



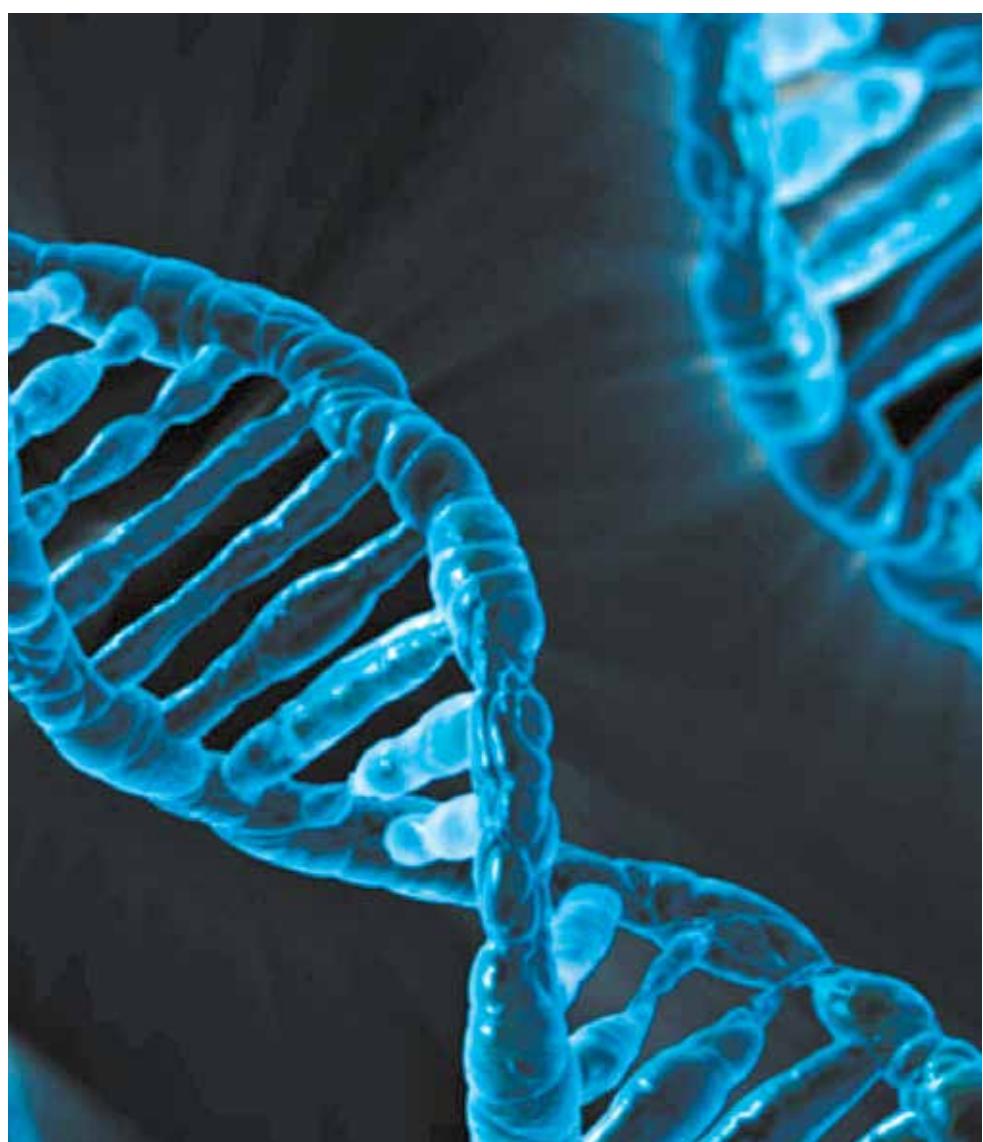
# CALL TO BAN GMO's

## What are GMOs and Genetic Engineering?

GMO is an abbreviation for "Genetically Modified Organism", and Genetic Engineering (GE) or Genetic Modification (GM) is the scientific process of transferring genes from one organism to another.

*These organisms do not exist in nature, and are initially created in laboratories where the genes of one plant or animal are extracted and forced into the DNA of an unrelated plant or animal to transfer some of the desired characteristics of one organism to another.*

These foreign genes commonly come from bacteria and viruses but can also be taken from insects, animals and even humans and transferred to food crops, and farm animals!



## What are genes and DNA?

Every organism is made of cells, and inside the nucleus of each cell are strands of DNA (Deoxyribonucleic acid) - a self-replicating molecule that carries the genetic instructions used in the growth, development, functioning and reproduction of all known living organisms.

Genes are small sections of DNA that provide the inherited instructions that create specific proteins and determine the physical traits and attributes of an organism : for example blond hair and blue eyes in a human, or the unique fragrance of a rose flower. Genes operate in complex networks that are finely regulated to enable the metabolic processes of living organisms to happen in the right place and at the right time.

