GMOs REVEALED

# Episode 6
# Transcript

Dr. Patrick G: Welcome to "GMOs Revealed". I'm your host Doctor Patrick Gentempo and in this episode, we have three interviews for you that could be life changing. We start out with our interview with Doctor Edward Group in Houston, Texas at his global healing center and I was really stimulated by what Doctor Group had to say. Not only does he have a lot of wisdom but he's got a great vision for how to achieve health in this environment where we have GMOs and Glyphosate and all these other toxins. Then, we have an interview with Jayson and Mira Colton who wrote the book "Rich Food, Poor Food" and you're going to learn things about food that you never knew before and understand the implications of GMOs and how it affects food and Tony [Bark 00:00:42] conducts that interview. You're going to love it.

Lastly, we have a personal hero of mine, somebody who stood up against the big giant Monsanto and was extraordinarily effective but here's why she's a hero. She was a stay-at-home mom. Tammy Canal created March Against Monsanto and in its first year, over 3 million people joined the march. That shows you the power of one. It shows you that as you see, when there's fraud and malfeasance and corruption in our culture by our government, by big multi-billion-dollar organizations, that a single person can make a difference and motivate millions of people to take action and that's what Tammy Canal did. If you want some inspiration in your life, watch that interview with Tammy Canal. Enjoy this episode.

Thanks for inviting us to the Global Healing Center here in Texas. Tell us your name and what your background is.

Dr. Edward G: My name's Doctor Edward [Fang 00:01:43] Group the Third. My background's in natural medicine. I'm also a chiropractor and the mission that I'm here to accomplish is to really educate people on the root cause of disease, looking at all of the chemicals, all of the toxins that people are exposed to and the environment in which they live, whether it's the air they breathe, the water they drink, the food that they eat and teach people how to reactivate their self-healing mechanism, the most powerful medicine that they have inside of them and the best way to do that to move forward so they can live a happy and healthy life.

Dr. Patrick G: How long have you been doing this work?

Dr. Edward G: Been doing this 20 years now, 20 years so it's a mission to try to help as many people as I possibly can.

Dr. Patrick G: What got you interested in this subject?

Dr. Edward G: What got me interested was watching my parents and my grandparents die of cancer. I lost both my parents to cancer in my early 20s. My dad was one of the chief chemists for Exxon. He was the developer of PVC plastics and he was the inventor of Saran Wrap so looking, he died when I was in my 20s because of throat cancer and I really started looking at wanting to be in natural medicine. I met a guy that was doing natural cancer treatment and research and he kind of got me into looking at the different alternatives to healthcare and that kind of sparked my interest because I had gone through the whole medical allopathic model and I wasn't seeing any success.

I started looking outside that model, opening up my mind to different possibilities and opportunities and really started looking at chiropractic as a method where I could go get a doctorate degree and then focus more on doing research and finding out the root cause of cancer, the root cause of disease and the different methods that were available dating back 2,000, 3,000 years of how physicians treated different types of illnesses and diseases throughout the years.

Dr. Patrick G: What kinds of things did you find through your research? I think you even said earlier when we were talking, before we started the interview, that you were doing some cancer research while you were still in school. What kind of things did you find that surprised you most?

Dr. Edward G: What surprised me most was the suppression. When I was involved with a research team at MD Anderson in 1996, 1997, our job, that's when the big cancer hospitals around the United States were bringing in what they termed CAM, complimentary alternative medicine. What they were doing was really hiring and getting these research teams together to see what their competition might look like in the future. We didn't know that of course. We thought it was really cool to go track down all these doctors that were working and

using natural medicine and different herbs and different technologies, whether it was rife technology or whether it was ozone technology or far infrared or detoxification and cleansing or herbal infusions. There was always a big combination that these doctors were using.

Our job was to find and gather all that research and bring it back. When we did, we found out real fast that this is not what the allopathic medicine model wanted, that we were a threat to the pharmaceutical companies and all that research was squashed. The biggest eye-opening for me, we thought we were bringing these natural methods that could cure every single disease known to man to America and that these were going to be mainstream news and that we wouldn't have cancer problems anymore, heart disease problems, diabetes problems or any degenerative illness problems anymore.

What we found out was exactly the opposite. These cures are being suppressed. These cures are being suppressed from the media. They're being suppressed from the medical doctors and they're being withheld and not only that. There's campaigns designed to squash, the FDA is there to hunt down these natural practitioners. We found evidence of natural practitioners being killed. There's a big money making opportunity in pharmaceutical medications, in chemotherapy and radiation especially, trillion-dollar industry, so any threat to that industry, they will do anything in their power to prevent the general population from finding out this information.

Dr. Patrick G: It's a hell of a way to launch a career, right? You get into it with this intention. You hook up with a very reputable research facility and treatment facility. You're unleashed to go now study all this stuff and plug it into an existing system that would be a distribution network for what you found. You find it. You come back and it's all torched. It's buried so what did that do to you? How'd you feel about that?

Dr. Edward G: Considering the fact that I had people following me around in black cars and I was being harassed, it actually kind of made me get to the point where I wanted to get this information out to the public and right around that time was when the internet was coming online. I can remember the 28

K modems at that time and that was right around 1998 and it was AOL and Netscape and I saw that as an opportunity for the future to be able to put some of this information online and start educating people. When people were typing in their different diseases and the information technology age was just being born and people were getting access to information where never before. They would just go in and they would believe whatever their doctor said. The doctor was god, right? If you wanted to find somebody that knew about natural medicine it was always usually through word of mouth and you would have to go and find this person and go into this secret location and all this. I wanted to, I was a rebel, get this information out so we started our own degenerative disease clinic right around 1998, 1999 when we had finished all this research and we wanted to help people.

When you really have the truth desire to help people, you face your enemy all the time because you're trying to change the world. You're trying to go against the big corporations, the petrochemical corporations, the vaccine industry, the agricultural industry. You have all of these pharmaceutical industry, these organizations that are working together and the deeper that you get and the deeper that you find the root cause of disease being an accumulation of the chemicals produced by the aggro business, the pharmaceuticals produced by the pharmaceutical, the petrochemicals produced by the oil and gas industry, all of these different things that are polluting the air and the food and the water and polluting the environment in which we live is what we identified as the root cause of practically every single degenerative disease.

When you do that, then the light goes off and you just want to share it with everybody and you become excited and you don't really care what they say about you and you can be called a quack and you can be called a witchdoctor and you can be called everything under the sun but one thing speaks for itself and that's results. When you start teaching people about this and how to recognize it and how to detoxify and cleanse their body and how to change their diet and how to drink pure, clean water and avoid all of the chemicals and toxins in their environment and in their life, then you're making a difference and especially the gratifying moment of

all that is when you see with your own eyes someone suffering from cancer which is now a healthy individual or suffering from heart disease or diabetes or arthritis or autoimmune problems.

When you actually can watch that transformation take place and they're sitting there crying in your arms and saying thank you and you're saying, "It wasn't me. It was you. You're the one that did all this and you're the one that reactivated your body's self healing mechanism. You need to take the credit for this because you changed your life. You have become a healthy person now."

Dr. Patrick G: That's awesome. You can never get tired of that experience, can you?

Dr. Edward G: No, no.

Dr. Patrick G: Never gets old.

Dr. Edward G: No, it's great.

Dr. Patrick G: Now, through your career and through into the scene, this new phenomenon of GMOs, maybe let's start from the beginning. How did you view GMOs when you first came out? You used a phrase I'd never heard before, GMOs 2.0 so I'd love for you to speak about that.

Dr. Edward G: Right one of the things that we've identified over the last 20 years is the damaging effects of foods in the intestinal lining because we know that no matter what diseases someone is suffering from, it's an accumulation of chemicals in the body. You have to take a step back. How are those damaging things getting into the body? We breathe a tiny, tiny amount of chemicals and toxins through our respiratory system and very small amount get absorbed in the blood because of our mucous membranes and everything else. The mucus membranes lead back down into the stomach. When we started looking and evaluating the levels of the chemicals and toxins that are coming into the body that are the cause of these diseases that are developing, we had to look at the food supply.

When we looked at the food supply with the amount of research that we've been accumulating over the years and over the years, you have the genetically modified organisms, genetically modified foods which means you're taking something natural and you're introducing a genetic material from another species, whether it's an animal or another plant, into the DNA of something else. Right there alone should be huge alarms going off all over the world but when you have a government that's corrupt, a USDA that's corrupt, an FDA that's corrupt, that's run by Monsanto ex-employees and Syngenta and DuPont and all of these chemical corporations that were originally designed to be chemical corporations but now are getting into wanting to own the soil and the seeds of the planet and patenting these seeds and then, not only owning that, but owning the pesticide, herbicide, insecticide business as well.

You have to look at we have three things that we depend on. We have to breathe clean air. There's no other companies that I can think of that are doing more damage to the world today than these companies like Monsanto and Dow and Syngenta and BASF and these companies that are altering our soil and that's running off into our water supplies so it's poisoning the water. It's poisoning the soil of the earth and it's poisoning the air of the earth. What do we need to survive? We need clean water. We need clean food and we need clean air and these companies are contaminating all three of those processes so it's not just about eating genetically modified foods. It's also the damage that's being done because of the chemicals being sprayed on the genetically modified crops and everything else.

Now what we have learned and all of the people that have come forward and everything that we've been fighting against for years and years and years, we know genetically modified foods. We have proof now that Glyphosate, Atrazine, some of the herbicides as well as the genetically modified foods that have been created in the past cause damage to the bowel, cause damage to the body, cause damage to the immune system because we know now that all organ systems in your body are controlled from the gut.

It makes you wonder, if you want to wipe out a population or if you want to create illness across the globe, globally, what is the first place that you attack? You attack the gut of every single individual. We know that the lymphatic system is directly related to the gut. We know the brain gut connection now. We know the appendix now controls every single system in the body or there's a connection between that. It's almost scary if you think at was there some planning behind this or do they know that if they disrupt and damage the gut, that they're ultimately going to create massive amounts of disease and sickness in the population all over the world?

Dr. Patrick G: When they come back and say, "But people are starving and we need to increase crop yields, et cetera," how do you respond to that?

Dr. Edward G: There's never been any crop yields. It was all a marketing ploy. It's proven fact that sustainable growing technologies are going to produce better food and more crops. There's enough food on this plane to feed everybody on the planet one and a half times over at any given time.

Dr. Patrick G: We don't have a food production issue. We have a food distribution issue.

Dr. Edward G: We have a food distribution issue and that's also being controlled by big corporations. I mean, what we have is the main cause. If you want to look at the root cause of disease and you want to take it even a step farther from people eating and being exposed to all these chemicals, then you start looking at who is producing these chemicals, who is approving these chemicals. It's very easy to write an executive order, let's say, and say, "We want to ban genetically modified foods." Let's write an executive order and ban Glyphosate. That's the kind of letters that I'm writing to the government and saying, "Listen, let's address the root cause." This healthcare program that you have is still not addressing the root cause of the problem.

