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Are... GMOs Safe?

Genetically
Modified
Organisms:
Does God
Need Help?

GMOs: An
Unexpected
Dinner Guest

GMO Foods:
Pros and Cons

GRANDMA'S CURE CORNER
GUIDE TO NON-GMO GARDENING



GMOs

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GMO Foods: Pros and Cons

By Dr. Scott Saunders

There is certainly a lot of hype over GMOs. We have so many people yelling about how it will save the human race from starvation, while others scream that it will completely destroy us! How are we to know for sure whether foods that are genetically modified are safe and healthy?

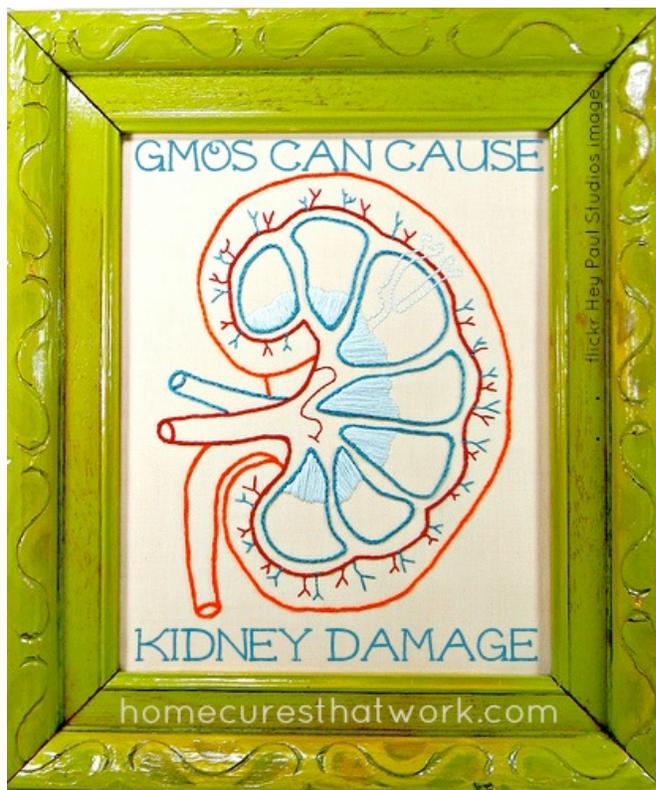
I'm sorry to be the bearer of bad news, but "caveat emptor" is still alive and well. "Buyer beware" rules the market and we must be informed of all that we buy. Information is still our best protection from all the toxic scams that are devised to take our money and give us only poor health in return. I want to get past the hype and look only at the evidence.

The GMO Home Case Study

My first experience with the GMO debate came from my wife. She noticed that our youngest child acted very differently when he ate corn, but not when he ate organic corn. I was skeptical, until I was home one day when he was given some non-organic corn by a neighbor. The five-year-old child was literally "climbing the walls!" He could not keep still! I had seen many meth addicts act the same way, so I was shocked that our child would be doing this! I even recorded it on video because the change in behavior was so drastic.

I started doing some research and found, at first, that GMO producers and the FDA were assuring everyone that GMO food was just like

organic crops – but better, because the farmers didn't have to spray for insects or weed their fields. However, as I dug deeper, I began to see a different picture in the cece surrounding GMOs.



Few GMO Studies Beyond 90 Days

Most of the "reassurance" that the FDA and GMO producers offer is based on results from 90-day studies. That is, nobody died in three months — so it must be safe. This isn't very reassuring to me, because I know that it may take much longer than that to produce illness

from food. I wanted some real science behind the safety of GMOs, so I went to non-industry studies.

GMOs Can Cause Liver and Kidney Disease

First, I went to studies on animals, because they may give us clues to what may happen in a human. In 2010, a meta-analysis of 19 rats fed GMO soy and GMO corn found that 30-43% of the rats developed liver and/or kidney disease, compared to those who were not fed with GMOs.

I have read thousands of studies over the years, and the percentage (30-43%) of rats developing liver or kidney disease is very alarming.

Most pharmaceutical medicines are only approved on a less-than-10% (<10%) margin over placebo. This means GMO products have been approved despite the lack of rigorous safety assessments for GM crops and with the likelihood of organ damage. Wouldn't you raise questions regarding GMO approval if it let to organ failure?

I'm not a fan of applying associated symptoms as a cause, so I wanted to know why liver and/or kidney disease might be a threat to humans. Before medical school, I was a microbiologist doing molecular biology and genetic engineering, so deciphering the biologically significant data was right up my alley.

GMO Gene Transfer

One of the most convincing arguments against GMO foods is the fact that the modified genes of these foods can transfer to other organisms. This actually does happen in the mammalian intestines, where genes from GMO can transfer to the normal bacteria in your bowel.

These now modified bacteria that stands up to pesticides can continually reproduce in our own intestines. What was originally meant

only to help the plant grow is now growing in your gut.

Why might this be important? There is now lots of science to tell us.

GMO's Toxic Intestinal Bacteria

One of the most common genes that is put into GMO corn, GMO soy, and GMO cotton is Bt toxin. Bt stands for *Bacillus thuringiensis*, a bacteria that produces a toxin that kills insects. The preliminary research by the GMO producers indicated that the toxin would break down in the digestive tract of animals.

However, this didn't happen with humans.

A GMO study on pregnant women and their babies at Quebec's Sherbrooke University Hospital found that Bt toxin produced by GMO soy and GMO corn was found circulating in the blood of 93 percent of the pregnant women, 80 percent of fetuses, and 67 percent of the non-pregnant women they tested.

In other words, the GMO toxin is either not broken down in the GI tract, or our very own bacteria that normally help us digest our food are now genetically modified to continually produce the Bt toxin.

Why is this important? Bt toxin is a very potent adjuvant (aid), a chemical that stimulates the immune response in animals. This non-specific stimulation can have a wide range of effects:

- Autoimmune diseases
- Chronic inflammation
- Spontaneous abortions
- Chronic allergies
- Rheumatoid arthritis
- Lupus
- Multiple sclerosis

...And a multitude of other immune dysfunctions are possible.



what people use in their yards or farmers use on crops.

In this study, even the “inert ingredients” of Roundup were toxic, some more toxic than the glyphosate itself.

This is relevant because if non-GMO farmers used Roundup, then they would avoid the food plants so as not to kill them.

With the Roundup Ready plants, the actual food gets sprayed with Roundup, making it part of the food. This is potentially devastating to people. Studies indicate more cancer, especially breast cancer, as well as kidney and liver disease in mice that were fed GMO Roundup Ready corn for two years.

GMO Causes Mineral Deficiencies

Another of the more common GMO plants is Roundup Ready, which contains a gene that protects the plants from the herbicide Roundup. Roundup contains glyphosate, a chelator that kills weeds by making important mineral nutrients unavailable to the plants, thus weakening their defenses and making them more susceptible to diseases in the soil.

If glyphosate from Roundup foods builds up in your body, then it will make certain minerals unavailable. A German study shows that even people who have no direct contact with agriculture have significant concentrations of glyphosate in their urine.

Glyphosate has a negative effect on mineral nutrition and disease development in GM crops. Dr. Linus Pauling said, “You can trace every sickness, every disease, and every ailment to a mineral deficiency.”

Because of these effects, Roundup disrupts the normal nutrient minerals in mammals. One French study showed Roundup to be toxic at all levels, even those 100,000 times less than

More GMO to Know

I have only touched on two genes of the multitude of GMO food available. As more plants and animals are being genetically-modified to grow bigger, stronger, and produce more, I would be the first to say this has potential to really help mankind.

However, I am vehemently against the deceit and propaganda that has been used to push those currently available GMO foods into the marketplace. If there is science to indicate danger to the public, it should be withdrawn or changed to make it safe. You don't want to be part of the massive science experiment when you sit down to eat with GMO foods on your table.

In the meantime, I believe there is safety in avoiding all GMO foods, unless and until they are proven safe.

How To Protect Yourself Against GMOs

Avoid fast food and chain restaurants

Large chain restaurants are more likely to use GMO ingredients. Instead, choose locally-owned restaurants that use locally-grown

ingredients. Now, there are also organic restaurants offering choices for those who are not only passionate about great tasting food, but who are also passionate about eating GMO-free.