## How is Genetic Engineering done?

There are natural barriers that prevent the introduction of foreign DNA into a cell's nucleus, so genetic engineers force strands of DNA from one organism into another by:

- Using viruses or bacteria to infect the plant or animal cell with the new DNA;
- Injecting the new DNA into fertilized eggs with a microscopic needle;
- Coating the DNA onto tiny metal pellets and shooting it into the cell;
- Using electric shocks to create holes in the membrane covering sperm and forcing the new DNA into the sperm through these holes.

## But .....

According to Jeffrey M. Smith, director of the Institute for Responsible Technology and author of the best selling *Genetic Roulette* book about GMOs, Genetic Engineering technology is currently crude, and it's impossible to safely and accurately insert specific genes, and the new genes can disrupt the precision mechanism of protein synthesis in unknown and unpredictable ways.

*We just don't understand enough about how DNA works in the cell, and the new genes could change chemical reactions in the cell, leading to instability, the creation of new toxins or allergens, and changes in nutritional value.*

Of course plant and animal breeders have developed new varieties of crop plants and improved yields in animal husbandry for centuries using careful selection, grafting and cross breeding within a species. So it is possible to mate a cow with a cow, or cross pollinate different varieties of wheat or corn – but you can't mate a cow with an octopus or mate a pig with a zucchini!

However, with Genetic Engineering the natural barriers and safety mechanisms that prevent cross-species gene transfer are no longer a barrier to these 'mad scientists' who have spliced fish genes into tomatoes, and jellyfish genes into pigs! The horrendous results of these Dr Frankenstein experiments are plants (?) and animals (?) with traits that would never occur naturally, or through traditional breeding methods.

Jeffrey M. Smith cites the following examples of gene combinations that have been undertaken :

- Spider genes were inserted into goat DNA, in hopes that the goat milk would contain spider web protein for use in bulletproof vests.
- Cow genes turned pigskins into cowhides.
- Jellyfish genes lit up pigs' noses in the dark.
- Arctic fish genes gave tomatoes and strawberries tolerance to frost.
- Corn, Rice and Sugarcane engineered with human genes
- Corn engineered with jellyfish genes
- Tobacco engineered with lettuce genes
- Corn engineered with hepatitis virus genes
- Potatoes that glowed in the dark when they needed watering.

Continued on P 3 >



# Welcome to the Queensland Guardian News

MAINSTREAM MEDIA IS FAILING US, AND IS NO LONGER RELEVANT.

*The important social and political issues of most concern to average Australians are not even raised for discussion because of either political correctness, or deliberate deceit and cover-ups. The major television, radio and newspapers are carefully controlled and scripted by their multi-national owned corporate masters, and used to influence and manipulate public opinion to the advantage of the wealthy elites – and to the great disadvantage of the majority of ordinary Australians.*

The so-called 'news' is either a fabrication of distracting nonsense, or deliberate webs of spin to deceive the dumbed-down and ill-informed populace to remain asleep and to not question or challenge decisions made by the establishment that are undermining everything we hold dear - from our democracy, to our livelihoods, to our public assets and services, to our very land.

Further, most of what is seen, heard and read in the mainstream news media can no longer be considered factual or accurate - and even 'scientific' reports need to be seriously questioned because of an ever increasing control of universities and research institutes funded by huge corporations with vested interests in 'spinning' stories to suit their own ends.

The 'truth', and 'the facts', no longer matter to most journalists, who have become so lazy that they don't source enough accurate background information on an issue, and rarely ever challenge views and opinions that go against the wishes or directions of their corporate masters.

**The Queensland Guardian** stands as a guardian of civil liberties and consumer rights and is committed to bringing to public awareness the stories and ideas that main stream media don't want you to know about, and which you won't find on TV or radio, and which challenge the established 'authorities' in control of our country.

We are committed to uncovering the truth; to the factual accuracy of our stories; and to freedom of speech – regardless of whether a story 'offends' the sensibilities of some minority, or the majority!

*"I disapprove of what you say, but I will defend to the death your right to say it."* Evelyn Hall (paraphrasing Voltaire)

**The Queensland Guardian News is independently published by Civil Liberties, Consumer Rights, No-Tolls and is committed to protecting our civil liberties, consumer rights and public ownership of roads, power, water and other essential public services.**



*If you have an important social or political issue that you would like to share, please contact the editor at [jh@consumerrights.org.au](mailto:jh@consumerrights.org.au) or [jh@no-tolls.org](mailto:jh@no-tolls.org)*

## New Party Stands up for Consumer Rights - Says Ban GMOs

A new political party is entering the fray for the Queensland state election. Spokesperson Jeffrey Hodges says their focus is on consumer rights issues :

*"We are seeing an increasing influence and control of our society by multi-national corporations which are trampling on our civil liberties and eroding consumer rights.*

*From woefully inadequate food labelling; to the privatisation of our power, roads, water and other public assets; to the watering down of environmental controls on mining companies; to forced fluoridation of our water and mandatory vaccination; to GMOs in our food – our civil liberties, personal freedoms and consumer rights are being taken away.*

*"We are no longer a democratic country governed by fairly elected local representatives – instead we have become a corporatocracy, ruled from afar by a handful of wealthy vested interests who maintain their power through control of the media and control of the major political parties through the corrupted political donations process in this country."* he said.