Not only do you have the damaging effects of the genetically modified foods that people are eating in the corn supply, the soybeans that are being produced which are also estrogen mimickers and creating hormonal disruptions. You have

massive allergies that are happening right now with children because of genetically modified foods. We never had allergies. I had one kid when I was growing up in school that had allergies. Now you have over 90% of the children that have multiple allergies because the formulas, the baby formulas that are high in GMO residue and herbicide residue. You have all of the different types of corn. You have wheat byproducts and hybrids now that are coming onto the market. You have zucchini, you have cottonseed oil, you have canola seed oil, you have all of these different things that are going to be introduced with 90% of the processed foods that people are buying today that have traces of genetically modified organisms or traces or massive amounts of Glyphosate or Atrazine is Syngenta's big herbicide. Roundup, Glyphosate, is Monsanto's big herbicide which is contaminating even organic farms right now.

Yes, GMOs are causing a major problem and when we talk about the health consequences and you look at cancer, you look at reproductive problems right now, the tests that have been done on genetically modified foods that show the third generation of rats are infertile. We never had fertility clinics on every single corner. I didn't even know what a fertility clinic was 10 years ago. Now we have massive fertility clinics everywhere across the United States.

Dr. Patrick G: With these rat studies that you just cited, are you talking about the impact of the GMO in and of itself or the GMO and the toxins that are sprayed on it?

Dr. Edward G: I think it's a combination of both and individually, really, because Syngenta, Monsanto, some of these agricompanies are very strict about releasing any of their seeds for independent scientists to do research on. It's very hard to get a hold of these things and then the independent scientists that do do studies on it end up getting attacked and they end up losing their jobs over it and everything else. I think that, number one, if you take just Glyphosate and Atrazine, for example, Atrazine, one of the top endocrine disrupting chemicals out there, if you start looking at the reproductive, the infertility, it's hard to say when you combine so many chemicals together, what's really going to be happening.

Let's say that you are eating genetically modified foods that are sprayed with Glyphosate. You could take the Glyphosate and do an independent study on the rats with just Glyphosate and I guarantee you you're going to find all kinds of problems. You could take genetically modified corn with the BT toxin and do independent studies on rice or even without the BT toxin and you're still going to find problems with the mice or the animals. The animal industry is completely turned upside down because of the genetically modified foods that they're being fed.

Dr. Patrick G: It steps up. Direct feeding but then it's feeding what we're eating ...

Dr. Edward G: Exactly.

Dr. Patrick G: ... in the way of animals here.

Dr. Edward G: You can talk to people at meat processing plants that cut open pigs and cattle that have been fed genetically modified foods and they'll tell you they know that that animal was fed genetically modified foods because of the color of the meat is different and the small is putrid because of some of the genes that cause that putridity to happen with GMO foods. The big question is who's doing scientific research on mixing Glyphosate with aluminum, with toxic cleaning products, with VOCs, with pesticide residue, other pesticide residue and all the other chemicals and toxins that we're breathing in and drinking in and high fructose corn syrup and all of the other things.

Dr. Patrick G: This is a really good point because it's one thing to say, "We'll study any of those things on the list you just made individually," but that's not the same thing as what we're experiencing in the environment collectively. What happens is you start putting these things together and there's emerging properties that cannot be identified from the individual elements. That's got to be a very significant thing because, as you just posed the question, who's looking at that? The is I don't know of anybody. Do you?

Dr. Edward G: No. I mean, everybody's environment is different. Let's say you have highly contaminated water supplies in the United States and around the world and I say United States because

the United States uses the most pesticides, herbicides, fungicides and all that. We're talking about just Glyphosate or Atrazine but there's hundreds of other fungicides and all kinds of other chemicals that are running off into the water supply. Not only the hundreds of herbicides, insecticides that re being used on the fields but then combine the fluoride in the water, the chlorine in the water, the prescription drug residue in the water, all of the hormones that are being put in the water.

Then you have this big slew like a witch's brew of all these chemicals and pesticides, insecticides and chemicals that are going into the tap water. Then you have a hexavalent chromium coming in there and you have all these things that are reactive and a lot of times those cannot even be filtered out and these all affect you and affect the environment and affect your systems in your body and everybody is different. Yes. These are major chemicals that are being sprayed on the food supply but the grand picture of everything is how many chemicals with those combined are you consuming on a daily basis?

Dr. Patrick G: The answer is too many.

Dr. Edward G: Too many. Too many.

Dr. Patrick G: As if that wasn't bad enough then, as far as looking at GMOs, genetically modifying food which just intuitively says that should be really, really well tested before we even think about opening it up to the world which hasn't been done. Secondly, compounded it with all the toxins, et cetera, and we lead to this situation where you started out saying, "My whole purpose in life is to help people with especially these very debilitating and chronic diseases, yet we're manufacturing them literally through the big corporate interests who also get to buy political interests and next thing you know we're sitting with a rise, a logarithmic rise of these diseases in the world and humanity. What drove you is the fact that your own parents, who had succumbed to cancer and chronic disease, and then now you see this expanding. It's actually like there's not been an outrage that said, "We have to trim this back." Now after 20 years you seem still very energized by your purpose. What does it feel

like now compared to where you started and what do you feel like your cause is now?

Dr. Edward G: Last I checked, Monsanto had 18 lobbying groups that they were paying millions and millions of dollars to and it all starts in the political arena but I have noticed progress and that's the good news. The good news is, because of the internet, because we dedicate our lives to getting this information out there so people can do their own research and make their own decisions in their life, we have the non-GMO project. We have March Against Monsanto. We have all the GMO documentaries, the anti-GMO books that are coming out, all of the YouTube videos on anti-GMOs. It's not so much behind the scenes anymore.

Obviously we're not going to make progress in politics or it takes years and years and years to make progress in politics. I always say it's we the people that are the ones that create the fastest change and if you look back 10, 15, 20 years ago we've made a significant change. You have General Mills now making changes. You have big corporations, big giant corporations that are going GMO-free or coming out with lines of GMO-free foods. That's not because politics and that's not because the senators and congressman said, "Say no to GMO." That's because we are understanding what it's doing to our bodies and we're consciously making that effort to not buy products that contain GMOs. That's the exciting part.

Years ago you would have to wait years and years and years to see a little bit of change but I think we're almost at that tipping point right now where we're actually starting to see the change take place and that's what keeps me going and that's what's exciting to know, that there's more organic farmers. All the farmers in India at have committed suicide over GMO crops out there, all the farmers that Monsanto has sued because they're utilizing their seed and all the farmers that are turning and saying, "Wait a second, this is not working for me. Let's start doing organic growing," and the demand for organic growing is what that first and second and third stage of excitement is leading to.

Dr. Patrick G: Now from here, we go to GMO 2.0. What is that?

Dr. Edward G: All of the big seed companies, and by the way, the seed vault which is one of the most heavily guarded areas in the world which is owned by Bill and Melinda Gates Foundation, the Rockefeller Foundation, DuPont, Monsanto, all of them have a stake in that. The grand design was to take over all of the seeds of the planet to where everybody was relying on them for their food. The scary thing that's been happening now is they've realized that there's a movement against GMOs. What I call the next movement, what's happening right now is GMO 2.0. GMO 2.0 are these companies focusing on new technology, new genetic engineering which is two different distinct things, gene editing and gene silencing. This is a touchy situation because the USDA and the FDA are actually onboard with this because they're saying you don't have to actually label it as a GMO because you're not introducing genetic material from another species into the organism. This is what you're going to see in the future of genetically engineered plants.

Dr. Patrick G: Just to be clear, by some legal definition it's not a GMO but they're genetically modifying and genetically engineering here so that's kind of a dicey thing. Is this a way that you're saying that they can circumvent even being a non-GMO, that they can say they're non-GMO when they really are?

Dr. Edward G: As a matter of fact, the US national organic program is thinking right now about rewriting the rules on genetically modified organisms and allowing these genetically engineered foods into the national organic program. It's that scary so you have gene editing and gene silencing. The gene silencing is already in production and in grocery stories right now. The gene silencing is based on RNA interference so what that is is you're silencing a gene in that produce. For example, the arctic apple which the USDA and the FDA approved for sale and is actually in sale right now in different parts of the United States, which we don't know where unfortunately. That keeps an apple from turning brown so what they do is they go in and they suppress the gene that creates the oxidation to prevent the apple from turning brown.

Dr. Patrick G: That's by interfering with the messenger RNA basically so that it doesn't trigger and it doesn't turn on and let it turn brown. Now-

Dr. Edward G: It's gene silencing so they're silencing the gene through RNA interference. They're basically cutting it off so the apple doesn't turn brown anymore.

Dr. Patrick G: We know that I think it was Aristotle that said that nature does nothing uselessly, right? If the whole genetic evolution, what is communicated, what genes are turned on and turned off based on environmental cues, to get rid of that and to think that you could do that without consequence is kind of really arrogant, isn't it?

Dr. Edward G: To me, it's playing God. You're taking something that was created a specific way. There's a reason why the apple oxidizes very rapidly. Same thing happened with the innate potato. That's another produce that's in stores right now that went through the gene silencing program and was approved by the USDA and the FDA with no safety studies, rushed through and people are eating it right now. You have the potato and the apple and there's over 385 synthetic biology projects going on right now. They call it synthetic biology.

There's actually procedures in place now where you can synthesize DNA from a computer and use that for gene alterations as well. The way they're getting around this whole genetically modified organisms are all the laws have been written on genetically modified organisms being able to insert a gene from another plant species but this isn't inserting a gene from another plant species. This is manipulating a gene, turning it off or through gene sequencing or gene engineering or through gene editing, which was developed by the Broad Institute in Boston, one of the the top genetic research companies. Gene editing is like a Word document. You go in and you actually edit it but this is with DNA and with genes. They have what's called CRISPR technology or TALEN technology or zinc finger nuclease technology to where they're able to actually go in and edit the genes to create or to alter the expression of those genes. It's not silencing the gene. It's actually editing the gene.

Dr. Patrick G: Have there been any research studies done around this new technology?

Dr. Edward G: As a matter of fact, the Columbia University Medical Center just came out with a study on this CRISPR technology, this gene editing technology and they found hundreds of mutations that can happen using this technology. We have a serious problem on our hands right now, especially in the United States and around the world, because this is the direction these companies are going. They're utilizing this new gene engineering technology to alter the same genetic code, the same DNA in the plant and our government is not doing anything about it because the government says the genetics have not been modified with another species. It's just those individual genes are being engineered and changed.

That's scary when these things can just go right through the FDA approval process, right through the USDA approval process with no safety studies on how they're going to affect the environment and how they're going to affect us as individuals. If you eat a genetically engineered produce and that gene, which has been designed to either turn off or has been altered, what do they think's going to happen in your body? You're going to break it down and your body uses plant DNA and plant genes to function. You could be potentially changing your genes, changing your DNA and you could become a hybrid.