Don't buy packaged food

Prepared and packaged food almost always contains at least some ingredients that are GMO. The fact is you don't really know what is in the package because labels are made according to local laws. For example, there are over ten names for MSG. High Fructose Corn Syrup is now getting several names. If you can, it's best to avoid them entirely. Or, look for food that is "certified organic."



Buy Organic

As of now, if a grower is organic they cannot use GMO seed. If you buy the following, use only "CERTIFIED ORGANIC."

1. Corn
2. Soy
3. Zucchini and yellow squash
4. Sugar
5. Cottonseed oil
6. Papaya
7. Dairy
8. Canola oil

If a label doesn't say, "Organic" then it is probably not, especially if it contains corn or soy, which are mostly GMO. Amanda Box,

N.D. does a great job explaining some of [the difference in organic food labeling](#) so you can become a savvy organic food shopper.

Go To The Local Farmer's Markets

Even if there is no certification, you can trust a local grower more than a faceless corporation. Many local growers won't spend the extra money to be certified, but you can ask them about their safe farming methods. Buy from the those that fertilize with manure, use people to weed, and ladybugs for the pests.

Grow Your Own GMO-Free Foods

By far, the best option is to have a large garden to grow your own food. Growing your own garden is the healthiest way to get your fruit and vegetables. You know that you put good fertilizer and weed your own crop it by hand.

You also get more nutrients eating food fresh from the garden. Moreover, there is a great deal of satisfaction in caring for your own garden and eating food that you have assisted God to produce. Garden food is good for the body and the soul. Prepare gardens that fit your lifestyle. For just one hanging "upside-down" tomato plant on the balcony can bring satisfaction and save you from toxic GMO produce.

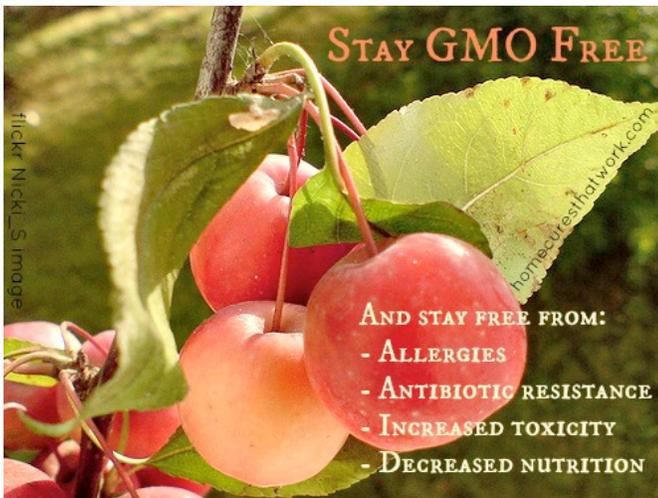


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Are GMOs Safe?

By Amanda Box

How would you feel if you heard that the FDA has yet to conduct even one single study lab on the engineered food you eat every day? These foods have NEVER been proven safe for consumption but are in thousands of products on your grocery shelves! I myself am flabbergasted! It seems like a cruel joke. This injustice has more to do with billions of dollars and hidden agendas, than it has to do with our safety. I am talking about GMOs and their multi-billion dollar manufactures.



Genetically modified organisms, or GMOs, are organisms that have had their genetic makeup altered by genetic engineers. Essentially, scientists have created seeds and plants that make up our food products that contain their own built-in pesticides, which are also tolerant to herbicides. These organisms are modified by injecting the DNA of one species into another. It is a technical process that crosses

plant, animal, bacterial, and viral genes in order to achieve a desired result with an altered genetic material. This unnatural process produces unnatural outcomes in our bodies. Foods that genetically modified are connected to:

- **Allergies** - New proteins introduced into GMOs can create new allergies
- **Antibiotic resistance** - Antibiotic resistance DNA implanted in the food can create antibiotic resistance in bodies
- **Increased toxicity** - Damaged genes from bio-engineering can produce higher levels of toxins in the plants, which damage our bodies
- **Decreased nutrition** - Crossing genes can make some nutritional components unavailable for use in our bodies

Though this may feel like an achievement to scientists and even some farmers, the catch twenty two is that someone is eating these genetically spliced and diced organisms that no longer contain just vitamins and protein, but toxic genetic material that alters our body's regulation.

Where is the GMO Research?

The most frustrating thing I came across in putting together this article was the lack of research! People are demanding to know if

GMO foods are truly safe and no one can really give them a concise answer!

Only one GMO study has been conducted on humans and it concluded that GMOs survived inside the stomach. There were no follow ups on that test. The work shows a pathway by which new food products, such as GM foods, could influence human health in previously unanticipated ways. Like I stated above, the FDA has NEVER conducted nor requested a safety study on GMOs.

Long term research on GMOs is pretty much non-existent. The longest study, until recently, was only 3 months long.(1) It was conducted under the control of Monsanto, the company who manufactured the genetically modified corn used in the study.(2) And, of course, they deemed their product safe for consumption.

What is the main reason there is such a lack in scientific studies? These seeds are owned by the companies that created them! The seeds are legally patented inventions. Therefore you have to have approval to use them for testing.

In 2009, twenty-six corn entomologists sent an open letter to the EPA complaining that, "No true independent research could be legally conducted due to patent restrictions!"(3) Christian Krupke, a Purdue University entomologist who signed the letter later stated, "The industry is completely driving the bus."(4)

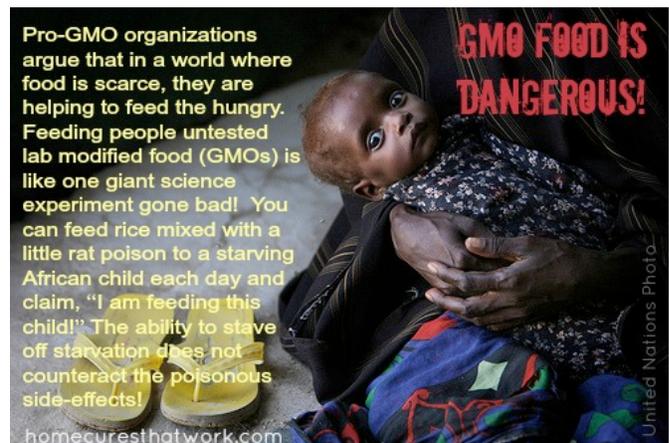
Recently, the first long term GMO study was conducted in France. The study lasted two years and concluded with large tumors and other cancerous results in the rats fed genetically modified corn. Though this study has come under a lot of fire as not being accurate or conducted properly, there are substantial arguments on both sides. (5)

Really, you are left to decide who you want to believe. In one corner you have multi billion dollar Monsanto, claiming that their genetically altered corn is safe based on the

studies that they have funded. Then in the other corner, you have people looking for answers who and want more conclusive research. I, for one, would love more studies. And I have a good idea what those studies will conclude. Can toying with nature in a lab actually produce something safe and side-effect free? I think not.

Exposing the GMO Fraud

Luckily many people are trumpeting the cause against GMOs. The American Academy of Environmental Medicine states, "GMO foods carry a serious health risk. There is more than a casual association between GMO foods and adverse health effects." They go on to say, "GMO foods pose a serious health risk in the areas of toxicology, allergy and immune function, reproductive health, and metabolic, physiologic and genetic health." They called for long term safety tests and the labeling of GMO foods.(6)



Dozens of countries all across the world are banning the growing and importation of GMO foods. Currently 8 European countries have banned GMOs.(7) Countries like Egypt and Japan have also said no to GMOs. However, this is not because of government demand, but demand of the consumers! Interestingly enough, there hasn't been much positive movement in America towards the banning of GMOs. Why? Because big seed corporations have stuffed the pockets of politicians and government officials making a big change nearly impossible!

Even if GMO foods continue to dominate the market, we as consumers deserve to know when we are eating GMO foods. The dishonesty in labeling has been a disaster for those wanting to avoid genetically modified foods. Without labeling it is impossible to know which foods products have higher risks so that you can avoid them and protect the health of your family.