### About Civil Liberties & Consumer Rights

As corporate power grows, individuals and even governments are at a loss as to how to temper the greed and influence of multinational companies who owe allegiance to no nation, and have no moral compass except that of self interest.

Civil Liberties & Consumer Rights will bring pressure on both corporations and governments to consider the community first and foremost - before profits.

Our aim is to re-instate an ethical distance between government and business. How can government regulate and control the excesses of the market economy if it is in bed with large corporations, and where politicians and political parties receive millions of dollars in 'donations' from the private sector?

It cannot.

We must re-establish clear and unambiguous guidelines as to the separate roles of government and the private sector in the community, and to act in the community's interest and welfare where private corporations are taking unfair advantage.

When these roles become blurred - as has happened with governments of all persuasions all over the world over the past three decades - corruption flourishes, and innovation becomes replaced with cronyism and stagnant, monopoly control. A system worse than communism - **corporate oligarchy**.

Civil Liberties & Consumer Rights stands for the public interest in the face of corporate greed and powerful vested interests that seek to own our public assets, curb our freedoms, and increasingly control our lives.

### Our Motto : LEAVE THINGS BETTER THAN YOU FOUND THEM !

**We will ....**

- First and foremost remain independent, honest and trustworthy - officials and elected representatives are prohibited from accepting gifts or financial 'donations'.
- Safe Food & Water. Ban GMOs, and stop fluoridation of our water.
- No Privatisation. End tolls on roads, and keep our roads, bridges, power generators, water resources and other essential assets in public ownership.
- Protect our civil liberties : right to free speech and right to refuse medication. Encourage participatory democracy by holding referendums on important social issues. Let the people decide!
- Veto power for local communities over unwanted 'developments'. People shall have the right to say 'No' to CSG mines, shopping centres, and other developments that impact on their community.

See all our policies at [www.consumerrights.org.au](http://www.consumerrights.org.au)

# Dangers of GM Foods

## Doctors Say : "Avoid GM Foods"

**The known health dangers of GM foods are considerable – but what is more concerning is what we don't know!**

Geneticist and broadcaster Dr. David Suzuki puts it this way:

"Any politician or scientist who tells you these products are safe is either very stupid, or lying. The experiments have simply not been done."

GM foods have been linked to toxic and allergic reactions in humans, and to sick, sterile and dead farm animals, and damage to virtually every organ in laboratory animal studies.

Crops such as GM cotton are engineered to produce their own pesticides to deter insects – however the plants are toxic not just to insects! In India, thousands of sheep died after grazing on GM cotton plants after harvest.

Further, GM modifications for corn, soybeans and other field crops are designed to provide resistance to herbicides – allowing farmers to spray dangerous toxic herbicides directly onto the crops, which obviously leads to pesticide residues in the crops, the long term health effects of which have never been studied!

The most convincing argument against GM foods is provided by the following statement and recommendation from the American Academy of Environmental Medicine – an international association of physicians founded in 1965.

*"There is more than a casual association between GM foods and adverse health effects ... The strength of association and consistency between GM foods and disease is confirmed in several animal studies.*

*Specificity of the association of GM foods and specific disease processes is also supported. Multiple animal studies show significant immune dysregulation, including upregulation of cytokines associated with asthma, allergy, and inflammation.*

*Animal studies also show altered structure and function of the liver, including altered lipid and carbohydrate metabolism as well as cellular changes that could lead to accelerated aging ..... Changes in the kidney, pancreas and spleen have also been documented.*

*A recent study links GM corn with infertility, showing a significant decrease in offspring over time and significantly lower litter weight in mice fed GM corn. .... Studies also show intestinal damage in animals fed GM foods, including proliferative cell growth and disruption of the intestinal immune system.*

*Because GM foods have not been properly tested for human consumption, and because there is ample evidence of probable harm, the AAEM asks:*

- Physicians to educate their patients, the medical community, and the public to avoid GM foods when possible and provide educational materials concerning GM foods and health risks.**
- For a moratorium on GM food, implementation of immediate long term independent safety testing, and labeling of GM foods, which is necessary for health and consumer safety."**

Ref: [www.aaemonline.org/gmo.php](http://www.aaemonline.org/gmo.php)

## Functioning GM Genes Remain Inside You!

Unlike drug safety evaluations, **there have been no human clinical trials of GM foods**

- the only published human feeding study revealed that the genetic material inserted into GM soy transfers to our intestinal bacteria and continues to function.

