

GUARDS OF THE GMO'S

This article has been compiled using information from Dr Joseph Mercola's free e-book 'The Ultimate Guide to GMO's: Discovering the Myths and Truths about Genetically Modified Organisms'.

In a nutshell, GMOs are a product of genetic engineering, meaning their genetic makeup has been altered to induce a variety of "unique" traits to crops, such as making them drought-resistant or giving them "more nutrients."

In nature, breeding can only happen between related species. For example, cats with cats or dogs with dogs, not cats with dogs or tomatoes with fish. But it's an entirely different story with genetic modification, where genetic engineers play around with foreign DNAs, extracting and inserting them into a totally different species. These unpredictable alterations in the DNA, proteins, and biochemical composition frequently result in unexpected toxic or allergenic effects and nutritional instabilities.

Thus, farmers applied 318 million more pounds of pesticides as a result of planting genetically engineered seeds over the first 13 years of commercial use. And from 2007 to 2008 alone, herbicide use on said crops rose 31.4 percent.

Currently, up to 85 percent of U.S. corn, 91 percent of soybeans, and 88 percent of cotton are genetically modified. It is also estimated that at least 80 percent of processed foods now contain genetically engineered ingredients.

You are in danger of getting a lot of long-term health effects from consuming GE foods. A good example is the Bt toxin produced by Bt corn. A study showed that consuming Bt corn potentially causes gut permeability or "leaky gut" that can cause a lot of health problems. When your gut becomes permeable, everything that you eat travels directly to your blood, which can result in food allergies and food intolerances. Children are more prone to the dangerous effects of leaky gut and dysbiosis.

What's more, studies have showed that glyphosate found in GMOs can actually harm your gut health, and may lead to many chronic diseases.

A report published in Entropy links glyphosate to the increasing cases of chronic diseases such as:

- Autism

- Allergies
- Cancer
- Parkinson's disease
- Gastrointestinal diseases like inflammatory bowel disease, chronic diarrhea, colitis, and Crohn's disease
- Cardiovascular disease • Infertility
- Multiple sclerosis
- Obesity
- Depression
- Alzheimer's disease
- Amyotrophic lateral sclerosis (ALS)

Ultimately, please steer clear from food ingredients derived from these GMO crops, including:

- Corn flour, corn gluten, corn masa, maize, corn starch, corn syrup, corn meal, and high-fructose corn syrup (HFCS)
- Soy flour, soy lecithin, soy protein, soy isolate, and soy isoflavone
- Processed vegetable oils like canola oil, rapeseed oil, and cottonseed oil

I hope that with the information you learned about GMOs, you can make smart choices that will not only ensure the sustainability of our planet, but also your and your loved ones' health.

You can download your own copy of Dr Joseph Mercola's ebook for free via this link:

<http://www.mercola.com/ebook/gmo-foods.aspx>