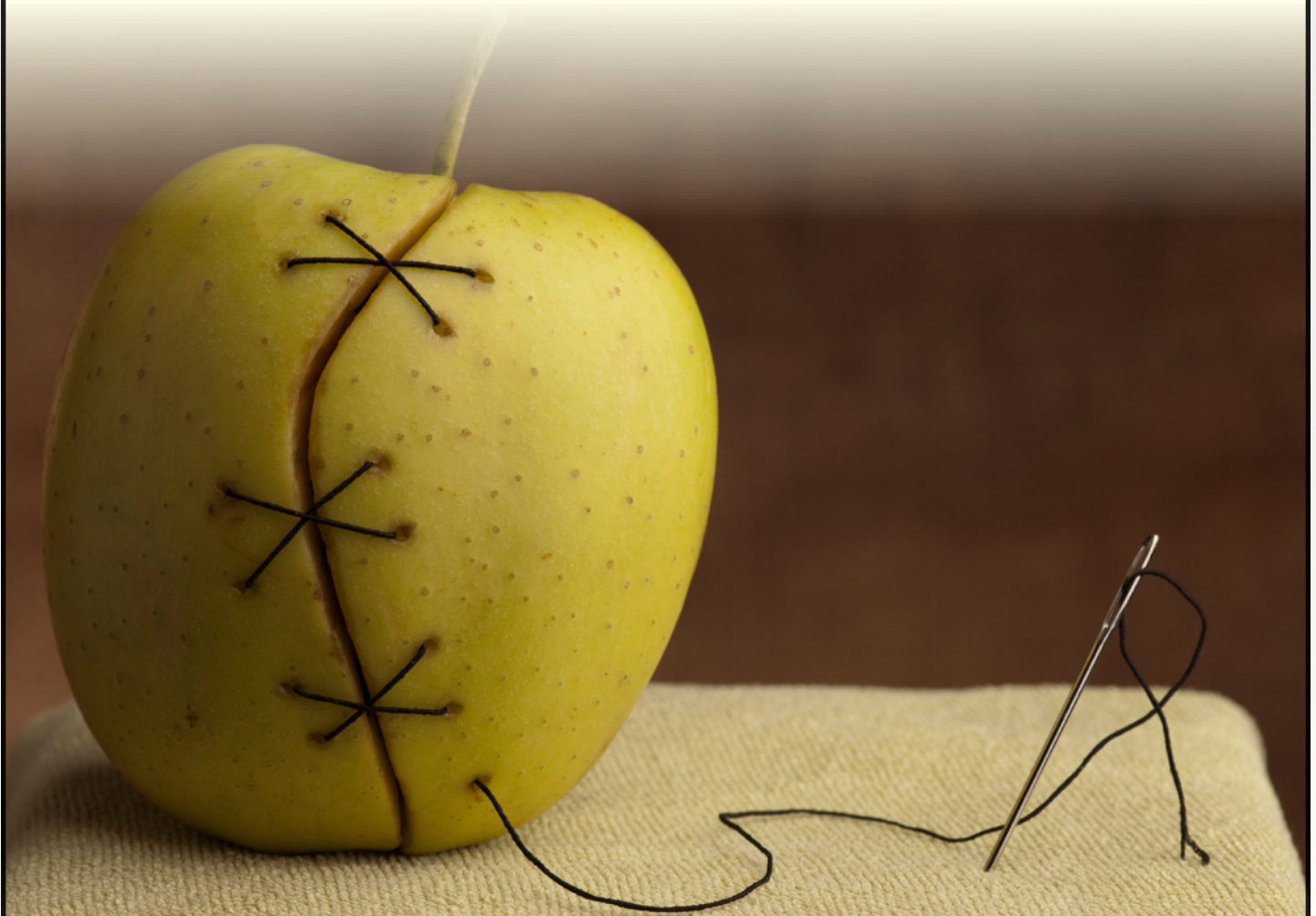


How the Feds Set
Frankenstein
Free on the Farm

Terrorizing Farmers, Making Us Sick

By Dr. Al Sears, M.D.



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Over the past decade, giant agribusiness companies – aided by a labyrinth of government regulations that stifle the efforts of organic farmers, horrified investigators and watchdog organizations – have slowly and quietly spread their scientifically altered seeds to so many farms nearly half of all foods on your supermarket shelves now contain some ingredient that has had its DNA modified by science.

The government has welcomed in, is in coalition with, and is even directed by Big-Agribusiness. These mega-processors make up a group of huge but barely-known agricultural and food-processing giants who want to control the food supply for the entire world.

Behind closed doors, in the highest places of power and in secret lobbying meetings designed to keep you in the dark about what is really going on, Big-Agra tightens its grip over what you eat.

Agribusiness and the companies that control it are the new “evil empire.” They are the worst force in the modern free world.

The things these people do rival the unconscionable behavior of the tobacco companies. They tried to disguise the fact that their product caused cancer. They had research on it, and they suppressed the research so they could continue to sell a product they knew was killing people.

Agribusiness is doing the same thing on a huge scale. The giants of agribusiness are experimenting with your life. You never agreed to take part in it. But it's triggering infertility, tumors, kidney and liver disease, and more.

Behind closed doors, white-coated mad scientists employed by Big-Agra tinker happily and dangerously with the DNA of everything from corn to baby food. They are modifying the nature of things and inserting a pesticide in every cell of a potato. They have even worked on creating pharmaceutical rice so you get a diarrhea drug in every bite.