Dr. Patrick G: Yeah. I mean, maybe it has to have an impact. The only question is is it impact of consequence or not? Why do we need to be an experiment to find that out? Shouldn't that be found out some other way? What's especially disturbing about this is in the [inaudible 00:33:46] testing that happens now, I buy everything. I look for that little label saying no GMOs. These particular foods will not show positive in those labs, will it?

Dr. Edward G: No, it won't because it's not a genetically modified piece of genome from another species. As a matter of fact, we have the GMO labeling law that is supposed to be in effect in the next couple years but what Monsanto and all these big corporations are doing is they're trying to make it to where it's very lax and they can put a 1-800 number on the label or

they could put a QC code on the label and not actually have to say on the label that the product is genetically engineered and that's exactly what's happened with the arctic apple because on their label, on their packaging right now they do not have an area on the packaging that says, "This product is genetically engineered." They have a QC code on the label where you're supposed to know as a consumer how to access that information about your food and then determine that it's actually genetically engineered.

As a matter of fact, Del Monte, the largest producer of pineapples, was just approved to come out with a pink, luscious, sweet pineapple and they used the same RNA interference technology to turn off the carotene gene inside the pineapple so it doesn't turn yellow. It actually is gonna turn pink so now they're going to start selling pink pineapples. What they're going to say, "Well, you get more lycopene in it," and companies are producing fruits which have higher antioxidants by working with this gene engineering technology. There's been potatoes. There's a hybrid wheat that's scheduled to come on the market in 2022 so we have serious situations that we need to identify and let people know because this is not in the mainstream news.

Dr. Patrick G: Not at all.

Dr. Edward G: People are going and getting this produce and all of this stuff is being fed to the animals and especially people that eat meat. They need to understand that the majority of the livestock are being fed these genetically modified foods and, not only that, eating and consuming high levels of Roundup and herbicides and pesticides that are getting into the meat and then it's the cycle, the revolving cycle of where did your food come from? How was your food contaminated? If you think about that before you place something in your mouth and you just say, "Where did this food come from?" Then you can start thinking and start analyzing back and saying, "Is it contaminated? Is it not?" I

can guarantee you that if you eat out in any restaurant, aside from certified organic restaurants, and you start asking restaurants what kind of cookware they use, what kind of oils they use to cook with, what kind of water they wash and cook their vegetables and their stuff in, you're going to find

that, look, we've created a society where it's very easy to overeat. There's food everywhere. There's packaged food everywhere. There's plastics in the food supply. Most of the food that you're going to get is going to have genetically modified stuff in it and it's going to be contaminated with all this stuff.

Children are 10 times, 20 times, 30 times more susceptible to these chemicals and to these genetically modified things. Their body is growing. Their stem cells are still producing so when you take these genetically engineered foods or you take these genetically modified foods or you take all these different chemicals that are all mixed in and introduce those into a child's body, you're just creating havoc because these poor children are going to be coming down with all kinds of autism. They're going to be coming down with massive allergies and the body always gives you a sign and a symptom. It's just that we're not ever taught to recognize these signs and symptoms so what do we do? We take our children or we go to the doctor's office. We spend seven minutes with the doctor. The doctor diagnoses with some weird thing. We get put on prescription medications and sent home. It's not about what are you eating. What are you drinking? What is your environment like? What are your stress levels that you're dealing with?

Stress alone has been, talking about genetically modified foods, they're already a lot harder to digest. When you incorporate a society right now which we're dealing with, 90% of the people out there suffer from stress at least three to four times a week, or bouts of stress. What does stress do? It puts you in a sympathetic state. You stop digesting your foods. One of the big scenarios is if your body takes 24 hours to digest a meal and 25% of the energy your body creates every single day goes to digesting one meal and you're eating three or four genetically modified meals every single day, then you're going to have to take four or five days just to digest that.

The proteins are going to turn putrefactic. The carbohydrates are going to ferment. The fats are going to turn rancid. Not only do you have all the residues from the genetically modified and the genes that are altering your

digestive cells, killing off all your good probiotic in there but you also have putrefaction. You also have all these other chemicals from the toxic sludge that's sitting in your intestinal lining. All of that combined is just wreaking havoc on the digestive system and you're utilizing all your energy stores.

When you combine stress into that factor and you're in a chronic state of stress and sympathetic state, then you can have undigested food in your system for a week at a time and you're just adding it in and adding it in and adding it in. That's why some of the new ways to alleviate some of these situations is, number one, just don't eat genetically modified foods and educate yourself about them and continually educate yourself about some of the new technology that's out there. That's the beauty of the internet. You can type in GMO and you can go on your news and you can see all what's happening in the industry and things like that and to detoxify your system and to repair your bowel and to cleanse your bowel on a regular basis.

Even pure clean water, a 72-hour water fast will help repair the intestinal tract and the bowel and that's why doctors are having so much success by just taking people off genetically modified foods and seeing that it does make a difference.

Dr. Patrick G: It's sort of horrifying that we've gotten to this point as a species that we have to become hypervigilant just when it comes to eating. It really shouldn't be this hard, right? We shouldn't have to have all these considerations because what you're saying, it's not even just saying, "Okay, what's the source of the food?" Now the food comes in. What's it being washed it? What's it being cooked in? All of those steps along the way all have an influence and if it's being cooked in aluminum, if it's being washed with bad water, all of these things all add up.

I think what a lot of people, at least in the corporate interests that are maybe malevolent in nature, they probably count on the fact that the vast majority of human beings aren't going to be that vigilant. They can't be that vigilant. They're working. They're raising kids. They're taking care of a household, et cetera. To add all this hypervigilance onto it is almost insurmountable for most people. When you look at

what it's doing to the environment and the future, et cetera, as you lay this out and I'm thinking about, because you also said what happens, symptoms start to emerge. You're bringing the kid to a medical doctor. They do an evaluation. Then they send them home with prescription drugs which is now further perpetuating this cycle of adding additional things which are probably going to further disrupt the balance of the gut floor, et cetera, et cetera, et cetera.

I mean, you see all this and you see it very clearly. You can tell how it just flows out of you and then you recognize, my God, how do we try to create solutions for people that are living in everyday life? What do you see? If I'm the parent now or the person who's responsible for a household, what do you think some of the low to the ground simple solutions are to help get my family to a safe place?

Dr. Edward G: First, you have to recognize what the toxins are and you have to learn about what you're eating, what you're drinking, what you're breathing. The sad thing that's happened is the earth has actually become the genetically modified organism and the earth itself is sick. The water supply on the earth is contaminated. The vegetation is contaminated. The earth itself is contaminated and sick and that, we're all one. We're connected to the earth and as we continue to poison the earth, we continue to poison ourselves. It's even hard to get the proper nutrients that you need, sometimes even with an organic diet. The first step I always say is education, right? When we were seeing patients I would always say, "Do you know why you have cancer? Do you know why you have diabetes? Do you know why you have heart disease?"

"No, I don't."

"Are you telling me that all the doctors that you been to in the last 20 years have never explained to you why you have that disease?" They say no. Don't you need to understand why you have something or what that individual food component or drink component or whatever is doing to you before you understand how to fix it, right?" I'm not going to go rewire a house because I'm not an electrician. I have to learn about electricity first before I go do that.

Step number one, to me, is always education. Let me explain to you why you have the disease that you have. The reason you have it is because you're taking in 100,000 chemicals and toxins from food every day. You're taking in 100,000 toxins and chemicals from your beverages that you're drinking every day. You're taking in 100,000 toxins from the stress levels that you're under every single day. You're taking in all these chemicals and toxins from the parasites and the microbes that are living in your body that are secreting all these chemicals and toxins. You're taking in all these chemicals and heavy metals.

Now that you understand your body can only process, let's say, a million chemicals or toxins that are coming in but you're bringing in 2 million on a daily basis, what do you think happens? The gut is the first thing. Then the liver and then your body doesn't have your elimination routes. Your natural elimination routes are blocked, right? That's another thing that's happened with genetically modified foods is it blocks your elimination routes. Constipation, most people should be having two bowel movements a day but when you start putting all that stress and all those chemicals and all those food particles in that are destroying the natural motility of the bowel and burning holes with the BT toxin through the intestinal lining and all of these undigested food particles and chemicals are leaking into the bloodstream, what is the body to do?

Your natural elimination routes through respiration and sweating, you're not doing enough activity anymore so that's 50% of your elimination routes blocked or maybe only working 10 or 15%. Then you have urination. People aren't drinking enough pure clean water so they're not urinating enough. That elimination route is blocked or not functioning 100%. Defecation is not working. You're not having your two bowel movements a day and then for women, who have five elimination routes with menses, how many women do you know that are having regular menstrual cycles? If you take away all of the natural elimination routes, how we eliminate chemicals, how we eliminate toxins from the body, the body becomes overburdened. It becomes too many chemicals so what does the body do at that point?

This is the root cause of all disease, whether it's cancer. It starts dumping all these chemicals and toxins in one area and then walls it off. If it's diabetes, it dumps the chemicals and toxins in the pancreas and then the Islets of Langerhans, your cells breathe just like you breathe and then they become coated with all these chemicals and toxic material and they ultimately can't function. They can't breathe. They can't reproduce. They can't do all these things. It happens at the cellular level and that's diabetes. Heart disease, your body just dumps the toxins in the arteries and in the cardiovascular system. Arthritis, your body dumps the toxins in the joints.

It doesn't matter what you're dealing with. It's just a sign that your body has way too many chemicals and toxins coming in and you're not able to eliminate them fast enough to keep up. That's when your self healing mechanism starts going down. That's when your immune system starts to suffer and that's when you need to really pay attention to what you're dealing with so you can learn how to change your lifestyle, switching over to organic, clean, healthy foods. Even better, putting your own garden in because you still lose the energetic value, most of the stuff, even organic is picked before it's actually ripe and then it has to travel to your grocery store.

Identifying the things, the aspartame, all of the different chemicals in your kitchen that you're going to be exposed to and the foods that you eat and making that switch away from genetically modified foods, genetically engineered foods to organic healthy foods, changing up the water that you're drinking to pure, clean, organic healthy water, reducing your stress levels, opening up your elimination routes again, paying attention to how much you swear and breathe through respiration and sweating, paying attention to your urination patterns, paying attention to your digestive patterns and healing the gut first.

Disease starts in the gut but health also starts in the gut at the same time. Taking some good probiotics, cleaning your gut on a regular basis and then moving onto the liver and cleaning the parasites and the chemicals and all the metals out of your system and cleaning all of that accumulated toxic

buildup in your system that's bringing you down that may be causing your stress, that may be causing your depression, your anxiety, you feeling sick and no energy in the afternoons and just healing your body the natural way it was intended to heal.