So long after we have stopped eating GM foods we may still have functioning GM genes inside us – producing God only knows what side effects!

Jeffrey M. Smith warns that :

- If the antibiotic gene inserted into most GM crops were to transfer, it could create super diseases, resistant to antibiotics.**
- If the gene that creates Bt-toxin in GM corn were to transfer, it might turn our intestinal bacteria into living pesticide factories.**

Further CSIRO has developed a type of genetically engineered wheat that may silence human genes, which could have truly disastrous health consequences.

In 2015, the University of Canterbury undertook research on a CSIRO GM wheat which found that molecules created in the wheat, can match human genes and potentially silence them. Consumption of this wheat could lead to significant changes in the way carbohydrates are processed in our body, which could be potentially deadly for children and lead to serious illness in adults. Yet despite this, Food Standards Australia New Zealand (FSANZ) has approved at least five such GE food products already.

Surely even the most ardent supporter of bio-technology must now have serious reservations about GMOs!

***"Any politician or scientist who tells you these products are safe is either very stupid, or lying. The experiments have simply not been done."***

**Dr. David Suzuki**



# GMOs in YOUR Food

So are there GMOs in the food you are eating, and what regulations are there to protect consumers?

Americans have been eating GMOs since their introduction into processed foods (through GM Corn, Rice, Canola, Sugar Beet and Cotton seed products) in 1996, however the introduction of GM potatoes, apples, papaya and zucchini has recently been allowed by the authorities there.

Here in Australia, according to Food

Standards Australia New Zealand, the only GM food crops produced at present are Cotton and Canola, but other **GM foods can be imported and used as ingredients in packaged foods - and these do not require labelling!**

These include the following:

**GM CORN PRODUCTS** such as corn oil, cornflour or corn syrup; used in snack foods, fried foods and confectionery.

**GM POTATOES** can be used in processed products such as snack foods.

**GM SOYBEAN PRODUCTS** which are used as ingredients in many processed foods, such as bread, pastries, chocolates, potato

chips, margarine and mayonnaise.

**GM SUGAR BEET** can be used as sugar in imported processed foods

Unfortunately, field trials of various GM crops including pineapple, papayas, wheat, barley and sugarcane are now underway in Australia and GM research is being done on rice, corn and bananas here – paving the way for their eventual introduction onto our farms, unless we stop it.

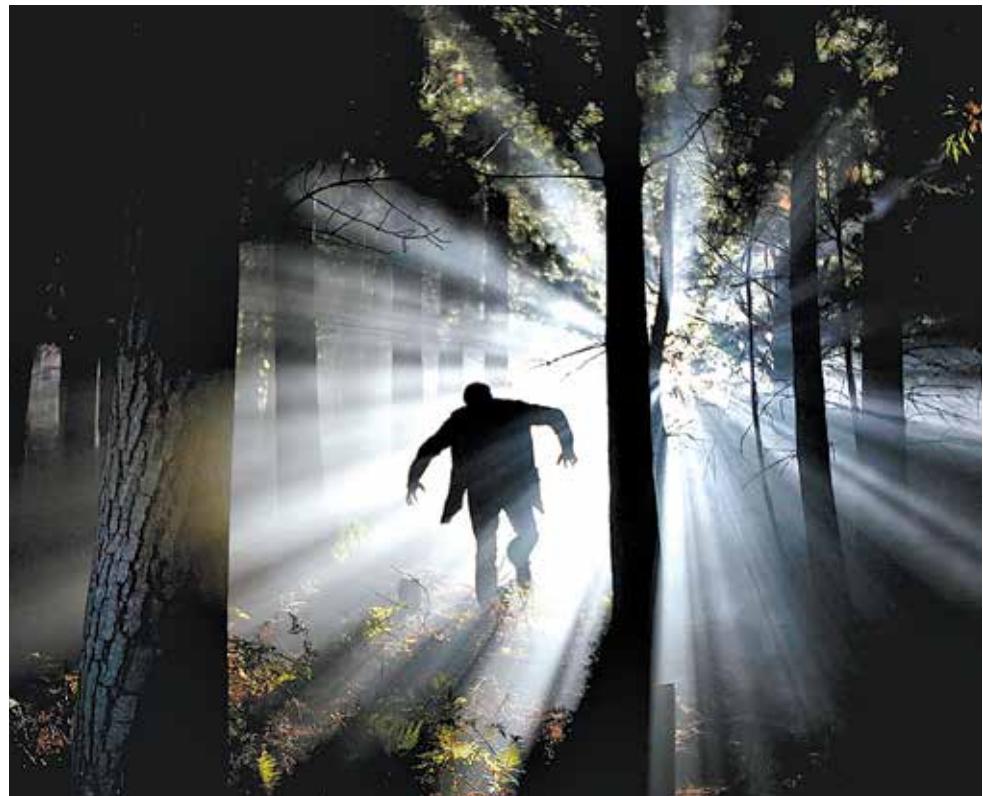
## Woefully Inadequate Food Labelling

While there are no approved GM fruits or vegetables, current labelling laws of GM food products are of great concern because while the law states that they must have their GM status identified if introduced genetic material is present in the final food the following 'exceptions' don't require GM labelling at all!

