

Avoid genetically modified foods – “GMFs”

Question: What are “GMFs” – genetically modified foods – and are they harmful?

Answer: There is a lot of concern about genetically modified foods. And for good reason – no one really knows how safe they are!

Genetically modified foods are the result of manipulating the DNA of an organism. Some people assert that the environment has manipulated DNA for years through mutation and natural selection and by man for thousands of years through artificial selection.

However, the term “genetically modified” implies a more direct manipulation of DNA through modern-day biotechnology processes. This process of artificially transferring genes from one organism to another often involves crossing certain species that never would in nature. Many refer to the results as “Frankenfood”.

Some argue that there are benefits to genetic engineering - plants that are resistant to the effects of pesticides, faster growing fish and shellfish. But, how accurately can biotechnology firms predict what will happen when the newly introduced genes begin to interact with existing ones? There appears to be a risk of unforeseen illnesses, allergies or weaknesses that could be created. Is this paranoia? Is this an attempt to stop progress? Is this big industry controlling our lives? I personally believe it is an abomination of nature and against all the belief systems of ethics and health. It is estimated that greater than 70 percent of the world’s base foods, such as soybeans, corn, rice, etc. are already GMFs.

Unfortunately the changing effects on our own personal DNA may not be evident for one or two more generations – when it is too late. My advice is to eat natural organic and for as long as you can.

Quote of the week: “*We make a living by what we get, but we make a life by what we give.*” – Anonymous