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A [2011 study](#) published in the journal of Insect Conservation & Diversity found the increase in GMO Round-up Ready corn & soy has caused a decline in the Monarch Butterfly population in the U.S. & Mexico. Humans are becoming sick too.



[Sign a petition](#) for the 2012 Label GMOs Ballot Initiative in California. Vote "Yes" to labeling GMOs and make a difference. California is the 8th largest economy in the world. A win in California will impact decisions nation-wide.



**Is American Food Healthy and Organic?** Unfortunately, most food available in America is not healthy or truly organic. In fact, much of the "food" we eat is not even close to the food nature created and provided for us. Thousands of chemical compounds taint nearly 97% of the American food chain in the form of pesticides, herbicides, synthetic nutrients, chlorinated water, bleaching agents, gassing agents, irradiation, artificial flavors, colors, preservatives and more. The result is our food is tainted, altered and chemically processed in harmful ways. In addition, and of alarming concern is many foods are now Genetically Modified (GM) and have been grown from seeds in which Monsanto's Round-up pesticide has been inserted into the gene of these seeds and/or animal and fish genes are inserted into gene of the seeds for longer shelf life, not health and nutrition for you.

**Do these harmful chemicals get inside the human body?** If the average person were to get a blood or urine test analysis for various chemical toxins, they would likely find traces of [PCBs](#) (polychlorinated biphenyls), dioxins, furans, trace metals, phthalates, chlorine, VOCs (volatile organic compounds), [glyphosate](#) (active ingredient from Round-up pesticide) and other harmful substances.

**Do our bodies naturally get rid of these harmful toxins?** Although our bodies are designed to eliminate toxins, our immune and digestive systems are typically taxed to the point where they can no longer keep up with the poisons we consume. The net result is irritability, lethargy, allergies and many diseases, including candida, ashma, irritable bowel syndrome (IBS), Crohn's disease, diabetes, alzheimers and various forms of cancer. With this knowledge you would think Americans would consume less conventionally grown and manufactured foods, including fast food, junk food, GM foods and processed and chemically altered foods, yet this is far from the truth.

**What can we do to eliminate toxins and put healthy food into our bodies?** If your body is full of toxins, consult your Natural Healthcare Practitioner on safe ways to detox and cleanse your body. In conjunction with a good detoxification program, consult your Natural Healthcare Practitioner on how to replenish and restore health to your body through nutrition and supplementation, which should include a good juicing program and natural, organic whole foods where possible. If you are taking pharmaceutical drugs, talk to your Natural Healthcare Practitioner on natural options available to you.

[Volunteer to gather signatures](#) for the 2012 Label GMOs Ballot Initiative in California.



Healthy flora or bacteria ("good bugs") are essential to optimal health. They help you digest foods, fight "bad bugs" and create neurotransmitters necessary for healthy brain function and mood balance. GM foods destroy your good bacteria impacting mental illness, health and contributing to obesity. [Watch this video, by Dr. Huber](#) on how GM foods destroy your gut bacteria and impact your health and immune system.



Glyphosate, the active ingredient in round-up pesticide inserted in GM foods was [found in urine](#) samples taken in Europe.

Of concern is the fact that the U.S. Geological Survey consistently found glyphosate in the water supply. Additionally, it is more widely used in the U.S., with an increase from 000 mg in 1992 to 80,000 mg in 2007. Glyphosate circulates in the blood and crosses the placental barrier making humans sick and at risk of death.

**Is truly organic, healthy food available?** The sad truth is according to the Organic Trade Association's (OTA's) [2010 Organic Trade Survey](#), organic foods make-up only 3.7% of total food sales in the U.S. Why does the American public think they eat healthy and why is the American public unable to say no to junk foods, fast foods and truly fake foods? The truth is Big Agriculture (BIG AGRA) and our governmental agencies have done a good job of marketing these highly toxic, processed foods for profit. I know you don't want to hear it, but for many, money in their pocket is more important than health in your household. And for others, it is purely ignorance because most of us have been taught to believe everything we are told, especially if it comes from governmental agencies that are meant to protect us or if it comes from companies that claim foods are "natural" and "healthy".

**If we buy organic food is the food truly natural, the way nature intended?** Unfortunately, although truly organic food can be found, many times it is not truly organic. For example, foods that are grown according to USDA Organic Standards (crops that are not sprayed with pesticides) can now be grown from Genetically Modified (GM) seeds that have round-up pesticide spliced into the plant gene or have genes from other species such as animal or fish genes. Does it make sense that an altered seed, not found in nature and containing a pesticide in it's gene, can be used to grow so called "organic foods"? Further, organic foods may be heat treated (killing essential nutrients) or irradiated in silos after being picked (such as nuts and grains).