- » Foods where GM ingredients are highly refined, such as cooking oils, margarine, sugars, starches, chocolate, baked goods. Many processed foods fall into this category.
- » Foods made at bakeries, restaurants and takeaways (eg. McDonalds)
- » Foods from animals that are fed GM feed.
- » Companies can also include up to one percent of GM organisms in food, without labelling it GM, as long as the GM is there "unintentionally".

### SOME COMMON FOODS THAT MAY CONTAIN GMOs ARE:

- Infant formula
- Salad dressing
- Bread
- Cereal
- Hamburgers and hotdogs
- Margarine
- Mayonnaise
- Crackers
- Cookies
- Chocolate
- Candy
- Fried food
- Chips
- Veggie burgers
- Meat substitutes
- Ice cream
- Frozen yogurt
- Tofu
- Tamari and Soy sauce
- Soy cheese
- Tomato sauce
- Protein powder
- Baking powder
- Any sugar not 100% Cane
- Confectioner's glaze
- Alcohol
- Vanilla (may contain corn syrup)
- Peanut butter
- Enriched flour
- Pasta
- Malt
- White vinegar



GMO'S - another Frankenstein's monster

## So Where Do the Parties Stand on GM Foods ?

**CIVIL LIBERTIES, CONSUMER RIGHTS PARTY** – Ban the growing of all GM crops in Australia and cease all research into GMOs. Ban import of any products containing GM ingredients. Ensure the accuracy of all product labelling to include correct country of origin, and all ingredients.

This is the ONLY party with an unambiguous stance against GM foods.

**GREENS** – Claim to support the current moratorium on growing GM crops, however Greens leader Richard Di Natale recently said he did not believe eating foods produced from genetically modified crops posed a risk to human health, and he did not have an ideological or philosophical objection to the use of the technology !!!

He claimed that there is no concrete evidence on potential health harms to people : *"The literature so far, on the issue of human health, hasn't produced evidence of widespread and significant health harm."* Coupled with the Greens support for fluoridation of our water and mandatory vaccinations, it has many people questioning Greens policies under Senator Di Natale.

**ONE NATION** - Who knows? We phoned them and asked for a response, but did not get a reply.

**KATTER'S AUSPARTY** – We phoned but did not get a response. Generally supportive of agricultural science and bio-technology, so assume pro GMOs.

**ALP** – Keep the status quo. In other words, leave it alone, don't question it, trust the agricultural scientists - she'll be right mate! Which means gradual, bit-by-bit infiltration of GMOs into our foods.

**LNP** – As usual, fully head-in-the-sand! Let the market decide, trust in economic rationalism, open up agriculture to even more GM crops, biotechnology and overseas ownership because they will be good for farmers and good for the economy! (Too bad about us consumers and the environment!)

# Natural Gardening - An Alternative to GMOs



A hinterland resident for the past 23 years, Jeffrey Hodges has been a gardener since he was just 4 years old : "I'm one of the few 59 year olds who can claim to have been gardening for 55 years", he jokes.

Hodges has developed a system of gardening which he says emulates the way natural ecosystems function, and requires not only less fertilizer, water and pest control – but also less work!

"People today are so busy, they just don't have the time to garden the way we used to 20 or 30 years ago, which was very labour intensive with a lot of digging and constant cultivation of the soil. I use raised garden beds and it's easy to create a new garden even over an existing lawn area if you use the 'No-Dig' technique which uses newspaper or cardboard and straw mulch which keeps down weeds as well as holds moisture in the soil", he said.

His Natural Gardening book, (which is available from him and also from Rosetta books in Maleny), is a practical, down to earth guide to growing vegetables, fruit, flowers, shrubs and trees in Australian conditions – without using toxic chemical pesticides or artificial fertilizers.

It features sections on :

**DESIGN & PLANNING** – How to design and establish a garden ecosystem which is in balance with the natural environment.

**NATURAL FERTILIZERS** – Cheap, natural alternatives to improve soil fertility,

**UNDERSTANDING PEST AND DISEASE PROBLEMS** – How to cope with pest and disease attacks without resorting to poisonous chemical sprays.

**MINIMAL ENERGY GARDENING** – How to establish a low maintenance native shrubbery and bird sanctuary and cut down on other work in your garden.