These franken-food experiments are better known as genetically modified organisms, or GMOs.

These giant agribusiness companies include Archer-Daniels-Midland, Cargill, Monsanto, Adenco, China National Cereals, Oils and Foodstuffs Import & Export Corporation, AWB Ltd, Noble Group, Syngenta, ConAgra, Bunge, Itochu, and Louis Dreyfus.

Together, they own or control much of the world's food sources, yet you may not have heard of any of them. That's because Big-Agra companies don't want you to know who they are, or what they're doing.

You've probably heard of Monsanto. It's the biggest seed maker in the world, with influence at the highest levels of government and business. But they don't want anyone talking about them. Monsanto's influence is so big book publishers routinely reject manuscripts that mention the name Monsanto.

In complete secrecy this agri-giant engineers patented seeds that make up 95 percent of all soybeans and 80 percent of all corn grown in the United States.

And that number one cash crop – soy – is creeping into thousands of products you eat every day, whether you know it or not. Because they don't have to tell you they're experimenting on you with genetically engineered foods.

The European Union, Japan, China, Korea, Australia, and New Zealand require GMO foods to be labeled. But not the United States. Giant agricultural conglomerates like Monsanto are helping to put these untested mutations on your dinner table, and because of their political lobbying and secretive policies, your government has allowed them to hide the presence of GMOs in your food.

The facts – the few we're allowed to know – are scary.

Did you know their “mutant soy” is clinically documented to cause depression, fatigue, infections, brain fog, nausea... *even cancer*?

And soy is just the start of their plans. Big-Agri is trying to control almost every food source in the world. That includes cows, chicken and even pigs.

The solution is easy: Allow freedom for traditional methods of growing food and let you choose what you want to purchase.

But we don't have that freedom.

I'll Fight for You

Hi, I'm Dr. Al Sears, and I'm here to help you regain that freedom.

In this report, I'll show you how and why this horror show is unfolding and what you can do to avoid the crippling side effects and take back your health from the giant corporations that are experimenting on you.

I'll tell you all about Monsanto, the company that controls nearly every food seed on earth, and I'll show you:

- The strong-armed tactics Monsanto uses to force farmers to either use their seeds, or go out of business.
- How Monsanto tried to take advantage of starving Haitians after their devastating earthquake.
- How Monsanto destroyed local businesses in Iraq with the stroke of a pen.
- What they're doing to make sure you never have stevia, a calorie-free sugar substitute, in its natural form in any food or drink. Ever.
- How Monsanto poisoned an entire town in Alabama for years, and hid the fact they were doing it.
- How they're trying to make sure you never drink milk, eat a chicken, or enjoy a Christmas ham that they don't own.
- The tactics Monsanto uses to frighten, threaten, and bring million-dollar lawsuits against hard-working American farmers all through rural America and the Farm Belt.

I also uncover the compelling studies showing soy is no “miracle food,” and give you eight simple steps to

avoid the hidden soy in your diet and how to get these Franken-foods off your dinner table.

Who Are These Guys?

Monsanto is among five Big-Agra giants that dominate the world seed market. Four companies control the vast majority of fertilizer sales. Soybean crushing? Four. Flour milling? Only three.

Foodstuff	Top corporations	Corporate control
Maize merchants (U.S.)	Cargill, ADM	Top 3 control over 80% of U.S. maize exports
Maize seeds (U.S.)	Monsanto, DuPont, Syngenta	Monsanto controls 41% of global market
Sugar trade (Brazil)	Cargill, Louis Dreyfus, Cosan/Tereos/Sucden	Cargill is the largest shipper of raw sugar from Brazil
Soya trade (Global)	Bunge, ADM, Cargill, Dreyfus	3 companies control 80% of European crushing; 5 companies control 60% of Brazilian production
Soya seeds (Global)	Monsanto, DuPont	Monsanto controls 25% of global market

Sources: ETC Group, WWF, UK Food Group, Cargill.

And those estimates are hard to get. Many of these companies don't comment on their businesses. Cargill, for example, is privately held and doesn't have to say a thing to anyone about anything it does. ADM and Bunge almost never respond to interview requests from the media.

Meanwhile, these companies you've never heard of are on a worldwide campaign to crush competition. And now we have an oligarchy of just a few companies that decide what the world is going to eat. And they do it in secret.

The funny thing is, they think they're doing the right thing. In business, your number one goal is to increase market share and profits. You want your profit margins to keep going up quarter by quarter to keep your investors happy.

They think they're doing their job well because they protect their profit margin through patent protection. But what they're doing is the worst kind of evil. And the rest of the world is looking at the United States as the enemy.

Let me explain.

For decades, the United States Patent and Trademark Office had refused to give out patents on seeds. It felt that because they are life forms, there are too many variables for anyone to claim to be able to patent them.

For example, Herbert Boyer never got a patent for his engineered E. coli bacteria that would produce human insulin as a treatment for diabetes.

But in 1981, the Supreme Court ruled that any novel process or technology created by man could be patented. That included man-made species of living bacteria. The Patent Office granted Ananda Chakrabarty a patent for a genetically modified *Pseudomonas* bacterium that would eat up oil spills.

That set the precedent for the ability to get a patent for an animal or organism that had been genetically modified.

And this is where Monsanto comes in. That same year, Monsanto took advantage of the ruling and created their Life Sciences Research Center, where they came up with the first genetically modified plant cell.