In November of this past year, California's ballot was the first to introduce a law requiring that all foods containing GMO products be labeled as such. Proposition 37, was the name of this initiative and it started an uproar around the safety of GMO products.(8) Monsanto dropped millions of dollars in anti-37 campaign ads. It seems clear that Monsanto wants you to close your eyes, open your mouth, and swallow.

Much to my dismay, money won the battle and Prop 37 was not approved. The European Union has been using warning labels on their GMO foods since 2002! We are extremely behind the ball! However, I believe this bill awakened many all across America, and it is my hope that eventually we will have nationwide labeling of GMO products!

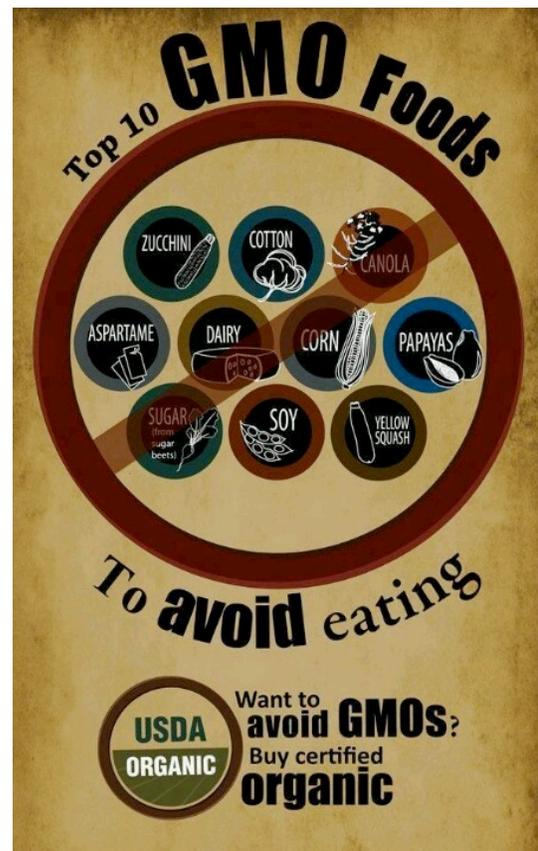
Pro-GMO corporations will argue that not only are their products safe, but their ability to produce more effectively is helping keep food prices down. They also argue that in a world where food is scarce, they are helping to feed the hungry.

But honestly, does this matter if the food itself is dangerous? Feeding people untested lab modified food is like performing one giant science experiment gone bad! You could feed a starving child in Africa rice mixed with a little rat poison each day and say, "See, I am feeding this child!" But, you are hurting that child at the same time! It's ability to stave off starvation does not counteract the poisonous side-effects!

Avoiding GMOs

The most common question I get is regarding GMOs is how to avoid them. No one wants their body to become a science experiment! And with no evidence that GMOs are safe, it is best to avoid them like the plague! This is definitely easier said than done though.

With no labels stating what food products contain GMOs, many times you are left guessing. According to the Grocery Manufacturing Association, 70% of processed foods on grocery shelves today contain GMO foods! This means your soups, crackers, chips, and TV dinners are more than likely to contain GMO products.



The first step in avoiding GMOs is getting very familiar with the top GMO foods on the market today.

1. **Soybeans (94% GMO)** - Found in tofu, salad dressings, soy sauce and much more. Soy is a popular additive and is hidden in many foods. It also

has negative effects on the thyroid and hormone levels in the body. I recommend avoiding soy all together - GMO or not!

2. **Corn (88% GMO)** - Corn is not only in your corn chips or your bag of frozen veggies. It hides out in everything from ketchup to gatorade (via high fructose corn syrup) . Look for organic versions of your favorite corn-containing foods.
3. **Canola (90% GMO)** - Touted as a healthy oil, canola is anything but healthy. Read your food labels because canola is popping up everywhere (salad dressings, frozen foods, peanut butter, baking mixes, cheese crackers, tomato sauce and so much more!!
4. **Sugar Beets (90% GMO)** - If white sugar wasn't bad enough, it is is now genetically modified! GMO sugar beets were introduced in 2009 and nearly 95 percent of the U.S. sugar beet production is grown from genetically modified seeds. More than half of our domestic sugar production comes from sugar beet. Instead of white sugar, use sugar alternatives like honey and stevia, or buy organic sugar.
5. **Cotton (90% GMO)** - Cotton oil is one of the main oils in margarine. Just another reason to never use margarine and stick to real organic butter! Ninety-three percent of cotton planted in the U.S. in 2010 was genetically modified. Think what you wear doesn't matter? Your bed sheets, towels, clothes, and cotton swabs are also GMO. We absorb more than 60 percent of what our skin comes in contact with. The only way to avoid this is to purchase organic cotton versions.
6. **Dairy** - Most dairy cows are fed GMO grains. Buying organic or grass fed dairy is the best ways to avoid GMOs in your dairy products.
7. **Papaya** - Since 1999, the majority of Papayas grown in Hawaii are GMO. This means if the papaya in your local

grocery says, "Grown in Hawaii", then it's best to avoid buying it.

8. **Zucchini and Yellow Squash** - These two squash varieties have been modified to resist viruses. These are an easy plants to grow yourself. Plant these in your garden this year and use organic seeds!

(These percentages[9] reflect U.S. crops and do not reflect those grown in other countries)

When buying foods from the above list, look for **labels** stating: Non-GMO or Organic. This is truly the only **safe** way of knowing that the **food product** is truly not genetically modified. Most people cannot afford to buy everything **organic**. However, if you stick to this list it won't break the bank! For a more detailed list of hidden **GMO foods**, read my other article titled [GMOs: An Unexpected Dinner Guest](#).

Raise Your Voice Against GMOs

You don't have to be a victim any longer of genetically modified foods! You have a right to choose what goes into your body! Especially when what you eat is not what nature intended. Putting these made-made foods into your God-made bodies results in unnecessary and unwanted side-effects from allergies to nutritional deficiencies.



Don't be your own safety GMO study. Your voice counts! You don't have to run a political campaign to protest! Here are two more ways you can take positive action:

1. [Tell the FDA to label GMOs](#)
2. Help maintain the non-GMO food supply; [choose products that are Non-GMO Project Verified](#)

Protest GMO foods by refusing to buy them! Demand what you want by what you buy. We all have the right to know what we're eating, and we deserve safe, healthy food!

Also, don't forget to educate others. Word of mouth is a very powerful thing. If we can join together as consumers a lot can be accomplished towards both the labeling and reduction of GMO foods the market.

We all have the right to know what is in the food we eat and feed our children or grandchildren. Help your friends get the information they deserve by sharing this article with them and help the GMO cause gain significant momentum.



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GMOs: An Unexpected Dinner Guest

By Amanda Box

What's for dinner at your house tonight? I bet you don't even realize it, but you may be serving up some Genetically Modified Organisms (GMOs). That's right. They may taste better than they sound, but these lab engineered foods can cause a whole lot of damage in the human body! It is a sad reality, but this scientifically engineered food has taken over the food industry!

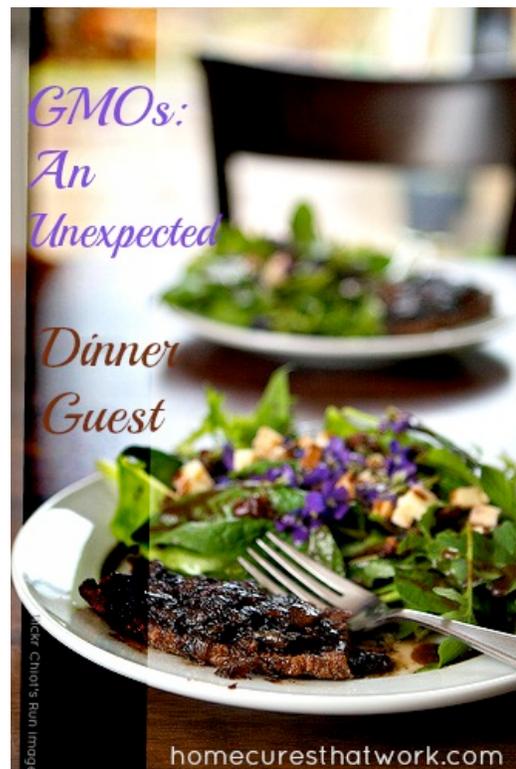
- How did we get to the point where what grows in the ground isn't even natural?
- Why are we now eating plants that are crossed with other plant and even animal viruses, bacteria, and DNA?