"My ultimate goal in gardening is to create a self-sustaining garden ecosystem – a garden where I don't have to water, weed, fertilise, kill pests – or even sow



Jeffrey Hodges

*"My ultimate goal in gardening is to create a self-sustaining garden ecosystem – a garden where I don't have to water, weed, fertilise, kill pests – or even sow seeds!"*

Jeffrey Hodges



Use semi-shaded areas in hot weather

seeds!" he said.

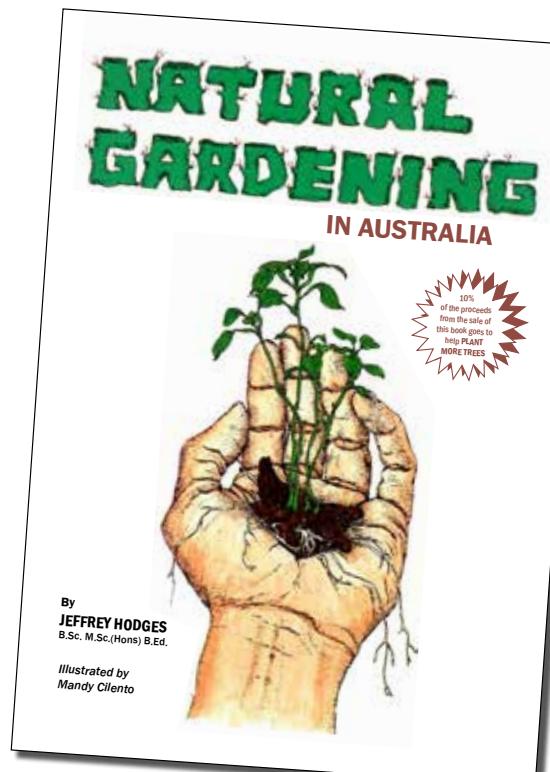
What about our hot Summer weather – how do you grow plants in the heat?

"The key is to make use of spaces close around your home – and use semi-shaded

places such as under stairs during our long hot summers to grow plants that would not survive the heat in full sun," he said.

As for GMOs Hodges says they should be banned, and in the meantime, the solution is to grow heirloom varieties of crops and save your own seeds.

"If you allow some of your plants to go to seed so that you build up a natural 'seed bank' of crop plants in your soil, these will then come up by themselves in your garden! These plants will be stronger and more hardy – and you won't be dependent on buying seeds from dubious commercial seed companies," he said.



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# Safe Seed, Safe Food

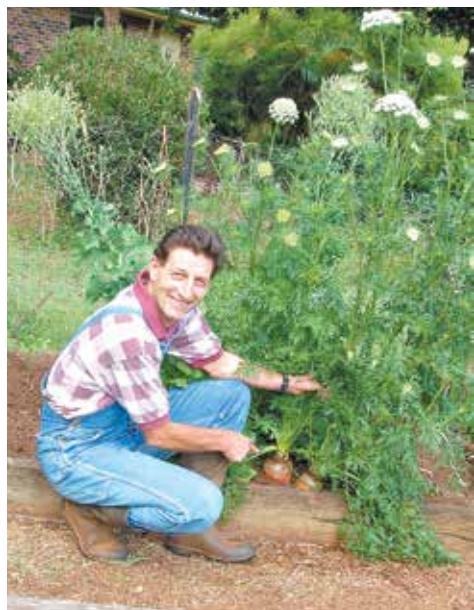
You can support sustainable, earth nurturing food production systems, whether you purchase food or grow your own by choosing open pollinated food crops. Unlike many commercially available crop seeds, open pollinated seeds are able to be grown in the future from saved seed and produce a similar type of crop. These genetically diverse treasures are herb, flower and vegetable varieties that were bred and handed down by generations of

gardeners and farmers, which have stood the test of time : they were saved year after year because of their superior flavour, yield or disease resistance.

When you buy and plant open-pollinated seeds you are helping to protect this valuable resource for the future and help stabilize our global food heritage. Growing open pollinated seeds and saving some for next year's crop is a practical and empowering action home gardeners can take to redress the loss of genetic seed diversity facing us today.

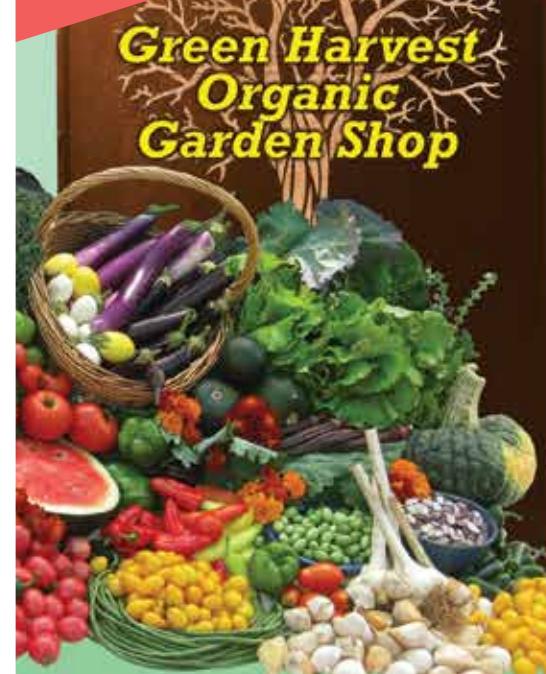
Further, unlike much of the seed retailed in Australia which is chemically treated with fungicides, both **GREEN HARVEST ORGANIC GARDENING SHOP** and **EDEN SEEDS** do not use chemical treatments on their seeds. Instead they use a grey powder called diatomaceous earth as the organic solution to weevils, which works on all insects by scratching their outer waxy surface so they dehydrate.

