

New Findings Show Avoiding GMOs Improves Health

Message from Jeffrey Smith

My new peer-reviewed piece (summarized below) may be the most important article I've ever written. It redefines how we think and speak about genetically modified organisms (GMOs), Roundup®, and organic diets. I know it does for me. Survey results reveal that 3,256 people reported improvements in 28 health conditions after reducing their GMO intake. Many conditions were “nearly” or “completely” recovered.

If you're skeptical, you're not alone. Years ago, when people told me they could tell the difference when they ate GMOs versus non-GMOs, **I didn't believe them**. I am embarrassed to admit this, since by then I had already compiled the evidence of GMO health dangers into two books and spoken about the topic in 25 countries. I also knew that the impacts on lab animals was quick—rats fed GMOs were seriously damaged within just 10 days. But for some reason I was convinced that their detrimental influence on humans would be slow and subtle.

It wasn't until I spoke with physicians who had prescribed non-GMO diets to thousands of patients that I realized just how quickly—and dramatically—humans can respond. I visited their clinics to speak with patients to confirm this first-hand. Many were seeing improvements right away, with chronic conditions disappearing in just days or weeks.

I wasn't convinced – but now I am!

Then I started asking audience members at my lectures to share their stories of improved health after they switched to non-GMO diets. The responses from participants at more than 150 lectures has been consistent and became predictable. These lectures included about 20 presentations at medical conferences, where practitioners reported changes in hundreds, or even thousands of their patients. When the Institute for Responsible Technology surveyed their subscribers, 3,256 responders reported similar health improvements.

We can now say with confidence that numerous people experience improvements in a wide variety of health conditions after switching to non-GMO diets. Not everyone responds the same way, but the changes are often significant, with many reporting long-lasting conditions going away completely. In addition to chronic issues like digestive disorders, obesity, immune conditions, skin problems, pain, and blood pressure, there are also changes that can enhance the quality of life for relatively healthy people. These include more energy, relief from brain fog, reduced anxiety and depression, improved sleep, better memory, and enhanced ability to concentrate.

Change your diet and watch what happens.

These days, rather than disbelieving that changing diets will have a noticeable effect, I expect it. And I encourage people to watch closely what happens. *“Switch to organic but take notes!”* Keep a journal. List what you eat, your energy level, mood, and all your health symptoms and their levels of intensity. See what happens after a few weeks on an all-organic diet. For many people, the impact will be absolutely unmistakable. For some, it will be dramatic and life-changing.

It’s best to choose organic, rather than just non-GMO. Roundup is sprayed on many non-GMO crops to dry them out just before harvest. Organic food disallows the use of GMOs, Roundup, and other synthetic toxins.

Share this article with those suffering from chronic disease or those struggling to keep their families healthy. If they make the switch and their life improves, enjoy some of the credit for passing this on. Ask them if you can write up their recovery stories and post it on social media so that others can benefit. This is one of the most effective and authentic ways we can use social media to create massive positive impacts for individuals and our entire food supply.



It’s time to boldly promote organic food based on the health impacts and to quickly usher GMOs out of the food supply.

Safe eating.

Jeffrey



GMO studies show harm. GMO characteristics explain why.

A three-part article entitled, “Survey Shows Improved Health After Avoiding Genetically Modified Foods” by Jeffrey M. Smith was peer-reviewed and published in the *International Journal of Human Nutrition and Functional Medicine* on November 7th, 2017.

Part 1 exposes the dangerous lack of safety studies of GMOs and introduces three major reasons why they might cause health problems. **Part 2** gives the results of the survey. **Part 3** focuses on digestive problems.

PART 1 Summary: Dangerous Lack of Research

Following are three major reasons, which have not been sufficiently studied, why GMOs might cause serious health risks:

1. The process of creating a GMO creates unpredictable side effects, including increased allergens and compounds linked to cancer.
2. The Bt-toxin produced in GM corn may cause immune system problems, tissue damage, and leaky gut.
3. Roundup® is sprayed on most GMOs and its residues in food may lead to numerous diseases. Roundup (including its active ingredient glyphosate):
 - is a class 2A carcinogen
 - blocks absorption of essential minerals
 - interferes with important metabolic pathways
 - kills beneficial bacteria and may throw off the health of our microbiome
 - is toxic to the energy centers of the cell (mitochondria)
 - disrupts hormones, and
 - can lead to birth defects.

Part 1 also contains a bulleted list, which came from the excellent book *GMO Myths and Truths*, that summarizes the negative health impacts from more than 20 animal feeding studies. This list, and in fact the whole first part of the paper with its 106 references, can be used to counter anyone who tries to argue that GMOs are just as safe as non-GMO food.

PART 2 Summary: Improvements in 28 conditions from non-GMO diets.

