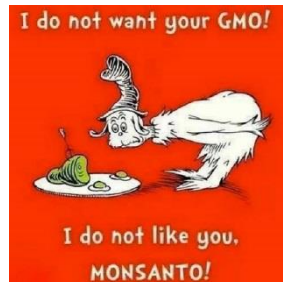


What is a *GMO*, and why do we want to remove them from our food supply?



GMO. WHAT'S THAT?



APPLE LIME?

GMOs, or "genetically modified organisms," are plants or animals created through genetic engineering, or *GE*. This experimental technology merges DNA from different species, creating unstable combinations of plant, animal, bacterial and viral genes that cannot occur in nature or in traditional crossbreeding. The key word here is *experimental*. The other key word here would be "*profit*". They were originally conceived as a means of producing higher yields for farmers' crops, and have been marketed as a solution to famine across our world. They may produce higher yields however, at what cost?

GMOs. ARE THEY REALLY BAD FOR OUR HEALTH?

According to the Institute for Responsible Technology, The American Academy of Environmental Medicine urges doctors to prescribe non-*GMO* diets for their patients. Numerous human health problems have been on the rise since *GMOs* introduction in 1996. The percentage of Americans with 3 or more chronic illnesses jumped by 6%, food allergies have skyrocketed, and disorders such as autism, reproductive disorders, digestive problems, and others are on the rise. Children are particularly at risk due to the use of *GM* bovine growth hormone, because the milk from treated cows has more of the hormone IGF-1 (insulin-like growth hormone-1) which is linked to cancer.

In summary, *GMOs* have been linked to these possible negative side effects:

1. Toxicity
2. Allergic Reactions
3. Antibiotic Resistance
4. Immuno Suppression
5. Cancer

YES! *GM* FOODS ARE QUESTIONABLE FOR OUR HEALTH.

GMOs. ARE THEY REALLY BAD FOR OUR ENVIRONMENT?

Most GM crops are engineered to be "herbicide tolerant"—they're deadly weed killers. Monsanto, for example, sells Roundup Ready crops, designed to survive applications of their Roundup herbicide.

Between 1996 and 2008, US farmers sprayed an extra 383 million pounds of herbicide on GM crops. Overuse of Roundup results in "superweeds," resistant to the herbicide. This is causing farmers to use even more toxic herbicides every year. Not only does this create environmental harm, GM foods contain higher residues of toxic herbicides. Roundup, for example, is linked with sterility, hormone disruption, birth defects, and cancer.

GM crops and their associated herbicides can harm birds, insects, amphibians, marine ecosystems, and soil organisms. They reduce bio-diversity, pollute water resources, and are unsustainable. For example, GM crops are eliminating habitat for monarch butterflies, whose populations are down 50% in the US. Roundup herbicide has been shown to cause birth defects in amphibians, embryonic deaths and endocrine disruptions, and organ damage in animals even at very low doses. GM canola has been found growing wild in North Dakota and California, threatening to pass on its herbicide tolerant genes on to weeds.

YES! GMOs ARE HARMFUL TO OUR ENVIRONMENT!



HIGHEST RISK GM CROPS

CORN- anything made from corn; syrup, oil, chips, cereals, cornstarch, and some sweet corn—over 90% of corn in Canada is GM.

SOY- unless marked organic, soy is a GM food, and it is in everything, especially processed and vegetarian products.

COTTON SEED—commonly found in cooking oils

SUGAR BEET - basic table sugar, found everywhere in ingredients as well as packets as a coffee additive.

ALFA ALFA - almost entirely GM, look for organic

PAPAYA—almost entirely GM, look for organic, non-GM

ZUCCHINI—almost entirely GM, look for organic, non-GM

EGGS, MILK AND MEAT—look for organic, GM versions are fed to non-organic chickens and cows. Food chain stained.

An excellent resource for finding non-GMO foods—look for any food bearing the non-GMO Project label. www.nongmoproject.org



Bonnie Wisener is a Registered Holistic Nutritionist,
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Bonnie Wisener is passionate about the impact of food upon your health. Bonnie believes in the power of food to optimize your health. Individual *shifts* in food and lifestyle choices can improve symptoms of disease by addressing root causes.

Bonnie partners with clients to create a sustainable, realistic nutrition and lifestyle plan that is based on each client's individual needs.

Bonnie spent many years in the food marketing industry prior to becoming a mother and following her intuition towards a career geared to nutrition and wellness. She is a Crohn's patient (completely inflammation free), a spin instructor, surfing enthusiast, and a wife and mother to an active family who enjoy skiing together in the winter months, and laying on a beach and surfing in the summer months.

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