



# Genetically Modified Organisms



## --- What is a GMO? ---

- “GMO” is an acronym for “genetically modified organism”. Genes, or pieces of DNA, from one species of plant or animal are randomly inserted into a different organism. “GE”, or “genetically engineered” is another term for the same thing.
- Why would anyone do this? The theory was that this alteration of nature would create pest resistant crops, or crops that would not be killed by Monsanto’s premier weed killing product, RoundUp. (RoundUp’s active ingredient is Glyphosate.) Alternately, certain modifications were intended to permit tolerance of drought or too much rain. The story claimed that farmers’ crop yields would increase, more food could be grown at a lower cost, and world hunger would be alleviated. The reality has turned out to be different.
- For more information, see: [www.nongmoshoppingguide.com/about-gmos.html](http://www.nongmoshoppingguide.com/about-gmos.html)

## --- Are GMO’s harmful? ---

- Yes, these crops are harmful to humans and animals, as well as to the environment. Inadequate testing has been performed on GMO crops, and testing that has been done has been controlled by companies profiting from sales of GMO seeds. The FDA requires neither testing of GMO food, nor labels to inform consumers that GMO ingredients are included in a product. The FDA says that if the company producing the GMO solution says it is safe, then it is safe.
- In September 2012, results of the first independent study on Monsanto’s Nk603 corn, RoundUp, and the two in combination were published. The death rate for rats fed the Monsanto based diet was 6 times higher than for rats in the control group. Tumors and organ damage was also significant in the rats fed the Monsanto products. Link with video interview with the researcher: <http://philosophers-stone.co.uk/wordpress/2012/09/gmo-global-alert-the-truth-has-been-revealed/> Article: [http://www.naturalnews.com/037249\\_GMO\\_study\\_cancer\\_tumors\\_organ\\_damage.html](http://www.naturalnews.com/037249_GMO_study_cancer_tumors_organ_damage.html)
- As a result of this study, Russia banned the import of U.S. GMO corn products. [http://www.naturalnews.com/037328\\_Russia\\_GMO\\_Monsanto.html](http://www.naturalnews.com/037328_Russia_GMO_Monsanto.html)
- The U.S. and Canada do not require products containing GMO ingredients to be labeled, but at least 50 foreign countries do have this mandate. In February 2012, Hungary destroyed all GMO crops in their fields! A 2008 study in Austria showing organ damage in rats led to banning Monsanto’s MON 863 variety of GMO corn. <http://www.greenpeace.org/international/en/news/features/austria-bans-monsanto-maize250708/> It is clear that at a minimum, more information is needed before allowing the continuing contamination of our food chain.

We hold these truths to be self-evident

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

### --- How can GMO's be avoided? ---

- Educate yourself about which crops and food product ingredients are likely to be GMOs. There is no single source for this information. You cannot rely on a store, as evidenced in this article about Whole Foods' GMO products : [http://www.naturalnews.com/037329\\_Whole\\_Foods\\_GMO\\_undercover\\_video.html](http://www.naturalnews.com/037329_Whole_Foods_GMO_undercover_video.html).
- Avoid foods containing high risk ingredients. The Non GMO Project lists the following crops as high risk: **Alfalfa** (first planting 2011); **Canola** (approx. 90% OF U.S. crop); **Corn** (approx. 88% of U.S. crop in 2011); **Cotton** (approx 90% of U.S. crop in 2011); **Papaya** (most of Hawaiian crop; approx. 988 acres); **Soy** (approx 94% of U.S. crop in 2011); **Sugar Beets** (approx. 95% of U.S. crop in 2010); Zucchini and **Yellow Summer Squash** (approx 25,000 acres). **Animal products** (milk, meat, eggs, honey, etc.) are also high risk because of contamination in feed. <http://www.nongmoproject.org/learn-more/what-is-gmo/>
- Be aware that products labeled "100% Organic" contain no known GMO ingredients. The label "Natural" means nothing. [http://www.huffingtonpost.com/eatingwell/food-nutrition-labels-natural-organic-local\\_b\\_747181.html](http://www.huffingtonpost.com/eatingwell/food-nutrition-labels-natural-organic-local_b_747181.html)
- Here is a link to non-GMO shopping tips and guides, including an iPhone app: <http://nongmoshoppingguide.com/>

### --- What can be done to address this problem? ---

- Actively support initiatives to require food products containing GMOs be labeled as such. Note that California voters will vote on Proposition 37 in November 2012. If adopted, this will require labeling of products sold there which contain GMOs. Let the consumer make a choice! <http://www.carighttoknow.org/>
- Stop purchasing foods known to containing GMO ingredients. Ask the manager of your local grocery store to stock particular brands of products you have identified as non-GMO.
- If you live in an agricultural region, study the success of Mendocino, Trinity and Marin Counties in California. These regions have enacted legislation banning the growing of GMO food or animals within their borders. <http://www.youtube.com/watch?v=GVrR9ofPLHo>
- Send letters to food manufacturers requesting/demanding GMO ingredients be removed. Here is a sample: [http://action.responsibletechnology.org/p/dia/action/public/?action\\_KEY=5838](http://action.responsibletechnology.org/p/dia/action/public/?action_KEY=5838)
- Start a petition for submission to governmental agencies. [https://secure.avaaz.org/en/eu\\_gmo/?rc=fb](https://secure.avaaz.org/en/eu_gmo/?rc=fb)
- Grow a garden. <http://www.survivalseedbank.com/>
- Educate yourself, and then educate others.

### --- Good Links for More Information ---

<http://responsibletechnology.org/> <http://earthopensource.org/> <http://seedsofdeception.com/about/>  
GMO Myths and Truths [http://www.youtube.com/watch?v=M\\_ztZGbLEJ0&feature=player\\_embedded](http://www.youtube.com/watch?v=M_ztZGbLEJ0&feature=player_embedded)  
Genetic Roulette <http://www.earth-heal.com/index.php/videos/viewvideo/759/genetic-roulette-long-trailer.html>  
State-Of-The-Science Health Risks of GM Foods: <http://responsibletechnology.org/docs/145.pdf>  
List of Links and Summaries: <http://www.naturalnews.com/NoGMO.html>  
GMO Bans Around The World: <http://www.treehugger.com/green-food/gmo-bans-laws-and-labels-from-around-the-world.html>  
Clean Out Your Kitchen: <http://us.naturespath.com/blog/2012/04/24/spring-clean-gmos-out-your-home>  
Don't forget your Pets! <http://www.thetruthdenied.com/news/2012/02/17/gmos-and-your-pets-alert-to-all-pet-owners-gmos-kill/>

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