

In This Week's Issue:

Attend one of our Health Talks or Refer a Friend, to be entered into a drawing for one of two Mariner's Gift Baskets.
Tickets included!

Are Genetically Engineered Foods Dangerous?

Your GM Food Probably Contains Roundup Pesticide Residues

For starters, 85 percent of all GM [genetically modified] seeds are engineered for herbicide tolerance, most of these being Monsanto's "Roundup Ready" cotton, corn, soy, and canola seeds. This allows plants to withstand the significant amounts of pesticides being sprayed on them, in effect promoting pesticide use.

In fact, since the introduction of GM crops in the United States, more than 120 million pounds of additional pesticides were used.

This particular variety of GM crop (Roundup Ready) became so popular because it allows farmers to spray Monsanto's Roundup herbicide directly onto their fields without harming the crops. As you might imagine, the use of Roundup herbicide has increased dramatically since the GM Roundup Ready crops were introduced -- a double win for Monsanto.

But while it's widely known that GM Roundup Ready crops contain Roundup residues (how could they not with how much is poured on them?), a recent study showed, for the first time, just how toxic these residues may be to your health.

Even when researchers tested formulations of Roundup that were highly diluted (up to 100,000 times or more) on human cells, the cells died within 24 hours. They also found damage to cell membranes and DNA, along with an inhibition of cell respiration

At Least 65 Serious Health Risks Have Been Discovered
GM crops routinely create unintended proteins, alter existing protein levels, or even change the components and shape of the protein that is created by the inserted gene.

This results in brand new proteins that have never before existed in food, some of which may be causing severe allergic reactions.

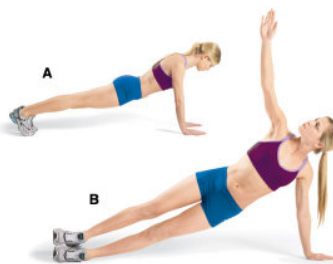
Creating a GM crop can also produce massive changes in the natural functioning of the plant's DNA. Native genes can be mutated, deleted, permanently turned on or off, or change their levels of protein expression. No one knows how this will impact human health, but so far Jeffrey Smith, a leading spokesperson on the dangers of GM foods, has documented at least 65 serious health risks related to GM foods. Among them:

- Offspring of rats fed GM soy showed a five-fold increase in mortality, lower birth weights, and the inability to reproduce.
- Male mice fed GM soy had damaged young sperm cells
- The embryo offspring of GM soy-fed mice had altered DNA functioning.
- Several US farmers reported sterility or fertility problems among pigs and cows fed GM corn varieties.
- Investigators in India have documented fertility problems, abortions, premature births, and other serious health issues, including deaths, among buffaloes fed GM cottonseed products.

Continued ↓

Exercise of the Week:

T-Pushup



- Perform a pushup (A).
- When you come up, rotate your body to the right and lift your right arm straight up over your shoulder so that your body forms a T (B).
- Bring your right hand back to the floor. Do another pushup, and repeat to the left. That's 1 rep. Do 5 reps.

~Women's Health



Grilled Flank Steak Soft Tacos with Avocado-Lime Salsa

Chili and chipotle powders lend earthy, smoky flavors to the grilled beef. For milder flavor, use ancho chile powder in place of the hot chipotle. The spice rub would also work nicely on chicken breasts.

Ingredients: Yields 4 servings (serving size: 2 tacos)

Steak:

- 1 tablespoon chili powder
- 2 teaspoons grated lime rind
- 1/2 teaspoon salt
- 1/2 teaspoon chipotle chile powder
- 1/4 teaspoon freshly ground black pepper
- 1 (1-pound) flank steak, trimmed
- Cooking spray

Salsa:

- 1 cup diced peeled avocado
- 3/4 cup finely chopped tomato
- 1/3 cup finely chopped Vidalia or other sweet onion
- 1/4 cup chopped fresh cilantro
- 1/2 teaspoon grated lime rind
- 2 tablespoons fresh lime juice
- 1/4 teaspoon salt
- 1/4 teaspoon hot pepper sauce (such as Tabasco)

Remaining ingredients:

- 8 (6-inch) corn tortillas
- 2 cups very thinly sliced green cabbage

Preparation

1. To prepare steak, combine first 5 ingredients in a small bowl. Score a diamond pattern on both sides of steak. Rub chili powder mixture evenly over steak. Cover and chill 1 hour.
2. Prepare grill to medium-high heat.
3. Place steak on a grill rack coated with cooking spray; grill 8 minutes on each side or until desired degree of doneness. Remove from heat; let stand 10 minutes. Cut steak diagonally across grain into thin slices.
4. To prepare salsa, combine avocado and next 7 ingredients (through pepper sauce) in a medium bowl.
5. Warm tortillas according to package directions. Spoon steak mixture evenly over each of 8 tortillas. Top each taco with 1/4 cup salsa and 1/4 cup cabbage.

