



# EVIL #2 - GMO'S (GENETICALLY MODIFIED ORGANISMS)





## Copyright Notice

Copyright © 2016 by Samantha Wyatt, Fresh Life Journeys and The Fresh Life Internal Makeover Journey, 6 Week Clean Eating Program. Licensed and operated through MERR Solutions Pty Ltd. All rights reserved.

No part of this publication may be reproduced or distributed in any form or by any means. Duplicating, sharing, or uploading product files to sharing sites is considered stealing.

All content and other media found in The Fresh Life Internal Makeover Journey Program is protected by copyright, and other intellectual property laws. This content is provided solely for your personal, noncommercial use. You may not use the content in a manner that constitutes an infringement of our rights or that has not been authorised by us. More specifically, unless explicitly authorised in these Terms of Service or by the owner of the materials, you may not modify, copy, reproduce, republish, upload, post, transmit, translate, sell, create derivative works, exploit, or distribute in any manner or medium (including by email or other electronic means) any material, media and or content found on The Fresh Life Internal Makeover Journey Program membership website, or related web pages. You may, however, from time to time, download and/or print one copy of individual pages of the content for your personal, noncommercial use, provided that you keep intact all copyright and other proprietary notices.

Please note that much of this publication is based on personal experience and anecdotal evidence.

Although the author (Samantha Wyatt) made every reasonable attempt to achieve complete accuracy of the content in this Guide, they assume no responsibility for errors or omissions. Also, you should use this information as you see fit, and at your own risk. Your particular situation, health or other, may not be exactly suited to the examples and content shared here; in fact, it's likely that they won't be the same, and you should adjust your use of the information and recommendations accordingly.

Any trademarks, service marks, product names or named features are assumed to be the property of their respective owners, and are used only for reference. There is no implied endorsement if we use one of these terms. Finally, all publishings, media and other content is not intended to replace your own judgement, nor should it replace legal, medical or other professional advice. It is meant to inform, inspire and entertain the reader.



## EVIL #2 - GMO'S (GENETICALLY MODIFIED ORGANISMS)

Specifically soy, canola (/ rapeseed), cotton, sugar beets (sugar), corn

GE Apples and Potatoes just got approved for commercial sale in the US in 2015.

*Know the source of your foods: While some countries do not grow all of the GMO crops I've listed above, it is important to note where your processed/ packaged foods comes from so that you are not unwittingly consuming GMO's without knowing. In all instances, I prefer to stick to organic when in doubt.*

### Why are GMO's Evil? What does it do to our bodies?

There are a lot of studies now revealing the many health risks associated with consumption of GMO's - Please refer to my Webinar/Masterclass

References download and do a little of your own reading using the references to my research I have shared. It's always better to read something for yourself that to hear it from someone else.

Country	Cultivation area (Hectares)	Crops and traits
USA	73.1 million	maize, soybean, cotton, canola, sugarbeet, alfalfa, papaya, squash
Brazil	42.2 million	soybean, maize, cotton
Argentina	24.3 million	soybean, maize, cotton
Canada	11.6 million	canola, maize, soybean, sugarbeet
India	11.6 million	cotton
China	3.9 million	cotton, papaya, poplar, tomato, sweet pepper
Paraguay	3.9 million	soybean, maize, cotton
Pakistan	2.9 million	cotton
South Africa	2.7 million	maize, soybean, cotton
Uruguay	1.6 million	soybean, maize
Bolivia	1.0 million	soybean
Philippines	0.8 million	maize
Australia	0.5 million	cotton, canola
Burkina Faso	0.5	cotton
Mynamar	0.3	cotton
Mexico	0.2	cotton, soybean
Spain	0.1	maize
Columbia	0.1	cotton, maize
Sudan	0.1	cotton
Honduras	<0.1	maize
Chile	<0.1	maize, soybean, canola
Portugal	<0.1	maize
Cuba	<0.1	maize
Czech Republic	<0.1	maize
Romania	<0.1	maize
Slovakia	<0.1	maize
Costa Rica	<0.1	cotton, soybean
Bangladesh	<0.1	brinjal/eggplant (aubergine)





**On a Personal Note:** Please note that I do not condone testing on animals - this evidence exists and it needs to be shared so that all life on earth can be protected from all man-altered foods. We need to use this information to raise the awareness so that all human beings can understand the importance of choosing organic and boycotting all chemical/radiation mutated and genetically modified and engineered foods and working to protect our food sovereignty for all life on this planet.

