



THE FASTING PODCAST **WOW**: EPISODE 136 GMO or Bioengineered Foods

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The **Fasting** Podcast **WOW** (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP



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Genetically Modified Organisms = GMO



- Definition of Bioengineered (BE) from USDA: “those that contain detectable genetic material that has been modified through lab techniques and cannot be created through conventional breeding or found in nature.”
- Science/laboratory intervention typically to make more food cheaper
- GMO = bioengineered but more loopholes on bioengineered
- As of Jan 2022, new labeling laws switch GMO term to bioengineered
- About 75% or more processed foods in USA contain GMO ingredients
- USDA list of BE ingredients: alfalfa, arctic apple, canola, corn, cotton, some eggplant, ringspot virus-resistant papaya, pink pineapple, potato, AquAdvantage salmon, soybean, summer squash, sugarbeet
- GMO include: cornstarch, corn syrup, canola oil, high fructose corn syrup, granulated sugar, soybean oil
- The new BE labels will appear on processed food & others (e.g. soda, baked goods, frozen meals, tofu, dressings with vegetable oil, cereals, sweetened juices, canned soups)



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BioEngineered (BE) Foods = GMO with Loopholes



- Labeling Exemptions: highly refined sugars/oils that don't exceed USDA detectability thresholds, foods made primarily with meat/eggs/poultry or broth/water/stock, smaller companies with sales < \$2.5M/year
- Instead of labeling, may vaguely use phone #, barcode, website
- Monsanto leader in GMO (roundup-ready) - officially portrayed as safe, but natural health advocates believe there is solid evidence that it may contribute to health challenges such as allergies, suppressing immune, resistance to antibiotics, toxicity, cancer risk, infertility, nutrient loss, accelerated aging, insulin dysregulation, organ/digestive malfunction
- Attorney (Michael Taylor) of Monsanto works for FDA over-seeing GMO
- Quote from Institute of Science in Society: "It is clear that genetic modification is inherently hazardous, as it invariably result in unpredictable and uncontrollable changes in the genome and the epigenome (pattern of gene expression) that impact on safety."
- GMO foods are fed to animals that give input to our food supply
- Toxicity affects our internals e.g. liver and it can deter WEIGHT LOSS



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IRT (Institute for Responsible Technology) List

- Rats were fed potatoes engineered to produce their own insecticide developed potentially precancerous cell growth in the digestive tract, inhibited development of their brains, livers and testicles, partial atrophy of the liver, enlarged pancreases and intestines and immune system damage.
- Seven out of 20 rats fed the GM FlavrSavr tomato for 28 days developed stomach lesions (bleeding stomachs); another 7 of 40 died within two weeks and were replaced in the study.
- Rats fed Monsanto's Mon 863 Bt corn for 90 days showed significant changes in their blood cells, livers/kidneys.
- Mice fed GM Bt potatoes experienced intestinal damage.
- A quarter of sheep died after grazing in GM Bt cotton fields for a week.
- Over 20 farmers in North America report pigs and cows became sterile from GM corn.
- Twelve dairy cows died on a farm in Germany after being fed a diet with significant amounts of a single GM corn variety, Bt 176.
- The liver cells of mice fed Roundup Ready soybeans showed significant changes.
- Mice fed Roundup Ready soy had unexplained changes in testicular cells.
- Rabbits fed GM soy for about 40 days showed significant differences in the amounts of certain enzymes in their kidneys, hearts and livers.
- Rats fed Roundup Ready canola had heavier livers.
- GM peas generated an allergic-type inflammatory response in mice.
- In farmer-run tests, cows and pigs repeatedly passed up GM corn.



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Monsanto's Line of Roundup Ready Crops



- GLYPHOSATE – extremely toxic
 - Kills friendly flora and allows pathogens to overgrow,
 - Chelates important minerals e.g. iron, cobalt, manganese,
 - Interferes with synthesis of aromatic amino acids and methionine leading to shortages of critical neurotransmitters and folate
 - Interferes with function of cytochrome P450 (CYP) enzymes
 - Disrupts sulfate synthesis and sulfate transport
 - Mimicks estrogen – xenoestrogen link to cancer risk
- Rampant foods are GMO: 93% of soy is GMO, 90% of corn, 94% cotton
- Some people may eat 30,000 different GMOs per day!

TAKE ACTION:

- Choose organic – certified organic when possible – avoid processed and GMO foods including non-organic dairy and meats
- Avoid the most common GMO products we mentioned
- Consume cruciferous vegetables to help liver dislodge herbicides
- Grow your own garden or buy from local farmers that you talk to



Possible Next Steps



For questions and feedback with me at Julie@JPWOWPrograms.com

Check out our website: www.JPWOWPrograms.com

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Stay Positive, Focused, & Determined Because Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

