GENETICALLY MODIFIED FOODS - CHEMICAL WARFARE TO OUR CROPS

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Pictures of mice with great big tumors so large they are unable to move are easily found on the internet. I will spare you all the pictures, but see the one below and you will know what I am talking about - it really is alarming! The next alarming food for thought is whether or not this is happening in our bodies.

The most common genetically modified foods are alfalfa, canola, corn, cotton, papayas, potatoes, soy, sugar beets, zucchini, yellow summer squash, tomatoes, and rice. If you do a quick search on PubMed for GMO's you will find most of the articles are about corn or soy, so I will touch on these here. Starting with corn, it is not easily digested for anyone and has never being easy to digest. It needs to be soaked in a lye solution like the Aztecs used to do. This increases the bioavailability of niacin, it also removes mycotoxins, and makes it more absorbable. When one relies predominantly on corn that has not gone through this process can develop a condition called Pallegra characterized by dementia, diarrhea, and dermatitis. An entirely different issue related to corn and the purpose of this article is to discuss the dangers of GMOs.

Common Genetically Modified Foods

- Alfalfa
- Canola
- Corn
- Cotton
- Papaya
- Potatoes
- Soy
- Sugar Beets
- Zucchini
- Yellow Summer Squash
- Tomatoes
- Rice

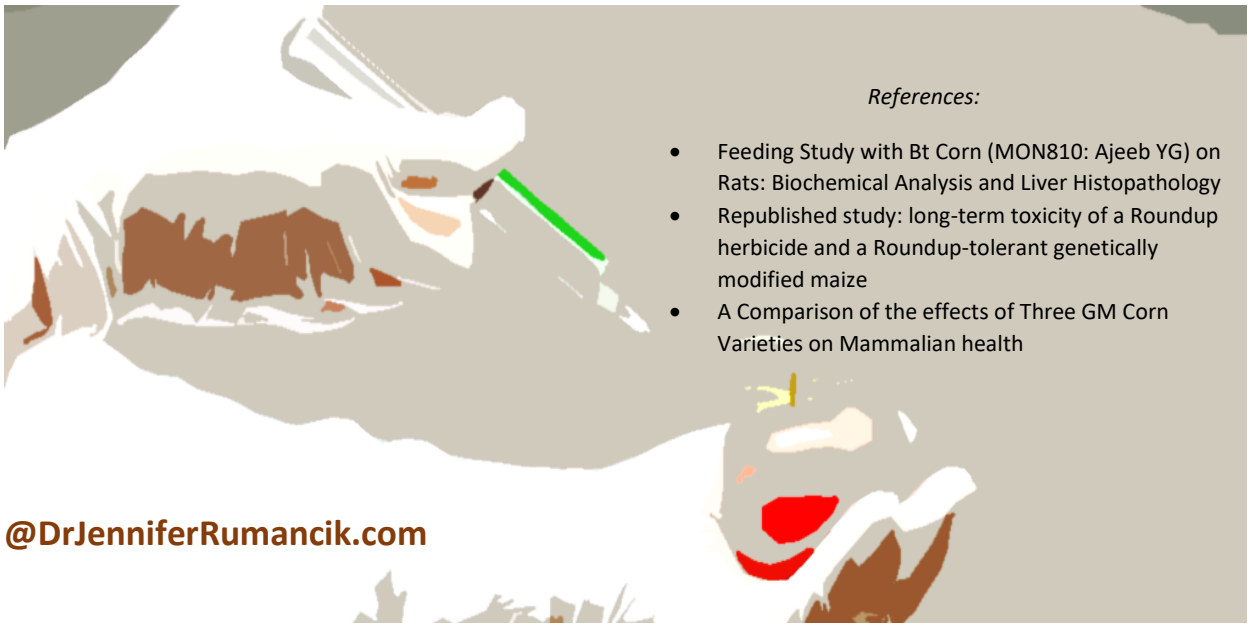
Whether or not corn has been properly soaked in a lye solution does not change the fact that GMO corn fed to mice causes huge tumours while organic corn does not. A study done by Abdo et al. (2013) compares the damage on liver cells after eating both GMO corn compared to normal corn. Both caused damage; however, the GMO corn caused significantly more. Another study reported by Vendomois et al. (2000) reported liver and kidney damage (two dietary detox organs) as well as some heart, adrenal, spleen, metabolic, and blood issues. The corn they fed the mice were modified to withstand herbicides and pesticides, which raises the next question – are these adverse effects from the modified genes themselves or the residues of chemicals (herbicide, pesticide, and fungisides)

Corn, soy and canola are all bred to be "roundup ready" able to withstand high doses of chemical applications; **we are ultimately "candy coating" the seeds with pesticides, herbicides, and fungicides**, which are later taken up into the seeds themselves. Heavy metals have similar structures to our essential minerals (magnesium, calcium, zinc, iron, etc.) and plants cannot tell the difference.

Taking a closer look at soy we need to consider the processing it goes through to become are muchly loved tofu and soy milk. First it is processed using high heat to remove the outer shells potentially destroying valuable vitamins. Next, the beans are soaked in chemical solutions, particularly hexane (a major component in gasoline) to produce the soymeal and dried on aluminum plates → a double wammy toxic mess.

In my opinion err on the side of caution and buy organic or do not buy these GMO foods at all – **it is not just about protecting our health, but about making our voices heard and telling producers that we do not want chemically laden food!** When buying your produce stay away from foods starting with an eight, ehich means they are genetically modified Eg) #8XXXXX

→ If you are concerned about your heavy metals please book a consultation to have your heavy metals tested. Thank you for reading!



References:

- Feeding Study with Bt Corn (MON810: Ajeeb YG) on Rats: Biochemical Analysis and Liver Histopathology
- Republished study: long-term toxicity of a Roundup herbicide and a Roundup-tolerant genetically modified maize
- A Comparison of the effects of Three GM Corn Varieties on Mammalian health