- I could dedicate a whole Module to GMO's (and indeed all the Eight Evils), however I need to highlight very quickly to you, the possible health risks associated with GMO's fast, so I have decided to write the titles of a few of the studies and papers I have found (which you can look at yourself in my Webinar/ Masterclass References) to help share a clear picture, quickly.

**Long-term toxicology study on pigs fed GM soy and GM Maize/corn diet - <http://gmojudycarman.org/wp-content/uploads/2013/06/The-Full-Paper.pdf>**

**GM Maize/corn and Pesticide/Roundup cause tumors, multiple organ damage and premature death - <http://www.gmoseralini.org/en/>**

**Dr John Fagan, PhD. A Science-based, Precautionary Approach to the Labeling of Genetically Engineered Foods - <http://www.psrast.org/jflabel.htm>**

- Soy allergies skyrocketed by 50% in the UK soon after GM Soy was introduced.
- GM soy drastically reduces digestive enzymes in mice. If it also impairs your digestion, you may become sensitive and allergic to a variety of foods.
- More than half the babies of mother rats fed GM soy died within 3 weeks.
- The DNA of mouse embryos functioned differently when the parents ate GM soy.





- Rodents fed GM soy had changes in their ovaries, uterus, or testicles, including altered young sperm cells.
- GM corn contains an allergen not found in natural varieties of corn.
- Rats fed GM corn (in the Seralini Study) grew massive tumors, had severe damage to their livers, kidneys and pituitary glands and died prematurely.
- Mice fed GM corn had fertility problems and smaller babies.
- By the third generation, most hamsters fed GM soy were unable to have babies and suffered high infant mortality; some had hair growing in their mouths.
- Bt-toxin from Bt GM corn can break holes in the membranes of human cells and has been found in the blood of women and fetuses.
- About two dozen US farmers report that Bt corn varieties caused widespread sterility in pigs and cows.
- Thousands of Indian Buffalo, sheep, and goats died after grazing on Bt cotton plants after harvest. Others suffered poor health and reproductive problems.
- Functioning GM genes remain inside us; the only published human feeding experiment on GMO's revealed that the genetic material inserted into GM soy transfers into bacteria living inside our intestines (our gut) and continues to function. This means that long after we stop eating GM foods, we may still have their GM proteins produced continuously inside us.
- If the antibiotic gene inserted into most GM crops were to transfer, it could create super diseases, resistant to antibiotics.
- If the gene that creates Bt-toxin in GM corn (yes, Bt corn functions by producing it's own toxic chemical to make the stomachs of the corn worm





to explode!) were to transfer, it might turn our intestinal bacteria into living pesticide factories.

- Animal studies show that DNA in food can travel into organs throughout the body, even into fetuses.
- There is obviously lots more information, but to end off (as if the above reasons wasn't enough) GMO crops are some of the most highly chemically sprayed crops in the world. In some countries it receives excessive chemical and pesticide applications, including more potent herbicide chemical treatments to stave off the superweeds (that have grown immune to previous chemical herbicide sprays), along with heavy metal contaminated and petrochemical derived fertilisers.

### **How does it contribute to The Toxic Fat Effect?**

- Apart from all the other health risks associated with consuming GMO's the other worrying thing to consider is the amount of pesticides, herbicides, fungicides, fertilisers and other chemical, and radiation applications that take place in the mass produced, commercial food production system. The daily intake of these toxins, at every meal, each and every day, add to the toxic chemical bioaccumulation that is happening in all the tissues of our bodies, most especially in the fatty tissues of our bodies (because these xeno-toxins/external toxins are fat-loving toxins), and of course in our brains (which are made up of 60% fatty/adipose tissue).

Please refer to the pre-recorded **Webinar/Masterclass: 'What the hell is so wrong with what I'm eating anyway?'** for more detailed information on The Toxic Fat Effect, and how this affects our bodies and our health, wellness, weight, and longevity.