It all began with one single supreme court hearing. This court decision changed the lives of millions across the United States and abroad. In this hearing, approval was given for patenting live organisms and their commercialization.(1) This meant that seed companies who had created genetically modified plants in their labs not only owned the right to those seeds, but were free to market them for human consumption.

From 1997 through 1999, over Aminos of the crops in America were converted to GMO varieties.(2) This has continued to climb over the past 13 years. Now, the United States produces over 50% of the worlds GMO crops!

(3) This is a staggering amount of food that is produced void of its natural genetic makeup.

Although these genetically modified foods have been on the market for the last decade, most people had no idea they were eating anything different. This is because there are no GMO labeling laws in the United States. Your natural corn, soybeans, sugar, rice, tomatoes, potatoes and other common foods were swapped out for genetically modified versions - right under your nose! If this seems sneaky and manipulative to you, then it most certainly is!



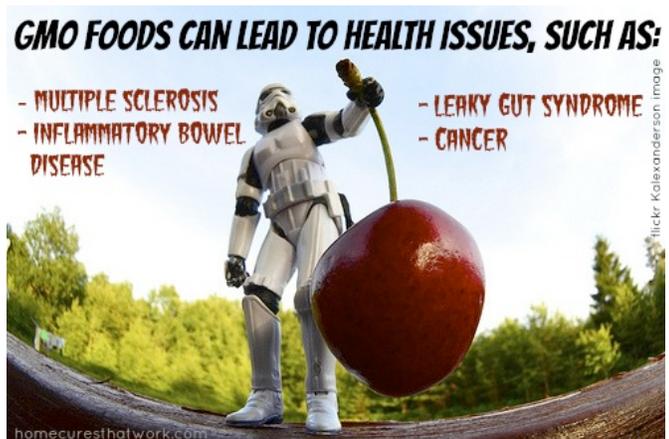
GMOs and Clones for Dinner

Surprisingly, many people argue that GMO foods are perfectly safe and nutritious. However, they are under the delusion that there is no difference in the quality, nutrition, or safety of GMO foods in comparison to natural foods. Plants that have been around since the beginning of time are being replaced by scientifically enhanced versions.

And it's not just plants that are being modified! Genetically modified animals are now becoming the next big thing!

The Enviropig was a genetically engineered pig designed to excrete less waste. Luckily, the plug has been pulled on the pig research, so GMO bacon won't be an option any time soon. However, if you smell something fishy, you're onto something.

GMO salmon has been approved for sale for human consumption. *AquaAdvantage salmon*, as it's called, grows year round and at a much faster rate than wild salmon. This new salmon will not be labeled GMO, so you will have no idea if you're eating it or not! The FDA did perform testing using just six fish in the study. They noted an "increase in allergy potential," but still gave it their seal of approval.



Scientists have performed hundreds of experiments by genetically modifying animals. Cloning, once looked at as science fiction, can

legally occupying grocery shelves, as well. Because no labels are required for clones, you could be eating cloned food without ever knowing it!

The FDA food safety chief Dr. Stephen Sundloff stated, "Meat and milk from cattle, swine, and goat clones are as safe as the food we eat every day."

I personally think Dr. Sundloff is off his rocker! And I am not the only one. The Centre for Food Safety disagrees with the FDA's approval stating, "Without mandating further study it is clearly arbitrary, capricious, and irresponsible."(4)

Most clones die soon after birth due to genetic defects. Scientists have found genetic defects in clones that have never been found in normal animals. Arguing that clones are a perfect genetic copy and perfectly safe just doesn't hold up.

Safety Concerns of GMOs

So, are GMOs really safe? The FDA, as well as the big corporations who manufacture GMOs, want you to believe that they are no different than those foods found in nature. Unfortunately, proving that these genetically modified organisms have an effect on our health will be a big challenge. That is because the companies that manufacture them have to give their approval for the testing. Hence, the lack in research and long term studies clearly and concisely pointing to the dangers of GMOs to our health. It is really a guessing game as to what the long term effects of consuming these genetically engineered foods will really be.

Physicians and scientists have begun stepping forward to challenge GMOs safety. One Harvard trained physician, Dr. Bernhoft, claims his patients have improved once GMOs were taken out of their diet. These patients had a wide array of diseases. Dr. Bernhoft stated, "In all of the animal studies that I've read, there's always damage to gut integrity. Is

the same thing happening in humans? I don't know, but asthma, food allergies, autoimmunity—all of those things have gone up logarithmically since GMOs have been introduced.” (5)

The only human study that was conducted demonstrated that genes from GMO soy “jumped” into the human intestinal bacteria DNA. This means that even after you have eaten GMO soy and excreted it out of your body, its genes still remain in your intestinal tract!! Many are speculating that Bt corn could possibly create a similar scenario. If this is true, your intestines would be continually producing pesticides inside your body even after the corn is gone!

Bt corn was created by genetic engineers who took the toxin from *Bacillus thuringiensis* or Bt, and inserted into corn as a built-in pesticide. This corn was designed to kill insects and can wreak havoc not only on your gut, but also your immune system. Government research in Italy found both gut damage and autoimmune responses in mice fed Bt corn.(6) The potential damage is massive. GMO foods can lead to health issues, such as:

- Multiple Sclerosis
- Inflammatory Bowel Disease
- Leaky Gut Syndrome
- Cancer

One of the biggest issues with the consumption of GMOs is autoimmune reactions. Your body is designed to recognize natural foods and process them as such. However, when you change the genes of a natural food, your body begins to react to that engineered food as if it's a foreign invader! This creates an inflammatory reaction in the body that can lead to chronic autoimmune diseases like MS, fibromyalgia and Lupus!

Liver damage can also be a result of consuming GMOs. Animal studies using GMO corn, canola, potatoes and soybeans all

resulted in some sort of liver issues. These damaging results ranged from liver inflammation to actual lesions in the liver!(7)

Hidden GMOs in Your Life

Maybe you're saying, “I eat really healthy. I'm not worried about GMOs.” Well, think again! Something as innocent as your morning cup of coffee can be brimming with genetically altered ingredients. Let me break it down for you.

Maybe you like your coffee black. But millions love their lattes, breves and cappuccinos. Unless you use organic dairy products, your milk, half and half, or cream comes from cows given the growth hormone rBGH or rBST. These growth hormones are genetically engineered and can lead to milk containing hormones. These milk cows are also fed grains composed primarily of GMOs.

Maybe you go dairy-free. That can be even worse if you use soy milk! Soy is the #1 genetically modified plant in the United States.

And the sugar you use to sweeten your coffee? Most sugar beets are GMO now. Even sugar cane is genetically altered. You also better put down that sugar-free blue packet! Aspartame (Nutrasweet) is made from genetically altered materials and packs a plethora of potential side effects.

And if GMOs weren't enough, unless your coffee is organic it is probably covered in pesticide residue! All that sure makes your morning cup of Joe look a lot less innocent now, doesn't it?

If just a cup of coffee can be saturated with unnatural genetically modified ingredients, what do you think lies in your kitchen cabinet? It likely that you have thousands of genetically modified organisms hidden away in the boxes, cans and jars in your home.

How to Avoid GMOs

Going GMO-free is easier than it seems. There will be a bit of a learning curve in the beginning, but once you get it down, it will be second nature for you.

Learning to look at labels is the most important thing in avoiding GMOs. There are four specific labels you want to look for when searching for packaged foods that indicate they are GMO-free.

1. **100% Organic** - This means EVERYTHING in the product is organic, therefore GMO-free.
2. **Organic** - Something has to be at least 95% of it's ingredients organic to call it organic. The other 5% still has to be GMO-free.
3. **Made from Organic** - This means the product contains at least 70% organic ingredients. The remaining ingredients have to be non-GMO, as well.
4. **Non-GMO** - The ingredients may not have been grown organically, however there are no genetically modified ingredients in the product.

