

Dr. Jonathan V. Wright's

NUTRITION & HEALING

Green Medicine™

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A special GMO issue: Is a patented privately owned food supply of genetically altered food in our future?

Research raises serious red flags about the safety of genetically modified foods

By Jonathan V. Wright, M.D.

Scientific discovery has been—for better or worse—heavily influenced by the ability to patent the results. While the patent system has been spectacularly successful at encouraging technological innovations—the telephone, radio, television, and the entire “computer” industry are only a few of literally millions of examples—legally, molecules and energies which are already found in Nature are not patentable. This reality has “channeled” an enormous amount of research energy into unnatural—but patentable—molecules for human health.

Natural molecules are not only relatively neglected by researchers but criticized and often ferociously attacked when it appears they might “compete” with patent medicines. Of course, patent

medicines are enormously more dangerous, simply because human systems are made from entirely natural molecules (and energies), and have not been created or evolved to deal with un-natural patent medicine molecules. So for the last century, patent medicines have come in and out of vogue on a regular seventeen-year cycle—which just happens to be how long “patent protection” lasts. Bluntly put, patent medicines are “scientifically invented” with enormous patent-protected profits in mind, and your health is secondary.

Five corporations could one day control our entire food supply

Patent medicines have tremendously retarded progress in health care research for nearly a century. But starting during the second half of the second century, an-

other focus of the patent system has emerged, and it's much worse than patent medicines, as it's being focused on our food! We can (and many humans have) live entire lifetimes without patent medicines, but we can't even stay alive without food! This very serious threat to your health is generally known as “GMO” food, and it's nothing new to readers of *Nutrition & Healing*. In fact, you probably *already* try your best to avoid them. But you may not know the depth and breadth of the problem. After you read this issue, I hope you will become more active in the fight to rescue our food supply from permanent degradation into a patentable, bad for your health, and (of course) much more expensive “patent food” supply.

Patent-driven scientific research and development (in this case called “genetic engineering”) has found a way to modify—and patent—natural life forms for specific purposes. A genetically modified organism, or GMO, is by definition un-Natural. DNA is inserted from the “genome” (the technical name of

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Our mission:

Nutrition & Healing is dedicated to helping you keep yourself and your family healthy by the safest and most effective means possible. Every month, you'll get information about diet, vitamins, minerals, herbs, natural hormones, natural energies, and other substances and techniques to prevent and heal illness, while prolonging your healthy life span.

A graduate of Harvard University and the University of Michigan Medical School (1969), Dr. Jonathan V. Wright has been practicing natural and nutritional medicine at the Tahoma Clinic in Renton, Washington, since 1973. Based on enormous volumes of library and clinical research, along with tens of thousands of clinical consultations, he is exceptionally well-qualified to bring you a unique blending of the most up-to-date information and the best and still most effective natural therapies developed by preceding generations.

Nutrition & Healing cannot improve on these famous words:

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their creator with certain unalienable rights, that among these are life, liberty, and the pursuit of happiness."

The inalienable right to life must include the right to care for one's own life. The inalienable right to liberty must include the right to choose whatever means we wish to care for ourselves. In addition to publishing the best of information about natural health care, *Nutrition & Healing* urges its readers to remember their inalienable rights to life, liberty, and freedom of choice in health care. This information is published to help in the effort to exercise these inalienable rights, and to warn of ever-present attempts of both government and private organizations to restrict them.

All material in this publication is provided for information only and may not be construed as medical advice or instruction. No action should be taken based solely on the contents of this publication; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being. The information and opinions provided in this publication are believed to be accurate and sound, based on the best judgment available to the authors, but readers who fail to consult with appropriate health authorities assume the risk of any injuries. The publisher is not responsible for errors or omissions.

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Safety of genetically altered foods

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the entire DNA of any living thing) of one species into the genome of another to create a new, unique set of genes that act differently from the original. The first time this was done was the development of recombinant *E. coli* bacteria in 1973. GMO applications are becoming more widely used in medical and other biological processes, ranging from inserting fluorescent genes from jellyfish into other organisms for study, to the development of patent medicines.

The most controversial use of GMO technology is in the production of "patent-protected" food crops by five primary companies, collectively known as "Ag Biotech" (Monsanto, DuPont, Syngenta, Bayer CropScience, and Dow).¹ These patent-protected plants ("patent plants") contain "stacked traits" designed to do two primary things: (1) resist herbicides so that weed-killer can be used around them and not destroy them and (2) produce internal proteins not naturally present in these plants that act like the Bt-toxin in Monsanto corn, a protein that renders them less susceptible to pests but *supposedly* harmless to humans.