## Where else are GMO's hidden/found?

Other/hidden sources of GMO's (for a more complete list you can check out *GMO's in Food* - <http://responsibletechnology.org/gmo-education/gmos-in-food/>)

- Dairy products from cows injected with the GM hormone rbGH
- Food additives, enzymes, flavorings, and processing agents
- sweetener aspartame (NutraSweet) and rennet used to make hard cheeses
- Meat, eggs, and dairy products from animals that have eaten GM feed
- Honey and bee pollen that may have GM sources of pollen
- Contamination or pollination caused by GM seeds or pollen

**Some of the Ingredients That May Be Genetically Modified:** Vegetable oil, vegetable fat and margarines (made with soy, corn, cottonseed, and/or canola)

**Ingredients derived from soybeans:** Soy flour, soy protein, soy isolates, soy isoflavones, soy lecithin, vegetable proteins, textured vegetable protein (TVP), tofu, tamari, tempeh, and soy protein supplements.

**Ingredients derived from corn:** Corn flour, corn gluten, corn masa, corn starch, corn syrup, cornmeal, and High-Fructose Corn Syrup (HFCS).

I suspect that the importance of eating clean, locally sourced organic food might be becoming apparent at this point!!

**What are the safest forms of these foods to eat? Or what are the alternatives that I can replace GMO's with?**





- Either avoid these foods all together or eat organic versions of these foods as much as possible (I believe there to be no safe versions of GMO's).
- If you do eat organic versions of these foods, or processed foods made from organic versions of these foods, make sure that the organic label is *certified* organic.

- Sometimes its a case of using a new ingredient in place of a GMO crop ingredient.

I will often substitute the following

Instead of canola oil I will use grapeseed oil or coconut oil (much healthier anyway - remember we covered this in detail in the 3 part video series video on Oils!)

Instead of corn chips I will get chips made from rice or seeds.

And whenever I order vegetarian asian dishes, I always ask for extra veggies instead of tofu.

- **BEST OPTIONS:** only eat certified organic versions of these foods (especially if in doubt)







## TAKE ACTION NOW!

- Look at your 'Daily food Journeys' Journal (if you haven't already done so, go fill this out now!) and make some notes for yourself on how much wheat you and your family consume on a daily basis. You need to replace these with non-CMO/non-GMO alternatives...

Using what you now know, write a couple suggestions for yourself on how you can avoid or replace those ingredients. Follow the same Clean Eating Principles as outlined in the Webinar/Masterclass: What the hell is so wrong with what I'm eating anyway?

- Remember to take Baby-steps - choose one wheat based food you and your family eats the most, and try and incorporate a healthier alternative... try different options until you find one everyone likes (this is what I did).

One thing you can do is to give your family two choices - one *gross* and the other much better tasting! This is a little reverse psychology trick I am sharing with you here that works well. I like to call it 'choice psychology', the "which one do you want"? trick...

By giving a choice rather than forcing with one, creates a more likely result that the changes will be embraced. Choice makes everyone feel like they are part of the process. This has worked great for me in the past when I have introduced Jay to a hardcore, home made flax seed bread (a whole loaf of only brown flax seed bread is not a favourite over here! lol) and gave him the choice of a nice rice bread I found, toasted it and put the best topping on it, and guess which one he picked!!





## References & Resources - Doco's, sites, books, experts

Don't forget to check out the Webinar Reference and Resources List - it's chocker block full of awesome stuff!

### Documentaries:

If you are just starting out, it is worth checking online for free viewings of documentaries, sometimes there are possibilities for you to watch them for free or watch during a limited time.

The other alternative, which I have mentioned before is to check out [FMTV.com](http://FMTV.com) - I pay the yearly subscription for unlimited viewing of many of my favourite documentaries and this gives you unlimited streaming much like netflix (but for health and wellness documentaries). I find I watch them over and over again, and try and watch them regularly - even though I have been living my Best Fresh Life for a while now, I am always learning, gaining knowledge and being reminded of info I may have forgotten. Documentaries are highly recommended, as a great motivational and education tool, which can often inspire those you love to get onboard (easier than you trying to convince them yourself :)

*Genetic Roulette*

*Seeds of Deception*

*The World According to Monsanto*

**GeneWatch** - list of GMO crops grown around the world - <http://www.genewatch.org/sub-396416>

**Dr Jeffrey Smith** - All documentaries and books by this leading GMO expert is well worth your time

*Books: Seeds of Deception, Genetic Roulette*

*Documentaries: (listed above) Seeds of Deception, Genetic Roulette*





He also heads up **The Institute for Responsible technology** -

<http://responsibletechnology.org>

<http://responsibletechnology.org/gmo-education/gmos-in-food/>

<http://responsibletechnology.org/irtnew/docs/140.pdf>

