



OCTOBER POST

This month is National GMO (genetically modified organisms) Awareness month. This is a crucial issue that every consumer needs to be aware of, understand and participate in the solution. Understanding the impact of genetically modified organisms in our food supply is critical to the health of every living creature and our precious environment, for generations to come.

Genetically modified organisms are the genes of unrelated species of animals, plants, bacteria's, viruses and pesticides that are being artificially implanted into the foods that we are eating; **without anyone's knowledge or consent**. This gene-splicing is NOT happening in nature under natural conditions; it is being created in laboratories of *biotech corporations*, big companies that have a self-serving agenda for our food supply. This is happening because of pure greed and total arrogance. These biotech companies want to convince the American public that genetically modified organisms in the food supply are safe and necessary to produce enough food for the growing population. This is absolutely false because if they were safe, all GMO foods would be clearly labeled. Instead, the public is being deceived.

As a consumer, you can help change the course of history for our country by simply caring about the foods you are purchasing in the marketplace and what you are eating. By purchasing foods that are labeled "certified organic" you are taking a stand and defending your right to eat safe, "real" food; and helping to protect our food supply. And remember, all "certified organic" really means is *real* food; period. Sadly, it is the only label left in the marketplace that allows you, the consumer, to make this choice. We must support and protect this label.

The Food and Drug Administration (FDA) has allowed these dangerous, man-altered organisms to enter our food supply without any labeling and to enter our environment without any way to contain them; nor are there any long term studies on their safety. The only testing that is being done on GMO's is on the American public eating them and all living creatures being exposed to them.

Since we cannot count on FDA to do what is ethically just, the natural foods industry is taking a stand and we invite you to join us. At Health Foods by Claudia we are doing everything in our power to support the companies that are GMO free; to help you feed your family the safest food possible. All of us together can take action to protect our health, our freedom and our future generations. All we have to do is care.

In peace and wellness,

Claudia