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- 
- homecuresthatwork.com

If what you are buying doesn't not have one of the labels above, you will need to read the ingredient list. Identifying the most common GMO foods is the first step while reading ingredient lists.

Top 8 GMO Foods to Avoid

1. **Soybeans** - 94% of the soy in America is GMO. Soy hides out in most processed foods. It is also the main ingredient of tofu and soy sauce.
2. **Corn** - 88% of America's corn is GMO. Not only the sweet corn that we eat is GMO, but the corn used for animal feed is GMO, as well. Corn hides out in many foods in the form of cornstarch, corn oil, and corn syrup. And let's not forget the dreaded high fructose corn syrup that is contained in most of our soda! Even ketchup contains corn products!
3. **Canola** - 90% of canola is GMO. Don't let the industry fool you! Canola oil is not healthy and is toxic to the body!
4. **Sugar Beets** - 90% of sugar beets are now GMO. White sugar alone is bad enough. Now that it is genetically modified, sugar tips the scale when it comes to unhealthy food.
5. **Cottonseed** - Cottonseeds are culled from cotton, and then used for vegetable oil, margarine or shortening production, or frying foods, such as potato chips.
6. **Dairy products** - Most dairy cows are injected with genetically altered growth hormones to encourage and increase in milk production. This results in the consumption hormone tainted milk products. These hormones make their way into our bodies. These can result in hormonal complications in growing babies and children. Look for milk that is either organic or rBgh free.
7. **Papaya** - 75% of the Hawaiian papaya crop is genetically modified to withstand the papaya ringspot virus.
8. **Zucchini and yellow squash** - Closely related, these two squash varieties are modified to resist viruses.

New research is adding tomatoes to this list. GMO tomatoes were created to have a longer shelf life. However, this may have

consequences. Several of the animals in a study that were fed GMO tomatoes died within just two weeks.(8)

These GMOs may be easy enough to identify, but there are a plethora of “hidden” GMO products on the market, as well. The engineered foods can hide under these names:

“HIDDEN GMOS”		
Amino Acids	Flavorings (“natural” and “artificial”)	Sodium Citrate
Aspartame	High-Fructose Corn Syrup	Sucrose,
Ascorbic Acid	Hydrolyzed Vegetable Protein	Textured Vegetable
Sodium Ascorbate	Lactic Acid	Protein (TVP),
Vitamin C	Maltodextrins	Xanthan Gum,
Citric Acid	Monosodium Glutamate	Vitamins,
Ethanol		Yeast Products

I hate to see that vitamin C on this list, but it is true. Most vitamin C is made from corn and most corn is GMO. Luckily, health enthusiasts are speaking up and manufacturers are starting to listen. *Source Naturals*, one of my favorite supplement companies, now only uses non-GMO vitamin C.

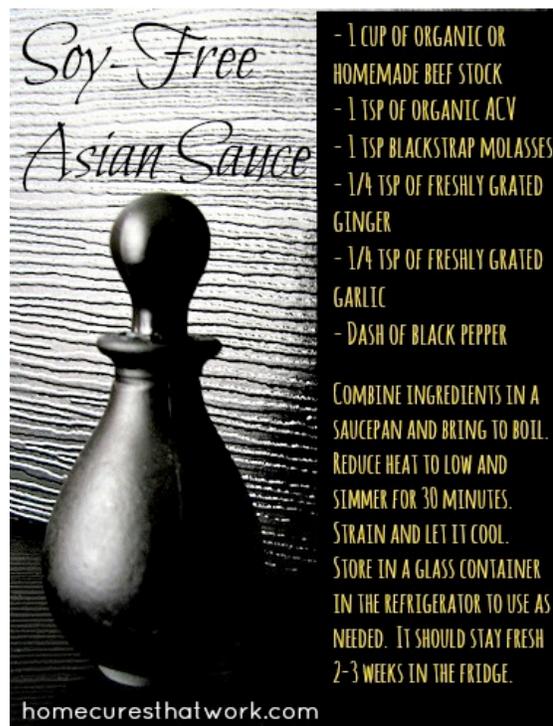
If this list above is overwhelming, a quick and easy way to remember is to download the free Non-GMO Shopping Guide. <http://www.nongmoshoppingguide.com> There is also a non-GMO phone app for easy reference that can be used when shopping or out and about!

Asian GMO-Free Cooking

I love Asian food, but it is usually packed with GMO ingredients. Soy, a top GMO food product, is one of the key ingredients in Chinese, Korean, and even Thai food. Luckily, if you cook from scratch, you can still enjoy delicious Asian foods, without the GMO ingredients!

Soy sauce is a staple of most Asian dishes. There is a great soy sauce alternative on the market made with coconuts. It is [Coconut Secret’s Organic Coconut Aminos](#). It looks and tastes almost identical to soy sauce and can be purchased at your local health food store or on amazon. You can replace soy sauce in your marinades and Asian dish recipes with this non-GMO organic sauce.

Another great way to replace soy sauce is to make it yourself! Below, I have a delicious and incredibly healthy soy-free sauce. It makes a great soy sauce replacement and is packed with trace minerals and healthy spices.



Soy-Free Asian Sauce

- 1 cup of organic or homemade beef stock (If homemade, use grass fed beef)
- 1 tsp of organic apple cider vinegar
- 1 tsp blackstrap molasses
- ¼ tsp of freshly grated ginger
- ¼ tsp of freshly grated garlic
- Dash of black pepper

Combine ingredients in a saucepan and bring to boil. Reduce heat to low and simmer for 30 minutes. Strain and let it cool. Store in a glass container in the refrigerator to use as needed. It should stay fresh 2-3 weeks in the fridge.

Fried rice is one of the most popular Asian dishes. Loved by millions, this simple dish, unfortunately, has GMOs. Most Chinese restaurants use canola or soy oil for stir frying, then they add soy sauce. This is a recipe that can easily be made non-GMO by swapping out a few ingredients. It is great for a quick dinner

and is also gluten-free for those who are gluten intolerant!



Gluten-Free and GMO-Free Fried Rice

- 4 tbsp of coconut oil
- 2 tsp minced ginger
- 2 tsp minced garlic
- 2 green onions chopped
- 1/4 cup diced yellow onion
- 1/4 cup diced carrots
- 1/4 cup diced water chestnuts
- 1/4 cup diced asparagus or organic frozen corn
- 1 tsp sea salt
- 1/2 pound of organic or free range ground chicken
- 3 cups of cooked brown rice
- 1 tbsp of soy-free Asian sauce (recipe above) or Coconut Secret's Organic Coconut Aminos

Heat your wok or frying pan over high heat and add 2 tbsp of coconut oil. Add the ginger, garlic, green onion and yellow onion. Stir constantly for about 2 minutes or until the onion starts to turn slightly golden. Add in your carrots and water chestnuts and cook until your carrots are softened to your preference. Add in the asparagus or corn continuing to stir for 2 more minutes. Sprinkle the vegetables with salt and pour them into a bowl.

Add 1 tbsp of coconut oil to the saucepan over medium high heat and add the ground chicken. Cook until browned and then add it to the bowl of veggies.

Add the last tablespoon of coconut oil to the pan and add the rice. Stir rice and cook for a couple minutes until warm and glossy. Drizzle the rice with the mock soy sauce, tossing until coated. Add in the veggies and chicken and toss until hot and thoroughly mixed.

Going Back to Nature

Nature is the best medicine and GMOs are far from natural! Your health is truly in your hands. Turn back to nature and turn your health around by eliminating GMOs from your diet. Start incorporating fresh, organic, and natural foods into your life. Genetically modified organisms don't belong on your dinner plate. Your body is not a science experiment, but a beautiful natural design. Say no to GMOs!

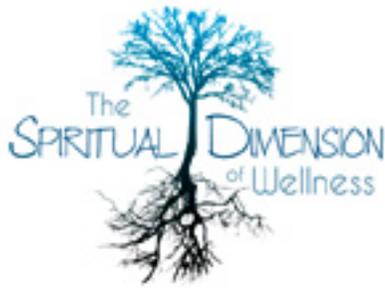
The toxic chemicals you absorb through GMO foods may swamp your ability to detoxify, giving you skin, respiratory and GI problems. By applying what you have learned about GMOs, you can regain your health and shed the sensitivity to toxins. Now, help your friends think straight and share this article with them!



Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years and currently has a Naturopathic consulting practice in Sioux Falls, SD. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you

don't have a good local naturopathic doctor to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" for contact info:

<http://amandabox.blogspot.com/>



Genetically Modified Organisms...Does God Need Help?

By Michael Tyrrell

As I begin writing on the patio, I glance at the thermometer and it reads 72 degrees outside! Meanwhile, the weather channel is talking about yet another snowstorm on the East coast (Nemo) that will dump two feet of snow in New England... Yes, I am happy to be called a Floridian!

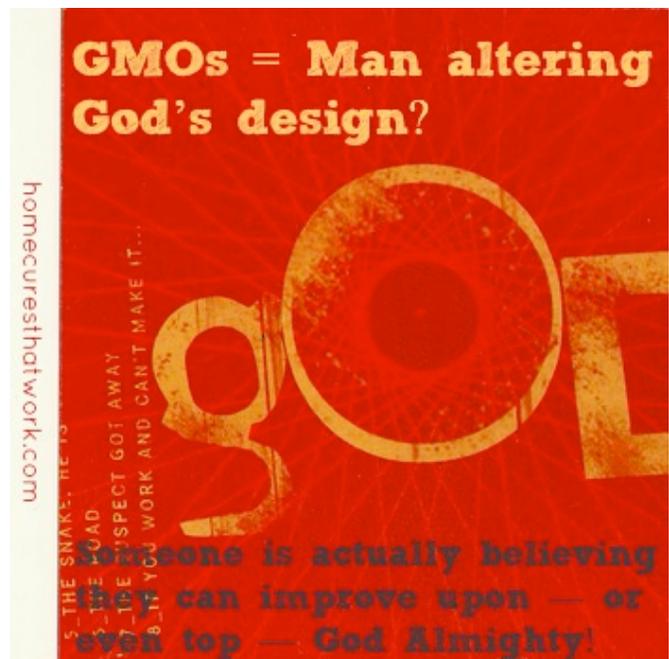
With that said, I pray your New Year is off to a healthy start! This month's topic, Genetically Modified Organisms (GMOs), is one hot subject! I am sure I may hack off a few people in the process, but at least hear me out to the end.

Under Attack

This publication is read internationally, so this next statement need only apply to my fellow Americans. As I am an ordained minister, I can tell you whole-heartedly that many of the freedoms, beliefs — and even our Nations Constitution — are under attack. There is currently a push to undermine our great country's God fearing resolve by deeming our foundational beliefs as antiquated, obsolete, close-minded or out of touch.

With that said, whenever a citizen's rights are infringed upon, freedom is diluted. Even the term "politically correct speech," is a subtle way of saying, "You can't speak your mind," which is a gross infringement of our first

amendment right to freedom of speech! Well I, for one, never being at a loss for words (or passion), refuse to be pulled off center by bourgeois, uber-liberal, secular humanistic manipulation in layman's terms. I call them as I see them!



Playing God

GMOs are genetically modified organisms... even the name should raise a red flag, or at least make one a trifle skeptical. Man altering God's design? Gee... that sounds familiar! Someone is actually believing they can improve upon — or even top God Almighty!

“You said in your heart, ‘I will ascend to heaven, I will raise my throne ABOVE the stars of God; I will sit enthroned on the mount of the assembly, on the utmost heights of the SACRED mountain (Zion). I will ascend above the tops of the clouds, I will make MYSELF like the Most (Almighty) High.’” Isaiah 14:13-14

Make no mistake. Pride is always at the root of this type of thinking and not far behind lies a lust for power, money and control.

The term, *Playing God*, has become quite popular in the last decade. First, because of stem cell research and now GMOs. There are plenty of arguments both pro and con on the subject of genetically modified organisms. This article will be unashamedly con!

I would ask you to keep one truth in the forefront of your mind as we continue:

God is eternal and infinite; man is temporal and finite.

Therefore, being that God is eternal and sees the end from the beginning, it stands to reason that His unlimited proximity trumps man’s limited linear perspective every time!

God operates out of unquestionable genius, while man hypothesizes from human wisdom, which is at best an educated guess.

Recently, in preparation for the upcoming flu season, our brightest and best scientists, biologists, doctors and infectious disease specialists “forecasted” where they believed the flu would originate. They tried to predict what strain it would be and what vaccine would be most effective. How did they do? The consortium of big brains missed it by a mile — so much that they started prescribing an older medicine, Tamiflu instead...which had no effect whatsoever!

This year’s flu, with whooping cough like symptoms, reached epidemic proportions in

the U.S. It ran its course with no real help from the medical community; they can only guess what will happen when they “play God.”

Yet, God always sees the end from the beginning, an obvious advantage. By the time you find this article in *Home Cures That Work*, you will undoubtedly read other outstanding pieces by my fellow contributors on GMOs that will offer definitive information on history, effects on the body, alternatives and even delicious recipes offering GMO alternatives. (By the way, I have personally experienced Grandma’s cooking...totally legit!) So, I will stay in my lane this month and offer an experiential look from a spiritual lens with a few “real life” stories to inspire — or infuriate you!

“Controlling” Life

As I mentioned previously, I live in Florida (South Florida) where on a good day you can smell Castro’s cigars! LOL! My wife Lillian and I live near the Everglades, a natural wetlands that should never have been built on, industrialized or inhabited by man. It was a thriving ecosystem of its own that organically helped stabilize the aquifer, flora and fauna balance in the state of Florida. Here are just a few facts about this amazing organic wetland, the Everglades:

- It is the largest single marsh system in the U.S.
- Contains a vast spectrum of aquatic birds, mammals, reptiles and amphibians, including 56 federally listed endangered species.
- Regulates the water flow.

The reason I am sharing facts about the Everglades with you is to make you soberly aware of the devastating consequences when man tries to circumvent or amend God’s handiwork. As I am sure you are aware, the Amazon rainforest is in dire straits due primarily to over-forestation from man’s

hands. The consequences of man's impact on the land is catastrophic.

Here in the Everglades, after big sugar industries set up shop, the pristine waters were polluted and filled with phosphorous and mercury, dramatically affecting south Florida.

Every time the Army Corp of Engineers would try to solve one problem, two more would spring up in its place. Here are two examples:



1. Because the delicate ecosystem was compromised, the alligator mating season was altered, thus increasing their population. So, the Army Corp Of Engineers imported a very aggressive South American crocodile known as the Cayman (Caiman) to knock back the alligator population. Unfortunately, the Cayman liked the Florida gators so much they mated with them, creating 1,200 pound monster Crockogators! This "Frankenscience" or "Humpty Dumpty" syndrome, as I call it, ALWAYS has a downside. Now that you have an example of how fauna can be impacted by one human "miscalculation," let's look at the flora.
2. Because of a severe drought, which affected the Everglades flora, the Army Corp Of Engineers imported Melaleuca trees to fill in the gaps. The Melaleuca trees are from Australia where they

grow wild. But, when they were planted in the Everglades, they quickly overgrew and wiped out several indigenous Florida shrubs. Then, they cross pollinated the Melaleuca with other plants creating a flowering hybrid plant that 90% of the south Florida residents (including pets) are extremely allergic to — and growing out of control!

Obviously, I could go into great detail on the total impact of man's destruction of the Everglades by playing God, but that would keep me from mentioning public enemy #1: Monsanto.

Monsanto: Sprouting Evil

The company Monsanto has been around since 1901. Today, Monsanto is the world's largest seed company, a genetically engineered seed company whose crops account for over 91% of the total GMO crops planted worldwide. They started as a chemical company producing herbicides, prescription pharmaceutical drugs and artificial sweeteners. Here are a few of their products:

- PCBs
- DDT
- Dioxin
- Agent orange

Monsanto's original claim to fame was sodium saccharin, an artificial carcinogenic sweetener known as NutraSweet. Later, they would develop other artificial sweeteners linked to cancer known as aspartame and Equal. In 1997, Monsanto sold off their chemical business to pursue "Life sciences," or what we call Biotechnology.