This type of genetic tinkering is not even close to natural plant reproduction or the natural systems used by plant and animal breeders over the centuries to select for desirable—and entirely naturally occurring—traits. Genetic engineering involves sharing genetic combinations that would never occur naturally through evolution or the process of random mutations in plant and animal cells. Totally unrelated species are brought together in ways that would be impossible in Nature and the built-in protective mecha-

nisms against a "bad" combination are overridden.

The GMO cover-up that's putting YOU in danger

Questions about the safety of genetically modified foods have been raised ever since consumers learned about them. As time has passed, it has become apparent that the public is not being told the truth. Rather than fully disclosing the known, scientifically researched dangers, the GMO industry emphasizes that these crops have higher yields, thus they can feed more people. They also claim that they have a higher nutritional value.

There are several areas of concern among those attempting to monitor GMO foods.

While "genetic engineering has one or more specific "goals" in mind, there is no way to know what other unexpected actions these "new" DNA combinations will cause in our food. We have no way to know in advance what harmful side effects are introduced when you change the genetic structure of a plant and its natural function. At the very least, GMO foods should have long-term, rigorous testing for all their effects, good and bad, right? Surprisingly no long term, rigorous testing required! The truth is, very little has been done to ensure that these never-before-seen combinations of molecules will not have an adverse impact. While not any better for your health, many patent medicines (literally "space alien molecules") have gone through much more testing than GMO foods and agricultural crops.

Strangely enough (or perhaps not) "safety testing," suggested

by “regulatory authorities” (*los federales*), on the effects of GMO crops is primarily limited to three-month (90 day) studies in laboratory animals. These tests are *not* mandatory, *not* independently verified, and, in essence, are conducted in secret.

Recently, studies independent of the GMO industry have surfaced addressing these questions. The results have shown what can always be expected when unnatural molecules or “space alien molecules” are fed to animals and humans whose body substance is made up entirely of molecules natural to planet Earth.

Reviewers of GMO research recently listed the important points about health risks for GMO soy, rapeseed oil (Canola), and corn, all of which have been genetically engineered to be tolerant to Roundup® (an herbicide produced by Monsanto) and to produce internal toxins (never before present in those plants) to eliminate pests. In their discussion, they point out that the potential for chronic health problems has not adequately been evaluated based on their assessment of the research data.²

Previous reviews by this same team suggest that kidney and liver toxicity may result from three of the GMO products—for the technically inclined, “Maize NK 603”, “MON 810”, and “MON 863”³. In another review, these researchers stated: “Generally speaking it seems to us unbelievable that a risk assessment carried out only on forty rats of each sex receiving GMO-rich diets for 90 days (yielding results often at the limits of significance) have not been repeated and prolonged independently.”⁴ In other words, there’s no way that a single short term rat study tells us all we need to know

about these foods before dumping them into our food supply.

Are GMO foods making you sick?

In 1999, a team of GMO-industry-independent researchers reported a study of GMO foods, which had been done in response to the efforts of the government of the United Kingdom to assess GMO safety. This study⁶ was one of the most complete done to that date. The GMO potatoes were genetically engineered with DNA that caused them to make a “lectin” (a molecule which adheres to other specific types of molecules) called GNA (*Galanthus nivalis agglutinin*) lectin. After just 10 days of consumption, the GMO potatoes caused harm in every organ of every young rat in the study. The rats’ pancreases and intestines enlarged, and their livers began to atrophy. By comparison, animals fed non-GM potatoes were not affected. But even though the lead researcher was an extremely well-qualified and highly respected professor, when the results were published, trans-Atlantic telephone calls were made between “officials,” attempts were made to bury the results, and the lead researcher was fired.

Nine years before, the same researchers had reported the effects of the same GNA lectin—the lectin itself, not potatoes genetically engineered to make and contain it—on young rats, once again the study lasted for 10 days. Damage to the rats intestines was minimal, and their livers and pancreases were unaffected.⁷

In 2003, an independent review group concluded that based on the data in the 1996 and 1990 studies (above), the damage to the rats internal organs was not due to the potatoes or the GNA lectin, but

instead the “genetic modification process itself”⁸.

