

GMO foods and the 'law of unintended consequences'

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If you live in the United States you have most certainly been exposed to GM foods (or Genetically Modified Organisms).

The foods most commonly modified are Soy, Corn (commonly fed to animals), Sugar beets, Hawaiian papaya, Cottonseed (vegetable oils), Canola oil, Crookneck squash, and some Zucchini. There is also GM alfalfa for animal feed. These food modifications are separate from Bovine Growth Hormone and anti biotics commonly used in animals raised for food, which is another source of problems from food.

Why worry about GMO food, anyway?

Some think there are no health problems from foods that are genetically engineered. After all, farmers have been modifying organisms for a very long time. So, what is different? Many GMO crops have been modified so as to withstand Monsanto's Roundup, which has an herbicide called Glyphosate. Other GMO foods are designed to produce their own pesticide internally. Hence the term "FrankenFoods".

Why should you care whether the food you buy is GMO or not?

In the years since GM crops were introduced in 1996, Americans with three or more chronic diseases jumped from 7 percent to 13 percent. (Kathryn Anne Paez, et al, "Rising Out-Of-Pocket Spending For Chronic Conditions: A Ten-Year Trend," Health Affairs, 28, no. 1 (2009): 15-25) But without any human clinical trials or post marketing surveillance, we may never know if GMOs are a contributor to these diseases. (But we can sure suspect GMO foods are a contributing factor.)

There is some evidence that when these foods are eaten they transfer their poisons to people. Some studies have found toxins in blood samples from pregnant women, fetal blood and non-pregnant women. So the seeds may have been planted for problems for future generations. There is also some evidence that the herbicide Glyphosate begins to modify human DNA upon ingestion.

The American Academy of Environmental Medicine suggests that doctors recommend diets without GM organisms. Former AAEM President Dr. Jennifer Armstrong says, "Physicians are probably seeing the effects in their patients, but need to know how to ask the right questions."

There are controlled studies that report problems with animals fed GMO products, and there are some reported problems with pigs, cows and some other animals known to feed on or be fed GMO foods. Unless your doctor asks the right questions, and correctly interprets the data when conducting an exam, it may be very difficult to make the connection between your health problems and GMO food you may be eating.

The effect on the body of GMO foods may be to disrupt hormone and endocrine systems. An early symptom of GMO problems in the body is GI distress. Studies have shown that there is a disruption of the GI flora, which is the probable cause of this distress. The use of probiotics returns the GI flora to it's normal composition, and helps relieve many of these symptoms.

Many physicians believe GMO modified food may explain the increase in allergies, especially food allergies, and infections. The toxins seem to trigger a rise in inflammatory responses, and may explain a rise in various health conditions, such as heart disease and diabetes. Animal studies show an increase in tumors. One study showed a *marked* difference in the size of two rats - one fed GMO

food, one fed non-GMO food.

You are convinced! Now what can you do?

First - get behind the movement to require GMO labeling of Genetically Modified foods.

The simplest way to avoid GM foods is to buy "Certified Organic" foods. We discovered that most condiments (mayonnaise, ketchup) are made with modified ingredients. Foods that are certified organic must never intentionally use GM organisms, be produced without artificial pesticides and fertilizers and be from an animal reared without the routine use of antibiotics, growth promoters or other drugs. Additionally, grass-fed beef will not have been fed GM corn or alfalfa feed.

By the way, the word "Natural" on the label doesn't mean what you think it means. It has no standard definition. In the words of Fast Food Nation author Eric Schlosser: "If they have to put the word 'Natural' on a box to convince you, it probably isn't."

GE crops chelate soil microbes

While the link between an herbicide (which is directed toward plants) and soil microbes may not be immediately apparent, a ripple effect occurs because plants grow in an inter-related system. In a nutshell, herbicides are chelators that form a barrier around specific nutrients, preventing whatever life form is seeking to utilize that element from utilizing it properly. This effect applies to plants and soil microbes. And it applies to animals and humans who consume the food.

This may actually be one of the primary reasons why GE foods appear to be able to cause such profound health problems in those animals and humans who consume them. **Any** organism that has the same physiological pathways for these nutrients will be impacted in the same manner.

We are also facing significant cross contamination, both in the fields and during processing. As a result it is becoming increasingly difficult, if not impossible, to guarantee a food will not contain **any** kind of GMO substance. This is an industry fact that holds true for all organic retailers.

