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Gmo Foods: The Truth about Genetically Modified Food. a Layman s Insight Into (Paperback)

By Francis Soza

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****.Genetically modified organisms or GMOs as it is called is when they alter the DNA of a fruit or vegetable. These experiments are done to increase yield or to make yield better. But there is no scientific proof that they are better or even safe. Only time will tell at a future date. Gluten is a protein that is found in wheat, rye, and barley. There are some people who have gluten intolerance. Gluten aggravates and causes inflammation in the small intestines of people suffering from celiac disease. These people need to have a diet that is gluten free. There are many products which are gluten free and finding an alternative should not be a major problem. Many of the vegetables, fruits, and dairy products are found gluten free. Many people are turning to this new diet. If you plan to start a gluten free diet, it is advisable to consult your doctor. Going vegetarian is quite a common thing these days. These vegetarians stick on to only vegetables, avoiding meat from their diet. We need to learn...

Reviews

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