By now, most of the corn produced in the US is a GMO crop, almost exclusively engineered and patented by Monsanto. Those who sign up to plant Monsanto corn are required to also use Monsanto’s herbicide, Roundup®. The corn itself is genetically modified to produce Bt-toxin.

In a three-month feeding trial of the genetically modified corn, MON 863, in rats, some statistically significant changes in blood sugar, absolute lymphocyte and white blood cells and absolute basophils were noted but considered not biologically relevant at the end of the study.⁹

While not considered a factor in this study, healthcare professionals know that changes in these values in patients can suggest an increased risk for developing allergies, infection, and diabetes.

The use of GM corn, Mon 863, was approved by regulators for use in Europe in 2005. When evidence mounted about potential health problems, a German court ordered the

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Chronic stomach pain and GERD cured!

A patient who was recently treated at Tahoma Clinic by Dr. Lauren Russel had suffered from stomach pain for many years as well as gastro-intestinal reflux (“GERD”), and other bowel issues. He’d seen many other physicians and tried many things, but nothing had worked for him. While discussing his diet with Dr. Russel, he reported that he ate corn cereal every morning for breakfast. He changed to a corn cereal known to be organic and non-GMO, and all of his abdominal symptoms went away. He and his wife are certain that the GMO corn was the culprit.⁵

BREAKING NEWS: Roundup® damages testicle cells, lowers testosterone

By Jonathan V. Wright, M.D.

Most men don't know that their testosterone levels are significantly lower than their grandfathers at the same age. Or that those levels are declining faster and sooner than their grandfathers did. In the late 1940s, 1950s, and 1960s it wasn't at all unusual to find a strong testosterone level in a man in his 60s; in 2012, it's definitely an unusual finding.

It's a little better known that fertility problems have been steadily increasing, especially in

the last two or three decades. As is the case with testosterone levels, sperm counts are generally lower in the "average man" in the 21st century than in the 1950s.

For decades we've known that many of the herbicides and pesticides used in farming (except organic farming) are—for humans—"environmental estrogens." These molecules imprecisely mimic the activity of estrogen. As "space alien" molecules never before found on planet Earth—remember, all commercial herbi-

cides and pesticides are (or were) patented—they don't belong in human bodies, and cause trouble when they're consumed in food or water. In fact, *environmental estrogens* are suspected to be part of the reason for lower testosterone levels and lower sperm counts in each generation (or perhaps we should call it each *degeneration*) of American men since the 1950s.

GMO agriculture has opened a brand new front in the chemi-

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GMOs in the News: Genetically modified crops linked to tragic mass suicides in India

By Jonathan V. Wright, M.D.

The United Kingdom's Daily Mail printed this headline: "The GM genocide: Thousands of Indian farmers are committing suicide after using genetically modified crops."

The report continued: "The children were inconsolable. Mute with shock and fighting back tears, they huddled beside their mother as friends and neighbours prepared their father's body for cremation on a blazing bonfire built on the cracked, barren fields near their home. As flames consumed the corpse, Ganjanan, 12, and Kalpana, 14, faced a grim future. While Shankara Mandaukar had hoped his son and daughter would have a better life under India's economic boom, they now face working as slave labour for a few pence a day. Landless and homeless, they will be the lowest of the low.

"Shankara, respected farmer, loving husband and father, had taken his own life. Less than 24 hours earlier, facing the loss of his land due to debt, he drank a cupful of chemical insecticide.

Unable to pay back the equivalent of two years' earnings, he was in despair. He could see no way out... Shankara's crop had failed twice. Of course, famine and pestilence are part of India's ancient story. But the death of this respected farmer has been blamed on something far more modern and sinister: genetically modified crops. Shankara, like millions of other Indian farmers, had been promised previously unheard of harvests and income if he switched from farming with traditional seeds to planting GM seeds instead.

"Beguiled by the promise of future riches, he borrowed money in order to buy the GM seeds. But when the harvests failed, he was left with spiraling debts—and no income. So Shankara became one of an estimated 125,000 farmers to take their own life as a result of the ruthless drive to use India as a testing ground for genetically modified crops." **JVW**

To read the entire "Daily Mail" article, go to www.dailymail.co.uk/news/article-1082559

Be on the look out for GMO oil coming soon to a grocery store near you

By Jonathan V. Wright, M.D.