Thousands of years ago they didn't have all prescription medication. They didn't have even a lot of herbal technology. The only thing they would do is just put you in the sun and have you drink pure clean water until your disease went away. I think we're slowly starting to get back into that and people are starting to realize that the biggest, deepest, darkest secret the medical profession hopes you never find out is how you can heal yourself without them involved and you can take responsibility for your own health and you can heal your own self and it doesn't take a lot of time and effort to do. It just takes a little bit of education.

Dr. Patrick G: Your passion around all this is certainly observable but it's also contagious. You've got me really excited but I think what's great is you've identified the problem I think comprehensively. Real good macro view in showing all the different pieces of it but then also solutions and potential solutions and some things that maybe provide some hope that we can get past this and get to a healthy place again, although I think the challenges are pretty big. I do want to say thanks so much for sharing your wisdom, your passion and bringing it here to "GMOs Revealed" so that our viewers can get a deeper understanding of what's going on and what they can do about it.

Dr. Edward G: Yeah, thanks for having me. It's been a pleasure and I'm always right along that line of trying to educate and help as many people as we can in bringing awareness to the dangers of this new GMO 2.0 technology as well as the dangers of all the chemicals that are sprayed on the current GMOs and the GMOs in the food supply today. Hopefully everybody will be going into their kitchen right now and cleaning out and looking at all their foods and making sure that they don't have any genetically modified foods in their kitchen.

Dr. Patrick G: Rest assured, I think that's going to happen. Thanks so much.

Dr. Edward G: Thank you.

Speaker 3: Mira and Jayson, thank you for talking to me, first of all. I'd like you to start off by telling me about the book, your book, what's different about it, what it's about and what it pertains to.

Mira Colton: "Rich Food, Poor Food" takes the consumer directly into the grocery store and teaches them how to find the foods that are actually going to keep them healthy. By healthy, we're not talking calories and fat and carbohydrates. What we're talking about, for the first time, is the nutrients or the vitamins, minerals and essential fats that you need to sustain health. On top of that, we add in the layer of making sure that there's nothing hazardous in the foods. We're covering making sure there's no pesticides, nothing is genetically modified, making sure there's no ingredients that have been known to cause cancer, no artificial colors, artificial flavors and so on and so forth.

Speaker 3: That's really interesting. A lot of what I hear from the industry is that, whether it's organic or pesticides have been used on the plant or their GMO, that nutritionally they're equivalent to plants that are organic. That's really the industry speak and so I'm wondering what your take on that is since, if you're going out of your way to tell people who are buying your book what produce and what things they can buy that have no chemicals or not GMO or not pesticides, I'm assuming you must look at them differently in terms of the micronutrients so what can you tell me about that?

Jayson Colton: There's been some research studies done on conventional produce and then organic produce to look at whether or not they had more of these vitamins and minerals and essential fats than the conventional. They came back that the organic foods in certain circumstances did have some more micronutrients than the conventional but it wasn't a huge gap between the two. Really what we try to do in "Rich Food, Poor Food" is really look at the overall health of the food or the overall quality of the food. That's the key. Things like GMOS or pesticides, what they're going to do is they're going to lower the quality of the food because they actually deplete micronutrients from the food. There's been many studies showing that pesticides rob our bodies of specific micronutrients and GMOs rob our bodies of specific

micronutrients so they add to the overall value of driving down those essential micronutrients in our everyday diet.

Speaker 3: Again, that's interesting because it's not what you hear coming from the industry. Certainly you're familiar with the Stanford study. The Stanford study was a study where there were researchers at Stanford University and they looked at the nutritional value and they compared organic produce to produce that wasn't organic and in the publication, actually if you read the study it did talk about the fact that there were pesticide levels noted in the produce that wasn't organic, but the way the study was billed, at least in "The New York Times" and some of these other media outlets that picked up on it, was that there was no real difference. They focused on the micronutrients and they said that there was really not much measurable difference. They said that it was not funded, that the study was not specifically funded by the industry, however when taking a closer look the department had received a lot of money.

Mira Colton: I was going to say, who funded the university?

Speaker 3: Right. Who funded the department?

Mira Colton: That's [crosstalk 00:54:07]. That's what we really have to look to. We have to find out who's allowing this information to get out and when it comes to university studies right now, so many universities are being funded by Monsanto. They're giving a lot of money and if a study tried to come out of there that could in any way say anything against GMOs, believe me, they're going to say, "We're taking your money back. We don't want this information getting to the public," so you have to look at that. Additionally, what Jayson was talking about, when you talk about micronutrient levels in terms of the food, we know that Glyphosates actually block a lot of the minerals from being absorbed.

Speaker 3: Why don't you explain what Glyphosate is?

Mira Colton: Absolutely. These seeds come Roundup ready and what that means is it means that you can spray them with as much of this Glyphosate as you want and all it's going to do is kill all the other plants around the area and these weeds that they're trying to get rid of but this can absorb more of it.

What happens when it absorbs it is it actually makes it so the plant isn't absorbing any of or very low amounts of the micronutrients, especially the minerals, that it needs in order to grow. It's growing without the abundance that it should have. Then they feed it to an animal as feed and the animals are now becoming heavily micronutrient deficient and then we eat the plants and we eat the animals and we're becoming micronutrient deficient and this is a really big problem in a world that's already filled with people that are 90% deficient in micronutrients already and we can't allow this problem to get any deeper.

Speaker 3: Glyphosate is the herbicide, which is often referred to as a pesticide but it's the herbicide ...

Mira Colton: Correct.

Speaker 3: ... that is sprayed on these plants that are Roundup ready or Glyphosate ready so they won't die from the herbicide and then what you're saying is that this chemical leeches the minerals, the micronutrients out of the plant so when you eat them, they're deficient.

Mira Colton: Absolutely.

Speaker 3: Then you're deficient.

Mira Colton: Absolutely.

Speaker 3: It's a problem that I don't hear the industry talking about. Clearly what we hear is that these plants are going to feed the world and certainly with their vitamin A rice which I know are not commercially available but that's the goal is to get more vitamin A. Do you know anything about the rice? Could you tell me a little bit about that?

Jayson Colton: Yeah. They've got this rice that's supposed to be for areas that are vitamin A deficient. They've created this rice that's supposed to have more vitamin A in it. The problem is you'd have to eat almost 30 bowls of the rice to get the amount of vitamin A that you'd need in order to be sufficient so it's not really going to help to change the problem of vitamin A deficiency and we're not really looking at feeding the world.

We've got more than enough food in the world for the people. The problem is getting the food to the people.

Mira Colton: Additionally, I'll add to that vitamin A is a fat soluble vitamin so unless you're going to feed it to them with some sort of fat to help them absorb this micronutrient, this is not a very well thought out plan.

Speaker 3: Right, it's not. What can you tell me about the specific micronutrients that are lost because of the Glyphosates killing [inaudible 00:57:02]. What specifically and what can we do about it and what are the worst foods that have the most Glyphosate and biggest deficiencies in these micronutrients?

Jayson Colton: It's really kind of like a domino effect. The Glyphosates are going to deplete things like iron, copper, zinc, magnesium ...

Speaker 3: All minerals ...

Jayson Colton: ... manganese, [inaudible 00:57:26].

Speaker 3: ... [crosstalk 00:57:26].

Jayson Colton: Most of the minerals, yes. It is the minerals that they're depleting so they're chelating onto these and they're drawing them out of the food and the, of course, that food is being fed to our livestock and our livestock, vitamin A deficiency in cows recently is very high and so our livestock isn't getting enough of the micronutrients either and we're also seeing gut permeability with these GMOs and with Glyphosate so the food is going into the gut and it's creating a permeability and so the food is going right out through the gastrointestinal system. It's not being digested as it should be.

Speaker 3: The food permeability, have you seen that being linked to gluten sensitivity issues, Celiac, autoimmune diseases?

Mira Colton: Oh, absolutely and the crazy thing is it just another level of why we're all becoming more and more micronutrient deficient. We need our gut in order to be able to absorb these micronutrients so the very few that we're actually getting in are not being absorbed by the vast majority of people today because they're eating GMOs. We see gut permeability. Leaky gut is every other person has it these

days. All the autoimmune disorders are on the rise and we see almost nine out of 10 people who are coming to talk to us these days have leaky gut issues.

Speaker 3: When you say the term leaky gut, what are you referring to?

Mira Colton: The symptoms are across the board somewhat different. There's a lot of bloating, a lot of people with IBS, with different gastrointestinal tract problems and a lot of times it ends up being people who have Hashimoto's, different autoimmune diseases, autism. Across the board it's sort of reactive in different ways because it really depends which proteins are leaking out of your gut at different times.

Speaker 3: Would you say that this is related to the increase in gluten sensitivity that we're seeing?

Jayson Colton: Yeah, I think that gluten sensitivity is playing a major role in this. I think a lot of people are becoming gluten sensitive and I think gut permeability is playing a big role in that, yes.

Speaker 3: You're seeing a lot of patients coming to you for advice because they have leaky gut, they have autoimmune diseases like Hashimoto's and some of these other problems. What advice are you giving them and what advice do you give people in general? What's in your books? What are you telling people they can do to take care of their health and their families' health?

Jayson Colton: Not only do you have to get rid of the GMOs out of your diet, but we need to know what foods are genetically modified. We want to stay away from those, things like canola oil, corn, soy so we know a lot of these. What about the derivatives? Soy lecithin, vinegar is oftentimes made from white corn or genetically modified corn. In our books, what we do is we go through the grocery store aisles and we show you how to stay away from genetically modified foods, both whole foods as well as their derivatives, and how to read an ingredient list so that you can recognize these foods when you see them.

Speaker 3: What do you tell people who want to avoid the Glyphosates, the GMOs and they want more micronutrients? What can they do? What's the best thing to do?

Mira Colton: Okay. We break down staying away from GMOs and we make it really, really easy in the book. That's our goal. Number one, look for things that are labeled non GMO. It can't get any easier than that. It's printed on there. You know you're safe. Organic, again, safety right there. There's other things that you can look for and you can just go and, things that are local, you can go and actually ask the purveyor of the food exactly how they make it and get your list of questions ready ahead of time. Make sure you've done a little information gathering and you know the questions to ask like what kind of seeds and what was it sprayed with or did it come soaked? Just simple questions like that.

Additionally, just learn how to read a label. Learn that when you see things like aspartame, it's genetically modified most likely. Learn that when you see soy anything, soy lecithin for instance, it's probably genetically modified. That's hiding in really crazy places. We were speaking a lecture and it was in the tea bags right there as everyone was sitting and listening. There was soy lecithin in the teabags and everyone, as we're speaking, read it and literally put the tea bags down. It's just that little bit of education that can really change somebody's complete diet. Once you learn it, you mark it off. You don't buy that ingredient ever again.

Speaker 3: That sounds really great. Who would've thought there'd be lecithin in a tea bag. I can't understand why. That sounds good. It's really a how-to book.

Mira Colton: Absolutely.

Speaker 3: It takes you through, okay.

