

“We do not need magic to transform our world. We all carry the power we need inside ourselves already.”

- **J.K. Rowling**

I'm on the warpath right now about healthy food. Once again, our government has let us down and allowed itself to be bought by Monsanto. This week, both the Senate and House approved a watered-down GMO (“Genetically Modified Organisms”)-labeling bill, which according to critics, was mostly drafted by Monsanto and will probably undermine states like Vermont, which has successfully pushed for clear labeling of GMO-containing foods. The bill will probably be signed by Obama and will require food manufacturers to use one of three types of labels to alert us about GMO ingredients in food. The three label types are: 1) a written statement on the package, 2) a link to a website or phone number or 3) a quick response (QR) code that can be scanned by a smartphone. People without smart phones will have trouble accessing this information. It also leaves loopholes for certain foods that actually contain GMOs to not be labeled. We all have to make better choices to make a change and we all need to speak up. Unfortunately, magic won't work.. It's up to US. The best thing we can do for our health is to buy organic and buy non-GMO containing foods. My list of foods to avoid is below. Please pass it on.

Yours in health,



Susan Monaco, Certified Health Coach
Health and Wellness by Design
www.healthnwellnessbydesign.com
susan@healthnwellnessbydesign.com

Produce you MUST Buy Organic



Overall, the bill I mentioned above is a huge loss to those of us interested in consuming healthy foods. Clearly, our representatives in Congress are NOT interested in protecting us or our food supply. So it shouldn't come as any surprise to anyone that cancer rates keep increasing. I personally believe that the chemicals in our food supply and in our environment are causing it. Why else would dogs be dying of cancer? It's not my intention to get political here, but it's a huge problem and with the upcoming election, it's more important than ever to NOT elect someone who's in bed with Monsanto. It's not hard to figure out who she is.

But I digress. Quite a while ago, I did a newsletter on the most important produce to buy organic. It's more expensive, I know. But what price can we really put on our health and the health of those we love? To me, health is priceless and you often don't realize it until you don't have it.

Before I get into the list of produce, I must tell you one of the most important things to buy organic is milk. Find raw milk if you can, but it's difficult to find and for some unknown reason, it's illegal in many states, including my own. But there are sources from which you can obtain it, so try to find one. Raw milk is the only milk we consume in our house.

Here's the list of produce that you really must buy organic:

- Strawberries: These are the absolute worst offender for pesticide residue. Data shows each acre of the crop in California was doused with 300 pounds of pesticides in 2014. That's frankly just appalling. Strawberries are contaminated with dozens of chemicals, including malathion and bifenthrin, possible carcinogens and carbendazim, a hormone disruptor.
- Apples
- Nectarines
- peaches
- Grapes
- Cherries
- Tomatoes, including cherry tomatoes
- Cucumbers
- Spinach
- Kale
- Celery
- Imported Snap peas
- Domestic Blueberries
- Sweet bell peppers
- Potatoes

I'll finish up this month by listing the worst foods for GMO's. Avoid them at all costs.

- Corn: nearly 90% of corn on the market is genetically modified. Monsanto corn has been associated with many health issues, including organ disruption and weight gain.
- Sugar Beets: Almost all grown sugar beets grown in our great country are genetically modified. This also impacts the sugar made from it, so watch what kind of sugar you buy.
- Papayas: *The New York Times* reports that 80 percent of the 2010 papaya crop grown in Hawaii was genetically modified. This fruit has been banned in the European Union, but is still available here and in Canada.
- Zucchini and Yellow Squash: Six varieties of these vegetables have been engineered to resist viruses. Like other GMO's, they contain the BT toxin that presents multiple risks to health.
- Soy: We shouldn't be eating soy anyway, unless it's from a natural source like edamame. Almost all soy contains GMOs.

I hope this was helpful and I truly hope you make some adjustments to your shopping list. Your body will thank you. Have a wonderful month.