Although naturally-oriented nutritionists and physicians have known for nearly a century that “trans-fatty acids” in foods are bad for our health for many of those years we were ignored or even ridiculed by mainstream medicine and so called public health “authorities.” Now those doing the ridiculing have finally come around to our position during the last two decades. Unfortunately, it appears that at least one “trans-fat” substitute being planned for foods is just as bad, and possibly worse, than “trans-fats” it’s replacing!

Two of the largest chemical companies, Michigan’s Dow Chemical and Delaware’s Dupont Chemical are busily preparing substitutes for formerly trans-fatty acid containing foods. But, it appears

one of these chemical companies is doing things the *right* way and the other one the wrong way.

According to Chemical and Engineering News (March 12, 2012, page 30) Dow Chemical plans to sell “high-oleic acid sunflower and canola oils” as replacements. The “high-oleic acid” part is excellent, especially if it comes from natural sunflower oil. Oleic acid is a *mono-unsaturated* fatty acid, which oxidizes much less easily than *poly-unsaturated* fatty acids, including *trans-fatty acids*, so it creates fewer free radicals for the our bodies to detoxify. And, if my research is correct, Dow Chemical deserves some praise because it plans on using canola oil that *isn’t* derived from a genetically engineered version of the rapeseed plant.

Unfortunately the same can’t

be said for Dupont Chemical. Dupont plans to introduce “Plenish[®],” oil derived from GMO soybeans. According to Chemical and Engineering News “The Dupont team engineered genes from soybean plants to block the formation of enzymes that continue the cascade downstream from oleic acid....” And that’s a problem! No long-term research has been published (likely none has been done) examining the potential bad effects of blocking the formation of enzymes that Nature and Creation intended to be in the soybean. Very likely no research has been done searching for other adverse effects of this genetic engineering, either.

While it’s true that—like Dow Chemical’s oils—Plenish[®] has a

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Roundup[®] damages

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cal war on men’s testosterone and sperm counts. The abstract below, taken verbatim [with translation in brackets] from research published in 2012, makes it perfectly clear that glyphosate, a principal active ingredient in the chemical spray Roundup[®], is toxic to testicle cells—even killing them—and significantly lowers testosterone synthesis.

“Roundup is being used increasingly...on genetically modified plants grown for food and feed that contain its residues. Here we tested glyphosate and its formulation on mature rat fresh testicular cells from 1 to 10,000 parts per million...the

range [found] in some human urine and in the environment...We show that from 1 to 48 hours of Roundup exposure Leydig cells [the testicular cells which make testosterone] are damaged. Within 24-48h this [Roundup[®]] formulation is also toxic on the other cells, mainly by necrosis [cell death], by contrast to glyphosate alone which is essentially toxic on Sertoli cells [testicular cells which make sperm]. Later, it also induces apoptosis [cell suicide] at higher doses in germ cells and in Sertoli/germ cells co-cultures. At lower...concentrations of Roundup and glyphosate (1 part per million),

the main endocrine disruption is a testosterone decrease by 35%. The pesticide has thus an endocrine impact [lower testosterone levels and sperm counts] at very low environmental doses, but...a high contamination appears to provoke an acute rat testicular toxicity [cell death].¹

Remember, men! It’s not just the Roundup[®] that you’re spraying on your lawn that may impair your virility, it’s the Roundup[®] residue found on the GMO foods you eat every day—yes, those tiny amounts—that can kill your testicle cells and lower your testosterone.

Corn chips, anyone? JWV

release of the Monsanto-conducted study. According to critics, there was significant evidence of a cover-up of data discovered at that time.¹⁰

In response to the release of the study data by Monsanto, an independent team of researchers analyzed the evidence collected by Burns. Their study of the data revealed several key pieces of data: a slight but significant decrease in growth for males; hepatorenal toxicity; increased triglycerides; and decreased urinary phosphorus and sodium. From their findings, they stated that “with the present data, it cannot be concluded that GM corn MON 863 is a safe product” and called for longer studies to understand its effects on health.¹¹

“Stacked trait” GMOs kill human kidney cells

But the most recent damaging GMO-related evidence reported to date involves an assessment of “stacked traits” (more than one intentional DNA modification) in genetically modified crops. In this 2012 study, researchers looked at the effects of plants genetically engineered to produce the insecticide

GMO cotton leaves farmers itchy and red

Though cotton is not an edible crop, there are many reports of farmers becoming sick from exposure to cotton that has been genetically modified, most particularly in India where much of it is grown and harvested by hand. Allergic reactions are commonly reported and include itching, swelling, redness, and skin eruptions. Symptoms appear to become worse the longer the farmers spend with the length of time spent in the field. Many Indian workers have are forced to take antihistamines continuously to reduce their symptoms.

originally found in Nature in the soil bacterium, *bacillus thuringiensis*, or Bt. These plants are also genetically engineered (“stacked” with another DNA modification) to resist the glyphosate-based herbicide Roundup®. This last bit of genetic engineering is done to many GM types of corn.