Mira Colton: It's called a GPS, it's a grocery purchasing system. We don't want to make this hard. It should be so easy for people. Until labeling happens, and we don't know if we can ever count on it happening, we need to give people the tools to go and do it for themselves right now. That's what we're doing. We're giving you the point and shoot sort of this is what it is, this is how to find it and we name the brands that are doing it right and we really call out the ones that are doing it wrong.

Speaker 3: Even if it doesn't get labeled, even if GMOs never get labeled, your roadmap, so to speak, would keep people away from the GMOs.

Jayson Colton: Yeah. That's what we're trying to do. We're trying to give people the ability to take control of their health right now. If they go in the grocery store and they follow our GPS or our grocery purchasing system, aisle by aisle, we're going to show them where the GMOs are, how to avoid them, the brand and we're going to give them the ability to really change the landscape of the grocery store over the next five to 10 years because it's really up to us. We have to stop looking for legislation to try to label these things and say, "You know what, if we don't buy the food we're going to hit those manufacturers where it hurts most and that's the pocketbook."

Speaker 3: That's the way to do it.

Mira Colton: Absolutely.

Speaker 3: Okay. You're telling me that your book, anyone can take your book and that simple, it's not going to take an extra hour or two at the grocery store. You can go down every aisle and it'll be very easy and obvious which brands you can pick that will not have GMOs.

Mira Colton: Absolutely. We absolutely guarantee that nothing in there has GMOs. We called every single company and we did the work for you because we want it to be that simple. Say in the milk aisle, you can read all about the history of rBST, the synthetic growth hormone, or you can simply go to the end of the chapter where we name the names and tell you what brands are doing it right and what brands are doing it wrong and if you don't have time to read all that because you have a busy life, then so be it. Maybe it'll interest you later on and you can go back and read. If not, it's at the end of every chapter, we do have the highlights of exactly what to look for in each aisle. It's that simple.

Speaker 3: Now I'm assuming that some of these companies will get bought. Some of the smaller organic companies doing it right can get bought out in the future by the bigger conglomerates

who aren't doing it right and things will start changing because that is what we've been saying it, isn't it?

Jayson Colton: Yeah, things will change in the grocery store but we'll continuously update the book as things go on so you can always go to our checkout checklist and you'll always be able just to go down the aisle. Also, you don't have to be perfect. This isn't about going grocery shopping this next time and then everything's gonna be perfect. It's taking it aisle by aisle. Just keep it really simple. Today it might be dairy. The next day it may be your produce. The next day it's going to be the macaroni and cheese your child still wants or the ice cream your husband insists upon. We've got everything in the book. It's all in there. It's not difficult. The food doesn't taste any different because it's got GMOs in it or not. Great thing is it's super easy to do, one aisle at a time. No one's looking for perfection but by the end of the year you're going to see that not only is your grocery going to be so much healthier, but your time in the grocery is going to be cut down because you already know what you're going to go buy. It's not about what price point. It's about what the quality of food choice that you've already made in every aisle.

Speaker 3: This is really important because we might not get the labels on GMO, right?

Mira Colton: Absolutely. It's the perfect example of where money talks. Right now, California and Washington State lost and they lost not because the people didn't want it. They lost because the money said we shouldn't have it. What we're saying right now is the only way that we're going to get this is to a groundswell. It's for us to find a tipping point and for us to come together and say to the grocery store, "We want healthier food. We deserve healthier food and we're not going to buy the food that contains genetically modified organisms. We're going to be picky and we're going to put our money where our mouths are and we're going to buy the things that are good for us and for our families."

Speaker 3: It's voting with our pocketbook.

Mira Colton: Absolutely.

Jayson Colton: It's voting with our pocketbook, like you said. In five years from now, we may not have this choice anymore. Right now we have the choice to say "I don't want genetically modified food." If we don't do something about this today, in five to 10 years from now we may not even have that choice.

Speaker 3: I agree and you're referring to contamination of conventional plants.

Mira Colton: Absolutely.

Jayson Colton: Contamination of conventional plants. I think a lot of people don't realize that it's not just about not buying genetically modified food. By allowing genetically modified food to continue to be grown, we're taking a chance of conventional food being contaminated just through cross pollinization. This is something that we found out in researching our book. It may be labeled organic tomorrow but if it's crosspollinated with something that's genetically modified, the FDA is going to allow it to continue to be labeled organic down the line as long as it started organic, even though it's now has genetically modified genes in it.

Speaker 3: It's not a percentage where it maxes out. You're saying that if it was once organic, even if in 10 years it's all GMO because of cross contamination, it'll still be called organic?

Mira Colton: We have no way of knowing at this point. I mean, no one's going to go up to every single apple and do the test. Speaking of apples, it's one of the scariest [inaudible 01:06:38] and this is the next genetically modified crops. We're going to be seeing genetically modified apples called arctic apples in the near the future and they think this is a really great thing because you can cut it open, leave it on the countertop and it's not going to brown for 10 days.

Speaker 3: Whoa! You can cut it open and it won't brown.

Mira Colton: No and they think this is a benefit to us because bruised apples will no longer be left in the stores. Now we're going to buy them because we're not going to know that they've been bruised. Think how great this is for places like McDonald's and fast food places. Chop it open, they don't have to put anything on them and they can last for a very,

very long time. Problem is they're rotting on the inside. We're giving each other food that is no longer really food. It's dying food. It's food that's losing micronutrients every single day and this is not food that we should be eating.

Speaker 3: What do you know about the food that's in the pipeline right now?

Jayson Colton: There's a few foods coming out. The arctic apple is one of them. Also, you've got this new genetically modified salmon. It wasn't very profitable to farm salmon. They ate so much food and then the amount of meat that they could actually sell, it was pretty much a wash. They needed to do something with the salmon so now they've genetically modified it so that it grows twice the size on half the amount of food. This is what's happening in the near future. I think the FDA has now come out and said that this genetically modified salmon is accepted so you'll be seeing it in the marketplace soon. The problem is these genetically modified salmon, absolutely I think this is the one of the worst things that can be happening in our protein supply in America.

Speaker 3: Can they breed with wild salmon?

Mira Colton: Yeah, it's different than an apple. The apple's going to stay on the counter and it's not going to breed with another apple and it's not going to spread that way. Yes, there's pollinization but the thing with the salmon is they've already proven that, first of all, salmon in cavity gets out all the time and that's a really big problem already with the farmed salmon. Now they've already found out that these new aqua bounty salmon, these new Franken-salmon are already being able to be with trout so they're already multiplying with trout now so now we already know it's getting out there and there's no putting it back in. There's no getting rid of the problem once we let it loose.

Speaker 3: Wow, that's really scary. Again, do we know what that was crossbred with, out of curiosity?

Mira Colton: [inaudible 01:08:57].

Jayson Colton: I don't know what it was crossbred with but I know it's out competing natural salmon in the environment for food so-

Speaker 3: It's going to overrun.

Mira Colton: Oh, absolutely.

Jayson Colton: It'll overrun.

Speaker 3: That'll be it. It'll take over.

Jayson Colton: Yeah.

Speaker 3: Very interesting and do we know anything about the protein? Like if you eated it pound for pound, is it the same amount of protein? Is it the same amount of Omega-3?

Mira Colton: [inaudible 01:09:14] gotten their hands on it to test at this point. I don't think anyone's ...

Jayson Colton: We do know, from a micronutrient standpoint, farmed salmon in general is not as micronutrient rich as wild caught salmon. There's hundreds of percent more of the Omega-3s in the wild caught fish than there are farmed salmon. Same with vitamin D.

Speaker 3: Even with what they feed the farmed salmon?

Jayson Colton: Oh, especially with what they feed-

Speaker 3: Corn pellet.

Jayson Colton: Yeah. They're feeding-

Speaker 3: Don't they feed them Astaxanthin or Zeaxanthin or Lutein, something with a color?

Jayson Colton: You go to your grocery store and what do you see? You see farm raised salmon and it's bright pink. It's even pinker than the real salmon. Why? Because it was colored that. They had to artificially color it because it's not getting the natural foods that it should be in the wild and it's also being fed corn pellets and soy.

Speaker 3: Oh, that's terrible.

Jayson Colton: Something that these fish have never been fed in history.

Speaker 3: GMO corn and soy.

Mira Colton: [crosstalk 01:10:02]-

Jayson Colton: GMO corn and GMO soy. Correct.

Mira Colton: Yeah, so much of our protein today.

Speaker 3: It's GMO fish.

Jayson Colton: Yes, already.

Speaker 3: Already.

Mira Colton: We had GMO-

Speaker 3: Without the whatever the [inaudible 01:10:11] the salmon.

Jayson Colton: That's why we always recommend that you have wild caught fish.

Mira Colton: It's the same for our poultry and it's the same for the beef. They're all eating genetically modified foods right now.

Speaker 3: Corn and soy.

Mira Colton: The problem is that now we're just eating more and more. 80% of the foods in the grocery store have genetically modified foods now, ingredients and that's a really sad, sad situation.

Speaker 3: That is really just since 1997, '98, right?

Jayson Colton: Yeah, around 1992, between 1992 and 1996 we started to see the introduction of these genetically modified foods in our society and there's more in the pipeline. You've got pink pineapples being grown down in Costa Rica that they're trying to be bringing out. What's going to happen is once the apple comes out and once the salmon comes out and if consumers don't rebel against it now, there's just going to be a parade of genetically modified produce. These genetically modified giants like Monsantos and others, their goal is to dominate the seeds globally. They don't want you to be able to grow your own seeds. They want to control the patent on all of them and what we're doing is we're patenting life and we can't allow that to happen. We need to take a stand right now. It may not seem like a big issue to you but it's a huge

issue. If you don't know about genetically modified foods, you need to start learning about them and you need to really take a stand in your grocery stores before you won't be able to take a stand.

Speaker 3: I think people are standing up to it. I think there's a tide that's growing and it does sound really scary. I mean, all the foods. You're right. All the foods that are in the pipeline and the goal does sound like it's to own the food chain, have control over the food chain.

Jayson Colton: Yeah.

Mira Colton: It's not just the food. We're actually creating genetically modified mosquitoes. Mosquitoes are going to be let loose in Southern Florida to get rid of Dengue fever. Here's the problem. We don't know what's going to happen to these little mosquitoes. We don't have little backpacks on them making sure they go in the right direction and that they don't mate like they're not supposed to mate, even though we know that some of them are mating already. This is just another thing. We're creating animals out there in nature that didn't exist and we're really just playing with science.

Speaker 3: Right, we're really ...

Jayson Colton: You're playing with nature.

Speaker 3: ... playing with nature but that begs the question, like everybody who I'm interviewing I say that the industry would say that if you question the safety and the value of GMO food, you are questioning science. You are antiprogress and you're antiscience.

Mira Colton: I'm not antiprogress. I'm antiprogress that's setting us back and that's how I'd answer it. We are going in the wrong direction in health in this country and I don't care if they call it progress. I call it us going back to the dark ages and we are seeing rickets already on this planet again, a micronutrient deficiency we had considered gone but now all of the sudden, because our food is so warped, we're not getting the right amount of our nutrients and we're seeing diseases that had already been destroyed and they're back on this planet already.

