

**10 Reasons to be concerned about GMO foods – (modified 3-17-15)**  
**50 - 70% of "NATURAL" food stores and 80% of regular grocery stores contains GMOs !**  
[www.GMOFreeWashington.com](http://www.GMOFreeWashington.com) / Les Berenson MD, FACP  
**(To learn to read labels for GMO's → see bottom of the 3<sup>rd</sup> page)**

#1 Michael Taylor, former Monsanto VP & attorney, 1994 → spearheaded getting GMOs through the FDA and had legislation passed stating GMO foods were NO different than regular foods and GMOs NEVER have to be researched. **Taylor is now the Obama - US Food Safety Czar.** Supreme Court Justice Clarence Thomas is a former Monsanto attorney. He also acts as an adviser to CDC dealing with "Foodborne Diseases: Nice to know that the CDC is taking the lead on GMOs from a man who says "there is no difference between GMOs and real food."

#2 GMO foods are mainly found in conventional soybeans, sugar beets, corn, canola, cottonseed and now alfalfa, and less so in Hawaiian papaya, zucchini and crook neck squash.  
**Any non organic beef, chicken, or turkey is GMO because of the food they are fed.** The FDA is trying to introduce GMO Salmon, wheat, etc. and adding pharmaceuticals to plants.  
**Avoid GMOs by buying Organic or displaying the non-GMO Project label.**

#3 Monsanto's Bt-toxin (Bt-producing GMO corn & cotton - cottonseed oil), was found by Canadian doctors in blood of **93% pregnant women & 80% of umbilical blood of their babies.** The doctors conclude that the **women and their babies were exposed to Monsanto's GMO Bt-toxin** through a "normal" NON-Organic Canadian diet, including NON-Organic (so-called natural and conventional) meat, egg and dairy products from animals fed Bt corn.

#4 Monsanto's GMO "Bt" corn and cotton plants are engineered to produce an insecticide in every cell of the plant that kills insects by breaking open their stomachs. (What happens in humans??) In addition to its Genetic engineering - "Bt" crops are also engineered to produce an insecticide. Monsanto also produces GMO "RoundUp Ready" crops (that we eat), engineered with a bacterial DNA, that allows the "crops" to survive otherwise deadly doses of its herbicide RoundUp.

#5 Mice fed Monsanto's Bt corn had elevated levels of immune system substances that are also higher in humans who suffer from rheumatoid arthritis, inflammatory bowel disease, cancer, osteoporosis, multiple sclerosis, allergies, Lou Gehrig's disease, autoimmune disease, and colitis.

# 6 In the only human feeding study ever published on GMOs, Monsanto's GMO "RoundUp Ready" soybeans were found to transfer Monsanto's "RoundUp Ready" DNA to the bacteria living inside human intestines. (FYI - soy and soybean oil is in most processed foods).

#7 According to Jeffrey Smith of the Institute for Responsible Technology, the transfer of Monsanto's GMO Bt DNA to human digestive bacteria could create a "living pesticide factory" that could be responsible for the "increase in gastrointestinal problems, autoimmune diseases, food allergies, and childhood learning disorders - since 1996 when Bt crops came on the market.

#8 Animal studies show GMO foods cause infertility, accelerated aging, poor insulin regulation, changes in major organs and the gastrointestinal system, and immune problems such as asthma, allergies, and inflammation. GMO foods poses higher risks for children - Adolescent rats showed damaged immune systems and digestive function, smaller brains, livers, and testicles, atrophy of the liver and pre-cancerous cell growth in the intestines after 10 days of GMO feed.  
**Many farmers have found GMOs cause INCREASED infertility the death of livestock.**

#9 GMOs are made mainly to make plants herbicide tolerant to force farmers to use it on their crops and increase corporate profits. GMO seeds are patented and require purchasing every year. Organic farmers whose fields are invaded and cross contaminated are forced to pay in court.

#10 Could GMOs be causing the increase in Food Allergies, rise in ADHD & Autism seen in children, Chronic Fatigue Syndrome or Fibromyalgia, Cancer, or Diabetes? All of these conditions have increased or didn't exist until GMOs were introduced?

**50 - 70% of "NATURAL" food stores and 80% of regular grocery stores contains GMOs !**  
**Knowing all of this, what do GMOs mean for our children & future generations ?**

## References and Research - GMO FREE Washington (mod. 3-12-14)

**Get involved and join our movement → YOUR food is at stake !!**

\*\*\* Get on our email list for updates → [www.GMOFreeWashington.INFO](http://www.GMOFreeWashington.INFO) \*\*\*

### 1) Organizations and websites for more information:

**GMO Free Washington** – please get involved not matter how little time you have.

We need help → telling friends about GMOs and other GMO projects – including helping to educate restaurants, grocery stores, farmers, schools, parents, health care workers, and others.

