Genetically Modified Organisms are made by forcing genes from one species, such as bacteria, viruses, animals, or humans, into the DNA of a food crop, or animal in order to introduce a new trait. It is a vey inexact and young scientific method fraught with many problems, risks and unknown consequences.

As a Registered Dietitian, I am appalled that our government has been so lax in testing and regulating Genetically Modified Organism before allowing them into our foods. The damage has already been done, and we are now seeing the results of that in human illness, & suffering. This has been an experiment on the public without our knowledge, nor consent, since 1996.

The main crops that are genetically engineered are ***SOY, CORN, CANOLA, COTTONSEED, SUGAR BEETS, Hawaiian PAPAYA, zucchini, yellow squash, and now ALFALFA (for livestock feed)***. Any derivatives of these foods are also contaminated, including corn syrup, cornstarch, citric acid, soymilk, soy protein isolates, lecithin, tofu, many enzymes, bacteria, and vitamins. This is the SHORTLIST --there is much more.

There is plenty of scientific evidence about the inherent health risks associated with GMOs, which has been concealed or modified by the biotech industry and our government, to keep us in the dark. This was deliberate to move the Biotech industry into the multinational giant it is today, all in the name of PROFIT.

Every day I work with clients suffering from the damages of consuming GMO tainted foods. We have seen in the past 16 years, alarming increased rates of ***asthma; skin disorders; behavior problems; autism; ALLERGIES AND FOOD SENSITIVITIES; gut problems like IBS, leaky gut, GERD (acid reflux); auto immune conditions like celiac and diabetes & thyroid problems; birth defects & infertility, and worst of all CANCERS, of breast, prostrate and colon. It is also why obesity rates are soaring & we cannot lose weight*.** There is no doubt in my mind that these increases are related to Genetic Engineering of our foods, (in addition to the overuse of pesticides, herbicides, hormones and antibiotics). How this occurs is from Genetic Engineered changes in proteins and how those changed proteins effect our gene expressions, and consequently everything else in our bodies, especially immune and hormone systems. This is a science experiment way out of control.

It has been an ongoing battle to expose this travesty and get the general public informed. Many credible scientists have been ignored, discredited, threatened, fired, and silenced, by the very companies and government they are trying to help & inform. These are the same companies and our government that benefit financially by keeping the public ignorant of the facts. The main player in this issue is the Monsanto Company, a chemical company who created: Agent Orange, the hormone rbGH (Bovine Growth Hormone) used on dairy cows, the artificial sweetener Aspartame (NutraSweet), Round Up pesticide and the GE Round Up Ready Corn and Soybeans, that have been marketed all over the world, among many other chemical formulations. These products have had contaminating and devastating effects on people: farmers, children, mothers: our planet ecosystems, the soil and traditional Non GMO crops. GMOs are now found in most all of processed foods, beverages, infant formulas, toiletries and cosmetics.

***Passage of the CALIFORNIA PROPOSITION  37 TO LABEL GENETICALLY MODIFIED FOODS*** is the first baby step in turning this situation around to save ourselves and future generations from devastating health effects. If foods are simply labeled, we can make the choice as consumers whether we want to consume them or not. That is the simple truth to this proposition & nothing more. Once this passes in California, the rest of the nation will follow, because manufacturers won’t want to label products just for California markets. The opposition is trying to make this out as something horrible and scare us with lies in their barrage of TV ads ($23 millions worth). My question, is: If GMO foods are so safe, why all the fuss about labeling? If labeling would benefit Monsanto’s bottom line, they would have done it already, no problem. WE HAVE A RIGHT TO KNOW WHAT IS IN OUR FOODS. We have a free market to purchase them or NOT.

HERE”S THE GOOD NEWS: YOU can do something about this mess to ensure your health. First, remove as much processed food and beverages from your diet as possible. Use products that contain a maximum of 5 ingredients, all of which are recognizable to you. Buy primarily CERTIFIED ORGANIC, and NON GMO foods, cosmetics and toiletries.

The information that follows is a collection of resources, & references to educate yourself and to be in action over your own wellbeing. I urge you to do your due diligence & find out what is in the food you nourish your body with up to 3 times daily and expect it to perform optimally, age gracefully, and procreate successfully.

[www.CARighttoknow.org](http://www.CARighttoknow.org) [www.centerforfoodsafety.org](http://www.centerforfoodsafety.org)

[www.responsibletechnology.org](http://www.responsibletechnology.org) [www.nongmoproject.org](http://www.nongmoproject.org)

[www.organicconsumers.org](http://www.organicconsumers.org) [www.allergykids.com](http://www.allergykids.com)

* [The Future of Food: A Documentary’s In-depth Look Into Genetically Engineered Foods](http://lilyfilms.com/)

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

[http://youtu.be/Njd0RugGjAg](http://org2.democracyinaction.org/dia/track.jsp?v=2&c=gQegyUkYfjH63pFKIn2IPErNmjivaxCf) [http://www.seedsofdoubtconference.com/details-october-6-2012/](http://org2.democracyinaction.org/dia/track.jsp?v=2&c=Svf0NLyd0%2Fp1UzUVVNAm%2FUrNmjivaxCf)