Part 2 gives the results of the survey. The following table includes the 28 conditions asked about and the percentage of respondents who reported seeing improvement after switching to non-GMO diets.

Health Condition Improved	% Reported
Digestive problems	85.2%
Fatigue	60.4%
Overweight or obesity	54.6%
Clouding of consciousness (brain fog)	51.7%
Mood problems/anxiety/depression	51.1%
Food allergies or sensitivities	50.2%
Memory and concentration	48.1%
Joint pain	47.5%
Seasonal allergies	46.6%
Gluten sensitivities	42.2%
Insomnia	33.2%
Other skin conditions	30.9%
Hormonal problems	30.4%
Musculoskeletal pain	25.2%
Autoimmune disease	21.4%
Eczema	20.8%
Cardiovascular problems and high blood pressure	19.8%
Asthma	14.8%
Menstrual problems	13.1%
Diabetes	10.6%
Other mental disorders	7.9%
Underweight	6.5%
Cancer	4.8%
Kidney disease	4.5%
Infertility	3.8%
Autism spectrum	2.6%
Alzheimer's disease	2.4%
Parkinson's disease	1.4%

PART 3 Summary: Improved digestive health is top result.

Part 3 focuses on digestive problems. With a remarkable 85.2% of respondents saying their digestive health improved, this was by far the number one self-reported benefit. Moreover, the changes were significant. When we break down the 85%, only 5.9% reported “Some Mild improvement” and 11.3% “Moderate Improvement.” A full 29.1% reported “Significant Improvement,” 22.2% said “Nearly Gone,” and 16.6% had a “Complete Recovery.”

The means that more than two-thirds of *everyone* who answered the survey reported at least a significant improvement—up to complete recovery—from digestive problems. This is an astonishing statistic.

There are numerous ways that GMOs can damage digestive health. Lab animals fed GMOs showed potentially precancerous cell growth in the intestines and stomach, increased intestinal weight, and stomach lesions. Pigs had severe stomach inflammation. Other studies show diminished digestive enzymes and organ damage. Part 3 reviews this evidence along with the modes of action from GMO side-effects, Bt-toxin, and Roundup, to help explain the findings.

When the evidence is looked at all together, the link between GMO consumption and digestive problems is quite compelling. This link might explain why the rise in inflammatory bowel disease (IBD) and deaths from intestinal infections in the US highly correlate with the increased use of glyphosate herbicides sprayed on GMO soy and corn. The expansion of acreage of Bt corn also correlates with a rise in IBD and functional bowel disorders.

Although “digestive problems” is the only condition that is closely examined in this article, plenty of other conditions in the survey correspond with evidence in animal studies and their growth rates are also highly correlated with the increased use of GMOs and Roundup in the US. Furthermore, the characteristics of GMOs, Bt toxin, and Roundup may explain why these health issues are linked to exposure.

The survey results on their own should not be overstated.

When looking at the survey percentages, it’s important not to misinterpret their meaning. Bear in mind that the survey was *not* intended to identify what percentage of the population would improve on a non-GMO diet. Rather, it was looking for the *relative frequency* of conditions that improve, and the extent of that improvement.

For example, the 55% of those who showed reduction in weight or the 60% who had relief from fatigue does *not* mean that 55-60% of the population, or even 55-60% of those who are tired or overweight, will show improvement. Rather, it means that *of those who do report health improvements* after switching to non-GMO diets, 55% say they lost weight and 60% say they increased energy.

Article Summary

The survey results *on their own* are limited. As I make clear in the article, the respondents were not representative of the general population. They were subscribers to newsletter updates by the Institute for Responsible Technology. As such, they were far more aware of the link between GMOs and health issues and would therefore more likely look for such changes. And expectations might also bias answers. Furthermore, it's difficult to isolate the elimination of GMOs as the cause for improved health, especially if some people increased their organic consumption, reduced processed foods, or made other dietary changes at the same time.

The strength of the results is that they are part of consistent patterns and can be explained by the known characteristics of GMOs and their associated toxins.

Reframing how we speak about GMOs

Thousands of people and numerous healthcare practitioners report significant health improvements in a range of conditions when they remove GMOs from their own or their patients' diets. When livestock and pets are taken off GMOs, vets and animal owners report similar improvements. And lab animals fed GMOs or Roundup suffer from myriad related negative health conditions.

What we know about the side effects of GMOs and the toxins they contain (Bt-toxin and Roundup) provides a plausible explanation for why these particular conditions may be caused or exacerbated by eating GMOs. *The average American consumes more than his or her own weight in GMOs every year.* It is therefore no surprise that the types of conditions linked to GMO consumption are rising in the US population—closely correlated with the increased use of GMOs and Roundup.