

Medical Patients Who Follow Strict GMO-Free Diets Experience Dramatic Health Recovery

By Ethan A. Huff, *Natural News*

In their quest to achieve better health, many patients with chronic illness are finding that genetically-modified organisms (GMOs) are one of the primary culprits responsible for exacerbating and even causing their persistent conditions. And patients who see doctors that understand nutrition are also discovering that eliminating GMOs from their diets is effectively reversing and even curing these illnesses, without the need for pharmaceutical drugs.

In a thorough analysis recently published in *Vitality Magazine*, Jeffrey Smith, Executive Director of the *Institute for Responsible Technology* (IRT), explains how doctors who prescribe their ill patients GMO-free diets are witnessing dramatic recoveries in their patients, many in as little as just a few days of eating only clean, natural foods. Patients who were told they would have to take pills every day for the rest of their lives are now experiencing full recovery simply by avoiding GMOs.

"I tell my patients to avoid genetically-modified foods because in my experience, with those foods there is more allergies and asthma," says Dr. Emily Lindner, an internist with 27 years of medical experience and practice in internal medicine. Dr. Lindner has seen dramatic improvements in many of her patients with chronic illness who adhere to strict, GMO-free diets.

"When I change people from a GMO diet to a GMO-free diet, I see results instantaneously in people who have foggy thinking and people who have gut symptoms like bloating, gas, irritation. In terms of allergies, it might take two to five days (to see relief). In terms of depression, it starts to lift almost instantaneously. It takes from a day, to certainly within two weeks."

Smith outlines several documented cases in which patients with bowel conditions, cramps, cold hands and feet, allergies, congestion, migraine headaches, asthma, and various other conditions have essentially been healed as a result of going GMO-free. This is the same diet the *American Academy of Environmental Medicine* (AAEM) recommended back in 2009 when it called for an indefinite moratorium on GMOs. (http://www.naturalnews.com/028245_GM_food_side_effects.html)

You can read Smith's entire report here: <http://vitalitymagazine.com>

The connection between GMOs, inflammation, and autism

Interestingly enough, science continues to show that GMOs trigger an inflammatory response throughout the body, which is the foundation upon which chronic illness arises. Dr. Martha Grout from the *Arizona Center for Advanced Medicine* in Scottsdale is one of many progressive doctors who recognizes that the body essentially rejects GMOs and their foreign DNA as a poison.

Animal studies in which GMOs have been proven to elicit clear behavioral, neurological, and psychological changes can also be transposed to humans. After giving a talk back in 2011 about the harm caused by GMOs, for instance, Dr. Don Huber, Ph.D., a professor emeritus at *Purdue University* in Indiana, was approached by a doctor who explained that he had been observing the exact same detrimental side effects in his autistic patients. (<http://www.responsibletechnology.org/autism>)

Numerous animal studies verify that GMOs induce erratic behavior, including a tendency towards hyperactivity. At the same time, GMOs also tear up the digestive tract and lead to chronic bowel symptoms. Both of these conditions are common amongst children that have been diagnosed with autism spectrum disorders, and many doctors are convinced that GMOs are a major cause of autism symptoms.

Lacing the food supply with GMOs and not labeling them as such is not only causing widespread illness, but it is also illegally depriving individuals of their lawful right to informed consent. GMOs are not the same as natural food, and have repeatedly been shown to cause serious and long-term health problems -- and individuals have a right to know whether or not the foods they buy contain GMOs.

Be sure to check out IRT's *Non-GMO Shopping Guide* for tips on how to avoid buying and inadvertently consuming GMOs: <http://www.nongmoshoppingguide.com/>

Also, consider joining the *Label It Yourself* initiative to proactively raise awareness about the presence of GMOs throughout the food supply: <http://labelityourself.org/>