Toxic Food Supply: How to Identify & Avoid GMO Ingredients, Antibiotics, and More

Genetically modified food has entered the food supply through secrecy and deception. Some claimed that genetically modifying the food supply could even put an end to world hunger. At first glance, genetic modification really does look like a great idea. It allows for larger crops, enhanced growing seasons, and even bigger animals. The truth of the matter is that genetically modified food has been shown to lead to infant mortality, unknown genetic changes, and exacerbate the usage of pesticides on a global scale.

Numerous studies have proven genetically modified foods to be an extreme health hazard, but one must only look at how it is created to realize how unsafe GM food really is.

Due to the complexity of a living organism's genetic structure, it is impossible to track the long-term results of consuming genetically modified food. Introducing new genes into even the most simple bacterium may cause an array of issues, highlighting the complexity of even the simplest organisms. Introducing new genes to highly complex organisms such as animals or crops is even riskier.

When introducing the gene to its new host, it is essentially impossible to predict the reaction. The genetic intelligence of the host could be disrupted with the introduction of the new gene, creating an adverse reaction. There is truly no way of knowing the long-term effect genetically modified food, as there are too many variables. There is simply no room for science when Monsanto is involved.

The Monsanto corporation is a multinational agricultural biotechnology corporation. It is responsible for producing and selling genetically engineered seeds. These are the seeds that yield genetically modified crops. Monsanto has such a grip on the industry, that it produces 90% of the United State's genetically engineered seeds. This is the same company responsible for the development of bovine growth hormone, which incited mass controversy over its effects. It was determined by many health experts to be extremely dangerous, with many linking it to cancer and other life-threatening conditions.

The world is quickly realizing that there is no benefit to consuming and producing genetically modified food. The consumers are speaking out, and their voice is being heard. Food free of genetically modified ingredients is the fastest growing retail brand. As the information surrounding GM (genetically modified) food rose to the mainstream media, the people began to anger. They were looking for someone to blame for allowing this atrocity occur, and they had to look no farther than Monsanto.

What the world is beginning to see is a swift call to action against not only genetic modification of the food supply, but against the contamination of our food supply worldwide. The people are beginning to demand that genetically modified ingredients are phased out of the food supply. Meanwhile, mega

corporations have been putting genetically modified ingredients in a large number of products that are not properly labeled as genetically modified.

India has recently begun to recognize the dangers of genetically modified food, calling for a multitude of scientific studies to determine whether or not the food poses a threat. The people of India had been calling for a change that the government was forced to recognize.

“Public sentiment is negative. It is my duty to adopt a cautious, precautionary, principle-based approach,” said Environment Minister Jairam Ramesh.

Even in the United States, Monsanto is currently under investigation by seven states. Since so many concerned citizens are demanding something to be done about genetically modified, the government of your nation is forced to respond. Through activism and spreading the word, genetically modified food can easily be made a sad mistake of the past.

It is extremely important to know how to identify genetically modified foods, and equally important to know how you can go about avoiding them.

Organic, Conventional, or Genetically Modified - How to Know

As the horrors surrounding conventional and processed foods heightens, more and more people are turning to an organic lifestyle. But oftentimes people don't know what is and what isn't really organic.

Labels and ingredients are much like puzzles - you can look at some pieces and know where they go, but others you simply haven't a clue. Organic labels aren't quite as difficult to figure out as conventional labels. There aren't so many foreign ingredients and a great deal of weight is lifted off your shoulders because you can be certain an organic product is 100x better than it's conventional counterpart.

There are 3 types of organic products; 100% organic, organic, and made with organic ingredients.

- 100% Organic - Made with 100% organic ingredients. These are the highest quality organic products.

- Organic - Made with at least 95% organic ingredients. A close runner-up to the highest quality.

- Made with Organic Ingredients - Made with at least 70% organic ingredients. The remaining 30% adheres to strict restrictions and won't contain GMO's or additives. These products don't quality for the USDA seal.

All organic products cannot be produced using sewage sludge or irradiation.

Not only are people looking to optimize their health by going organic, but they are also beginning to look for foods that aren't genetically modified. Unfortunately, there are no real rules or regulations concerning the labeling of GM foods, and GM foods are increasingly being produced. Until there is enough consumer awareness (and at this escalating rate, there will be soon) established and labeling for

GM foods is pushed to the maximum, we can only use the ways currently available to identify GM food.

Genetically Modified Food

There are two statements to look for on products to know that they don't contain GM ingredients:

"Non-GMO" OR "GMO-Free"

Fortunately there are farmers and companies out there who still produce GMO-free food, and they want to let consumers know by placing it on the label. But sometimes going by the label just isn't enough. You'll be happy to know there is a little-known method in determining if your food is not only genetically modified, but also conventional or organic. Here's how:

In order to really find out if the food you are buying is genetically modified, conventional, or organic, look for the PLU code (the 4 or 5 digit code found on the product). Here is what to look for when you find the code.