Monsanto created their flagship "Round Up Ready" GMO seeds and the result is globally shocking. If you want to do more research on Monsanto, then you can readily investigate their dark side and global impact by going to google and read facts about Monsanto.

I am going to finish this article by sharing one of my passions, raising Monarch butterflies and how Monsanto has single handedly wiped out half of the Monarch population with their lethal man made seeds.

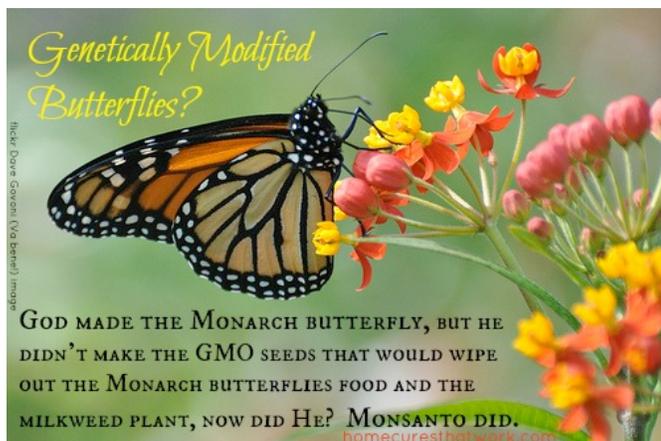
Genetically Modified Butterflies

“Then God said, ‘Let the earth sprout vegetation [not in a test tube], plants yielding seed [naturally, organically], and fruit trees on the earth bearing fruit *after their kind* [genus, species] WITH SEED IN THEM!’ And it was so. The earth brought forth vegetation [by Gods hand not mans!] plants yielding seed *after their kind*, and trees bearing fruit WITH SEED IN THEM, *after their kind*; and God saw that IT WAS GOOD!” Genesis 1:11-12

And the same goes for the fauna.

“Then God said, ‘Let the earth bring forth living creatures *after their kind*: cattle and creeping things and beasts of the earth *after their kind*,’ and it was so. God [not man] made the beasts of the earth *after their kind*, and the cattle *after their kind*, and everything that creeps on the ground *after its kind*; and God saw that IT WAS GOOD!” Genesis 1:24-25

Did you catch that? GOD ALMIGHTY said, “It was good.”



If you study the Old Testament, then you will quickly realize that Father God had basically two criteria for judgement, 1) Good and 2) Evil. So, if God said, “It is good” then that is as good as it gets, folks!

And here is something else to chew on. If God is “Almighty,” then that doesn’t leave much “mighty” for man, now does it?

You see, God made the Monarch butterfly, but he didn’t make GMO seeds that would wipe out the Monarch butterflies food and the milkweed plant, now did He? Isn’t it a “no brainer,” my friend?

God’s delicate balance cannot be improved by man anymore than Jim Carey could upstage God in “Bruce Almighty!” When Monsanto engineered their “attempt” at improving corn with their “round up ready” corn seed, they made corn deadly not only to my beloved Monarch butterflies, but created giant malignant tumors in laboratory rats and countless cases of cancer around the globe. Yet Monsanto, because of the enormous amount of money they use to pay off Washington politicians, continues to manufacture and profit from their poison seeds. What can you do?

First, refuse to purchase ANY Genetically Modified PRODUCTS.

Second, EDUCATE YOUR LOVED ONES.

Thirdly, PLANT A BUTTERFLY GARDEN IN YOUR BACKYARD, CHURCH OR BUSINESS.

My wife Lillian and I have been raising Monarch butterflies in our backyard butterfly garden for years. Butterflies are the ultimate picture of death, burial, resurrection and a true transformation. And speaking of transformation, if you want to see a miraculous transformation in your life, then try putting God where He belongs, IN THE HIGHEST PLACE!

- We are not His equal.
- We cannot improve on His creation.
- Our ways are NOT His ways and our thoughts are NOT HIS thoughts.
- He is perfect in ALL of HIS ways.
- HE IS THE ARCHITECT OF ALL CREATION.
- He is the FIRST and the LAST (Alpha and Omega).
- He cannot be bested, improved upon, made obsolete or inferior in any way.

And with all of that said, this Creator of the universe, God Almighty, is in love with you!

Pride is the undoing of humility. It looks toward heaven and says, "I will be more powerful than God."

Dear reader, though there be many forces in this world, there is only one power: the Maker of heaven and earth, God Almighty.



So, does God need man? No, friend. But if you are pure of heart and honor the difference between God and man...He may just let you help Him. He may even call you, friend.

Till next month,

Michael

Q. Have you ever tried to fix something that wasn't broken. Did you break it?

Q. Are companies like Monsanto using God's wisdom or man's wisdom to create GMOs?

Q. Have you ever watched a caterpillar turn into a butterfly? Are we similar as humans starting as helpless children and growing into beautiful people?

Q. What can you do to bring awareness to your friends and family concerning "Franken Foods" or GMOs?

Michael Tyrrell is founder of the Network Center Inc., a not-for-profit, an 501(c)(3) organization which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries. Michael is committed to training to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting. Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician.

www.michaelyrrell.com



Grandma's Guide to Growing Non-GMO

By Grandma Barton

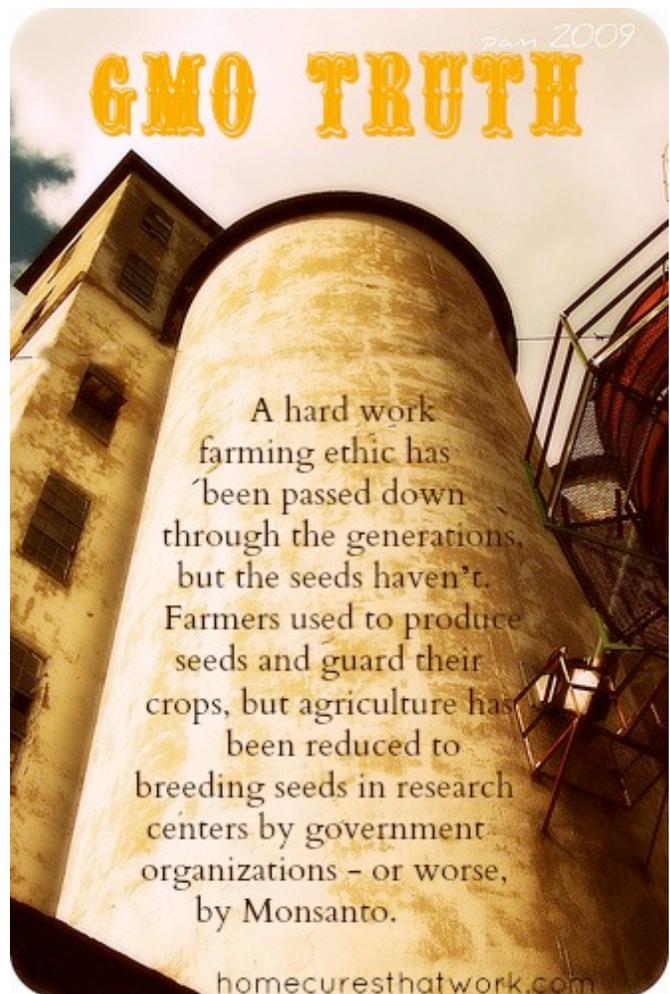
My family is wheat proud. My great, great, great grandparents traveled from Germany to United States, through Ukraine, seeking cheap land and religious independence. They brought the famous “winter wheat” to the farmlands in America. They worked long, hard days farming vast tracts of rich land in Kansas to keep a roof over their heads and food on the table.

A hard work ethic has been passed down through the generations, but the seeds haven't. Farmers used to produce seeds and guard their crops, but agriculture has been reduced to breeding seeds in research centers by government organizations - or worse, by Monsanto.

To maximize profits, Monsanto required farmers to buy new seed every year instead of saving them, so that traditional seed lines became less available. Up until Monsanto's new era of agriculture, farmers were able to buy seed and claim a royalty, saving successive generations of seed for planting on their own farms - and passing down the generations.