Keep in mind, there were no genetically modified crops in the United States before 1980. Zero. Nada.

Today, Monsanto has almost 700 biotech patents, more than anyone else. And they enforce them like the Gestapo.

They have armies of private investigators who run around the Farm Belt threatening anyone who they think has used Monsanto's seeds without permission.

I've read stories of these guys screaming at country store owners and farmers, and going after farmers' co-ops with multi-million dollar lawsuits trying to put all those good, hard-working people in the rural farming states out of business. Or force them to buy Monsanto seeds.

Monsanto's investigators secretly videotape, go to town meetings to take notes and inform on what people are saying, and take photos when no one's looking.¹

Monsanto Is Not Too Sweet

Originally, Monsanto was started because the founder wanted a way to sell the new artificial sweetener saccharin in 1901. Monsanto later became the world's biggest aspirin maker. But you probably know Monsanto's two most recognizable products: The weed killer Roundup, and the artificial sweetener aspartame they call NutraSweet, which they sold in 1999.

Roundup, by the way, is a direct descendant of Agent Orange, which Monsanto also invented. Roundup is a glyphosate, which is an endocrine disruptor (messes up your hormones), is implicated in neurological problems, and is known to be toxic to marine mammals.

And studies show that, just like Monsanto's first sweetener saccharin caused cancer, aspartame has its own problems. Monkeys and rats given aspartame were having seizures and dying. It was eating holes in their brains. It's even been linked to Multiple Sclerosis and Lupus.

A study released by the Cancer Research Center in Italy found that, once inside your body, aspartame breaks down into very dangerous components. These by-products cause not only seizures, but cancer and even sudden death.²

I've steered my patients away from aspartame for years, and told them to use the very sweet zero-calorie herb "stevia" instead.

Most of my patients had never heard of the herb stevia. Yet it's far from new. The Pre-Columbian Indian culture, the Guarani, originally called stevia Kaa-he-he, meaning "sweet herb." Hundreds of years later, Paraguay, Brazil, Korea, and Japan used the sweet leaf and its extracts for sweetening herbal teas and flavoring their foods.

Unfortunately, because of Monsanto, stevia is not allowed in the United States as a food additive.

At the time stevia was being studied in the early 90s, someone made an anonymous complaint to the FDA that stevia was unsafe. The FDA banned it as an additive. You're only allowed to buy it as a supplement.

And do you know what the local FDA office told the man who first tried to import stevia and sell it?

"...none of us here wants to do it. But the Washington office has demanded that we stop you from importing your stevia concentrate. . . We're not telling you there's anything wrong with it [or] that anybody has had a problem. There's no complaint other than the NutraSweet Company; they are the ones who complained that you are selling a natural sweetener that hadn't had to go through all the testing and so forth."³

Many people think the complaint was made for Monsanto by Michael Taylor. He first worked in the FDA, then worked as a lawyer trying to get a Monsanto growth hormone approved, and was appointed FDA deputy commissioner in 1991 – the same year the complaint was filed. He then worked as a vice president for Monsanto.

President Obama re-appointed Taylor to the FDA in 2009. Since then, the FDA has given the OK for Cargill and Coke's artificial sweetener TruVia. The FDA had also given the go-ahead for PureVia, made by Pepsi and Monsanto.

Both sweeteners are derived from... you guessed it: stevia. Except that they're patented versions of only one of the two sweet compounds of stevia, Rebaudioside A. You still can't sell a food or beverage that has steviosides (the other sweet compound). You can only get it, and stevia leaves, as a supplement.

Why? Because there's a small company that owns the patent for manufacturing stevia in the U.S. It's the NutraSweet company, makers of aspartame, and owned by none other than Monsanto.⁴

Do you know what Monsanto did in Anniston, Alabama?

They have a chemical factory there that contaminated the entire area with toxic chemicals called PCBs. These are cancer-causing industrial pollutants made from chlorine that are used to insulate materials used in electronic devices.

For decades the Monsanto plant was releasing them into the environment, and hiding it from the citizens. Their own internal documents showed that they manipulated scientific studies by urging scientists to change their conclusions to downplay the risks of PCB exposure.

After years of being poisoned by Monsanto, 3,000 citizens of Anniston sued Monsanto for ruining their air, lakes, rivers and soil.

A jury found Monsanto guilty and liable on all six counts – negligence, wantonness, suppression of the truth, nuisance, trespass and outrage.

Under Alabama law in order to be convicted of outrage, what you've done has to be heinous, and against nature itself. The state defines what Monsanto did as "so outrageous in character and extreme in degree as to go beyond all possible bounds of decency so as to be regarded as atrocious and utterly intolerable in civilized society."

Alabama fined Monsanto \$700 million on behalf of the Anniston residents, whose blood levels of Monsanto's toxic PCBs were hundreds or thousands of times the average.

One Monsanto memo explains their justification for years of lying: “We can’t afford to lose one dollar of business.”

And do you remember what Monsanto did to the Haitians?

After the earthquake and the starvation, the economy was in ruins, and you have all the newly homeless people there with no place to go or to go to work. So Monsanto makes this big, public relations campaign about their supplying corn and vegetable seeds to the displaced people there...

But Monsanto makes farmers sign contracts that say they wouldn’t buy seeds from anybody else. They then find themselves forced to buy Monsanto seeds each year. But Haitians can’t ever afford to buy those seeds.

