Understanding and Detoxifying Genetically Modified Foods

GMO foods are very common in American and Canadian diets. Not because people choose to eat GMOs, but because they are unaware of how pervasive GMO ingredients have become in processed foods. Biotech companies have been very successful in lobbying to prevent labeling. There are no requirements to label GMO foods, despite concerted efforts by consumer groups.

Unnatural Isn’t Always Bad

As a general rule, the more natural and unadulterated a food, the better it is for you. Selective breeding is an exception to this rule. Selective breeding, or artificial selection, is the process of interbreeding plants to enhance positive qualities and eliminate or diminish negative qualities. Some cultivars are much better for our health than the original. For example, wild almonds contain amygdalin, a substance that is converted to cyanide in the body. Sweet almonds are the domesticated cultivar. Though they are less “natural,” they are better for you than their wild counterparts. Selective breeding is the good kind of unnatural.

But It Usually Is

The bad kind of unnatural is almost everything else that is being done to our food, including the majority of practices adopted by modern agriculture. Chemical fertilizers, insecticides, herbicides, concentrated animal feed operations, grain fed meats (vs grass fed), pasteurized foods, irradiated foods…the list goes on and on. Genetically modifying our foods is the latest insult to our food supply, and it is as unnatural as it gets.

One of the most common types of genetic modifications is to modify a crop so that it can withstand unlimited Roundup applications. This enables farmers to spray their whole fields with Roundup, killing the weeds while sparing their crops. Of course by this process, we end up with foods that have been soaked in herbicide. But this is not the only way that your food could be doused with Roundup.

Round Up Sprayed Just Prior to Harvest

Wheat, sugar cane, and other crops are often routinely treated with Roundup just prior to harvest. Of course some of this pesticide is making its way into our food. The Non-GMO project allows this practice. Non-GMO only means a food is not genetically modified. It could still be treated with all kinds of pesticides.

Recently, the World Health Organization released a report stating that the world's most widely used herbicide, Monsanto's Roundup, probably causes cancer.

What is a Genetically Engineered Food?

GMOs are made from combing genes from two or more unrelated species into one organism. The two most common types of genetic modifications are modifying crops to produce pesticides or modifying them to be immune to herbicides (making them Roundup ready). Sugar beets have been modified to be Roundup ready. Both kinds of genetic modifications have been done to corn and soy in the same seed.

What's so bad about them?

GMOs have not undergone long-term studies. When biotech claims GMOs have been tested thousands of times, they're referring to 90-day studies or studies done for less than two years that

have been funded by the industry.

There have been several studies linking GMOs to numerous health problems. The most common problems associated with long-term GMO consumption are kidney and liver damage, faulty insulin regulation, accelerated aging, cancer, and infertility. To look at the results of these studies, please see the link below.

How to avoid GM Food

When asked, more than half of all consumers say they avoid eating GMOs. Sadly this isn’t the case at all. Consumers probably would if they were labeled. Over 90% of Americans and Canadians eat GMOs on a regular basis. If more of us knew what was genetically modified, we wouldn’t eat these foods, and Monsanto and other businesses would be forced to find another way to make money.

Buying organic is the easiest way to avoid GMOs, and when you buy organic you also avoid pesticides and other chemical additives. Non-GMO project verified is a safe bet that the food is free of GMOs, but other toxins from conventional methods of agriculture are a given if the food is not organic.

The eight most common GMO crops are corn, soybeans, canola, cottonseed, sugar beets, papaya, zucchini, and squash. Unfortunately, hundreds of other genetically modified foods are in development. It is only a matter of time before GMOs become much harder to avoid.

GMOs are almost always in processed foods. Soy, high fructose corn syrup (now also called fructose) or sugar from sugar beets are found in almost every processed food. Over 90% of soy, corn and sugar beets grown in the U.S. have been genetically modified. If you see these ingredients in your food, you can bet it has been genetically modified.

You have to Avoid GMOs to Detox from GMOs

Of course you can’t keep eating GMOs if you wish to fully detox from them. This means no restaurants (unless you eat at organic restaurants, which are very hard to find), and no processed foods, unless they are organic, or Non-GMO project verified.

Why Detox Genetically Modified Organisms?

Detoxification is defined as the removal of toxic substances from the body. This is often an emphasis of alternative medicine. The benefits of removing toxins from the body are numerous, too many to list in their entirety. Some of the better-known benefits are increased energy, improved sleep, weight loss, and lowered risk of diseases, such as colds, flu, and cancer.

How to Detoxify GMOs

In order to detox from GMOs, you’ll need to eat a diet rich in produce with lots of raw foods and sulfuric vegetables. A high fiber diet is essential. Drinking lots of clean water, and getting lots of exercise aids our bodies in detoxification. Salads and smoothies are staples of a detox diet. Detoxifying genetically modified organisms takes time, a clean diet, lots of clean water, and a healthy digestive tract with a strong and healthy ecosystem of beneficial flora. Speed up the process by eating large salads (recipe), killing candida and healing the gut, drinking lots of cranberry lemonade (recipe), and using a clean and pure nutrition formula with spirulina and chlorella (recipe).

Recommended Supplements:

- Formula SF722 (Kill fungi that inhabits unhealthy gut)

- Floramend-Prime by Thorne (Feed beneficial bacteria that GMOs killed)
- Total Nutrition Formula (Pull toxins out of the body, and multi-vitamin/mineral)
- Shillington's Intestinal Cleanse (Clean and heal intestinal tract, kill bad guys)
- Shillington's Intestinal Detox (Heal and pull toxins out of intestinal tract)
- Systemic Enzymes – (For eliminating damage which is fibrin buildup, and they eliminate foreign proteins and many chemicals – this can aid the body in eliminating toxins).

Further Reading:

- *How To Detoxify and Heal From Vaccinations – For Adults and Children*
- *Doctors Against GMOs – Hear From Those Who Have* Done *the Research*
- *Doctors Against Vaccines – Hear From Those Who Have Done the Research*
- *Scientists Against Vaccines – Hear From Those Who Have Done the Research*
- *GMO Facts and Arguments*
- *GMO Science*
- *How to Avoid GMOs*
- *The Difference Between Heirlooms, Hybrids, and GMOs*

Sources:

- *Bitter Almonds vs. Non Bitter* – E How
- *IARC Monographs Volume 112: evaluation of five organophosphate insecticides and herbicides* – International Agency for Research on Cancer WHO
- *WHO Report Links Weed Killer Ingredient to Cancer Risk* – NBC News
- *GMO Dangers* – Institute for Responsible Technology