- Conventional - A 4-digit code starting with the number "4". Ex: Conventionally grown banana: #4011
- Organic - A 5-digit code starting with the number "9". Ex: Organically grown banana: #94011
- Genetically Modified - A 5-digit code starting with the number "8". Ex: Genetically Modified banana: #84011
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And that's how you know.

Organic Labels - Facing an Uprising Problem

With organic living becoming increasingly popular, it is no surprise that large corporations want a bite out of this growing industry. Multi-national corporations, and most large corporations often don't have the same good-nature intentions as those that small businesses have. Typically, places like WalMart, which was the largest organic retailer in the US in 2009, aren't exactly trying to better the world and the person like organic farmers, or small businesses.

Big business has taken the principles of organic farming and stomped all over them.

Here are just a few examples:

- Selling organic milk coming from confinement factory farm dairies
- Importing cheap and low quality organic foods and ingredients from China and Brazil
- Misleading consuming into believing non-organic items are organic

As long as the business of organic food keeps rising, the quality of much of the organic food will keep dropping. Once big business gets it's hands on it, there is no telling how organic it really is.

What should you do? Buy local and from small businesses. Support the cause and don't give big business the gratification they don't deserve.

It is also important to discuss the differences between organic and conventional foods.
The difference between organic and conventional food products

There are many differences between conventional food and organic food. These two different ways of eating have an impact on everything from how much money you spend, the nutrients you are getting, and the poisons you're consuming, to the increase or decrease in tax dollars, and trashing or polluting the planet. The concrete differences, though, are as follows:

- Genetic Modification - In most countries (including the U.S.), the use of genetic modification is not allowed for organic food. Conventional food is often genetically modified.

- Pesticide Exposure - Organic produce must be grown without the use of synthetic pesticides. The pesticide residue level can't be higher than 5% of the maximum EPA pesticide tolerance.

- Use of Synthetic Fertilizers - Organic crops must be grown without the use of petroleum-based fertilizers or sewage sludge-based fertilizers.

- Use of Synthetic Growth Hormones in Livestock - "Organic" livestock can't be given growth hormones. "Conventional" livestock ARE given growth hormones.

- Use of Antibiotics in Livestock - "Organic" livestock can't be given antibiotics. "Conventional" livestock ARE fed antibiotics.

- Livestock Care - "Organic" livestock must have access to the outdoors, whereas the majority of livestock suffer in factory farms. Watch the move Food Inc.

- Allowance of Food Irradiation - Organic products can't be irradiated. Non-organic products CAN.

- Use of Preservatives & Flavor Enhancers - Organic products will not contain preservatives or flavor enhancing chemicals. Non-organic products CAN contain these.

- Heavy Metals & Contaminants - Organic products can't contain traces of heavy metals or other contaminants that exceed FDA approved levels. See the National List of Allowed and Prohibited Substances under the USDA organic label here. Non-organic products may contain greater amounts of these substances.

Organic Food Does Not Allow Genetically Modified Organisms (GMO)

Genetically Modified Organisms (GMO) refers to food which has undergone DNA alterations using biotechnology. When referring to genetically modified food, you may also hear the terms GMO, GM, or genetically engineered thrown around.

This is a rather important topic in of itself, and so you will find an entire page (series) on our home page, or you can read the page here(link). For that reason, GMO and it's effects on food will only be touched on briefly on this page, but the information is still extremely important.

GMO foods suffer significant restrictions or total bans in countries around the world, including Australia, Japan, and all countries in the European Union. Why? They simply are not proven to be safe. Then why might the US still not only allow GMO's, but also, in many cases, support them? Good question. In short, the approval of GMO's was based primarily on studies conducted by companies which have created the GMO's, and therefore reap massive profits.
So what effects might GMO's have on our bodies, the way we grow food, and the environment? Genetically modified foods may cause or contribute to the following problems:

- Lung damage
- Various cancers
- Seedless crops, causing farmers to buy new seeds instead of using the seeds from their other crops
- Damaged organs
- Suppressed immune system
- Inhibited milk production from cows
- An increased mortality rate
- Uncontrollable cross-pollination of GM seeds from wind, birds, and insects. This "contaminates" crops and fields which many farmers simply do not want.

I know its been said a couple times now that organic food does not allow for GMO's, but that's only 99.1% true, and here's why. In the United States, although the National Organic Program prohibits GMO's in organics, there are no methods to prohibit GMO contamination. I used 99.1% because there will be at least a little bit of contamination. But 99.1% was really used because the EU Agricultural Ministers deemed even organic food the allowance of 0.9% GMO presence.

Organic Food Prohibits the Use of Pesticides

Pesticides accumulate in fat deposits in the body and cause damage over time. It is important to know that pesticides can be passed on. Mother's who ingest pesticides through "contaminated" fruits and vegetables pass it on to their unborn child. Similarly, a child consuming breast milk will also consume an indefinite amount of pesticides based on the mother.

The effects can be detrimental, especially when combined with all of the other chemicals ingested from consuming conventional food.

