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EVERGREEN SPA & WELLNESS CENTER
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SAY NO TO GMOs

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Listen to Sonja's
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Genetic modification is the laboratory process of artificially manipulating or inserting genes into the DNA of food crops or animals. The result is called a genetically modified organism or GMO. GMOs can be engineered with genes from bacteria, viruses, insects, animals or even humans. There are four major genetically modified crops: SOY, CORN, COTTON, and CANOLA. The majority of acreage for each of these crops is genetically engineered. Herbicide tolerant varieties of each have their DNA inserted with bacterial genes that allow the crop to survive otherwise deadly doses of herbicides. This gives farmers more flexibility in controlling weeds and gives the genetically modified seed company lots more profit. When farmers buy genetically modified seeds, they sign a contract to buy only that seed producer's brand of herbicide. Herbicide tolerant crops comprise about 80% of all genetically modified plants. The other popular trait is found in corn and cotton varieties that are engineered to produce a pesticide in every cell. Their DNA contains a gene from a soil bacterium, called Bt, which produces a natural insect-killing poison, called Bt-toxin. The only human feeding study on GMOs ever conducted showed that genes "jumped" from genetically modified soy into the DNA of human intestinal bacteria and continued to function. That means that long after you stop eating genetically modified soy, you may still have genetically modified proteins produced continuously inside you. Now—what if the pesticide-producing Bt gene found in genetically modified corn chips were also to jump? It might transform your intestinal flora into living pesticide factories—possibly for the long term. Another study showed that most offspring of mother rats fed genetically modified soy died within 3 weeks (compared to a 10% death rate in the non-GMO soy group). Similarly, when a lab switched to rat feed with genetically modified soy, most of the offspring at the facility died within 2 weeks. Studies with mice also show reproductive problems. Mice fed genetically modified soy had altered sperm cells and the DNA of their embryos acted differently. Hundreds of farm workers complain of allergic reactions when touching genetically modified cotton. Farmers on three continents say their livestock became sterile, sick or died, after eating genetically modified corn varieties. Now you wonder how such unsafe food could get past our Food and Drug Administration? It probably wouldn't have, if the decision were in the hands of the scientists. Memos made public from a lawsuit reveal that the consensus among FDA scientists in the early 1990s was that GMOs were inherently unsafe and could lead to toxins, allergens, new diseases and nutritional problems. They urged their superiors to require long-term safety studies before any genetically modified foods were allowed on the market. But the political appointee in charge of FDA policy was the former attorney of the biotech giant Monsanto and later the company's vice president. The scientist's warnings were ignored and today the FDA does not require a single safety study on genetically modified foods. The FDA also does not require any labeling just to support the financial interests of 5 biotech seed companies. Basically, we are on our own! In Europe genetically modified foods have been rejected over a decade ago on the grounds that they pose potential health and ecological nightmares. 750 articles were written and within 10 weeks virtually every major food company committed to stop using genetically modified ingredients in Europe because it had become a marketing liability. They weren't instructed to do that by the government! They were instructed to do that by the consumers at the top of the food chain. So let's join forces and take action to ban these foods and protect and take back our food supply!

ACTION STEPS TO HELP BAN GMOS FROM OUR FOOD SUPPLY

- Educate yourself and others**—visit the following websites for more information: www.responsibletechnology.org and www.geneticroulette.com
- Download a Non-GMO Shopping Guide** at: www.truefoodnow.org or www.nonGmoshoppingguide.com
- Buy organic:** organic standards do not allow the use of genetically modified inputs. Learn to distinguish between the different labels: "100% organic" means all ingredients are organic. "Organic" means that at least 95% of the ingredients are organic. The other 5% still have to be non-GMO. The label "made with organic ingredients" means that at least 70% of the ingredients are organic, but the remaining 30% still have to be non-GMO. If the term **ORGANIC is only in the list of ingredients and not found anywhere else on the package**, then there is no required overall percentage for organic ingredients in the product, and any **NON-ORGANIC ingredient may be GMO**.
- Avoid at-risk ingredients:** the 7 genetically modified crops—soy, corn, cottonseed, canola, Hawaiian papaya, and a small amount of zucchini and yellow crook neck squash, look just like their non-GMO counterparts. You can't see a difference by looking at them. Most genetically modified ingredients eaten by U.S. consumers are in the form of products made from corn and soybeans, used in processed foods. Perhaps 90% of all non-organic processed foods contain at least some small contribution from soy or corn, or perhaps some cooking oil from cottonseed or canola. Avoid high-fructose corn syrup which is found in sodas, cereals, cookies, candy, salad dressings, spaghetti sauces and thousands of other products. There are also a lot of other GMOs to look out for such as the GMO sweetener **ASPARTAME** which is created in part by genetically modified microorganisms. It is also referred to as *NutraSweet* and *Equal* and is found in over 6,000 products, including soft drinks, gum, candy, desserts and mixes, yogurt, and some pharmaceuticals such as vitamins and sugar-free cough drops. Aspartame is also a neurotoxin.
- Avoid GMOs in restaurants:** chose restaurants that cook meals from scratch and don't use packaged processed mixes and sauces that likely contain genetically modified ingredients. The problem is vegetable oil, which is probably from soy, corn, cottonseed or canola. If the restaurant uses any of these oils, ask whether they can cook your meal in other oils such as olive oil, or in butter, or without oil at all...and let them know why!

