

Lyme/Autism Group Blasts Genetically Modified Foods as Dangerous

by Jeffrey M. Smith

Stop eating dangerous genetically modified (GM) foods! That's the upshot of the Lyme Induced Autism (LIA) Foundation's [position paper](#), released on August 25, 2009. The patient advocacy group is not willing to wait around until research studies prove that genetically modified organisms (GMOs) *cause* or *worsen* the many diseases that are on the rise since gene-spliced foods were introduced in 1996. Like the American Academy of Environmental Medicine ([AAEM](#)) earlier this year, the LIA Foundation says there is more than enough evidence of harm in GM animal feeding studies for them to "urge doctors to prescribe non-GMO diets" and for "individuals, especially those with autism, Lyme disease, and associated conditions, to avoid" GM foods.

Dr. Janelle Love, founder of the Autism Relief Foundation, is quoted in Kimberly Wilcox's excellent [article](#):

"It is known that children on the Autistic Spectrum suffer from fragile immune systems, significant digestive and brain inflammation, and the environmental toxin overload. Putting foreign entities such as GMO foods into such a fragile child may indeed cause further deterioration and perhaps block the delicate biochemical pathways needed for appropriate functioning and possible recovery."

The LIA Foundation calls for physicians and patient advocacy groups to explain to patients the role that GM foods may play in disease and to distribute non-GMO educational materials, including the Non-GMO Shopping Guide, which makes it easier to find brands without GM ingredients. (See www.nonGMOShoppingGuide.com). They also called for a moratorium on all GM foods and for "Research to evaluate the role of GM foods on autism, Lyme disease, and related conditions."

GMOs: pervasive and high-risk

The five main GM foods are soy, corn, cotton, canola, and sugar beets. Their derivatives are found in more than 70% of the foods in the supermarket. The primary reason the plants are engineered is to allow them to *drink poison*. They're inserted with bacterial genes that allow them to survive otherwise deadly doses of poisonous herbicide. Biotech companies sell the seed and herbicide as a package deal. Roundup Ready crops survive sprays of Roundup. Liberty Link crops survive Liberty. US farmers use hundreds of millions of pounds more herbicide because of these herbicide-tolerant crops, and the higher toxic residues end up inside of us. The LIA position paper acknowledges that "Individuals with infections that compromise immunity... and/or high toxin loads may also be especially susceptible to adverse effects from pesticides."

Some GM corn and cotton varieties are also designed to *produce* poison. Inserted genes from a soil bacterium produce an insect-killing poison called Bt-toxin in every cell of the plant. Bt is associated with allergic and toxic reactions in humans and animals, and may create havoc in our digestive system.

All GM crops, in fact, should be considered high-risk. Irrespective of which gene you insert, the process of genetic engineering itself results in massive collateral damage within the plants' natural DNA. This can result in new or higher levels of toxins, carcinogens, allergens, or nutrient-blocking compounds in our food.

Because of a [corporate takeover at the FDA](#), they don't require a single safety test on GMOs—so almost none of the potential side effects are evaluated before the crops are approved for sale. The few animal feeding safety studies that have been conducted, however, show serious problems. It's obvious why those suffering from autism, Lyme, or any ailment, would want to stop being used as a guinea pig in this massive GMO feeding experiment.

AAEM physician Amy Dean, a board certified internal medicine specialist, says:

"GMOs have been shown to adversely affect the digestive and immune systems of animals in laboratory settings. Lyme and autism, on the rise in the US, are also associated with digestive and immune system dysfunction. Therefore, patients with Lyme and autism should avoid GM foods."

Autism, food allergies, and GMOs

Virtually every animal feeding study that looked for immune changes from GMOs found them. GM-fed animals had a sluggish immune responses, damaged organs associated with immunity, altered parameters in the blood, and dangerous inflammatory and immune reactions. It is noteworthy that children with autism are often allergic to corn and soy. Both are genetically engineered.

Many autistic kids are also allergic to dairy. The [LIA press release](#) points out, "dairy cows are usually fed GM feed and sometimes injected with GM bovine growth hormone." Although no studies have looked at the impact of eating meat or milk from GM-fed animals, [secret FDA documents](#) made public from a lawsuit revealed that their Center for Veterinary Medicine was very concerned that toxins from [GM foods might](#)

bioaccumulate in the livestock. If so, their milk and meat may be even more dangerous than the GM plants.

Toxic intestinal bacteria

The beneficial bacteria living inside our digestive tract is used for digestion and immunity. Several experts believe that the intestinal flora of autistic kids is dangerously out of balance.

Excessive herbicide residues on herbicide-tolerant GM crops may kill beneficial gut flora. More importantly, the only published human feeding experiment revealed that the genetic material inserted into GM soy transfers into bacteria living inside our intestines *and continues to function*. This means that long after we stop eating GM foods, we may still have dangerous GM proteins continuously produced inside us. Consider, for example, if the gene that creates Bt-toxin in GM corn were also to transfer. It might turn our intestinal bacteria into living pesticide factories.

To learn more about the health dangers of GMOs, and what you can do to help end the genetic engineering of our food supply, visit www.ResponsibleTechnology.org.

To learn how to choose healthier non-GMO brands, visit www.NonGMOShoppingGuide.com.

International bestselling author and filmmaker Jeffrey Smith is the leading spokesperson on the health dangers of genetically modified (GM) foods. His first book, [*Seeds of Deception*](#), is the world's bestselling and #1 rated book on the topic. His second, [*Genetic Roulette: The Documented Health Risks of Genetically Engineered Foods*](#), provides overwhelming evidence that GMOs are unsafe and should never have been introduced. Mr. Smith is the executive director of the [Institute for Responsible Technology](#), whose [Campaign for Healthier Eating in America](#) is designed to create the tipping point of consumer rejection of GMOs, forcing them out of our food supply.