

STUNNING: Removing GMO Foods from Your Diet Can Improve 28 Different Health Conditions

By Isabelle Z., Natural News



If you're looking for a simple way to make a big improvement in your health, cutting GMO food from your diet can give you a lot of bang for your buck as a recent study shows that doing so can improve the symptoms of 28 different health conditions.

GMOs are everywhere these days. The crops are the result of a genetic engineering lab process that sees non-plant genes, which are usually derived from viruses or bacteria, being artificially inserted into plant DNA to provide greater pest and herbicide resistance. Crops like corn, soy, cotton, sugar beets, canola and alfalfa are often GMO, and you can also be exposed by consuming milk, eggs, or meat that come from animals who ate GM feed.

In a peer-reviewed article that appeared in the *International Journal of Human Nutrition and Functional Medicine*, a survey of several thousand people revealed what a big impact dramatically reducing or eliminating GMO food can have on health.

In the study, which was organized by the Institute for Responsible Technology, more than 3000 Americans' eating habits and health were examined. Some of the respondents switched it to an organic diet during the study, and others dramatically reduced the amount of refined sugars, junk food and processed foods they ate. Almost everyone noted better health after making such changes.

Digestive symptoms improved dramatically

One of the biggest areas of improvement was digestive symptoms, with 82.5 percent of respondents saying that after going GMO-free, their digestive symptoms were anywhere from mildly improved to fully recovered. Specifically, 16.6 percent said their symptoms were completely resolved and 22 percent reported they were “nearly gone.”

There are several reasons that GMO foods could have been causing digestive problems. First, the genetic modification process introduces toxins and allergens. In some cases, the insecticide Bt spurs powerful immune system responses, and GMO crops that are designed to tolerate glyphosate can cause pancreatic enzymes to decline, causing inflammation, autoimmune diseases, and absorption problems.

Of course, it’s also important to note that the International Agency for Research on Cancer considers glyphosate and herbicides that contain it to be class 2A carcinogens. It’s been confirmed to cause cancer in animals and mutations in human DNA, and it’s currently at the center of a host of lawsuits filed on behalf of people whose cancer was believed to have been caused by the chemical. In one recent high-profile court case, weed killer maker Monsanto was ordered to pay a former school groundskeeper \$289 million after he developed non-Hodgkin lymphoma from exposure to the herbicide.

Energy and weight benefits of going GMO-free

In addition, 60.4 percent of respondents said they had less fatigue and more energy after cutting GMOs from their diet. More than half also saw improvements in their weight. Nearly 20 percent reported improvements in cardiovascular issues, such as lower blood pressure.

The brain is also affected by GMOs, as evidenced by the fact that half of the respondents noted better concentration and memory after making the dietary improvements, along with less brain fog. More than a third reported getting more restful sleep and lower levels of insomnia. Another very important benefit is a reduction in people’s levels of depression and anxiety.

In addition, there were improvements in conditions like eczema and other skin complaints, hormonal problems, autism, diabetes, Alzheimer’s disease, and musculoskeletal pain. Food allergies, not surprisingly, also went down.

As you can see, there is so much to be gained by the simple act of cutting GMO foods from your diet that it’s hard to understand why anyone is still willing to consume it.

Sources for this article include:

NaturalHealth365.com

ResponsibleTechnology.org