Both **GREEN HARVEST ORGANIC GARDENING SHOP** and **EDEN SEEDS** provide mostly certified organic seed which is Open Pollinated, Untreated, Non-hybrid and GMO free.



Jeffrey with carrots going to seed

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## Versatile Vertical Gardens

If you're short on garden space – think "up"!

Hinterland sculptor Tracy Smith has combined her talents for metalwork and love of gardening to create beautiful 'vertical gardens' which are ideal for those who only have limited space for a garden. Tracy's vertical gardens are perfect for balconies or sheltered walls to grow a range of potted plants.

*"You can grow flowers, herbs and even vegetables such as lettuce, cherry tomatoes, cucumbers and climbing beans - or if you just need to brighten up your outdoor living spaces with some greenery", she said.*



Tracy can also make custom designed vertical gardens to suit your space – and they make great gift ideas for weddings! Vertical gardens start at \$69.00 and are available from Peace of Green in Maleny.



**Contact Tracy on**  
**0432 846 933, or on Facebook**  
**at Vertical Garden Art.**

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# Elestial Sound Healing

**Sound has been used for thousands of years by almost every culture as a tool for healing and creating altered states of consciousness.**

Sound healing uses the principle of resonance : everything in the universe from fundamental particles like atoms, electrons, to minerals, plants and animals, the planets and galaxies, and we ourselves, are in a state of vibration.

Sound is also a vibration and by using the correct resonant frequencies you can clear negative energy and restore health in the body. Sacred sounds raise your vibration and transmute negative emotions such as anxiety, fear, grief and depression clearing a pathway for love, harmony and health to permeate your body, mind and emotions.



Elena with her singing bowls & gong

Elena Lymbery is a former Russian scientist with a Masters degree in Biological Science who operates an energy, crystal and sound healing clinic in Newmarket. Elena

developed her unique healing method, which she calls Elestial Healing, after twenty years of study and practice with various natural healing methods including Kinesiology, Reiki, Pranic Healing, Tibetan Crystal Bowls, Sound Healing and Sacred Geometry. She uses crystal grids and bowls, Tibetan gongs and her Russian healing heritage to create a space for profound healing and transformation.

**"Elestial healing is a unique combination of energy, crystal, and sound healing. Being multi-dimensional in essence, it helps you to reach out to the highest frequency of your being", she said.**

However, Elena does more than just play bowls for people, and she believes the success of her work is also due to her capacity to 'hold space' for her clients.

"Holding space", Elena says "is all about "being" with the person without judgement or expectation or agenda, and allowing the deepest healing to happen at that time. This ability comes from years of personal experience with mediation oneself."

Elena believes that the combination of crystals, resonant sounds, and the meditative state of mind induced by Elestial healing, not only can heal existing

physical, emotional and mental difficulties, but also heals ancestral patterns of illness at a deep cellular level.

*"We all carry the DNA 'information' from previous generations, and in order to heal these ancestral patterns of emoting, thinking and behaving, there is a need for an 'upgrade' which transforms the very DNA and erases problematic issues that a person's lineage may have been carrying – sometimes for many, many generations. The unique sounds of the crystal bowls and gong coupled with the correct healing intent awaken cellular memories, healing past emotional traumas and activating our highest potential!" she said.*

*"This is a gentle form of healing that works on a very deep level - some people need a lot of healing initially because of negative genetic memories, others just need some activation for new things to come," she said.*

Elena named her healing approach after elestial crystals, which are one of the Master Crystals that have the ability to access the subconscious and the super conscious, providing us with the information we need to accelerate our spiritual progress.

In addition to private

one-on-one healing sessions, Elena also conducts group sessions once a month at the Relaxation Centre.

Next group sessions : Feb 8th or Mar 8th

**[www.relaxationcentreqld.org](http://www.relaxationcentreqld.org)**

*"I don't heal my patients, I hold space for them and trust in their own natural healing processes," she said*

What can Elestial healing help with?

- Release past emotional trauma
- Heal and activate your DNA
- Connect to your higher Self and align to your highest potential
- Awaken your intuition and inner guidance
- Live with awareness and purpose.

