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Healthy 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 . [Watch this video, by Dr. Huber](#) on how GM foods destroy your gut bacteria and impact your health and immune system.



In April, California was successful in obtaining enough votes to put the "2012 Label GMOs Initiative" on the ballot for the November election. Vote "Yes" to labeling GMOs and make a difference. California is the

What is a genetically modified organism (GMO)? A GMO is the result of a laboratory process of taking genes from one species and inserting them into another species in an attempt to obtain a desired trait or characteristic."

Isn't this like breeding or hybridizing seeds? The process to make GMOs is called genetic engineering (GE) and it is completely different. With GE, scientists breach species barriers set-up by nature. For example, they spliced fish genes into tomato seeds and inserted man-made pesticides (Round-up) into the seeds of food crops.

Do these harmful pesticides get inside the human

body? Yes. If the average person were to get a blood or urine test 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 in GM foods) and other harmful substances.

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. In addition, studies have linked rbGH in foods to breast and prostate cancer and GM foods (like soy) have contributed to a rise in soy allergies. Further, GMOs alter the proteins in food and the effects on humans consuming these new combinations of proteins are unknown but are likely harmful. [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. Approximately 95% of the neurotransmitter serotonin, which is responsible for feelings of joy and happiness, is produced in the gut. If we don't have a healthy gut and the healthy flora, necessary for a healthy gut are destroyed our physical, emotional and cognitive abilities are negatively impacted. A healthy stomach is essential for optimal mental and physical health.

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

8th largest economy in the world. A win in California will impact decisions nation-wide.



Don't forget to [Sign the National Petition to the FDA](#) to label GMO foods. Your support is important. It is your right and the right of your family and friends to know what is in the food you are eating.



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.

longer keep up with the poisons we consume.

What can we do to eliminate toxins and put healthy food into our bodies?

If your body is full of toxins, partially due from GM foods, 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.

If we buy organic food does this mean we are buying non-GMO foods?

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 be grown from Genetically Modified (GM) seeds that may have round-up pesticide spliced into the plant gene.

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 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, obtaining enough petition votes in April to put the "2012 Label GMOs Initiative" on the ballot for the November elections. Make a difference and vote "Yes" on labeling GMOs in November. Also, here is the link to [sign the National Petition to the FDA](#) to require GMO foods to be labeled. It is your right to know what is in the foods you buy.

Are certain foods more likely to be grown from GMO seeds than others?

Yes. Corn (85%), soy (91%), canola (88%) and cotton (88%) likely to be grown from GMO seeds. Other crops to be concerned about include hawaiian papaya (50%), tomatoes, zucchini, yellow squash and sugar beets (95%) (used to sweeten many foods).

What are other sources of GM foods? Products derived from corn, soy, canola or cotton are GM foods. This includes but is not limited to corn/canola oils, soy protein, soy lecithin, corn starch, corn syrup and fructose corn syrup, all being used in processed foods at alarming rates. You will find these substances in fast foods, processed foods and packaged foods such as crackers, cereals, sweets and sodas. Meat, eggs and dairy products that come from animals that eat corn or

soy are also GM foods. Cows injected with rbGH (a GM hormone) produce GM foods. Also, most food additives, enzymes, artificial flavorings, processing agents, aspartame and rennet come from GMOs. Some honey and bee pollen is also affected. 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. 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.

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