

Avoiding GMO's

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October is National GMO Awareness Month. GMO is a man-made genetic modification to seed crops in order to control the world's food supply. GMOs are promoted as a way to feed the world and save farmers from drought.

In reality GMO seeds a type of genetic modification that involves the forceful insertion of things like E.coli genes or genes that produce glyphosphate (the herbicide Roundup). This causes Roundup resistance. Farmers end up using more Roundup on GMO crops that include corn, soybeans, cotton, tomatoes, sugar beets, and rapeseed (which is what canola oil comes from).

Unfortunately, the side effects of glyphosphate ingestion range from severe digestive, liver and kidney issues to accelerated aging and terminal diseases. With increasing demand by farmers who use GMOs for more Roundup, financial profits are soaring for the chemical companies who have created the GMOs.

Ways to avoid GMOs:

1. **Buy USDA-certified organic food.** This is the only real way you can avoid GMOs. Current USDA organic regulations do not allow the use of GMOs.
2. **Avoid all non-organic soy products.** Soy was the first GMO seed engineered over 20 years ago. Today 90% of the soy crop is from GMO seed. Avoid nonorganic veggie burgers, tofu, tempeh, edamame, and miso products.
3. **Stay away from all "non-dairy" that isn't organic.** Soy is used to create everything from Cool Whip to Coffee-Mate...in addition to the obvious non-dairy soy treats in your health-food store freezer. These too are filled with GMOs.
4. **Don't buy or eat anything with corn in it that isn't organic.** That means corn chips, corn cereals and corn bread.
5. **Eliminate high-fructose corn syrup (a.k.a. "corn sugar")** GMO corn is used to make all high fructose corn syrup.
6. **Avoid biofuels and ethanol; they're composed of toxic GMOs.** GMO corn when used as fuel allows the pesticide poisons to go into the air and environment.
7. **Don't buy or eat any meat, fish, poultry, or eggs unless they're certified organic or from a farmer you completely trust.** When animals aren't eating grass they eat grains. Nonorganic soy and corn grains are filled with GMO and pesticide ingredients. People who eat the animals that eat these grains get additional doses of GMOs and pesticides.
8. **Avoid GMO modified oils seeds including cottonseed oil, canola oil, and corn oil.**
9. **Buy certified-organic cotton clothing, bedding, and towels.** This is the only way to be certain that you are not supporting GMOs toxic, dangerous farming system.
10. **Read!** The current GMO law does not require labeling of GMO foods. The GMO arena is constantly changing. Be vigilant and read whatever you can to stay informed.

People who have unknowingly consumed GMOs often develop digestive difficulties, brain fog and fatigue. Alternative physicians have several ways to determine pesticide overload and natural nutritional solutions to help reduce the toxic body burden and provide symptomatic relief.