Researchers singled out two Bt toxins produced in these GMO plants, “Cry1Ab” and “Cry1Ac” and looked for adverse effects they might produce in human cells. (The concentrations of these toxins ranged from concentrations of 10 parts per billion to 100 parts per million.) They looked at the effects on human embryonic kidney cells. Cry1Ab caused cell death at 100 parts per million; Cry1Ac did not show any effects.

Since the corn was genetically engineered to be “Roundup® resistant”, the researchers looked for adverse effects of Roundup® residue, which might be present in resistant corn. Roundup® caused cell death in human embryonic kidney cells at dilutions as low as 50 parts per million, a level far lower than is found after agricultural use. The authors argued that, contrary to what the GMO industry may have tricked the public into believing, Bt toxins are not without effect on human cells and when combined with pesticide residues, can increase side effects.¹²

Almost at the same time, a study reported that Roundup® is toxic to human buccal (inside of the cheek) epithelial cells at low levels, equivalent to a 450-fold dilution of the levels currently used to spray on GMO, Roundup® resistant agricultural crops. After observing that Roundup® damage was seen within

twenty minutes after exposure, the researchers predicted that inhaling this insecticide could result in DNA damage to humans.¹³

Even though there are also studies that report that the key ingredient in Roundup® causes disruption to endocrine function and could be a risk for cancer, the company that produces it, and the large part of the agricultural industry that uses it, repeatedly denies it has any harmful effects.

Monkeying with genes... a recipe for disaster

“Promoters” are used in genetic engineering to alter the DNA of a previously all-natural food in a way that the genetic engineers consider to be favorable (and of course patentable). Promoters can permanently “turn off” or “turn on” already-existing genes in the previously all-natural plants. Unfortunately, this means that promoters may also “turn off” or “turn on” other genes in plants that were not at all the intended targets, and—even worse—this can happen without it being noticed at the time! Meaning, that no one really knows all the genes that are affected, and what the result may be.

The promoter being used in the creation of almost all GMO crops is known as the cauliflower mosaic virus (CaMV) 35S promoter. Evidence shows that the 35S promoter gene can in fact turn on other genes in unpredictable ways.¹⁴

And, as if all that wasn’t horrific enough, one study suggests that genetically engineered genes can “travel”...transferring from GMO organisms into intestinal

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Knowing your GMO foods and products 101

By Jonathan V. Wright, M.D.

Foods and products that are based in GMO technology include a surprising number of things we might not even think of as GMO. Consumer groups that monitor these agricultural products separate them into two key categories: those products at high risk for being genetically modified and those with monitored risk.

Crops with monitored risk are those that are *similar* to other things being genetically modified and could possibly be cross-pollinated and contaminated by the GMO crops. In other words, the pollen from the GMO crops can easily travel through wind, insects, or water into fields of non-GMO crops tainting them.

Corn, soybeans, cotton, and canola are the primary food crops that are GMO, there are others. The distribution is roughly as follows:

High-risk for GMO are:

1. Alfalfa—first grown in 2011 as GMO
2. Canola—now 90% of the US production
3. Corn—88% of US production in 2011
4. Cotton—90% of US production in 2011
5. Papaya—988 acres in Hawaii, most of Hawaiian crops
6. Soy—94% of US production in 2011

7. Sugar beets—94% of US production in 2010

8. Zucchini and Yellow Summer Squash—25,000 acres

Conventionally-raised, produced, or grown milk, meat, eggs, and honey are all considered high-risk GMO since they may be the products of animals feeding off GMO crops.

Moderate risk foods and crops, those susceptible to cross-pollination or contamination include chard, table beets, rutabaga, Siberian kale, bok choy, mizuna, Chinese cabbage, turnip, acorn squash, flax, and rice.

