

Top 10 Genetically Modified Organisms (GMO):

1. Corn
2. Soy
3. Cotton
4. Papaya
5. Rice
6. Tomatoes
7. Canola Oil (Rape Seeds)
8. Dairy Products
9. Potatoes
10. Peas

Effects of GMOs:

- Increase in allergies, asthma, and inflammation (the cause of most chronic disease)
- Reduce fertility
- Harm Liver and Kidney function
- Reduce metabolism
- Some believe they are the cause of the huge increase in people with Celiac disease
- Intestinal damage
- Cancer

The list goes on and on. Your body was made to eat the food created by nature, not created in a lab.

GMOs are design to produce toxins to kill bugs (pesticides). Having pesticides in your system is not a good thing. If the toxins kill bugs, do you want to take the chance that they won't harm you as they accumulate in your body? If they thought GMOs were good for you, why would they try to stop labeling and hide it from you? Buy organic (or grow your own organic)!!