So essentially they were saying, “Here, we’re giving you seeds to plant, you can eat once, and then after that you’re going to starve because you’re never going to be able to afford our seeds. And we’ve just made you sign a contract that you won’t buy seeds from anybody else.”

Monsanto tried to claim the seeds were not genetically modified. They had a big PR campaign that the seeds were “a fabulous Easter gift.” But do you know what was in those seeds? The hybrid corn seeds were treated with the fungicide Maxim XO, and the calypso tomato seeds were treated with the pesticide thiram.

Thiram is so toxic and dangerous the EPA won’t even allow it to be sold as a home pesticide, and won’t allow anyone to work with it commercially who doesn’t wear protective clothing!

That’s humanitarian aid? No it’s not. It’s a crime. An atrocity.

One group of Haitians decided to burn Monsanto’s “gift.” They wrote a letter and called what Monsanto tried to do “a new earthquake” and an attack on what was left of Haiti’s environment.

And you know, whenever you use a genetically engineered product from one of those companies you have to sign a nondisclosure. It says that if you find any ill effects from that food you won’t tell anybody. That you don’t have the right to tell anybody.

Monsanto makes the farmers sign these contracts that run up to 200 pages. They commit you to only buy seeds from them, to not release any negative information that you have about it, and all kinds of other restrictive clauses on what you can do.

The contracts also have provisions that no one is allowed to further modify seeds that Monsanto has already modified. Another says that if a company that uses Monsanto’s seeds is sold, the new owners have to destroy every single seed immediately.

Instead of destroying all their seeds, small companies give up and sell out to Monsanto itself, giving them even more control. Monsanto has scooped up almost 25 companies this way, just in the United States Farm Belt, and just in the past few years!⁵

Monsanto Goes Cow Tipping

After seeds, Monsanto’s next target was farmers who produce milk.

You see, Monsanto developed and sells recombinant bovine growth hormone (rBGH or rBST). This genetically engineered hormone *forces* cows to artificially increase milk production by 10 to 15 percent.

In cows, rBGH is known to cause lameness, disorders of the uterus, increased body temperature, digestive problems and reproductive difficulties.⁶

And no one knows what this stuff is doing to the people drinking the milk. Could it be that some of the women's reproductive problems we've seen over the past 20 years are caused in part by rBGH in the milk women are told to drink for its calcium? Who knows!

Monsanto doesn't have to tell you. In fact, the only reason this stuff was even approved was because the FDA was shown *Monsanto's own study on its safety*. They saw exactly one study, administered by Monsanto, in which rBGH was tested for only 90 days on only 30 rats. The study was never published, and the FDA stated the results showed no significant problems.

But in Canada, where Monsanto originally tried to strong arm the Canadian government into approving rBGH, scientists did their own rBGH study. They found that 20 percent to 30 percent of the rats that ingested high doses of the hormone developed antibodies to it, a sign that it was active in the bloodstream.

And some of the male rats developed cysts on their thyroids and abnormalities in their prostates.⁷

It can also cause mastitis, an infection brought on by inflammation that can cause pus and blood to be secreted into the milk.

The problem begins with cows no longer being fed their natural diet of grass. They're fed grains and corn instead. This causes an inflammatory reaction in the cow.

What's worse is that they don't get enough selenium, which comes from eating grasses. What that does is affect the cow's udder in that it doesn't have enough protective keratin. This makes them more susceptible to inflammation.

The hormone adds to the inflammation, causing mastitis.

Health Canada determined the use of rBGH increases the risk of mastitis by 25 percent. This is one of the reasons they have to dump antibiotics into cows these days... to stop the sickness brought on by hormones.

Milk produced from cows injected with rBGH also has high levels of insulin growth factor-1, or IGF-1. Normally, you would break down excess amount of IGF-1 in your stomach, but casein, a protein in milk, prevents it. IGF-1 then continues on into your blood.

Numerous studies, from prestigious journals like *The Lancet* and *Science* have shown elevated IGF-1 is linked to prostate and breast cancer.⁸

And no one has to label the milk, or tell you where it came from, thanks to the FDA's approval.

Some producers who don't use Monsanto's hormone are starting to label their milk "rBGH-free." But aside from them, you'd never know whether you were drinking milk made from cows injected with the hormone or not. No one has to tell you.

Why wouldn't any of this be public knowledge?

It almost was... until Monsanto forced Fox News to kill the investigative report done by award-winning reporter Jane Akre. Fox then prohibited any of its reporters from revealing Monsanto's own damning internal documents. And they fired Jane's husband Steve Wilson who helped her with the report.

Akre and Wilson would have revealed the risks of rBGH, including links to breast cancer, as well as other negative health risks to humans and animals.

Akre sued, and won \$425,000 from Fox.

After fighting for years to win approval in Canada, and after a 14-year battle with organic milk farmers over rBGH labeling, Monsanto gave up. It sold its rBGH business to drug maker Eli Lilly... for \$300 million.

Grain, Then Cows, Now Chicken...

Monsanto's newest target is chickens.

Did you know that most chicken farmers don't own their chickens? Big-Agra does. They don't choose what to feed them and they don't choose the medicines they might receive.

About the only things they do own are the coop and the poop.

When chicken farmers buy fertilized eggs, they also have to buy food from them, but they won't tell you what's in the feed. So they're feeding chickens and selling them to their customers without knowing what they're feeding the chickens, and they don't have any right to know.