Speaker 3: That's scary stuff. It's really scary stuff. I mean, I did read about the mosquitoes and you're right. That's being unleashed in Florida and, while that's not food, it's not food, it is part of the whole system.

Mira Colton: [inaudible 01:13:33].

Speaker 3: It's part of the ecosystem which could affect our food. It could affect our health. We have no idea. What is the situation in other countries? It seems like most of the GMOs that are grown around the world are actually utilized in North America. Is that true? Is that not true? Do you know the situation in other countries?

Jayson Colton: Yeah. We're not against science or progress. We're against America pushing GMOs down our throat when most other countries have said no to this. Europe has looked at it, their scientists have looked at it and they've said, "We're not going to go there." You've got countries like Haiti. They had nothing. They were given GMO seeds and they planted them for a while. You looked at the crops and they said, "This is not natural. Burn it out of here. We don't even want the free seeds." GMOs are banned in multiple countries across the world. Of course we created genetically modified foods so are we going to ban it here? Of course not. Monsanto is an American company.

You know, there's just so much of this problem with Monsanto officials going into government and then going back to Monsanto and then going back into government. This is a major problem that we're having in the United States and I think that people who think that we don't look at science or we don't want progress, there's plenty of scientists out there who've looked at this work. They've seen that GMOs are unsafe and we want progress but we don't want progress down a rabbit hole we're never going to be able to turn back from. Once that genetically modified seed has infiltrated into the convention crops, you can never take it out.

Speaker 3: If I'm just having something that has a little soy lecithin or a little corn syrup or cottonseed oil, it's just a small amount. It's just here and there. Does it matter? Does it really matter for my health or my kids' health?

Mira Colton: Absolutely. First of all, your child is much smaller than you so it's going to affect your child more. Not only that, it's called bioaccumulation. It's going to build up in your body so don't think of it as one small little drop. Think of it as this constantly accumulating matter inside your body that is foreign. It's just like the other things that they've created. Were they safe? They told you they were. DDT, Agent Orange and now it's GMOs. I wouldn't even try a little bit in my body.

Speaker 3: That's really great. Thank you. It sounds like a fabulous book. I'm really excited to read through the whole thing and keep doing what you're doing because we need it. Power to you.

Dr. Patrick G: Tell me your name and give me a bio sketch, your background.

Tammy Canal: My name's Tammy Canal. I founded the international March against Monsanto in 2013 following the prop 37 ballot initiative that happened in California. I'm a mom of three. I'm a very concerned citizen regarding what's happening with an increasingly toxic food supply and the harm that chemical agriculture is posing to our world.

Dr. Patrick G: Let's go back before 2013, Tammy. What was your life like? You were living in California.

Tammy Canal: Yeah. I just-

Dr. Patrick G: How were you living? What were you doing before this all unfolded?

Tammy Canal: Back in 2012 I was your typical stay-at-home mom raising a six-year-old and we had just actually had our second daughter, doing the whole making baby food at home, cooking from scratch, just kind of really diving into my mom role. I volunteered at my daughter's school so just very typical things.

Dr. Patrick G: What caused you to want to have that approach toward raising a healthy family where you're making your own baby food, et cetera?

Tammy Canal: It's the foundation that I was raised on. My mom was always really big on cooking and I learned to cook at a very young age. I think 10 years old I was in the kitchen, given chores

and helping out. It's just kind of been instilled in my from a very young age.

Dr. Patrick G: This is your life at this point. You're stay-at-home mom. You have a new baby. You have a five-year-old, a six-year-old. You're trying to raise them in a healthy way and you're living in California. What comes up that puts you on this path?

Tammy Canal: I started seeing commercials for prop 37 and I asked myself what's a GMO? I've been around food and cooking and I also, prior to being a stay-at-home mom, I was actually a server in the restaurant industry for 10 years and never had I ever heard of a GMO.

Dr. Patrick G: What was prop 37? What were the commercials?

Tammy Canal: It was a lot of the pro industry funded side of it where your grocery prices are going to skyrocket and I was just, like I said, I had never heard of a GMO so my interest was piqued and once I realized what a GMO was I was horrified.

Dr. Patrick G: What did you learn?

Tammy Canal: Basically that it's Franken-food, made in a lab with a lot of chemicals and stuff that I really didn't want my children ingesting so I basically started researching GMOs, found out about Glyphosate and all the harmful chemicals that were being sprayed. Like I had said, I cooked from home and made my kids eat a lot of fruits and vegetables so it was pretty horrifying to realize that these things that I thought were healthy were not. I used to feed my baby Gerber puffs and found out that those contain high levels of Glyphosate. They're made with GMO corn which is actually registered with the EPA as a pesticide. It's not even classified as a food so all of this is just very startling to me and we instantly started cleaning up our diet, purchasing organic, cutting back on meat just because of how factor farmed meat is fed, just horrific stuff.

Then also, upon my research, a lot of the corruption I learned about. It's very revolving door with our government and our regulating agencies that are intended to protect us. At that time Michael Taylor was actually the head of the FDA. He's bounced back and forth between the biotech

industry and various, he worked for the FDA and the USDA. It was just such a blatant conflict of interest to me and I was really shocked that that wasn't more of the forefront of the issue of prop 37. I twas-

Dr. Patrick G: Explain, because if you're not from California you might not understand what prop 37 means so can you just kind of explain how California legislative process works where they can have these propositions and they put it up for vote, et cetera?

Tammy Canal: Right. Pam Larry, who a lot of people in the movement would probably recognize that name, she's actually the one that was the instigator for prop 37, a grandmother from Northern California. She got the ball rolling. You have to get a certain amount of signatures petitioned and basically once you reach those goals it becomes eligible to be a ballot initiative. It was a simple initiative that would've just required the labeling of foods made with genetically modified ingredients. Very simple and straightforward.

Dr. Patrick G: Just simple truth in labeling, right?

Tammy Canal: Exactly.

Dr. Patrick G: We're not saying outlaw them. We're just saying put on the label that this is a genetically modified food.

Tammy Canal: Exactly, give the consumer the choice.

Dr. Patrick G: Yeah, so the understanding, even just so they know what they're buying.

Tammy Canal: Exactly.

Dr. Patrick G: Yet there was a big forces that came to bear against prop 37. Now at this time, again, you're a stay-at-home mom. You're just trying to raise your family healthy. You're looking at ads on the TV. Were they anti prop 37 ads that you saw?

Tammy Canal: Yes. I believe it was $45 million ended up being spent to win that initiative, the pro industry side, companies like Monsanto, DuPont, Hershey's and Nestle. They just funneled tons of money into all these fear mongering commercials, like I said, about your grocery prices are going to skyrocket.

As we know, companies change their product labeling all the time. Around Christmas they bring out their holiday boxes and cans and et cetera so it seemed really corrupt to me that we couldn't get a few simple words on packaging.

Dr. Patrick G: That was just the truth about what was in it but what is the argument against wanting to properly label what's in the can or jar that you're buying?

Tammy Canal: Obviously they've got something to hide.

Dr. Patrick G: Yeah but they're to say you're going to have these ill effects if we tell you the truth about what we're selling you.

Tammy Canal: Exactly. It's going to hurt their profit margins if people know that they're eating food made in a lab doused in cancer causing herbicide.

Dr. Patrick G: Now, they were successful in their quest to kill prop 37, too, weren't they?

Tammy Canal: Yes.

Dr. Patrick G: When did you decided that you needed to become an activist?

Tammy Canal: It was a few months later in February. I decided to start a Facebook page. Just basically I felt if people knew better they would do better because that was kind of my experience. Once I knew what we were eating, we stopped and we changed out ways and I just really wanted to raise awareness so my initial goal was to get 3,000 people to get out in the streets and hand out flyers and let their communities know what was happening to the food supply.

Dr. Patrick G: Was this in support of prop 37 or is this after it was defeated and then you just-

Tammy Canal: This was after it was defeated.

Dr. Patrick G: It was defeated, so now you take it to the streets on a grassroots level.

Tammy Canal: Exactly.

Dr. Patrick G: How did that go?

Tammy Canal: Oh, it went pretty well.

Dr. Patrick G: Tell us [inaudible 01:22:56].

Tammy Canal: It was actually an anarchist group in Europe that got involved because the European culture is very against Monsanto. GMOs are actually banned in much of Europe and they were quite a force to be reckoned with that really helped the page go viral. I believe our first march we had close to 3 million people around the globe in 51 countries on all six continents.

Dr. Patrick G: Let's not go too fast here. You say, "Our first march." Before we get to the march against Monsanto, let's start with the Facebook page. You put it up. You hoped to get some interests. Did the Facebook page blow up as far as people?

Tammy Canal: It did. Our timing was really good because about a month after I had started the page the Monsanto Protection Act was signed by President Obama, which basically granted Monsanto complete judicial immunity from any kind of lawsuits that, if someone wanted to sue because they got sick from eating this food that's not labeled, Monsanto was protected. It was so unconstitutional and people were really angry about that.

Dr. Patrick G: Wow. Monsanto was protected against liability for its product that it's selling into the public marketplace.

Tammy Canal: Complete judicial immunity and on that note, when I touched on the corruption, one of our US Supreme Court justices Clarence Thomas actually is a former Monsanto attorney and he refuses to recuse himself from any case involving Monsanto and has ruled in their favor every time so we really don't have an ally.

Dr. Patrick G: Bring us into kind of the mindset because here you are, a force of one. You have the knowledge to be able to protect your own family and kind of know what to do and what to look for but you decided to take a public stand.

Tammy Canal: Right. I don't want my kids growing up in a world where their friends are dying of cancer from these harmful products and

I have a lot of family and friends that I care about what's happening to their children as well so I just wanted everyone to know what is happening with our food supply and how Monsanto, they're protected within the regulating agencies. They're protected on a federal government level. Obviously President Obama wasn't looking out for his constituents. He was looking out for the industry.

Dr. Patrick G: Now, when you launched the Facebook page, did you already have the concept of the March Against Monsanto in mind? Was the Facebook page for that or did the March Against Monsanto emerge from it?

Tammy Canal: I set the page up initially. I didn't wait for organizers to step forward. I basically just started going through and picking cities and creating events and people, supporters were saying, "Oh, that one's near me so I'm going to go to it." Basically when it came time for an organizer to step in, they already had an event so it really worked out quite well to go at that angle.

Dr. Patrick G: When was the first March Against Monsanto?

Tammy Canal: It was May 25th, 2013.

Dr. Patrick G: May 25th, its very first time. How many cities?

Tammy Canal: It was over 400.

Dr. Patrick G: Over 400 cities?

Tammy Canal: 51 countries. It was really a global-

Dr. Patrick G: 51 countries.

Tammy Canal: It really ignited a global passion.