**NOVEMBER SPECIALS
IN THE WHOLE FOODS PANTRY**

Bob's Red Mill—Soup mix variety	30% OFF
Simply Organic—Organic Mulling Spice, 1.2 oz.	30% OFF
Late July—Organic, rich crackers 6 oz.	30% OFF
Angie's—Kettle corn, caramel 6 oz.	30% OFF
Food for Life—Organic Ezekiel bread, sesame (frozen) 24 oz.	30% OFF
Gourmet Artisan—Gorgonzola wedge 7 oz.	25% OFF
Ayala's Herbal Water—25 oz. variety	30% OFF
Blue Diamond Growers—Nut thins crackers, variety 4.25 oz.	25% OFF
Dennis Farm—Maple coated nuts 4 oz.	20% OFF
Dr. Kracker—Flatbread variety 7 oz.	30% OFF
Farmer's Market—Org. canned squash, pumpkin & sweet potato 15 oz.	20% OFF
Good Health—Organic Popcorn 3.5 oz.	40% OFF
Mediterranean Snacks—Lentil chips, baked 4.5 oz	25% OFF
Nutiva—Organic coconut oil, raw, x-virgin 15 oz., 29 oz.. or 54 oz.	25% OFF
Gourmet Artisan—Organic, extra-virgin olive oil (16.9 or 25.4 oz)	25% OFF
Organic India—Tulsi tea variety	25% OFF
Laundry Door—Dryer scents, lavender	25% OFF

GIVE THANKS...

*For each new morning with its
light,
For rest and shelter of the night,
For health and food, for love and
friends,
For everything Thy goodness
sends.*

~Ralph Waldo Emerson



“Those who think they have no time for healthy eating, will sooner or later have to find time for illness.”

EDWARD STANLEY

THANKSGIVING MEAL MAKEOVER

Sweet Potato Casserole

- 6 Large Sweet Potatoes
- 1 can (20 oz.) crushed pineapple
- 1 tsp. ground Cinnamon
- 1-3 Tbsp. sesame oil
- 1/2 cup pecans

- Bake sweet potatoes on a cookie sheet at 375° for about an hour or until done.
- When cool enough to handle, cut potatoes in half and scoop out flesh, discarding the skin.
- Mash sweet potatoes with masher or electric mixer on low until smooth. Add crushed pineapple plus juice, cinnamon and oil. Mix Well.
- Spoon mixture into lightly oiled casserole or 9-by-13 inch baking dish. Sprinkle with nuts.
- Cover and bake for 40 minutes.

Spiced Quinoa

- 2 Tbsp. extra-virgin olive oil
- 1 tsp. powdered ginger
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. ground turmeric
- 1 cup quinoa, rinsed and drained
- 1/4 cup finely minced Italian parsley
- 1/4 cup finely minced mint or cilantro

- Brown all spices in oil in a large saucepan. Add quinoa and stir well.
- Add 2 cups boiling water, cover, and simmer until water is absorbed, stirring occasionally.
- Turn off heat and let stand for a few minutes. Add parsley and mint or cilantro. Fluff with fork and serve.

Spiced Toasted Almonds

- 2 cups raw almonds
- 1 tsp. olive oil
- 1/2 tsp. maple syrup
- 1/4 tsp. sea salt
- 1 tsp. cinnamon
- 1/4 tsp. ground ginger

- Preheat oven to 350°
- Toss almonds with olive oil, maple syrup, salt, cinnamon, and ginger until evenly coated. Spread evenly on sheet pan.
- Bake for 7 to 10 minutes, until aromatic & slightly browned. You will know when they're done, when you can smell them.
- Variations: To 2 cups of toasted almonds add 1 Tbsp. dark chocolate chips, 1/4 cup dried cherries & 1/2 cup Pumpkin seeds.