Many things are derived from GMO crops—aspartame, ascorbic acid (vitamin C), amino acids, high fructose corn syrup, hydrolyzed and textured vegetable protein, sucrose, and many yeast products.

Attempts have been made to modify tomatoes and potatoes, but none are considered GMO now. Wheat is not yet GMO, but attempts are being made to do so. Recent applications have been made to put GMO salmon on the market. Efforts are also underway to genetically engineer pigs.

What can you do to protect yourself from so many possibly GMO foods? Support the California GMO labeling initiative—see page 8. **JVW**

Source: www.nongmoproject.org

Safety of genetically altered foods

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bacteria, or possibly even into human cells!? That's right, it looks like we *ourselves* may be becoming genetically modified organisms if we keep eating this stuff.

In the only study¹⁵ reported so far on GMO foods and humans, researchers found GMO soy genes in the gut bacteria of three out of seven study volunteers. Each of the study volunteers had had an ileostomy (removal of the lower intestines necessitating collection of fecal material in a bag). The results were inconclusive in the sense the

researchers felt that genetic transfer had not occurred during the feeding study itself but sometime before it, since the transgenes were not found later in the fecal matter. However, the more important aspect that the study identified was the fact that transfer could in fact happen in humans. No follow up to these conclusions was ever done. Transgene transfer has been found in rat studies and was detected as much as 79 hours after the experimental meal.^{16,17}

The small amount of indepen-

dent research that's available on GMO foods has found disturbing problems. Emerging research suggests that this may only be the tip of a very big, and very nasty, iceberg. At the very least, you and I should have a *choice* about whether we want to eat them. Since *los federales* and other food safety "authorities" won't require GMO foods to be labeled as GMO, you and I must act. Please see page 8 to read what we can do now to get GMO foods labeled as early as next year. **JVW**

Fight for your right to know what's GMO!

By Jonathan V. Wright, M.D.

Food “safety” in these United States is a sham. Until 2007, *los federales* (this time the United States Department of Agriculture) actually prohibited private beef companies from testing beef for mad cow disease. No, I'm not kidding—look it up—and mad cow disease testing would still be illegal if this “rule” had not been overturned in court.

Before then, *los federales* had repeatedly threatened lawsuits and otherwise intimidated producers and sellers of milk if it was labeled as uncontaminated with artificial recombinant bovine growth hormone (rBGH).

Despite requirements for dis-

closing multiple ingredients on food labels, there is no requirement for disclosing whether the food itself is GMO, or if any ingredient in that food is GMO derived.

With your help, this may change as soon as next year. The California Right to Know GMO labeling initiative collected nearly one million signatures to put the question on the ballot this fall. If it passes—and with your help, it will—this initiative will require disclosure of GMO foods and GMO content.

This will be good for all of us, no matter what state we live in. The reach of the California GMO initiative will also likely spread to your *local* supermarket, since it

will be difficult for most manufacturers of nationally distributed foods to create separate labels for their products sold in other states. There will still be work to do, as there are also food products not sold nationally, but initiatives in other States are very likely if the California GMO initiative passes.

Please visit the Alliance for Natural Health-USA website (www.anh-usa.org) to read more. Several organizations have pledged to match your donation dollar-for-dollar, so please make a donation, no matter how small. Labeling GMO foods and GMO-derived foods is long overdue! **JVW**

GMO oil in your grocery store

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higher ratio of mono-unsaturated to poly-unsaturated fats, 100% of it has been taken from a GMO plant. GMO plants not only contain un-naturally inserted genes, but they are also likely to be sprayed with Roundup®, which often leaves residues in the foods that come from that plant.

According to Chemical and Engineering News, this oil is to be introduced into our food supply in 2013. But before that even happens, forty food manufacturers are “experimenting with Plenish®” in 2012.

How can we tell if Dupont's GMO-derived oil, that is planned

to be introduced into our food supply very soon, is in the foods we eat? The best way is to insist that all GMO-containing or GMO-derived foods be labeled, just as foods are labeled for nearly anything else. Please see the article above for the best way to get this done soon. **JVW**

ALTERNATIVE HEALTH RESOURCES

American College for Advancement in Medicine (ACAM)

Phone: (888)439-6891

www.acamnet.org

American Academy of Environmental Medicine (AAEM)

Phone: (316)684-5500

www.aaem.com

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