



No GMO

What are GMOs?

The abbreviation GMO stands for Genetically Modified Organisms. These are produced when engineers insert genes from one source (bacteria, viruses, animals, etc.) into another life form. The result is an organism that would never normally exist in nature. Corporations use genetic engineering for a variety of purposes for example, crops may be genetically engineered to produce their own insecticide or to be resistant to herbicides.

Nutritionist Melissa Diane Smith (2011) explains "Despite warnings of health dangers from its own scientists, the U.S. Food and Drug Administration decided to allow genetically modified foods on the market without labeling and without safety testing, and commercial planting of these never-before-used seeds began in 1996." Since that time the use of GMOs has grown. The U.S. Department of Agriculture reports 93% of all soybeans, 78% of all cotton and 70% of all corn grown in the U.S. is genetically modified as of 2011.



Dangers of GMOs

The American Academy of Environmental Medicine has found "...serious health risks associated with eating genetically modified foods, including infertility, immune system problems, accelerated aging, disruption of insulin and cholesterol regulation, gastrointestinal problems and organ damage." (Smith, 2011)

Kim Thompson (2011) of *Healthy Transformations* in Whitesboro, NY further elaborates "It comes as no surprise that the US is the largest manufacturer of GMO foods, with the top producers being corn and soy. At this point, it has not been made clear as to the effects this can have on human health although many studies point toward the allergen potential of these foods. What does that mean? Our bodies are responding to it as if they are foreign (as they truly are since they are not found nature but rather are manufactured) and causing an immune/inflammatory response. Up-to-date medical research is making clear connection between many common diseases and this immune/inflammatory response, such as asthma, obesity, diabetes, CVD and autoimmune diseases."

How to avoid GMOs: Buy Organic Foods, Look for Non-GMO Project Seals, Avoid at-risk Ingredients (corn, soybeans, canola, cottonseed, sugar), Use Non-GMO Shopping Guides (Smith, 2011).



Sources:

Smith, Melissa Diane (2011). Say No to GMOs. *Better Nutrition*. March 2011. p. 47-50.

Thompson, Kim (2011). Interview. *Healthy Transformations*. 3985 Oneida St. Suite 104 New Hartford, NY 13413
www.healthytransformations.net

Healthy Transformations

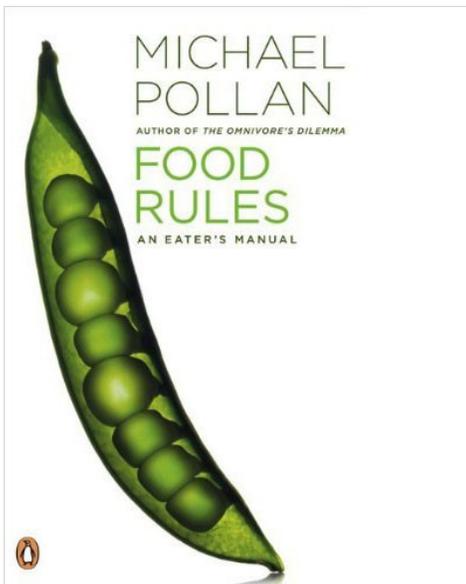
Book of the Month:

Food Rules: An Eater's Manual

by Michael Pollan

"He gets right to the point about some basic rules to follow when picking foods! My favorite: 'Eat food, not too much, mostly from plants.'"

-Kim Thompson of Healthy Transformations



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