

# Natural Health News

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EVERGREEN SPA & WELLNESS  
ELY, MN

## STEPS TO AVOID GMO FOODS

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### Retail Store Hours

Monday-Saturday

10 am-6 pm

(Closed Sundays)



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Awareness about the presence of genetically modified organisms (GMOs) in the food supply is at an all-time high throughout America. But many people are now asking the question, "If GMOs aren't labeled, how can I know whether or not the foods I buy contain them?" To help you make the best effort at avoiding GMOs while shopping at the grocery store, here are recommendations on what to look for and what to avoid: *(article quoted from Natural News)*

**Avoid purchasing foods that contain non-organic soy, corn, cottonseed or canola ingredients.** Practically every processed food found in the "middle aisle" section of the grocery store contains some form of soy, corn, cottonseed, or canola, all crops of which are typically GMO **if not certified organic**. Everything from cookies and crackers to cereals and snack food items contain them, which means you will want to avoid them like the plague. Common ingredients to specifically watch out for include some of the more obvious ones like high-fructose corn syrup, soybean oil, and canola oil. But several others you will want to be aware of include soy lecithin, an emulsifier added to all sorts of foods, including "health" foods, as well as soy protein, textured vegetable protein, mixed tocopherols (vitamin E), and food starch. Unless certified organic, all of these ingredients are likely GMO. **Unless added sugar is specifically identified as "cane", it likely comes from GM sugar beets.** At least 90% of the sugar beet crop grown in the U.S. is of GM origin, which means if any food product contains "sugar" or some other sugar derivative like glucose or sucrose, it is more than likely a GMO. Always look for "cane sugar", preferably "evaporated cane juice", in order to avoid GM sugar. Raw agave nectar, pure stevia extract, and xylitol are also safe, non-GMO sugar and sugar substitutes. **If it contains artificial sweetener, it likely contains GMOs.** The popular artificial sugar substitute *aspartame*, which goes by the trade names Equal, NutraSweet and AminoSweet, is produced using GM bacterial strains of *E. coli*, which means it, too, is a GMO. **Watch out for additives like xanthan gum, citric acid, maltodextrin, and other common GMO offenders.** Many common thickeners, sweeteners, flavor enhancers, and fortifiers are also derived from GMOs which includes ingredients like xanthan gum, baking powder, modified food starch, sorbitol, caramel color, malt syrup, etc.

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**Avoid any dairy products that are non-organic, or that do not contain a “No rBGH” label.** Unless a dairy product is specifically labeled as being certified organic, or as not containing the artificial growth hormone rBGH, which is sometimes labeled as rBST, it likely contains GMOs. It is created using GMO E. coli just like aspartame, and is used in conventional cattle unless otherwise labeled. This means that all non-organic yogurt, cheese, butter, milk, and ice cream that does not specifically bear a “No rBGH” label of some sort is likely made with GMOs. Non-organic dairy cows are also likely fed GM feed, which means your best bet is to stick only with certified organic or non-GMO dairy products at all times. **If PLU code on fruits, vegetables starts with an “8”, avoid such produce.** When shopping for fruits and vegetables, your first choice will want to be “certified organic”. Produce items containing a four-digit PLU are considered “conventional”, which means they are not technically GMO, but may still contain pesticides and other toxic residues. Produce items you will want to specifically and always avoid are those bearing a five-digit PLU beginning with the number “8”, as these are GMOs. The vast majority of non-organic papaya, as well as several varieties of non-organic zucchini and squash are also of GM origin, so you will want to specially **purchase organic varieties of these foods** as well. Genetic manipulators are also now working on a GM apple that does not turn brown, so watch out for any apple that stays unnaturally white when sliced or bruised. GMO foods pose a very serious health risk by creating hard-to-detect allergies, toxins, new diseases and nutritional problems. In Europe GMOs have been rejected over a decade ago on the grounds that they pose health and ecological nightmares. 750 articles were written and within 10 weeks virtually every major food company committed to stop using GM foods. Educate yourself and others by visiting the following websites for more information: [www.responsibletechnology.org](http://www.responsibletechnology.org) and [www.geneticroulette.com](http://www.geneticroulette.com). You can download a Non-GMO shopping guide at: [www.truefoodnow.org](http://www.truefoodnow.org) or [www.nonGmshoppingguide.com](http://www.nonGmshoppingguide.com)

## NOVEMBER SPECIALS

Alden's—Organic Ice Cream, 48 oz. variety	30% OFF
A. Vogel—Soothing Pine Cough Drops	25% OFF
Alvita Products—Assorted Teas (box/24 bags)	25% OFF
Better Than Bouillon—Organic Beef, Chicken or Veggie Base	25% OFF
Flavororganics—Assorted Flavoring Extracts for Baking	25% OFF
Good Health—Avocado Oil & Sea Salt Chips, 5 oz.	25% OFF
If You Care—Mini & Jumbo Baking Cups	25% OFF
Ines Rosales—Sweet Olive Oil Tortas	25% OFF
Mediterranean Organics—Assorted Preserves	25% OFF
Mestemacher—Bread (Almond Rye or Multi-seed), 12.3 oz.	25% OFF
Monte Bene—Garlic Marinara or Spicy Marinara Sauce, 24 oz.	30% OFF
Mt. Vikos—Assorted Spreads	25% OFF
Namaste Foods—Gluten-free Cake & Cookie Mixes	25% OFF
R.W. Knudsen—Just Juice “Cranberry”	25% OFF
Woodstock—Organic Walnuts, Almonds & Cashews	25% OFF
Woodstock—Organic Cranberry Sauce, 14 oz.	25% OFF
<b>AND MANY MORE ITEMS!</b>	

### Organic Roots Bistro

Sadly we will be closed until May. However, we are in preparation to offer cooking classes such as: *Nutrient-dense Meals for a busy Lifestyle*, *Cooking for Well-being* and *The Gluten-free Kitchen*. If you are interested to attend, please call: 365-2288.

“Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse.”

~ Henry Van Dyke

