

Eating for Health™

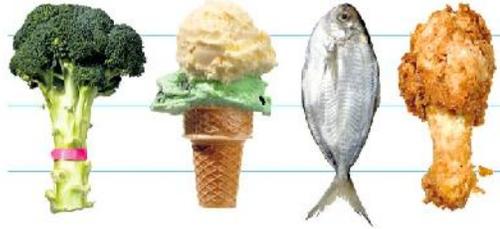
Raise Your Food IQ To Boost Your Health
How and Why to **Avoid GMO** Foods

Ed Bauman, M.Ed., Ph.D., N.C.



BAUMAN COLLEGE
HOLISTIC NUTRITION AND CULINARY ARTS

Eating Is A Choice



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What is a *Whole Food*?

- A whole food is a single life supporting substance that has
 - All of it's edible components intact
 - Unprocessed or minimally processed
 - Not been altered, modified, or enhanced by processing or added chemicals
 - **S.O.U.L. Food** is best
 - Seasonal -Organic
 - Unprocessed - Local

Whole *Real Food* Provide Nutrients That Protect and Sustain Life

- **Bio-Nutrients** enter our body from the food and beverages we ingest; 3 **necessary** categories
 - **Macronutrients**---protein, fat, carbohydrate
 - **Micronutrients**---vitamin, mineral that balance pH & orchestrate physiological function
 - **Phytonutrients**---alkaloids in plants that balance our neuro-hormonal systems

Nutrients better absorbed in whole food form than through supplements

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Phyto's **Quench** Free Radicals



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Seeds Contain the DNA of Nature



- Flax, chia, hemp, sesame, sunflower, pumpkin, cumin, coriander, poppy, fennel, caraway...
- Contain essential amino acids, fatty acids, vitamins (**B, E**), minerals (**Se, Zn, Mg**), fiber, plant sterols and trace elements

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Eating for Health Recommended Daily Servings

A Rejuvenating Food System
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Eating For Health™
Organic, Seasonal, Nutrient-rich, and Individualized

| | Seeds/Oils | Protein | Leafy Vegetables | Crunchy Vegetables | Starchy Vegetables | Seasonal Fruit | Booster Foods |
|----------------|-------------------------------------|------------------------------------|-------------------------------|---|---|----------------------------------|------------------------------------|
| Daily servings | 2-5 | 2-4 | 1-3 | 1-3 | 1-4 | 2-4 | 2-4 |
| Servings size | 1 Tbs oil 2 Tbs seeds | 3 oz animal 5 oz veg/pts | 1 cup | 1/2 cup | 1/2 cup root vegetable 1/2 cup starchy | 1/2 cup or 1 medium piece | 1 teaspoon 1 tablespoon |
| Examples | Flax, sunflower, sesame, almonds | Quail's feet, eggs, milk, beans | Edible oils, kale, spinach | Potato, string beans, zucchini, celery | Yams, white beans, corn, millet, rice | Berries, apple, grape, citrus | Hot, cold, or raw herbs, spices |

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How Much of your Diet is Food Products?

- A **food product** is a packaged, prepared, preserved *food* commodity that contains a primary food with
 - artificial flavors, colors, preservatives,
 - antibiotics, growth hormones
 - processed fats, sugars, *splenda*, salts
 - *Generally recognized as safe (GRAS) metabolically disruptive* ingredients.
- Watch Jon Stewart hilarious clip this issue
- <http://www.thedailyshow.com/watch/thu-february-20-2014/subway--kraft-singles--hot-pockets>

Popular Snack Food

Ingredients: Whole Corn, Vegetable Oil (Corn, Canola, Soybean and/or Sunflower Oil), Maltodextrin (Made From Corn), Salt, Tomato Powder, Corn Starch, Lactose, Whey, Skim Milk, Corn Syrup Solids, Onion Powder, Sugar, Garlic Powder, Monosodium Glutamate, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Dextrose, Malic Acid, Buttermilk, Natural and Artificial Flavors, Sodium Acetate, Artificial Color (Including Red 40, Blue 1, Yellow 5), Sodium Caseinate, Spice, Citric Acid, Disodium Inosinate, and Disodium Guanylate.
CONTAINS MILK INGREDIENTS.

Food IQ Quiz

True or False (and why)

1. Saturated fat clogs your arteries
2. Whole grains are heart-healthy.
3. White meat is better than red.
4. Eating grass-fed butter confers health benefits that vegetable oils do not.
5. High-cholesterol foods cause heart disease.