#### A) [www.GMOFreeWashington.com](http://www.GMOFreeWashington.com)

**GMO Document Library** – Resource library of over 100 articles, brochures, practical guides on science & health risk articles; non science articles; resources; action ideas; notes from our local meetings, Labeling and GMO political articles and more

**Read the folder for "New GMO Reader "**

**Discussions** for articles, topics of interest, meetings / events

**Events** - Local area meetings, opportunities to help spread word

**YouTube videos** for great video on a variety of topics

B) "LIKE" our Facebook page (GMO Free Seattle) & ask others to do as well

2) **Institute for Responsible Technology (IRT)** [www.responsibletechnology.org](http://www.responsibletechnology.org) – get email updates ; (sign up for Tipping Point Forum → Right side in middle)

3) **OCA – Organic Consumer Association – (Millions Against Monsanto - website)**  
<http://www.organicconsumers.org/monsanto/index.cfm>

4) **Dr. Joseph Mercola MD interviews Don Huber PhD – (PROFOUND interview →take time)**

Dr. Huber reviews health risks the new organism discovered in GMOs & more)

**Part 1** – [www.TinyURL.com/MercolaHuber](http://www.TinyURL.com/MercolaHuber) (see transcript below YouTube presentation)

**Part 2** - [www.TinyURL.com/MercolaHuber2](http://www.TinyURL.com/MercolaHuber2)

Glyphosphate (Roundup) expert in toxicity of genetically engineered (GE) foods. His specific areas of training include soil-borne diseases, and host-parasite relationships. Dr. Huber taught plant pathology, soil microbiology at Purdue University for 35 years.

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### **Booklets and Pamphlets (also see the Document Library on our website):**

1) **GMO Shopping Guide** (Download free or order copies) [www.NonGMOShoppingGuide.com](http://www.NonGMOShoppingGuide.com)

2) **Health Risk brochure; Dining Out – Restaurant Guide & Non GMO Shopping Guide (abbreviated 2 pg. summary)** [www.GMOFreeSeattle.com](http://www.GMOFreeSeattle.com)

All brochures and more → in GMO Documents (left) → New GMO Reader

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### **(IMPORTANT Video Overview)** [www.tinyurl.com/GMOFreeFoods](http://www.tinyurl.com/GMOFreeFoods)

Jeffrey Smith (Institute of Responsible Technology) – (1:24 min)

detailed presentation on the science & politics behind Monsanto, GMO foods

**Audio** – Jeffrey Smiths "Don't Put That in Your Mouth" (listen on website or download audio file. Copy & pass out this CD to others <http://www.responsibletechnology.org/posts/826>

**Martha Baskin Interviewed Jeffrey Smith (audio)** – [www.TinyURL.com/BaskinSmith](http://www.TinyURL.com/BaskinSmith)

### **Books CDs, DVDs**

[www.responsibletechnology.org](http://www.responsibletechnology.org) → Resources → Educational materials

"Genetic Roulette" & "Seeds of Deception" by Jeffrey Smith

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**I-Phone application for Non GMO shopping (I-Tunes store → " ShopNoGMO ")**

# Would YOU put Monsanto's ROUNDUP Herbicide on YOUR, or YOUR FAMILIES / FRIENDS' food?

90% of YOUR food supply may already contain Roundup !

**Vegetarian, Vegan or Meat-eater  
Children, pets, adults, even supplements ....  
GMO's are EVERYONE's problem**

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## How to identify GMO foods and ingredients:

**If NOT** labeled **Organic** or **Non GMO Verified** and contains :

Soy

Corn

SUGAR

Canola

Cottonseed

**OR**

\*\* Beef or Pork

Chicken or Turkey

Farmed fish

**90%** of these foods are likely genetically modified to affect DNA & have likely been sprayed with Monsanto's Roundup herbicide several times or have a built in pesticide in every cell.

\*\* Beef labeled organic grass fed – the USDA allows farmers to put cattle on feedlots (GMO feed) the last 90 days and call it organic. Needs to say 100% grass fed or "Grass finished" to be GMO free

**"Natural" or "Vegetarian" foods = contain GMOs  
(unless Organic or Non GMO Verified)**

**Sugar is GMO** unless states **Cane sugar, Organic or Non GMO**

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Why do 50 countries have laws against GMO's  
While the U.S. government (FDA) promote GMOs ?? (\$\$\$)

**In NATURAL foods stores : GMOs are in 50 - 70 % products  
(excluding organic produce and including pet food)  
Think again - Be Proactive - READ LABELS !**

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Take a look at the resources outlined in this GMO handout  
and our website: [www.GMOFreeWashington.com](http://www.GMOFreeWashington.com)