And that's how they got away – with these chickens that instead of a year for maturity they mature in eight and a half weeks – with saying that they're doing it without hormones. All the chicken farmers swear on a stack of Bibles, “No, we don't add any hormones” because they're ignorant of it. But there have to be hormones in there for them to grow that damn fast!

Plus, you can tell from the nature of the chicken. You go and buy a chicken from an old-fashioned local farmer and you remember what chicken used to taste like. And then you go and buy these things at the grocery store and they're these mushy, big-breasted steroid balls... the consistency is wrong. The meat isn't stringy any more. You bite into it and the fibers of the muscle are gone. It's a big white puffy mess like you're biting into a doughnut.

When you eat a real chicken you remember how the meat was darker, and stringy. There are striations to the meat that you feel when you pull the meat off the bone. It strips off in one direction and you can't just bite it and bite through it. And if you went to cut it, you would only be able to cut along the striation and not across the meat. Now you slice through it like you're slicing a piece of cake. Your Thanksgiving turkey is like a big loaf of bread.

And think about it... that's what bodybuilders on steroids are like. That's why they become injured. They're big steroid puff balls. That's what you're eating.

Do you know what Monsanto did to the Iraqis? Have you heard of Paul Bremer's “Order 81”?

Order 81 was implemented after the United States took over Iraq. One of the first things Big-Agra did was get their buddies in government to mandate that Iraq's commercial-scale farmers were required to purchase “registered” seeds.

According to Order 81, paragraph 66 - [B], Iraqis were prohibited from saving seeds and may only plant seeds for their food from licensed, authorized U.S. distributors. The paragraph states, “Farmers shall be prohibited from re-using seeds of protected varieties or any variety mentioned in items 1 and 2 of paragraph [C] of Article 14 of this chapter.”

Written in massively intricate legalese, paragraph [B] of Article 4 states any variety that is different from any

other known variety may be registered as a protected seed.

Which sounds good... except that what it means in reality was that natural seeds developed through thousands of years of Iraqi agriculture could no longer be saved and planted again. They had to be destroyed, and Iraqis would have to buy new “protected” seeds every year.

The same thing that happened in Haiti.

So each year, the Iraqis must destroy any seed they have, and repurchase seeds from an authorized supplier, or face fines, penalties and/or jail time.

And guess who those seeds were available from? Only giants like Monsanto, and the privately owned Cargill and the World Wide Wheat Company.

Another Big-Agra company, Tyson, dumped chicken legs on the Iraqi market and drove down the price so far that local chicken producers were ruined.

Between what Monsanto did in Haiti, in Iraq, and in South America with stevia, it's no wonder people around the world are looking at the United States as the enemy. When I traveled to Peru I often heard things like “It's those damn gringos doing it to us again.”

Monsanto's Pig-Headedness

Monsanto's plan to patent the pig is no hogwash.

Monsanto has sought patents not only on methods of breeding, but on actual breeding herds of pigs as well as their offspring.

The patents are for simple procedures, but are so wide ranging that it would give Monsanto the right to stop anyone from breeding pigs that have characteristics described in their patents. Or force farmers to pay huge dollars in royalties.

One thing Monsanto wants to do is to screen for gene sequence in various pig populations to find out which animals are likely to produce more pork per pound of feed.

Then they'll give them genetically engineered feed grown from genetically engineered seed raised in fields sprayed with Roundup – all made by Monsanto.

Then they want the patent on all pigs and herds derived from this method. The pigs, the offspring and any information available from the genetic breeding will be wholly owned by Monsanto.

The reality of Monsanto's plan is that they want to drive crops and animals farther and farther away from what nature intended, so they can patent them and own it all.

That is the same as poisoning and destroying the planet, and causing famine and sickness... disguised, as their website says, as trying to “help” farmers by “using fewer resources to grow more food.”

They Know What GMO Foods Can Do to You

Their “food” is nothing like what nature intended you to eat. And it's not like they don't have research on the harm GMO foods can cause. Big-Agra does lots of research on genetically engineered crops, but they don't release it.

For example, they find that when you put crossed genes in food and feed it to mice, it causes inflammatory reactions, and some of the mice *die*.

But they don't release the studies – and they release the food anyway.

You know, you can't even find the research on genetically engineered food because it's proprietary. The companies can withhold information about it. So they do their own research, and they just release what they want, and what they don't want the people eating that stuff to know, the people have no right to get. You can't have access to it.

It's legal for them to suppress it because of the patent right over the food. Because it's something that they created, they get to decide if they're going to release the study or if they're going to bury it.

GMOs have a shaky track record and have never been proven safe. And the test results that reveal the real dangers never see the light of day. When you eat them, you're taking part in a global Franken-foods experiment.

Big-Agra Connections in the White House

Monsanto and other Big-Agra fat cats are at the highest levels of power.

Linda Fisher spent five years as Monsanto's top Washington lobbyist. She also managed Monsanto's political money. In 2001, George W. Bush chose her to be deputy administrator of the EPA, the agency's second-highest post. The EPA has regulatory authority over plants genetically altered to contain pesticides. Monsanto is the leading producer of those altered plants.⁹

And look at Obama's choices to head the United States Department of Agriculture and the FDA: Tom Vilsack and Michael Taylor. Mr. Vilsack is a long-time supporter of GMOs. And Michael Taylor, the "food safety czar," is the proverbial fox guarding the henhouse.