Food IQ Quiz

True or False (and why)

6. Food based micronutrients are more effective than supplements in preventing disease.
7. Conventionally grown produce has the same nutritional content as organic.
8. Calcium supplements are necessary to prevent osteoporosis.
9. Dark chocolate can be a health food
10. Food and chemical sensitivity is an recognized contributor of most disease

Food Sensitivity Disturbances



Healthy Main Meal

- Lean Protein
 - Seafood, poultry or beans
- Good Fats
 - Avocado
 - Olive oil dressing
- Unrefined Carbohydrates
 - Brown rice
 - Leafy Greens
 - Colorful, crunchy veggies
 - Herbs and spices
- Water or tea



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Image by Chris Clay Bauman

Nutrition Heroes



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Images by Chris Clay Bauman

Nutrition Bandits

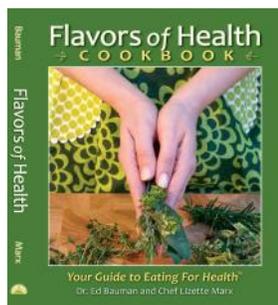


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Peace Message to World Leaders Make *Dinner* not War



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What are GMO's?

- Genetically modified plants are artificially inserted with genes from other animals, bacteria, viruses, insects and even humans that would never mate in nature, to obtain a desired effect.
- In viewing the evidence it appears that *genetically modified organisms (GMOs) are the most dangerous and radical change to our food supply, ever...*

Which Foods are Genetically Modified?

- The main foods to watch out for are non-organic corn, soy, canola, sugar beets and cottonseed.
- GM that have been developed include rice, wheat, tomatoes, sweet corn, potatoes and popcorn
- To date, they have all been rejected as unacceptable in the global marketplace.

Pharm to Table to Symptom to Syndrome to MD to Pharm again

- *“What people need to understand with GE, or genetically engineered (GMO) crops is that seeds are owned by chemical companies.*
- *When we sanction the unrestricted use of GE crops, we’re sanctioning the unrestricted use of these chemicals, which already are making us sick.”*
 - Gary Hirshberg, CEO Stonyfield Farm

US GM crops

| | |
|--------|--------------|
| Soy | 94% |
| Corn | 88% |
| Cotton | 93% |
| Canola | 90% (Canada) |

Sugar beets 95%
Alfalfa (hay, not sprouts) ?%

Thanks to **Jeffrey Smith**
For the GMO Info that follows. www.IRT.org

Hawaiian papaya
virus resistant

Zucchini
crookneck squash
virus resistant

Minor Food Crops

How to Avoid GMO's: Step1

- **Eat in:**
- Restaurants are the most common places to find GMO's.
- Ask for your meal to only be cooked with olive oil, not canola oil.
- Ask which meals do not contain corn or soy.

Avoiding GMO's: Step 2

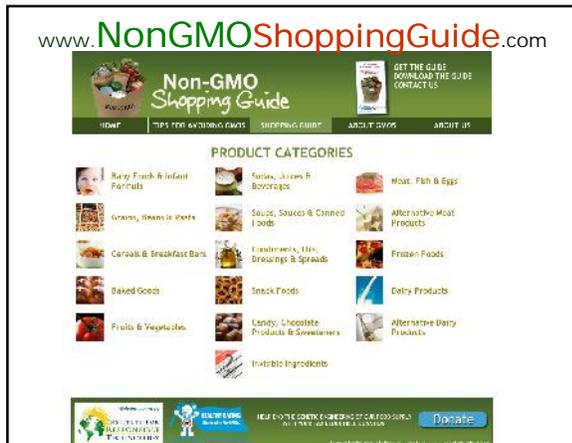
- **Read labels:** Organic is the only 100% way to avoid GMO's.
- When reading labels, look for “Does not contain GMO's.”
- GMO's may be found in soy flour, soy protein, soy lecithin, textured vegetable protein, corn meal, corn syrup, dextrose, maltodextrin, fructose, citric acid and lactic acid.

Avoiding GMO's: Step 3

- **Shop at Farmers Markets**
- Buying **local** food ensures purity from many GMO contaminants, is more affordable, organic, and higher in nutrients.
- **Grow Your Own..** Then the food won't be irradiated, chlorinated, fumigated, modified, packaged, processed and shipped.