**When we buy foods, if they are grown from GMO seeds will those foods be labeled?** Unfortunately, the U.S. does not require foods that contain GMOs to be labeled. This means a food that was grown organically, but from a GMO seed can contain pesticides in the food and still be falsely called organic. Right now, there is a big movement to push for the labeling of GMO foods. California has taken a lead on this matter and we strongly encourage you to sign the petition for the 2012 Label GMOs California Ballot Initiative before the April 22nd deadline. Here is a link to [sign the petition](#) to label GMOs. Further, educate yourself on which GMO seeds have been patented, FDA approved and are being sold to farmers so you can make healthier choices.

**Are certain foods more likely to be grown from GMO seeds than others?** Yes. Corn, soy, canola, cotton and tomatoes are likely to be grown from GMO seeds. In fact, more than 90% of these crops

have been genetically modified. In addition, products derived from these foods including soy protein, soy lecithin, corn starch, corn syrup and fructose corn syrup among other things are being used at alarming rates. You will find these substances in fast foods, processed foods and packaged foods such as crackers, cereals, sweets and sodas. Further, many "invisible ingredients" derived from GM crops that are not obviously corn or soy are found in products purchased by unsuspecting consumers, fooled by marketers using words such as "natural" or "healthy". They are also used in personal skincare products including face creams and shampoos. Animals that provide us meat, such as cows and chickens, are often fed corn and soy products and therefore it gets into our food supply in this way. Other crops to be concerned about include hawaiian nanava zucchini yellow squash and sugar beets (used



According to a [Reuters article by Richard Schiffman](#), until recently, evidence was inconclusive on the colony collapse disorder (CCD) and the future of bees worldwide. Three new studies point an accusing finger at a class of pesticides known as neonicotinoids produced by the chemical German giant Bayer. These pesticides, in the U.S. alone, coat a massive 142 million acres of corn, wheat, soy and cotton. In 1923, Rudolph Steiner, the German founder of biodynamic agriculture and precursor of the modern organic movement predicted that within 100 years artificial industrial techniques would lead to the collapse of bees. His prophecy was right on target and now we are faced with the fact that a massive pollinator die-off will imperil world food supplies and the ecosystems that depend on them. Further, these pesticides are making humans and animals sick.

...to sweeten many processed products and drinks). Further, According to [Dr. Mercola](#), Martek Biosciences bought the technical rights from Monsanto for GMO algae and soil fungi, which is used as a nutritional supplement in organic foods. Martek's formulated oils, which are extracted from the biomass using hexane, a neurotoxin byproduct of gasoline refinement, are used in omega 3/omega 6 supplements and in "organic" milk, infant formula and other products.

### Why Should I care if food is Genetically Modified?

According to the [Institute for Responsible Technology](#), GMOs are linked to toxic and allergic reactions, sick, sterile and dead livestock and damage to virtually every organ studied in lab animals. The effects on humans consuming these new combinations of proteins are unknown and have not been studied but most surely have a negative impact on health, as evidenced by animal studies for every organ. In fact, [Dr. Huber](#), research and science expert on the toxicity of genetically modified foods and Professor of Purdue University talks about how GM foods destroy your healthy flora, impacting your health and immune system.

### What should I pay attention to when purchasing food?

When possible buy food that is as close to nature as possible, food that has been grown in non-toxic situations and food that is locally grown and sustainable. This means buy food that has been grown in mineral rich soil (crops should be rotated and soil nutrients replenished). It also means read your labels and don't buy foods that may contain unlabeled GM foods. If possible, only buy food that was grown without chemical fertilizers, fungicides, and pesticides. Further, water for the plants should come from a clean source without chlorine and other toxic substances. Lastly, eating food fresh and whole versus processed food is important or using products that are raw and unadulterated to include things like juices, milk and honey. Remember, the further away from nature food is, the less healthy it is for you. Food that has been heat treated, pasteurized, irradiated, gassed, or contains artificial colors, flavors, preservatives or other unhealthy chemicals is no longer natural food and will surely wreak havoc with your health. And if you eat meats, make sure the animals are grass-fed, have not eaten GMO grains like corn and soy and have not been injected with hormones and antibiotics. Further, be wary of scraps of meat that appear to be a whole piece of meat because they are sometimes "glued" together with toxic chemicals that make you sick. If you choose to eat foods that are processed, please try to keep it to a minimum.

817 Torrance Blvd., #162 Redondo Beach, CA 90277

[info@retreatquixotica.com](mailto:info@retreatquixotica.com)

[www.retreatquixotica.com](http://www.retreatquixotica.com)

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