## Elestial Healing

**Multi-Dimensional Energy,  
Crystal & Sound Healing**

- \* 20 years experience
- \* Individual sessions
- \* Group sessions at the Relaxation Centre QLD



0447 169 693

Elena Lymbery, M.Sc

Brisbane, Newmarket  
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## Mental Training the Key to Sports Success

Success in sport is not just about fitness and sporting ability, it also depends on an athlete's mindset - the skills of the *Sportsmind*.

In order to unlock your full potential as an athlete you want to train your mind and emotions as well as you train your physical body and the skills of your sport. Every

sportsperson knows that you play best when you are confident, focussed, relaxed and positive ... yet these are not physical attributes – they are mental and emotional ones.

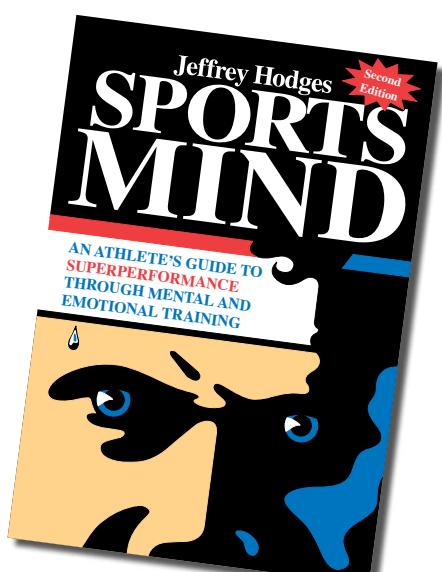
According to local author and performance coach Jeffrey Hodges, there are seven essential skills of the *Sportsmind* :

- Motivation
- Concentration & Focus
- Goal Achievement
- Confidence & Positive Self Belief
- Positive Mental Attitude
- Relaxation & Anxiety Management
- Visualisation

Hodges established his *Sportsmind* performance coaching business in 1980 and since then has coached hundreds of elite sportspeople to national and world titles, including Olympic gold medallists Lydia Lassila and Sara Carrigan.

*"Fortunately, all these mental and emotional skills can be learned and improved with the right training. In the same way that you don't get physically fit and skilful with one or two gym workouts or a haphazard approach to training, likewise mental and emotional skills training wants to be undertaken through a structured, well established program like *Sportsmind*," he said.*

Interested athletes and coaches can find informative articles at his website [www.sportsmind.com.au](http://www.sportsmind.com.au) and also download FREE sports success relaxation and visualisation exercises.



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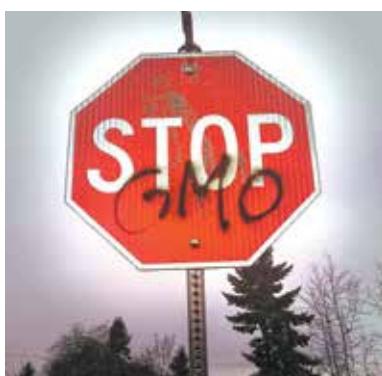
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Jeffrey Hodges and Olympic Gold medalist Lydia Lassila

# 10 REASONS TO AVOID GMOs

1. **GMOs are unhealthy.**
2. **GMOs cross pollinate & contaminate the natural gene pool.**
3. **GMOs increase herbicide use**, because GM crops are engineered to be "herbicide tolerant".
4. **Overuse of herbicides on GM crops leads to the creation of herbicide resistant 'superweeds'** which require even more toxic herbicides each year. [Glyphosate or Roundup, is linked to sterility, hormone disruption, birth defects, and cancer, and is now banned in the EU.]
5. **Genetic engineering creates dangerous side effects.** By mixing genes from totally unrelated species, genetic engineering unleashes a host of unpredictable side effects, including production of new toxins, allergens, carcinogens, and nutritional deficiencies.
6. **Government oversight is deliberately lax and corrupted.** The health & environment risks of GMOs are ignored by government regulations and safety assessments. The reason for this is largely political.



7. **The biotech industry uses "tobacco science" to claim product safety.** Biotech companies like Monsanto told us that Agent Orange, PCBs, and DDT were safe, and are now using the same type of rigged research to try and convince us that GMOs are safe.
8. **Independent research and reporting is attacked and suppressed.** Scientists who discover problems with GMOs have been attacked, gagged, fired, threatened, and denied funding, and media reports exposing problems are often censored.
9. **GMOs harm the environment.** GM crops and their associated herbicides can harm birds, insects, amphibians, marine ecosystems, and soil organisms. They reduce bio-diversity, pollute water resources, and are unsustainable.
10. **GMOs do not increase yields, and work against feeding a hungry world.** The commercial purpose of GMOs is not to feed the world or improve farming. Rather, they exist to gain intellectual property (i.e. patent rights) over seeds and plant breeding and to drive agriculture in directions that benefit agribusiness. This drive is occurring at the expense of farmers, consumers and the natural world.

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