Farmers growing organic crops are not allowed to use any pesticides. There still may be, however, a small amount of pesticide residue found on organic crops due to outside sources. You'll be happy to

know that this pesticide residue level can not exceed levels greater than 5%. But this still calls for an end to pesticide use, and here's why. The cost of pesticide use is as follows:

- Carcinogenicity
- Immune system suppression
- Miscarriages
- Parkinson's disease
- Male infertility & inhibited reproductive function
- Disruption of the endocrine system
- Neurotoxicity
- Adversely affected nervous system
- Massive pollution & environmental decay

All of these things occur with pesticide use at the cost of what? Ironically, studies show that only 0.1% of any applied pesticide ever reaches the target pest. Yes, 99.9% of many pesticides actually turn into an unintended pollutant in the environment.

The Environmental Working Group has their own 2011 Shopper's Guide to Pesticides in Produce, that we recommend you check out. According to there analysis, here are the top 10 produce which contain the least amount of pesticides:

- Onions
- Sweet Corn
- Pineapples
- Avocado
- Asparagus
- Sweet pears - frozen
- Mangoes
- Eggplant
- Cantaloupe - domestic
- Kiwi

The Environmental Working Group also says that consumers can reduce their pesticide exposure by 80% simply by avoiding the most contaminated fruits and vegetables and eating the cleanest. If people ate 5 servings of fruits and veggies that were especially contaminated, an average of 10 pesticides could be consumed daily.

Organic Food is Never Subject to Synthetic Fertilizers

With the use of synthetic fertilizer come all of the negative effects listed in the above section. The big difference between synthetic fertilizer use and natural fertilizer use are primarily two things:

Quality of Food & Environmental Destruction

Feeding soil with organic matter instead of other synthetic fertilizers results in an increase in nutrients in produce. Mineral and vitamin levels are much higher when the soil is organically taken care of. It isn't too difficult of a grasp to see that food grown in healthier soil will result in healthier, more

nutritious food, higher quality food. This has been proven time and time again, even earlier in this page series.

Organic food is more nutritious than conventional food.

Synthetic fertilizers also contribute majorly to environmental destruction. These petroleum and sewage-sludge based fertilizers often lead to toxic runoff into groundwater and dead zones in the oceans. The nitrate and phosphorous fertilizer runoff flow into river and than ultimately in the ocean. When river water rides up over the heavier salt water, algae blooms develop on the fertilizer rich water. When the algae die, bacteria uses up all the oxygen in order to decompose them, creating an oxygen dead zone. Read more about fertilizer pollution and dead zones.

According to David Pimental of Cornell University, mono-cropping and chemical fertilizer dependency costs the US $40 billion/year due to loss of top soil.

Organic Livestock Are Not Given Growth Hormones or Antibiotics

Conventional livestock are injected with growth hormones and are fed antibiotics. Combining these factors with the insane living conditions animals suffer on factory farms makes meat in America the worst meat you could ever consume.

Overuse of antibiotics leaves us with:

- Antibiotic resistant meat
- Antibiotics in rivers and drinking water
- Antibiotic resistant pork farmers and consumers

Medications are even used on animals to prevent sickness, and it is readily absorbed. When we eat meat containing antibiotics, growth hormones, and medication, we are essentially eating those things which are in the meat. In addition, the milk produced by cows also contain these, and then we consume the same things when we drink the milk. But it doesn't end there. The growth hormones wash of ranch land and into rivers and streams, causing adverse effects on the reproductive systems of fish.

Growth hormones given to the animals cause all types of problems for humans as well. The use of these hormones has been shown to disrupt hormone balance, causing:

- Developmental problems
- Interference with the reproductive system
- Breast, prostate, and colon cancer
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Due to major health concerns for animals and humans, the European Union banned the use of growth hormones in beef cattle. Japan, Canada, and Australia have all banned the use of rBGH. But the hormones are still given in the United States... The EU won't even accept meat from us.

So why? Why, despite all of this, does the US insist on continuing with these methods of "care"? The answer is only 1 word, which everyone probably knows.

Profits.

It is painfully obvious that factory farms don't care about animals, and are focused on profits more than anything.

- The faster an animal gets fat, the closer it is to slaughter. More animals slaughtered at faster rates = more profits. Tool to hasten this process and attain massive profits = growth hormones.

- The more milk an animal produces, the faster it can be sold for profits. Tool to hasten this process and attain massive profits = bovine growth hormones (rBGH)

- Animals are fed huge amounts of antibiotics that they do not need. If one animal gets sick, the entire herd gets medicated. The outcome is antibiotic resistant strains of bacteria and heavily medicated animals which we consume. The practice of medicating animals has been banned in the EU and Canada, because it is unknown what other effects the medications have, and why.

- One glass of pasteurized milk can contain a combination of 20 painkillers, antibiotics, and growth hormones

It isn't healthy for the animals, humans, the environment, the economy, or the world as a whole. More on the affects on the environment and the economy later.

If you enjoyed this special report, please visit http://www.NaturalSociety.com to learn more and gain instant access to more information.

Sources include:

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