Avoiding GMO's #4

- Buy **only** Grass-Fed Meat, Wild Fish, Organic Cheese and Eggs:
- Find out where your meats come from
- Don't buy for price, buy for value
- Grasslandbeef.com and eatwild.com for grass-fed farms in the U.S. and Canada.
- Vitalchoice.com for non-toxic seafood



The American Academy of Environmental Medicine

"Animal studies indicate serious health risks ... including **infertility**, **immune dysregulation**, **accelerated aging**, dysregulation of genes associated with **cholesterol** synthesis, **insulin** regulation, **cell signaling**, and **protein formation**, and changes in the **liver**, **kidney**, **spleen** and **gastrointestinal system**."



Clinical Experience

"Based on my clinical experience, when I remove genetically modified foods as part of the treatment for gluten sensitivity, recovery is faster and more complete."

—Emily Lindner, MD, Internist



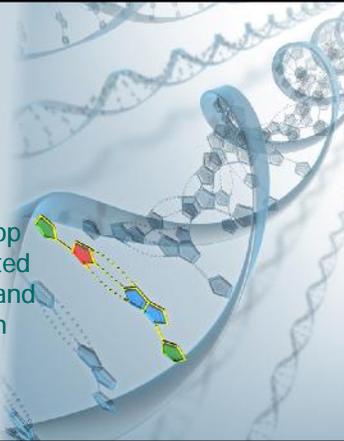
Reported Improvements

Irritable Bowel, Crohn's Disease, infertility, weight loss, erectile dysfunction, ulcers, diabetes, high blood pressure, fatigue, anxiety, depression, gut pain, allergies, asthma, migraines, acid reflux, autism, colds and flu, rashes, kidney disease, brain fog

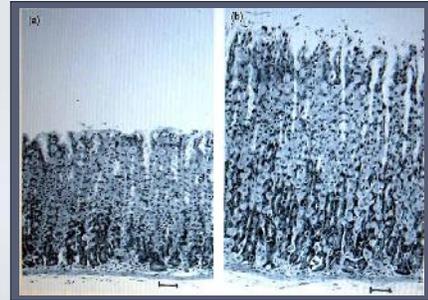


First possible cause of problems

The process of creating a GM crop creates unpredicted changes in DNA and plant composition



Stomach lining



Non-GM

GM

Lancet, '99

Altered nutrients

Increased:

- Anti-nutrient (soy lectin)
- Allergen (trypsin inhibitor)
- Lignin (disease related?)

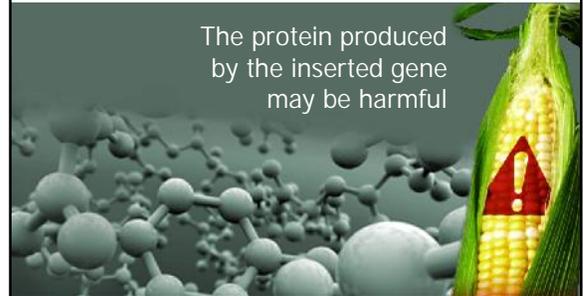
Reduced:

- Protein
- A fatty acid
- An essential amino acid
- Phytoestrogens



A second cause of problems

The protein produced by the inserted gene may be harmful



Bt in crops

Thousands of times more concentrated than the spray

Designed to be more toxic

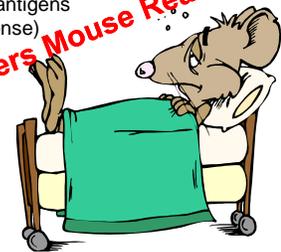
Has properties of a known allergen



Bt-toxin

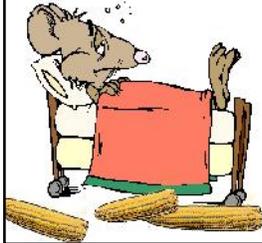
- Is highly immune stimulating (immunogenic) – both mucosal and systemic responses
- As potent as cholera toxin
- Induces IgG, IgA, IgM responses
- (Dose dependent response observed)
- Is an adjuvant for other antigens (induces immune response)

Bt (Cry1Ac) Triggers Mouse Reactions



(Vazquez-Padron)

Rats ate Bt corn (90 days)

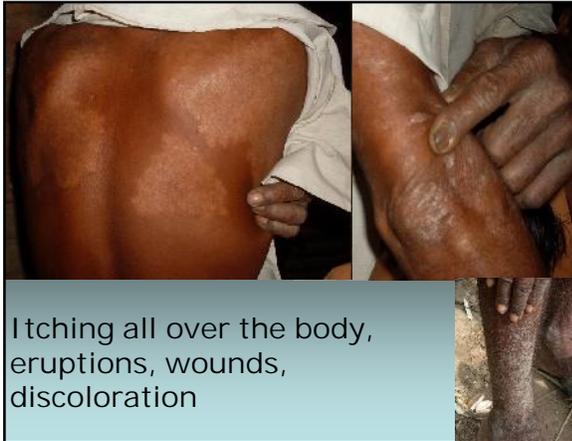


Indicators for
liver and kidney toxicity,
blood pressure
problems, allergies,
infections or disease,
higher blood sugar,
and anemia