Taylor has a long history of lobbying for, and being employed by, Big-Agra companies with a vested interest in GMOs. Not only was Taylor a vice president at Monsanto, he was one of the FDA officials who signed off on a policy stating that GMOs don't need safety testing.

Some other Big-Agra bigwigs in government include:

- Roger Beachy, former director of the Monsanto-funded Danforth Plant Science Center, is now the director of the USDA National Institute of Food and Agriculture.
- Islam Siddiqui, vice president of the Monsanto and Dupont-funded pesticide-promoting lobbying group, CropLife, is now the agriculture negotiator for the U.S. Trade Representative.
- Rajiv Shah, former agricultural-development director for the pro-biotech Gates Foundation (a frequent Monsanto partner), served as Obama's USDA Under Secretary for Research Education and Economics and Chief Scientist and is now head of USAID.
- Ramona Romero was a corporate counsel to DuPont, was nominated by President Obama and now serves as general counsel for the USDA.

Monsanto's Long Arm of Corruption Reaches Around the Globe

Back in 2000, Monsanto wanted to plant more than 49,000 acres of genetically modified cotton in Indonesia.

But hours before the agreement with Indonesia's government was to be signed, it was shot down by the Ministers of Economy and Environment. There had been no environmental assessment, as required by Indonesian law.

But just five months later, the Minister of Agriculture signed the agreement with Monsanto, *without the required environmental assessment*.

Why? As it turns out, a \$50,000 bribe from a Monsanto employee did the trick.

But that \$50,000 was just the tip of the iceberg. As it turned out in U.S. court, Monsanto had paid some \$700,000 in bribes to Indonesian officials, and wound up slapped with a \$1.5 million fine.¹⁰

According to a report in the *Asia Times*, 140 Indonesian officials received bribes from Monsanto over the deal, including a former Minister of Agriculture, whose wife received a house worth \$373,990.

Now, I realize that Indonesia was known at the time for official corruption. But if the genetically modified crop were really safe, wouldn't it be easier to simply prepare the required assessment?

Even more disturbing is an earlier United States government policy that cleared the way for us to become unwilling lab rats.

Government Steps in to Hide the Danger of GMOs

When giant agricultural corporations wanted to flood the market with genetically modified seeds, there was a problem. What about safety? What were the effects of eating an ear of corn laced with pesticide? What would happen if someone ate soybeans designed to survive the potent herbicide Roundup?

"Not a problem," announced the federal government.

As long as these Franken-foods are "substantially equivalent" to the real thing, the GMO products would be deemed safe – and made available for sale.

So, if a genetically modified food – or other plant – is "substantially equivalent" in composition and nutritional characteristics, *it doesn't have to be tested for safety*.

Responsible scientists were quick to point out the problems with substantial equivalence. Geneticists will tell you that the entire basis for genetic engineering is bogus in the first place.

They say there's no way the paltry number of genes that allow something to be claimed as "equivalent" make any engineered product even close to equivalent. That small number of genes could not possibly code for the over 200,000 known cellular proteins. So there's no equivalency whatsoever.

Not to mention the fact that our gene splicing techniques are primitive and it isn't even known what mutations and consequences can occur.

In 1998, Geneva's Center for Environmental Law argued against the World Trade Organization accepting "substantial equivalence" as a standard for GMO safety.

They pointed out it was inadequate to prove safety and would undermine meaningful standards in those countries, and that it ignored scientific research that showed "substantially equivalent" genetically modified foods had significant negative health impacts.¹¹

Unfortunately for all of us, commercial interests won out over science.

As the *American Academy of Environmental Medicine* points out, GMOs have been linked to:

- Infertility
- Weakened immune system
- Accelerated aging¹²
- Genetic problems with cholesterol, insulin control, cell signaling and protein formation
- Changes in the liver, kidney, spleen and gastrointestinal system^{13,14}

These Franken-foods may be “substantially equivalent,” but the research shows they’re substantially more dangerous, too.

There’s plenty of solid evidence. Take a look at some of the studies I’ve found...

85% of the Food on Store Shelves Contains GMOs

In the rush to please the Big-Agra giants, our government has sold us out. Today, as many as 85 percent of the processed foods on store shelves contain genetically modified ingredients.¹⁵

And that’s not good, if the few studies on GMOs can be believed.

In 2008, Italian researchers found that GMOs had a negative impact on the immune systems of mice.¹⁶ Turkish scientists found evidence of liver and kidney disease in rats fed genetically modified corn.¹⁷ And Danish researchers found enough differences in rats fed genetically modified rice to question its safety.¹⁸

So where are the studies? A medical researcher in Spain found that there’s an almost complete lack of proof that GMOs are safe.¹⁹ And there’s a good reason why.

No One Is Allowed to Test GMO Crops...

So where is all the research on genetically modified crops? It’s hard to come by.

And there’s a good reason for that. *The manufacturers won’t allow it.*

That’s right. Monsanto – and the handful of other big producers of genetically modified crops – *don’t allow scientific testing.*

If you want to get your hands on GMO seeds, you have to sign an “end-user agreement,” just as if you were buying software. And these end-user agreements ban testing and comparisons to other products. The only testing that happens is testing that the manufacturers approve.

As *Scientific American* points out, the only tests approved are those that the manufacturers decide are “friendly.”²⁰

So, are GMOs safe for you to eat? Sorry... That’s on a need-to-know basis. And the manufacturers have decided that you don’t need to know.

And in the case of soy, what you don’t know can hurt you.