Dr. Patrick G: How many people marched?

Tammy Canal: Close to 3 million.

Dr. Patrick G: 3 million. Now, what were you expecting when you thought you'd set this thing up? What were your expectations?

Tammy Canal: We could see the momentum. When I had initially started it I didn't expect much. I honestly felt so many people are so

docile and don't really care about things like this but food affects all of us. We all have to eat. We felt the momentum growing. We started getting a lot of publicity. Of course our mainstream media chose to ignore it. We've never had media coverage for any of our marches. The only mainstream outlet has been RT to cover our events.

Dr. Patrick G: What was the time between when you initiated the Facebook page to the actual first march?

Tammy Canal: That might be the most incredible thing. I started the page on February 28th, 2013 and the march obviously happened May, just a few months later. It went viral. It really did. It was quite something to watch. It was quite a roller coaster to be on.

Dr. Patrick G: No kidding. 3 million people in cities all over the world in 51 countries take up the torch. Now what happens? There are also people coming to attach you as the founder of this thing and what was your experience as far as the personal attacks?

Tammy Canal: There wasn't really any at first. Since the evolution of the march we actually now have a group called MAMyths so we have protestors protesting us at our events which is kind of ironic. The typical defamation stuff, articles being written that we're antiscience which I feel the science is never settled on anything and we should always be evolving and I think it's more antiscience to accept things as the way they are instead of trying to learn more and do better as far as not using chemicals.

Dr. Patrick G: It's a science is orthodoxy, right? Suddenly now, anybody who questions it ...

Tammy Canal: Exactly.

Dr. Patrick G: ... you are a sinner in essence.

Tammy Canal: It's funny because it is. It's become like a religion.

Dr. Patrick G: Yeah. Now the march has gone on several years. How has it evolved?

Tammy Canal: It's gotten bigger, at least overseas. I feel in the US people are kind of, again, placated into thinking that we can't do

more to stop this. It honestly does seem like quite a David and Goliath battle against just this conglomerate of an organization. Monsanto's huge and they have deep pockets and obviously, as I said earlier, the allies of our regulating agencies and federal government working in collusion with them.

Dr. Patrick G: Yeah. 3 million people marched the first time. This continues grow year over year. Did the mass media cover this, the popular media?

Tammy Canal: Not once.

Dr. Patrick G: Not once?

Tammy Canal: Okay, I need to retract that because we did have a Twitter storm. We tweeted and blew up Jake Tappers who works for CNN, his social media, because we were outraged. At this time, it was one of the biggest global protests to have taken place and they ignored it and it goes in line with who they receive their advertising money from and they can't hurt their sponsors' reputations.

Dr. Patrick G: Wow. It's almost inconceivable. Over 3 million people worldwide organized because they have a common cause that they wanted to protest and the media just ignores it. It's like a media blackout. That's kind of extraordinary, to show the influence of the corporations on not only politics but on the media. It's kind of all one machine wrapped together, isn't it?

Tammy Canal: Yes, it is.

Dr. Patrick G: Wow. As this is unfolding over time, what other things emerge? What else did you see happen?

Tammy Canal: Since the first march I feel like we've really won on the consumer level. Every time I go to the store there's more organic options more non GMO options. Since the first march Kroger, Smith's, Ralphs depending on your area of the country. They actually launched its Simple Truth and it's an entire generic brand of organics and every time I go grocery shopping I support that label so much and they constantly

keep rolling out new products because there's a demand for food that isn't poison, essentially.

Dr. Patrick G: Tell me what your view is of that. Obviously in our docuseries here we're interviewing scientists and experts about the biological effects of Glyphosate, the implications of food that's genetically modified, the varying farming practices, et cetera but you seem to have a very clear conclusion about what this food represents as a mom who's trying to raise a healthy family. I heard you use the word poison. How do you look at this? How do you see it?

Tammy Canal: I don't know how else you can view it other than poison. In 2015 the IARC, the International Agency for Research on Cancer, declared Glyphosate to probably be a human carcinogen and since then Monsanto of course has tried to get them to retract that statement and tried to discredit them in any way possible but they know that it causes cancer. Right now there is a current class action lawsuit happening in Northern California that Bobby Kennedy Junior is actually spearheading. He, along with a few dozen Non-Hodgkin's lymphoma cancer patients, are actually suing Monsanto over Glyphosate and in these court proceedings it came out that Jess Roland is the division deputy director in charge of the pesticide division at the EPA and court documents show that he actually colluded with Monsanto for almost 40 years to hide the cariogenicity of Roundup. He's quoted as saying, "If I can kill this, I should get a medal," in regards to cancer assessment research that he had done.

In 2013, a very well respected toxicologist, her name was Marion Copley, she actually had to leave the agency because she was battling breast cancer. She wrote a letter pleading with him to stop conniving and manipulating the science around Roundup. I mean, they know that it causes cancer. It's not just various agencies and independent that are calling into question. Monsanto and the EPA have known for a long time and they've buried the research.

Dr. Patrick G: Wow. There's outrage in some sectors but the media doesn't talk about it. What do you see moving forward as far as trying to create a public awareness about the poison that is Roundup, about the fraud and malfeasance on the government and scientific level that is basically collusion

with the companies, as you described? What do you think the best way is to go out and try to heighten the awareness and get something done about this?

Tammy Canal: I think my organization, March Against Monsanto, we do a pretty good job. I think it's good to get out and empower your communities and create new leaders. I think that is one of the things that I'm most proud of with my work is how many people have stepped up and have ran for city councils and they're on their school boards. Change starts small and if we can ban Roundup from our schools, ban them from our city parks, it has a domino effect.

Dr. Patrick G: You talked about, did you call it Genetic Literacy?

Tammy Canal: Oh, in that same court proceeding that's happening in Northern California, it came out that the Genetic Literacy Project, which a lot of the pro GMO crowd looks to to basically discredit our side of the story as well as the American Council for Science and Health. Those are actually front groups for Monsanto. It turns out they're funneling millions of dollars into these think tanks to discredit anybody that speaks out in opposition to GMOs and the requisite herbicide and pesticides that go with them.

Dr. Patrick G: It's also standard practice in the pharmaceutical industry, right?

Tammy Canal: Yeah. There's a lot of similarities.

Dr. Patrick G: That the makers of the drugs create nonprofits that are advocates for helping to solve problems through this medication but there's, again, a complete conflict of interest.

Tammy Canal: Exactly.

Dr. Patrick G: Does March against Monsanto expose that to the world?

Tammy Canal: Yeah, we do. Of course they come back. The Genetic Literacy Project actually has a writer that writes for Forbes which is obviously a pretty well read publication. We're fighting up against a lot of money and we're very grassroots so we just keep doing what we're doing and, like I said, just

empowering communities and trying to create new leaders to join in the fight, build our army.

Dr. Patrick G: Out of these years of work that you've put in now and all this activism, which I really want to tell you that I appreciate and admire.

Tammy Canal: Thank you.

Dr. Patrick G: What's the thing that has outraged you most along the way?

Tammy Canal: Finding out that the EPA has colluded with Monsanto is extremely angering. We have a tax payer funded organization that is working with big business. We as tax payers are essentially funding an organization that is helped propelling our cancer epidemic.

Dr. Patrick G: Right and we're supposed to have the public trust because is a government organization, right?

Tammy Canal: Exactly.

Dr. Patrick G: [inaudible 01:36:06] we're supposed to have the government trust in this organization. Our tax dollars are being used to fund it, as you cited, and this is literally working against our best interests. It's supposed to protect us from this kind of toxic stuff.

Tammy Canal: Exactly.

Dr. Patrick G: Yet, it's working against our own interests. Yeah, that is an outrage, isn't it?

Tammy Canal: It is.

Dr. Patrick G: What do you see happening moving down the road? Do you see a status quo? Do you think there's going to be some changes? Are you optimistic, pessimistic?

Tammy Canal: I am an optimistic person but I think that a lot more people need to start caring and fighting back because frankly we are running out of time to stop this. There's going to be a point we reach where it's a point of no return. We see Glyphosate, it's ubiquitous. It's in the breast milk of nursing mothers. It was detected in urine samples of every single person that

was tested. It's in air and rain samples. It's even been found as a contaminate in vaccines given to children. It's everywhere.

Dr. Patrick G: Wow. Here's the thing that I would like to try to understand and have our viewers also understand. How an issue like this becomes an issue of conscience and how you decide one person, individually, to take a stand on it and the impact that that can have that you, a stay-at-home mom trying to raise healthy children, observe something that's wrong in the world and that you could stand up and create something that, months later, has got millions of people around the world marching for the cause. What message would you have for people who are watching this who aren't doctors, aren't scientists, aren't politicians. They're not people in an area of influence or expertise but, as you said, the food supply affects us all. What would you say to them as far as the fact that they can feel empowered to get involved in this fight?

Tammy Canal: I think the single most important thing anyone can do is vote with your wallets. Make good choices at the super market. Stop buying Roundup. Stop supporting corporations that are poisoning us, that don't have any regard for life or the environment.

Dr. Patrick G: Is there ways that March Against Monsanto, on your website, Facebook page, what have you, that if they said, "Hey, I want to share this with my friends on my Facebook page," do you have resources for them to be able to engage?

Tammy Canal: Yeah, absolutely and we work with a bunch of great organizations, Organic Consumers Association, Moms Across America, GMO Free America. These are all great resources so anybody's welcome to email us at AddMyMarch@Gmail.com and we will help them get on the right path to a cleaner, healthier existence.

Dr. Patrick G: One more time that email.

Tammy Canal: AddMyMarch@Gmail.com.

Dr. Patrick G: AddMyMarch@Gmail.com.

Tammy Canal: Yes.

Dr. Patrick G: I love it. Do you feel like you've influenced the lives of families and have helped to save some children through what you've done?

Tammy Canal: I like to think so. I mean, my work is time away from my family so I hope that there's a positive outcome in that because I do take time away from my family to fight for others.

Dr. Patrick G: Did I hear earlier, when we were off set, you say that you're up very early.

Tammy Canal: I do. I get up really, really early and work in between school and being the chauffeur and the cook and you know how the life of a stay-at-home mom goes. It's very hectic and then with all my activism on top of it, it makes for early mornings and late nights.

Dr. Patrick G: It does. Are you slowing down at all or are you keeping going till when?

Tammy Canal: No, I'm going to keep going. We can't stop now. There's still a lot of work to be done and a lot of lives to set on a better path.

Dr. Patrick G: Obviously if you can understand this issue you have to understand some science and some of this can seem somewhat complex. I've been interviewing scientists about this issue and it can get intimidating. Were you intimidated by the science as you were digging in here?

Tammy Canal: Yeah, there's definitely points of intimidation. I have to go and really research because I want to know that what I'm saying is correct. Yeah, definitely.

Dr. Patrick G: You got past the fact of being intimidated and started to literally develop your own understanding of the science regarding the issue. Where did the science take you?