Another fact: GMO foods have been shown to contain fewer nutrients than Organic foods.

Nationwide food consumption studies conducted by the USDA *before* the introduction of GMO foods, found that approximately 60% of the individuals surveyed were consuming only 70% of the daily minimum requirements of six essential nutrients. Those surveyed were people who made an effort to eat (and thought they were eating) a balanced diet. GMO foods have been shown to contain even fewer nutrients. With these facts in mind, it is not likely that *anyone* is consuming an optimal supply of nutrients without supplementation. For years I have recommended a Basic Protocol that includes a high quality [fish oil](#) formulation (from clean Alaska water). I also formulated a special [daily vitamin](#). I also recommend a [probiotic](#) that is proven to work! These minimal recommendations are even more important now that GMO foods make it more difficult to obtain adequate essential nutrients **JUST FROM FOOD!**

At a minimum Dr Jones recommends a very good multi vitamin/mineral supplement with all the nutrients in **Ultra-Vites** (which he formulated), and the essential fatty acids that are found in **Ultra Omega-Linic** (which he also formulated). Ultra Omega-Linic has Wild Alaska Salmon and other fish from the clean waters of Alaska, plus Black Currant Seed Oil. It has the **preformed**, long chain, poly unsaturated essential fatty acids GLA, EPA and DHA. With Ultra Omega-Linic plus the cofactors from Ultra Vites, you may be able to provide the body with the defenses it needs to ward off the effects of the GMO exposure. Depending on your level of health, your age and individual body needs, you may need other supplements as well.

What makes Ultra Vites better than a 'natural' multi vitamin/mineral product? Dr Jones' research led him to include the very high levels of B Vitamins; all the minerals are bioavailable; plus he included

other nutrients shown to be deficient in our diet.

If you are experiencing GI distress, consider **Ultra 4x6 Probiotic** to guarantee the presence of 'good' bacteria in the GUT.

As an additional safety consideration, none of our supplements have GMO ingredients. Whenever possible we use organic raw materials in all our products - herbs, essential oils, and supplements..

The law of unintended consequences

Research by Dr. Don M. Huber, an internationally recognized plant pathologist and professor emeritus at Purdue University, has unearthed new evidence of potential harm to both livestock and humans from GM crops. On January 17, 2013, he alerted the federal government to a newly discovered organism related to GM corn and soy, which appears to be responsible for plant death, as well as infertility and spontaneous abortion in animals fed GM crops.

Dr. Don Huber is an expert in an area of science that relates to the toxicity of genetically engineered (GE) foods.

As a side story, scientists have discovered an unknown pathogenic organism. It is not a virus, or a bacteria, or anything they have ever seen before. Is it a new life form?

There are reports of animals turned loose in harvested fields where GMO products were grown. The animals sickened, many died. There are also reports of infertility in dairy cows fed GMO feed. That's in addition to a high level of aborted calves.

The growth of super weeds is also on the rise, threatening non-gmo crops, normal wild plants and wild life. Now you have a probable answer to what happened to the bees and butterflies.

Then there is the problem of cross-contamination. For instance, a GMO alfalfa crop is known to cross-contaminate normal alfalfa over a distance of many miles.

Certified Organic This from Wikipedia: "Organic foods are foods that are produced using methods of organic farming – that do not involve modern synthetic inputs such as synthetic pesticides and chemical fertilizers. Organic foods are also not processed using irradiation, industrial solvents, or chemical food additives.[1] The organic farming movement arose in the 1940s in response to the industrialization of agriculture known as the Green Revolution.[2] Organic food production is a heavily regulated industry, distinct from private gardening. Currently, the European Union, the United States, Canada, Japan and many other countries require producers to obtain special certification in order to market food as organic within their borders. In the context of these regulations, organic food is food produced in a way that complies with organic standards set by national governments and international organizations."

1. <http://blogs.usda.gov/2013/05/17/organic-101-can-gmos-be-used-in-organic-products/>
2. If you are technically inclined, visit: <http://gmoseralini.org/en/>
3. Here is a resource for GMO and non GMO Foods:
<http://www.shiffrequency.com/comprehensive-list-of-gmo-products/>
4. Also, there is a lot of GMO information and articles on Mercola.com
5. Any web search for "GMO" will yield many links to interesting studies and articles.

*These statements have not been evaluated by the Food and Drug Administration.
The information is not intended to diagnose, treat, cure, or prevent any disease*



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