Soy is one of the most widespread and successful GMOs in history. All soy is genetically modified and it’s in thousands of products you eat every day.

The Great Soy Hoax: “Miracle Food” Exposed as Toxic Burden

For years now, you’ve been hearing about the miraculous benefits of soy-based products as a “healthy” meat substitute.

In 1999, the FDA endorsed soy protein as a way to lower saturated fats and cholesterol in the American diet, leading to an explosion in the food industry’s use of soy-based products.

But let me ask you a question: Would you willingly eat something that causes nausea, gas pains and indigestion? That leads to hormonal imbalance, thyroid problems, gout and even cancer? That contains “bad” fats and other unhealthy substances? That has no positive effect whatsoever on heart health?

Of course, you wouldn’t.

But beneath all the soy-health hoopla, I’ve found studies strongly suggesting that many of these products pose a number of serious health risks.

REVEALED: The 5 Big Dangers of Soy

In the journal *Circulation*, the American Heart Association announced that soy has little effect on cholesterol and is unlikely to prevent heart disease.

This isn’t meant to suggest that all types of soy are unhealthy. But it proves that soy isn’t the “miracle food” the FDA and the food industry would have you believe.²¹

But that’s only the beginning of the deception.

The problem is soy-based products are everywhere in today’s American diet. You may not realize it, but soy crops up in unexpected places in your fridge and cupboard, from ice cream and yogurt to pasta and cereal. Not to mention the frying oil used in fast food.

How did this happen?

Because the FDA endorsed it, the food industry jumped on the soy bandwagon in a big way. By 2004, 80 percent of all vegetable oils were derived from soy, and nearly all processed foods now contain some form of it.

Here are five reasons why that’s very bad news for your health.

- 1. Indigestion and Blockage of Key Nutrients:** The problems start with the soybean itself. In raw form, it’s poisonous to the human body. In fact, eating raw soy can cause stomach aches, nausea, cramping and gas. Other soy ingredients prevent the body from absorbing essential minerals. Ironically, soy also makes it more difficult for the body to digest protein, the very thing soy was supposed to provide as an alternative to meat protein.
- 2. Boost of Feminizing Estrogen:** Even more serious, soybeans contain substances called “isoflavones” that mimic estrogen, the female hormone. Eating enough soy can disrupt a woman’s menstrual cycle. One researcher calculated that, based on body weight, feeding your baby exclusively on soy formula is like giving it five birth control pills a day!²²
- 3. Gout and Thyroid Disruption:** As if that weren’t enough, there’s a chemical in soy that can cause gout

and thyroid enlargement. Eating as little as 45 grams of soy products a day (about three-quarters of a cup of tofu, for instance) can cause thyroid malfunction within three months in healthy adult men and women.²³

4. **Cancer and Harmful Fats:** Soy causes cancer in animal studies.²⁴ (By the way, soy makes its way into most industrial animal feed, which means it's also making its way to your table.) It's also high in omega-6 fatty acids – up to 18 percent of the whole bean. This is the kind of fat we're supposed to reduce in our diet.
5. **Dangerous Clotting of Red Blood Cells:** Another chemical in soy makes red blood cells cluster together. Among other dangers, this prevents the body from absorbing oxygen.

There's Only One Safe Way to Eat Soy...

The Asian diet is famous for its heavy use of soy-based products like tofu and soy sauce. So why aren't the Japanese suffering from these ill effects? The answer lies in the way soy in Asian countries is traditionally processed.

For thousands of years, Asian farmers used soy as a fertilizer, not as food. They recognized that you would never want to eat raw soy.

The Chinese introduced soy into the human diet only after discovering that natural fermentation processes rendered it edible. Fermented soy-derived foods like tempeh, miso and natto do not contain significant amounts of soy's toxins.

Tofu, also a staple in traditional Asian cuisine, is not a fermented soy product. The process of making tofu removes most of the harmful toxins in a different way.

Like some cheeses, tofu is made from the pressed “curds” of the bean, while the “whey,” or liquid left over after the pressing, is thrown out – and most of the toxins along with it.

Compare this with the modern industrial processing soy undergoes in the West to produce soy oil, flour and other soy by-products contained in most processed foods:

- Washing in alkaline
- Boiling in petroleum-based solvents
- Bleaching
- Deodorizing
- Adding chemicals
- Heat-blasting
- Crushing into flakes

Does that sound appetizing to you?

What's more, soy in this country is genetically modified. The jury is out on how this may affect human health. What we do know is that some industrial processing techniques leave trace amounts of aluminum in soy products. Dietary aluminum leads to dementia and Alzheimer's, according to some studies.

8 Simple Steps to Help You Avoid Harmful Soy By-products and “Franken-Food” GMOs

Avoid processed foods whenever possible. This should go without saying, but I always recommend eating whole foods, grass-fed beef and other minimally processed food products across the board. These energize your body and result in vigor, strength and long-term health.

Check the label. Soy by-products are everywhere, and they go by many (FDA-approved) names. Here are the ones to look out for and avoid:

- Lecithin
- Vegetable protein
- Soy protein isolate
- Soy flour
- Protein concentrate
- Textured vegetable protein
- Vegetable oil
- Plant sterols

I’m not saying small amounts of this stuff will kill you, but it’s best to be aware of how much you’re consuming, given the potential health hazards. If you find these ingredients on the label, try to find substitutes without them.

