

# Are GMO foods making you sick and age faster?

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This might be worth trying out for a month or two to see if your health improves. Both GMO soy meal and corn syrup are in many processed foods, ice cream etc. It might help high blood pressure and skin issues shingles issues because an immune response can affect blood vessels and skin.

I think GMO items are labeled in UK and Europe. In USA there is no labeling so far, but there is a move in California to start requiring GMO labeling of foods (I imagine there is too much industry lobbying by Monsanto against labeling)

Are genetically modified (GM) foods making you sick – I mean really sick? Up until recently, all that we could say was thank goodness you're not a lab rat; GM feed messes them up big time. GMOs (genetically modified organisms) appear to trigger the immune systems of both mice and rats as if they were under attack. In addition, the gastrointestinal system is adversely affected, animals age more quickly, and vital organs are damaged. When fed GM foods, lab animals can also become infertile, have smaller or sterile offspring, increased infant mortality, and even hair growing in their mouths. Have I got your attention?

Biotechnology corporations such as Monsanto try to distort or deny the evidence, sometimes pointing to their own studies that supposedly show no reactions. But when scientists such as French toxicologist G.E. Seralini re-analyzed Monsanto's raw data, it actually showed that the rats fed GM corn suffered from clear signs of toxicity – evidence that industry scientists skillfully overlooked.

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