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# GMO Foods: The Truth About Genetically Modified Food... A Layman's Insight Into



## Synopsis

Genetically modified organisms or GMOs as it is called is when they alter the DNA of a fruit or vegetable. These experiments are done to increase yield or to make yield better. But there is no scientific proof that they are better or even safe. Only time will tell at a future date. Gluten is a protein that is found in wheat, rye, and barley. There are some people who have gluten intolerance. Gluten aggravates and causes inflammation in the small intestines of people suffering from celiac disease. These people need to have a diet that is gluten free. There are many products which are gluten free and finding an alternative should not be a major problem. Many of the vegetables, fruits, and dairy products are found gluten free. Many people are turning to this new diet. If you plan to start a gluten free diet, it is advisable to consult your doctor. Going vegetarian is quite a common thing these days. These vegetarians stick on to only vegetables, avoiding meat from their diet. We need to learn more about what is vegan. Vegan is a step ahead of being a vegetarian. They not only avoid eating meat, but they also avoid eating or using anything from the animal kingdom. They do not even consume milk, eggs or any dairy products. They look into all the details of the ingredients before buying a product. Bread, marshmallows, chewing gums, salad dressing, mayonnaise all of which contain some animal products that are not consumed by vegans. They are very strict about their diet. Their doctrine is saying No cruelty to animals. Many of the processed foods, sauces, ketchup, salad dressings, cereals, and crackers contain artificial sweeteners. These are very similar to our table sugar. But they are quite harmful to the body if taken in excess over a long period of time. Either sugar or any artificial sweetener in excess will cause obesity or even lead to diabetes. Large fructose corn syrup is an artificial sweetener that is applied in most of the prepared foods. As far as possible avoid using it. Try to maintain a healthy diet. If you plan to start a vegan diet or a gluten-free diet, see that you find suitable alternatives to get the needed minerals and vitamins for your body. There are no individuals more disturbed about the possible dangerous effects of GMO food than the fathers and mothers. In fact, that's why a lot of parents want to know what GMO food is capable of doing to the health of their children as well as the rest of their family. Anyway, that is why I want you to get a copy of this book: *GMO Foods: The Truth About Genetically Modified Food... a Layman's Insight Into 'What Is GMO '* and the Genetic Engineering Chaos Today! Yes, you will not only be equipped with the needed information to guide your choice of food but will be able to protect your family from any danger inherent in the GMO fads....

## Book Information

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