Limit your overall soy intake to a maximum of 25 grams per day. This isn’t as easy as calorie counting, but again, it’s worth watching how much soy and soy-based products are finding their way into your diet.

Stick to traditional soy foods. Tofu (in moderation), tempeh, miso, natto and soy sauce are all fine. Other kinds of foods that substitute soy for meat, like soy-based hot dogs, aren’t healthy alternatives.

Whenever possible, buy organic. The safest foods are U.S. certified-organic foods. If your grocer doesn’t carry organic foods, let them know you’ll shop elsewhere if they don’t begin stocking them.

For dairy products and other packaged foods, look for a “non-GMO” label. This can be tricky, because the manufacturers of genetically modified foods are lobbying hard to get “non-GMO” labels banned. But for now, they’re still legal. And, in my opinion, a good sign that these foods are safer.

When you can, “grow your own.” Non-GMO seed companies have moved much of their seed production to Europe and Asia, where contamination is less likely. American agribusiness giants have less clout in these countries, and untainted seeds are still available.

Let your members of Congress and Senators know you’re concerned about this issue and demand that genetically modified crops be banned until proven safe.

For more on soy, GMOs and how you can protect yourself, visit my website: www.AISearsMD.com. You’ll find over 600 articles and links to practical solutions you can use RIGHT NOW to prevent disease, extend your life, hit your ideal weight and boost your energy levels.

Meet Dr. Al Sears, M.D.

Uniquely Qualified to Keep You Healthier for Life



Dr. Al Sears, M.D. is a medical doctor and one of the nation's first board-certified anti-aging physicians. Dr. Sears is also a board-certified clinical nutritionist, strength coach and ACE-certified fitness trainer. He enjoys a worldwide readership and has appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

In his first book, ***The T-Factor, King of Hormones***, Dr. Sears perfected the use of natural and bio-identical testosterone boosters to help men restore the drive, ambition, muscle strength, vitality and sexual performance of their youth.

Dr. Sears followed up with ***12 Secrets to Virility***, a full-blown strategy for male performance that includes his own patient-tested protocols for successfully dealing with men's health concerns like fighting excess estrogen, protecting the prostate, eliminating fat gain and keeping a sharp mind and memory.

In 2004, Dr. Sears was one of the first to fight against the conventional belief that cholesterol causes heart disease, proving that cholesterol is not the cause, but the part of the body that heart disease acts upon. In ***The Doctor's Heart Cure***, Dr. Sears offers an easy-to-follow solution that effectively eliminates your risk of heart disease, high blood pressure and stroke.

In 2006, Dr. Sears shocked the fitness world by revealing the dangers of aerobics, "cardio" and long-distance running in his book, ***PACE: Rediscover Your Native Fitness***. (2nd edition published in 2010 as ***PACE: The 12-Minute Fitness Revolution***.)

Expanding on the fitness principles in ***The Doctor's Heart Cure***, he developed a fast, simple solution to restore muscle strength, guard against heart attack and burn excess fat. Today, PACE is practiced by thousands of people worldwide.

In 2010, Dr. Sears made history by bringing telomere biology to the general public. As the first U.S. doctor licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, his breakthrough ***Reset Your Biological Clock*** shows how anyone can preserve the energy of youth by controlling the length of your telomere, the true marker of aging.

By exposing the flaws of mainstream medicine and pioneering new solutions through innovative approaches to exercise, nutrition and aging, Dr. Sears continues to

empower the lives of his patients and readers through his books, newsletters and regular media appearances.

Dr. Sears owns and operates a successful integrative medicine and anti-aging wellness center in Royal Palm Beach, Fla., and has seen more than 25,000 patients. Dr. Sears also publishes a monthly e-newsletter – ***Health Confidential*** – and daily e-mail broadcast – ***Doctor's House Call***.

An avid lecturer, Dr. Sears regularly speaks at conferences sponsored by the American Academy of Anti-Aging Medicine (A4M), the American College for the Advancement of Medicine (ACAM) and the Age Management Medicine Group (AMMG).

As part of his ongoing research, Dr. Sears travels the world in search of herbs, novel cures and traditional remedies. Meeting with doctors and healers, Dr. Sears has brought back and revitalized much of the traditional knowledge considered endangered in today's modern world.

During an expedition to the Peruvian Andes, Dr. Sears brought back nutrient-dense oil made from the Sacha Inchi nut, containing the highest plant source of heart and brain boosting omega-3 fatty acids.

In India, Dr. Sears studied at the oldest existing school of Ayurvedic medicine, the ancient Indian healing tradition, and was tutored by Ayurvedic doctors on the use of potent Indian herbs used to treat heart disease, cancer and Alzheimer's disease.

While trekking through the Amazon Rainforest in Brazil, Dr. Sears lived among the native Ashaninka Indians, incorporating their ancient knowledge of healing herbs into his own nutritional supplement formulas.

In Jamaica, Dr. Sears met with the last living healer from the ancient and forgotten lineage known as the Maroons. Coming from West Africa 500 years ago, their knowledge was on the brink of extinction until Dr. Sears published a book showcasing their unique herbs and healing formulas.

With a life-long interest in botany, herbology, physiology and anthropology, Dr. Sears has a unique capacity to investigate the evidence behind the stories and claims of traditional medicine from native cultures around the world.

As a graduate from the University of South Florida College of Medicine, Dr. Sears scored in the 99th percentile on his MCAT and graduated with honors in Internal Medicine, Neurology, Psychiatry and Physical Medicine.

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