

FROM THE EXPERTS

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Are You Eating GMOs?

by **Dr. Andrew T. Brady**

A genetically modified organism (GMO) is a plant or animal whose genetic material has been artificially altered by humans in a lab. These plants and animals do not exist in nature. The fact that GMOs are currently in most of the foods Americans eat is contributing to our growing health problems.



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Sweet corn is an example of a crop that has been genetically modified. Monsanto (manufacturer of RoundUp herbicide) created a version of sweet corn that would withstand the herbicide being sprayed on it and produce its own insecticide called BT toxin. When insects eat the corn, BT toxin is released and causes their stomachs to explode.

Of the corn sold in the U.S., 88% is genetically modified, which means that most men, women, children and infants are consuming GMO corn and its derivatives, like corn starch, on a daily basis. That is anything but sweet. When BT toxin is released in humans, it kills off our healthy gut bacteria, which is responsible for roughly 75% of our immune function. GMOs have been found to cause cancer and tumors in animal studies, been linked to autism, Crohn's disease, ulcerative colitis, asthma, allergies and a number of other diseases that we are plagued with today.

Corn is not the only GMO that people are consuming, 90% of canola, 94% of soy and 95% of sugar beets in the U.S. are genetically modified. To allow more nutritional assault on Americans, the FDA recently approved genetically modified salmon. These salmon have been genetically altered so that they grow much faster and grow year round compared to the salmon found in nature. By consuming GMOs, you are making yourself and your family part of an experimental study that will have major health consequences. Currently, 26 countries have bans on GMOs, but sadly the U.S. is not one of them. This shouldn't be a surprise considering the financial gain that Monsanto and the FDA stand to make from them.

So what can you do? Buying foods labeled as certified organic or "Non-GMO Verified" is the best step you can take to ensure you are not eating these harmful foods. We need to make sure that we consume foods that the human species was intended to eat, and that we have consumed ever since our inception, rather than foods that are a product of playing God.

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