you to eat organic all the time, then refer to <http://www.ewg.org/foodnews/> for the dirty dozen foods you should always eat in an organic state.

Don't trust the food industry to look out for your best interests. You must take charge of your nutrition. Remember these words of wisdom from Ann Wigmore, "The food you eat can be either the safest and most powerful form of medicine, or the slowest form of poison." ■  
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