Tammy Canal: As you said, I'm not a scientist. I'm very layperson so I feel I bring a lot to the table because I'm able to convey that to people without getting too technical. Some of the research that I've done is on Glyphosate. We understand that Glyphosate is the ingredient in Roundup that makes it so toxic but, being a naturally curious person, I wanted to know

what made Glyphosate so harmful. My friend, Doctor Christian Wagner, actually helped me. We discovered that Glyphosate is made by heat fusing glycine, formaldehyde and phosphorous acid which is so dangerous that it's actually stored under water and that a watered down version of phosphorous acid is used to make Glyphosate but it's actually used to make white phosphorous which is a chemical weapon of war. When you think of it like that and how much of it's being sprayed on our food, since 1974 19 billion pounds, two third of which have been used in the last 10 years alone. No wonder everyone has cancer. It's really awful.

Dr. Patrick G: Wow. Any other things that were startling to you when you started to dig into the science that you said, "Wow. This is much worse than I ever imagined?"

Tammy Canal: I know I mentioned about the Gerber puffs. It was really shocking to learn that genetically modified corn is registered with the EPA as a pesticide. It's not even classified as a food and corn is in everything. Think of how many corn derivative ingredients there are in so much of the food that's in our grocery stores. It's really scary.

Dr. Patrick G: Yeah, corn, corn cereal, et cetera.

Tammy Canal: High fructose corn syrup, just all these chemical nonsense.

Dr. Patrick G: It's very difficult to escape it all, isn't it?

Tammy Canal: It is.

Dr. Patrick G: Even if you have the desire to.

Tammy Canal: Yeah. I recommend shopping the perimeter. Don't go down the aisles.

Dr. Patrick G: What does that mean to shop the perimeter?

Tammy Canal: Like of the grocery store, stay in the fresh stuff.

Dr. Patrick G: Don't go down the center aisles.

Tammy Canal: Don't go down the center aisles. Avoid them if you can.

Dr. Patrick G: I need to get into the psychology of this a little bit because I'm still in awe of a mom who sees a commercial, who does some research, who launches a movement and a few months later millions of people around the world are aligned. What was your self image at that point? Why did you think you could make a difference?

Tammy Canal: I don't know that I necessarily thought I could. I just knew that I couldn't not try to do something. I mean, I had no way of knowing that it would turn into an international movement. I was just so upset about everything that I had discovered in such a short time that I couldn't stay silent.

Dr. Patrick G: It was an issue of conscience, basically

Tammy Canal: Absolutely.

Dr. Patrick G: Your conscience didn't allow you to turn a blind eye.

Tammy Canal: Absolutely. If I wouldn't let me kids, I wouldn't want someone else's child consuming it either.

Dr. Patrick G: Wouldn't it be great if the people who are charged with the societal health had a similar concept, right?

Tammy Canal: It would be amazing. The landscape of the world would be quite different.

Dr. Patrick G: Your friends, your family, did anybody tell you you were crazy for taking this on?

Tammy Canal: All of them.

Dr. Patrick G: All of them?

Tammy Canal: All of them.

Dr. Patrick G: What did they say to you?

Tammy Canal: Just, "You're insane to take on a corporation like Monsanto. You're never going to change anything," and I'm really stubborn so when people think I can't do something it makes me more determined to do it.

Dr. Patrick G: Did you have the moment after millions of people aligned with your cause to look at them and say, "Don't ever tell me something if my mind's committed to it?"

Tammy Canal: I might have said something like that.

Dr. Patrick G: Did they change their views?

Tammy Canal: Yeah. My family, my mom especially. She's like, "You know, I've never heard of GMOs. They can't be that bad or they wouldn't be on the market," kind of mentality and even now she eats organic and has seen the error of her ways. I used to be horrified she'd have us over for dinner and she'd be serving corn on the cob. I'm like, "We're not eating that."

Dr. Patrick G: Wow. Isn't that interesting? This is the blind trust misplaced in our government, corporations, agencies of the government saying, "If I haven't heard much about it, it must be fine."

Tammy Canal: Or the government wouldn't allow us to have something that was going to be harmful to us. It's really a twisted perspective that a lot of people have.

Dr. Patrick G: At their own peril.

Tammy Canal: Mm-hmm (affirmative).

Dr. Patrick G: Right?

Tammy Canal: Yes.

Dr. Patrick G: The whole idea of self responsibility really emerges here and obviously you took responsibility on your own, independently to go do this. You had people telling you that you were crazy and then obviously it struck a cord and you got a lot of support. What did that feel like?

Tammy Canal: That was amazing and, like I said, to just see people changing the way that they eat, the way that they tend to their gardens. March Against Monsanto's obviously having an impact on people's lives and that's a great feeling.

Dr. Patrick G: Yeah and the acceptance of it on the scale because, again, to me the scale of it is what's extraordinary. There's a lot of people out there who would write blogs and do different

things but this is really something on a worldwide scale involving millions of people on an issue that a lot of people care about. I suppose you don't have any background prior to this as some sort of a community organizer or-

Tammy Canal: No, no. Like I said, I was a server in a restaurant and then had babies and stayed home. Never any activism experience or event coordinating experience.

Dr. Patrick G: People are watching this now, a lot of these people are very, very similar to you in many ways. What advice do you have for them? What should they be thinking and doing? What can they see when they look in the mirror that might cause them to take an action that they're not seeing right now?

Tammy Canal: I think people should think global but act local. Like I said, we need to really work on banning Glyphosate from our communities and our schools. This poison is being sprayed where our children play and learn which is absolutely unacceptable. Like I said, voting with your wallet is the most important thing you can do. Every time you spend a dollar in the grocery store you're choosing the world you want to live in and if you're continuing to buy products that are made by manufacturers who have no regard for the health of the environment or we citizens, you're supporting the opposition.

Dr. Patrick G: Essentially you're supporting your own destruction.

Tammy Canal: You are. That's a very good way of putting it.

Dr. Patrick G: Now, and this is maybe very interesting because I think a lot of people, and there's a lot of wisdom in what you're saying, it okay a lot of people are targeting a top-down approach. We have to go after legislation. We have to go after Monsanto but you're going after a behemoth that's well funded, that has a very strong conviction to not only hold the line but to expand what they're doing. It seems so logical, yet so simple, to say, "Well, listen. If your town of Anytown, USA, or any other part of the world for that matter, decides that it's going to ban Glyphosate from its local infrastructure, then that's the way to keep it out of your neighborhood and then it goes to the next neighborhood and the next neighborhood."

Tammy Canal: Exactly.

Dr. Patrick G: Rather than try to wait for high leverage points to move down to the local level, your approach is let's take care of at the local level and it'll be a bottom-up approach to taking away from them. Don't buy their foods. Don't let it in your town and you could see that collectively, when you start to put these pieces together in that puzzle, it has upstream effects that can derail this very malicious agenda.

Tammy Canal: I sure hope so and it's being done in counties in Oregon. They've already managed to ban GMO cultivation in certain counties. I can't think of them off the top of my head. It's possible.

Dr. Patrick G: How clear to you is that not only is it possible but this is really the best strategy for us to try to tackle this problem?

Tammy Canal: It's obviously the only strategy we really have. We can't sit around waiting for the federal government who's basically in bed with these biotech companies to do anything. November of last year the United States actually became the first country in the world to ban GMO labeling. We have 40 countries around the world that ban GMOs but in the US, we ban GMO labeling so we can't wait for the federal government to save us. We have to act within our communities if we're going to change this.

Dr. Patrick G: To me, I can't come up with any kind of a rational argument that says that we should ban the ability to tell the truth about what's inside of the package.

Tammy Canal: Right. There's a really famous quote that says we're required to label our mattresses but we don't have to label our food. It's just so backwards.

Dr. Patrick G: Yeah. I would say. Speaking to this worldwide audience now with "GMOs Revealed", any final thoughts that you have for them that you'd really like them to hear from you and any sense of what the future might bring based on what you're seeing right now?

Tammy Canal: I think that we have to care enough about the future to change things now. For me, I don't want this fight to be left

for my children. That's just not fair for them to inherit this world just riddled with toxic chemical agriculture and food that's unsafe to eat. I would just really encourage everybody to really start making change within their own households. We can't change the way someone else does something but we can absolutely change our actions and just hopefully that will ripple.

Dr. Patrick G: I'd like to encourage everybody to take the information that you're disseminating and to share it. The media blackout is really, in and of itself, at least maybe not legally but morally criminal.

Tammy Canal: Yes, it is.

Dr. Patrick G: Yet, you happen to have proven that through social media and through efforts, we can still get the message out so people understand what's really going on and action they can take. I want to encourage everybody watching to disseminate the information that you've been providing so generously for all these years and ... go ahead.

Tammy Canal: Support the alternative media because they do cover what we're doing. There's great outlets, The Anti Media, The Free Thought Project. These are great resources for people to get the actual news about what's going on because you're not going to hear it on CNN. That's the fact.

Dr. Patrick G: Yeah. I just want to say on behalf of all the children that you'll never know whose lives you've affected and for all of the people who have a stake in seeing the world function in a rational or better way, thank you. Thank you for deciding to make an effort and make a difference in the world.

Tammy Canal: Thank you for including me in your documentary.

Dr. Patrick G: I hope you got a ton of value out of this episode. Now tomorrow, we have a little bit of a unique twist in our episode. Tony [Bark 01:51:59] is going to interview a farm consultant named Robert [Sake 01:52:02] and what's interesting is that Robert Sake kept saying basically, "Oh, you're never going to run this. You're never going to let people see this, et cetera." We're running the whole thing so let's look at what a pro GMO person has to say who consults

with farmers and you can make up your own mind about what you think the validity of his arguments are.

In addition to that, we have an interview with somebody that I know and admire and have known him for many years. He's the former CEO of GNC stores amongst many other things and this is Greg Horn. Greg Horn is also the CEO and founder of Specialty Nutrition Group and he has spent his entire life in the realm of health and nutrition. Check out what Greg has to say about this GMO issue.

Now, I've been very heartened by the fact that many people have contacted us wanting to know if they can own this series and the answer is yes. Available right here on this page, we have multiple packages. They're in two categories, gold or silver, and you can choose the one that's right for you. This information is vital to own and it's so comprehensive that you can revisit it in many times and in many formats. Support this movement. Own this series. Let other people know about it and recommend that they own it, too. This information needs to be out there in the world, in your possession.

We know that knowledge is power and we want to deliver it to you on a silver platter or maybe, for the gold package, on a gold platter. We want you to own this information so that you're empowered with it and you can move forward with it and if you ever need to have the references to go back to, it's there. If you ever need to have an argument for people who are trying to say that GMOs aren't bad for, that Glyphosate's not as big a deal as you think it might be, the answer is, yes, it is and here's our list of experts. Here's additional bonus materials. Here's an entire universe presented to you that you can own and that you can access at your discretion. Please, support "GMOs Revealed". Own this material and share it with the world.