Monsanto study

Bt cotton

Thousands of laborers
in India reported
allergic reactions to Bt
cotton



Itching all over the body,
eruptions, wounds,
discoloration

Bt corn

Bt-toxin from corn
creates holes and
leakage in human
cells

(Mesnage, J. Applied Toxicology, 2012)



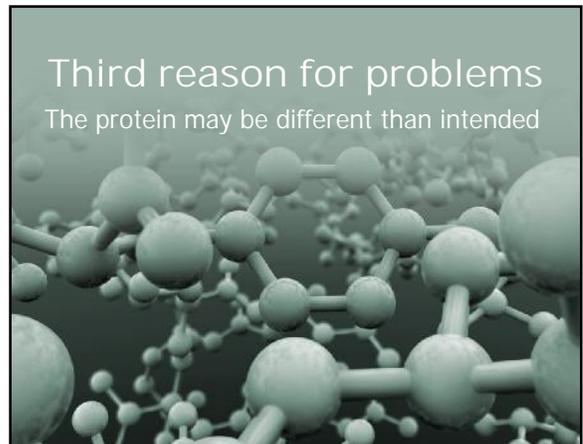
Bt corn

Bt-toxin in blood
of 93% of
Canadian women
and 80% of
unborn fetuses

(Sherbrooke University Hospital, Reproductive Toxicology, 2011)

Third reason for problems

The protein may be different than intended



The transgene sequence may:

- Mutate or truncate
- Rearrange
- Be read differently
- Produce multiple proteins

Fourth possible problem

More herbicide residues

GM crops increased herbicide use by 527 million pounds over the first 16 years (1996-2011)

Glyphosate use per acre on:
 RR soy up 227% (16 yrs)
 RR corn up 54% (15 yrs)

Roundup's active ingredient (glyphosate) is an antibiotic that can kill gut bacteria.

Fifth possible problem

Gene transfer to gut bacteria or into our DNA

The Only Human Feeding Study on GM Crops

Genes transferred to intestinal bacteria

Nature Biotech. '04

If Bt genes transfer

They might turn our intestinal bacteria into living pesticide factories

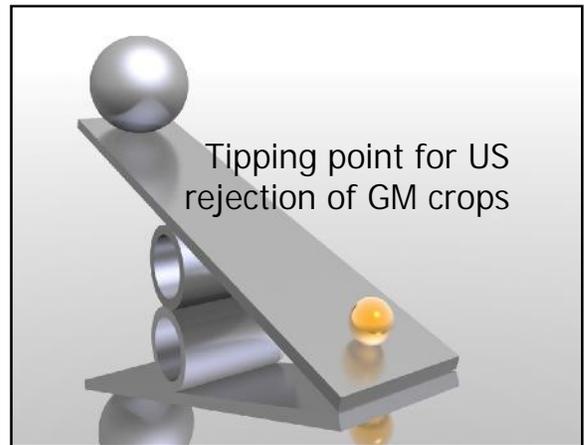


If GM crops are so bad, why don't we see more problems?

Current Assessments

- No post-marketing surveillance
- No human clinical trials
- No proper evaluation of plant changes or effects
- Approvals based on disproved or untested assumptions
- Industry studies

How do we stop the genetic engineering of our food supply?



PROTECT YOUR CHILDREN
Non-GMO Shopping Guide

Doctors' Health Warning!
Are Genetically Engineered Foods Promoting Autism?

Non-GMO Shopping TIPS

Education is Key!

THE WORLD ACCORDING TO MONSANTO

Seeds of Deception

SCIENTISTS UNDER ATTACK

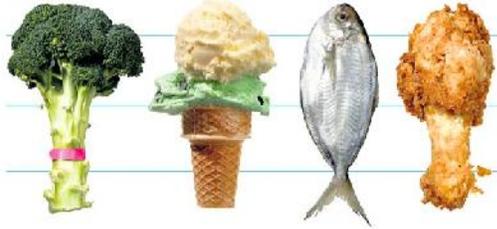
Genetic Roulette

Hidden Dangers in Kids' Meals: Genetically Engineered Foods

Genetic Roulette: The World's Most Dangerous Food Scam Exposed

Education is Key!

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Changing the World Through Nutrition

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REAL FOOD HEALS

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