Nutritional Information

Calories: 353, Fat: 16g (sat 4.3g, mono 7.6g, poly 1.7g), Protein: 27.9g, Carbohydrate: 27.7g, Fiber: 6.8g, Cholesterol: 40mg, Iron: 2.5mg, Sodium: 593mg, Calcium: 78mg

~Cynthia Nims, *Cooking Light*, JUNE 2009

Genetically Engineered Foods Continued

Further, just last year a long-term feeding study commissioned by the Austrian Agency for Health and Food Safety confirmed GM corn seriously affects reproductive health in mice.

The results were so worrisome that GM opponents called for an immediate ban of all GM foods and GM crops in order to protect the health of humankind and the fertility of women around the world.

GM Crops Do Not Increase Yield

Monsanto is the world's largest genetic engineering corporation and insists genetically modified food is safe. Anyone who believes Monsanto's proclamations of saving the world from environmental catastrophe and hunger by way of increased yields is clearly not paying attention to some very blatant signs that this is not true.

GM crop seeds currently on the market do not increase yields, and are not designed to. In fact, GM crops typically render lower yields.

For example, GM soya has decreased yields by up to 20 percent compared with non-GM soya. And up to 100 percent failures of Bt cotton have been recorded in India. Coincidentally, a staggering number of suicides among India's farmers have occurred.

According to the National Crime Records Bureau of India, more than 182,900 Indian farmers took their own lives between 1997 and 2007, potentially due to GM crop failures. An estimated 46 Indian farmers commit suicide every day.

Additionally, recent studies by scientists from the USDA and the University of Georgia found that growing GM cotton in the United States can result in a drop in income by up to 40 percent.

Are You Willing to Play Russian Roulette With Your Food?

When you pick up seven out of 10 foods in your grocery store, you're picking up a food that contains GM ingredients. Yet, it likely won't be labeled as such.

Particularly in the United States, the GMO giants have been very effective in eliminating legislation that would require them to clearly label GM products and, as a result, most grocery stores in the United States do not post signs next to produce to let you know it's been genetically modified.

To get an idea of just how widespread GM ingredients are, I recommend taking a look at The GMO Food Guide. It lists 20 different food categories that include everything from baby food to chocolate [[*see link at bottom of page](#)].

So if you want to avoid these potentially dangerous Frankenfoods, this means you need to avoid an ever-growing number of ingredients, or choose organic versions of them. This is not an easy task, especially if you eat processed food. However, the four most prevalent GM ingredients to look out for are:

Soy **Corn** **Cottonseed** **Canola**

You'll also want to avoid the offspring of these products, which includes items like maltodextrin, and high fructose corn syrup.

Examining the produce stickers on the fruits and vegetables you buy is another way to detect GM foods. The PLU code for conventionally grown fruit consists of four numbers; organically grown fruit has five numbers prefaced by the number nine; and GM fruit has five numbers prefaced by the number eight.

Finally, remember that you can vote with your pocketbook by avoiding everything that contains GM ingredients, and ask your local supermarket to stock their shelves with more natural organic foods. Some supermarkets will even allow you to special order food items.

Large portions of Europe have already succeeded in removing GM foods from their food supply, forcing food manufacturers to use real ingredients in their European product lines. But here in the United States we're still stuck with it to a very large degree.

However, this can all change, and it all starts with you and the choices you make when buying your food. So please spread the word. If more of us begin to refuse GM foods, food manufacturers will have no choice but to listen.

~Dr. Joseph Mercola

[*Find a printable genetically engineered food guide at:](#)

http://www.geaction.org/truefood/shoppersguide/guide_printable.html

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Health Tips of the Week:

How to Do What You Have to Do – Even When You Don't Feel Like Doing It

How often do you get that heavy feeling that weighs down your entire body so the only thing you really feel like doing is watching TV? Use these tips to get back to work and see your productivity soar.

Plan ahead. You can't always predict your moods, but you can plan ahead so you start out with the right state of mind. If you wake up without a concrete plan for your day you can easily waft into checking e-mail and social networking sites before doing any actual work.

Wait until late morning or early afternoon to open your e-mail software or check any social networking sites. If you check your e-mail, there's a strong chance that there will be something in your Inbox that will require action on your part, and you can bet you'll feel compelled to deal with that e-mail before you get to work on the tasks you had planned for the day.

Minimize distractions. Turn off the TV and the phone ringer, and disable any chat or instant messaging software. It's especially important when you work from home to make sure your friends and family know when you are working, so you can maintain a consistent, productive environment.

Take care of whatever is distracting you and then come back to work. If it's "fun" that's distracting you, take a half hour to go do something enjoyable.

Build in a system of rewards and punishments. The reward and punishment can be two sides of the same coin: if you accomplish your task, you get to do a particular fun activity, and if you don't accomplish your task, you don't get to do that activity.

Finally, there's the powerful "just do it" strategy. Once you start working and getting in the groove of productivity, you'll find that it's much easier to stay in that "productivity zone." And once you're in that zone, you may find that you can get more accomplished in an hour than you might normally get done in an entire day.

~Lifehack March 26, 2009

Dr. Baze's Health Talk Series



Understand Your Body in a New Way.

Wednesdays, 6 pm at Baze Chiropractic

The 7 Keys to Optimum Health: July 8th, July 22,

Exercises for Optimum Health: August 26th

Stress Management for Optimum Health: July 15th

Nutrition for Optimum Health: August 12th

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