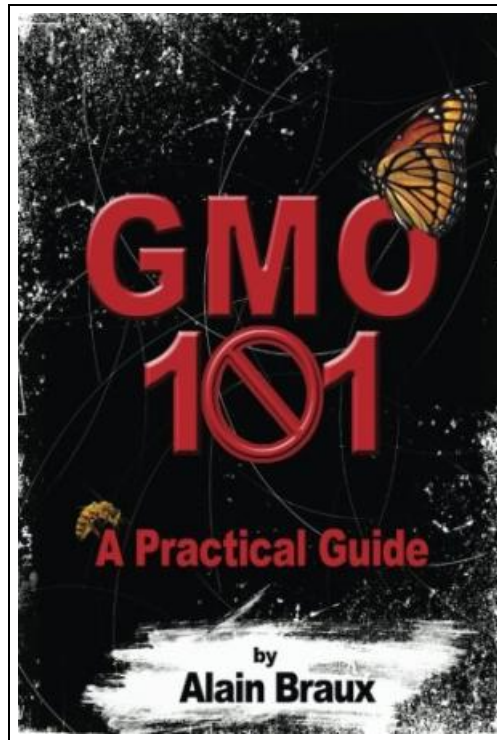


## Gmo 101 - A Practical Guide (Paperback)



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Alain Braux International Publishing, LLC., United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Dear Chef Alain. Thank you for caring and having the initiative of creating a book that will help bring much needed information about GMOs. This amazing book, will help us all live healthier lives, while also caring for the environment. Thank you for thinking ahead and caring not only for our health, but also for the future of the Earth. Wishing you the best in health. One Planet for all, all for one Planet. - Rachel Parent. Founder, Kids Right To Know. Twitter: What a wonderful resource, Chef Alain Braux has created for us! In his 5th book on food and health, Alain Braux explores the dark sides of genetically modified organisms (GMOs) in our environment. He reviews how GMOs came to be and then became a major force in our current agricultural and industrial environment and, most importantly, how GMOs are beginning to adversely affect our health. Chef Alain explores the negative effects of GMOs on our immune systems, increasing the risk of developing food allergies, leading to the development of autoimmune diseases. The book also includes a comprehensive list of genetically engineered ingredients hidden in our food supply. What most of us do not realize is that GMOs are also used in the manufacturing of many vitamins and nutritional supplements! Chef Alain has given us the ultimate reference guide to keeping GMOs out of your life! As a practicing physician, a clinical researcher and a champion of using Food As Medicine, I highly recommend this book. If you care about your health, your family s health, and the future of humanity this book is for you. - Dr. Terry Wahls. Clinical professor of Medicine, University of Iowa,...



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