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## Greetings!

Genetically modified organisms, AKA GMOs, have become a hot and controversial topic in mainstream media of late.

The anti-labeling GMO bill known as "the DARK Act" (Deny American the Right to Know) is about to be reintroduced in congress, 38 countries (and counting) have passed restrictions or laws against GMO crops, and Monsanto, the biggest manufacturer of GMO seeds, is being assessed by the court at The Hague, Netherlands October 16, 2016 (World Food Day) for crimes against humanity.

In this month's newsletter we offer you a sane look at the latest facts and scientific research on GMOs, and how to use nutrition, technology, and lifestyle changes to help defend your body against them.

We hope you find this information both shocking AND uplifting...change is coming, get the facts here!

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## ***Message from Milly: How GMOs have turned food into poison***

I am honored to help shed some "sane" light on the topic of GMOs/glyphosates.

Over the last 20+ years in practice, I have seen the

rate of degenerative disease sky rocket in young people and children.

It is estimated 1 in 50 children are on the Autism spectrum, obesity is out of control, seemingly healthy young couples cannot conceive children, and mental illness is rampant.



**This is not just a dietary, general toxicity, or genetic issue...something BIG is not right.**

In last month's newsletter I mentioned the work of Dr. Stephanie Seneff, a research scientist at the Massachusetts Institute of Technology (MIT), on the widespread health effects of GMOs and glyphosates.

**According to Dr. Seneff's research, glyphosate is possibly "the most important factor in the development of multiple chronic diseases and conditions that have become prevalent in Westernized societies."**

Let that sink in for a minute.

These are not the unproven rantings of a conspiracy theorist, a dying scientist desperate for answers, or environmentalist with an agenda. This is an MIT doctor speaking out against the biotech industry and our own government.

Dr. Seneff goes on to explain how toxic glyphosates target beneficial bacteria in your microbiome immunity, therefore playing a key role in the following chronic diseases:

- Autism (Dr. Seneff provides a pretty convincing graph on the autism-glyphosate connection below)
- Allergies
- Cancer (the World Health Organization has finally admitted glyphosates are carcinogenic)
- Obesity
- Parkinson's Disease
- Infertility
- Cardiovascular Disease
- and more

I'd like to urge you to drop what you're doing (within reason) and take a few minutes [to watch the video presentation.](#)

I am not exaggerating when I say it is probably the most informative and important video clip you'll view this year---it has been life-changing information for me.

GMOs and the effects of glyphosates are a real and present danger, and until law-makers are forced into action we cannot avoid them completely.

Thanks to the advent of social media, food activism, and a growing interest in natural health, public health hazards like this cannot go on the way they used to.

**Change is coming, and it is up to each of us to avoid succumbing to fear, to vote strongly with our dollars, and become educated.**

If you haven't already I urge you to consider [signing this petition from the Environment Working Group opposing the DARK Act](#). If it passes the Senate, the fight for GMO labeling is over.

Be sure to check out all the helpful tips and tools below, and I look forward to hearing your feedback on the presentation.

Blessings to all,  
-Milly

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## ***Ancient Wisdom Modern Medicine***

### ***3 Ways to Arm your Microbiome and Support Detoxification***

Unfortunately, even if you eat only GMO-free food you cannot completely avoid GMOs.

But you *can* arm your microbiome in such a way that protects you from the effects of glyphosphates and other unsavory characters.

Here's what we recommend to support a healthy and diverse microbiome in the face of GMOs:



**1. Spend as much time outdoors as possible:** fresh air, dirt, and trees are just teaming with beneficial microbes and immune-supportive components your body craves.

By spending time outside every day, you help

support beneficial bacterial balance, promote normal sleep, and improve your mood.

## 2. Take a Broad-Spectrum Probiotic Daily:

In today's world everyone can benefit from taking daily probiotics to support their microbiome.

We love **Flora 12+** by **Energetix** as it contains 12 probiotic strains plus prebiotic fiber. And since it's professional-grade, you know it really contains what the label says it does.



Call: 770-446-1140770-446-1140, [email](#), or [stop by](#) to order your Flora 12+ today.



**3. Pass on hand sanitizer and antibacterial soaps.** Though personal hygiene is essential to good health, antibacterial cleansers and sanitizers inhibit the growth of both bad and good bacteria.

Instead, opt for natural soap and water to stay healthy and encourage healthy bacterial defense.

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## ***Heal Thyself and Never Stop Learning***

### ***Get the FACTS on avoiding GMOs in 2016***

#### **NxtNutrio GMO-free Shopping App**

With no definitive labeling laws in place for GMOs, it can be tough to know exactly which foods to avoid.

[The NxtNutrio app costs \\$3.99](#) but is one of the best scanners for identifying GMOs and other potentially harmful ingredients. You can even customize it to scan for specific allergens like gluten.



There are other free apps out there, but we believe this one is well worth the \$3.99.

#### **Learn Which GMO Crops are (really) a Threat**

Despite its incredible value to furthering GMO awareness, social media also

spreads a lot of half-truths, hype, and fear about which foods to watch out for.

For example, **many people think potatoes and tomatoes are genetically engineered, and they have been, but they are not in production in the US at this time. Likewise, GMO salmon will not be commercially available until 2018...**but you'd better think twice before eating zoodles (zucchini noodles) made from conventional zucchini.

To help cut through the info-clutter, we recommend referring back to the [Non-GMO Project's list of high-risk and monitored GMO crops found here.](#)

**FREE Online Summit: [Microbiome Medicine Summit](#), February 29-March 7**

Over 2 dozen experts will be offering a fresh perspective on how cultivating healthy microbiome affects your emotional and physical health.



[Register here](#) for **FREE** access to the entire Summit viewed from the comfort of your own living room.

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## ***The Attitude of Health***

### ***The #1 thing you can do to avoid food paranoia***

With all the media attention, lies, and shocking truths surfacing about GMOs it can be all too easy to get caught up in food paranoia.

So, what is a concerned food lover/food activist to do?

**The #1 thing you can do to avoid food paranoia: follow and trust the 80/20 rule even when it comes to GMOs.**



Go the extra mile (or 2) to avoid GMO foods when you can. I am all for packing your children's school lunches, cooking at home, and shopping at the natural food stores.

Make this your doctrine at least 80% of the time. If you can do more, go for it but don't become isolated by fear, as [research has proven social isolation is as harmful to your health as smoking.](#)

THEN when you go on vacation, take a client to lunch, or wind up at a potluck or after-game pizza party, you can rest easy knowing your body is well nourished, healthy, and up to the task of processing a few less-than-optimal foods.

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**HELP OTHERS LEARN THE FACTS  
ON GMOS BY FORWARDING TO A  
FRIEND**

**FORWARD**

**NOT YET SIGNED UP TO RECEIVE  
THIS NEWSLETTER?**

**SIGN UP**

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