No longer does the American farm breed and save their own corn, canola or soybean seeds. They don't dare. And now, literally hundreds of years and generations of traditional plant breeding have been lost forever. If farmers

want to keep their farms and continue being farmers, they must agree contractually not to save successive generations of seed, but instead buy new seed yearly.



To ensure profitability, Monsanto protects its soybeans, corn, cotton and canola genes with contracts from farmers and are generous to prosecute if there is any seed infringement or contract violation.

Basically, all the crops the farmers grow are literally owned by a few multi-national corporations. You must not only buy their seed, but you may have to pay for the right to grow it, too. It is no longer possible to save pure, non-GMO open-pollinated seeds anywhere that GMO seeds are sown. And if you save seed or propagate any of the plants vegetatively or save its seed, you may find yourself face to face with a lawsuit and a very real threat of going to jail for patent infringement.

Options are disappearing...so are the farmers. They are going out of business they can't make it in the face of markets manipulated by corporations. These corporations are being to resemble the tight grip my ancestors tried to escape.

Enjoying Organic Garden of 'Eatin

If you want to protect America's food sources, save farmers, decrease the amount of pesticides you and your family consume, and to help protect the environment from overloading with toxic chemicals, then avoid genetically modified foods.

But, buying organic produce can get a bit expensive. Luckily, there's a way to grow your own delicious, fresh non-GMO produce: organic gardening! This can be anything from a small area with a few shelves, some pots, potting soil and to larger, more elaborate set ups with automatic irrigation, grow lights, etc.

Safe seeds are the most important part of a GMO-free garden. Although most vegetable seeds on the market are not GMO, it's good to take the precautionary measure of buying the safest seeds possible. Look for seeds from

companies that have taken the [Safe Seed Pledge](#), which say that the company is committed to providing non-GMO seeds.

The companies listed [HERE](#) have signed the Safe Seed Pledge and are committed to preserving the integrity of our seed supply.

If you plant a garden and order from a seed catalog, here's a quick guide to help you decipher organic, hybrid and open-pollinated seed descriptions.



Organic Seeds

Free of synthetic fertilizers, pesticides, antibiotics, food additives, irradiation, or biosolids. Organic seeds can be heirloom and/or hybrid, but are never genetically modified.

Heirloom Seeds

For a seed to qualify as heirloom, it must have been around for the last 50 years or so. These seeds usually have an amazing flavor compared to conventional produce. Heirloom seeds have been "open-air pollinated," which means the wind or insects have helped fertilize the seed.

GMO Seeds

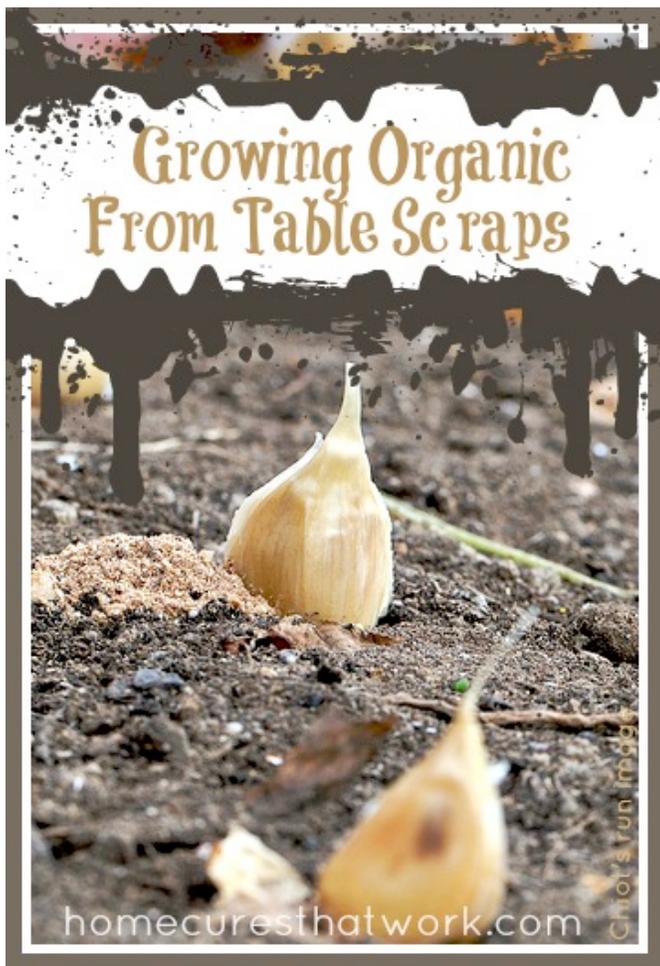
"Frankenseeds" as they are more affectionally referred to, are created when a scientist inserts genetic material from another plant or species to add a characteristic that is not naturally there. Until this is outlawed, we are the guinea pigs of a huge experiment.

Hybrid Seeds

Not to be confused with GM seeds, hybrids are naturally bred for beneficial characteristics like disease and insect resistance, new flower types, improved vitamin content in vegetables and grains.

Recycle your Food!

Looking for a simpler way to grow a garden? Re-growing food from your kitchen scraps is a good way to do it! Most of us can roll up our sleeves with a surprisingly small amount of effort. There are heaps of different foods that will re-grow from the scrap pieces that you'd normally throw out. Start small, even with just a single plant or two. It's fun. And very simple ... if you know how to do it.



Just remember, the quality of the “parent” vegetable scrap will help to determine the quality of the re-growth. Make certain you buy local (if possible) organic produce, so you know your re-grown plants are fresh, healthy and free of chemical and genetic meddling.

The following foods will re-grow from scrap pieces you would normally throw away!

- **Leeks** - Stick it in a glass jar with a little water and the greens will grow back. Snip as you need.
- **Ginger** - plant in potting soil
- **Celery, Romaine Lettuce & Cabbage** - Place the white root end in a shallow bowl of water, then plant in soil when leaves appear.
- **Potatoes** - Plant dry potato with “eyes” in deep soil.
- **Sweet Potatoes** - Bury all or part of a sweet potato under a thin layer of soil in a moist sunny location. Takes up to 4 months to be ready.
- **Garlic** - Plant it, root-end down, in a warm position with plenty of direct sunlight.

Community Supported Agriculture

Yet another alternative to fresh, organic produce is through Community Supported Agriculture (CSA). (CSA) is a new generation of growers who make fresh, high quality sustainably and organically grown produce available and affordable to consumers.

By creating partnerships between local farms, neighborhood groups, and consumers, communities are provided with growing, and knowing, healthy food.

A local or regional farmer offers certain produce current with the growing season, usually in “shares,” bags or boxes. This arrangement allows the farmer to receive funds at the beginning of the season when buying seeds. In turn, the public has access to

ultra-fresh food, with all the flavor and vitamin benefits.

For a comprehensive directory of CSA farms available in your area, search [this database](#).

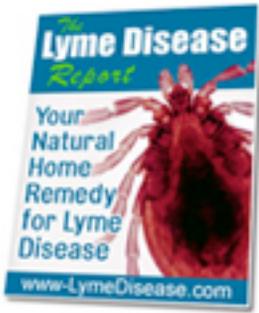
Heirloom Rights

Whether you have a big garden, a little garden, a market garden or a food plot for self-sufficiency, protecting your right to grow and save non-GMO seeds begins at home. Natural systems must be protected so that they can produce healthy food.

I hope you have had a wake-up call about the dangers of GMOs and the dominance of big corporations to patent life forms. Don't bow to the pressure! My ancestors were caretakers of seeds. Now you can, too!



Grandma Barton is mother to Joe Barton (founder of Barton Publishing), grandmother to 6 grandkids and 28 step-grandkids, and over thousands of Home Cures That Work members. She is a two-time breast cancer survivor with the help of Dr. Saunders and natural remedies. Grandma loves finding cures within the home to treat all sorts of ailments. With tips she's learned on the farm and along the way, Grandma Barton brings a time-tested and trusted voice when it comes to home remedies. She really is an inspiration to us all.



Free Remedy Report: Lyme Disease

If you are outside for any reason, especially if you are gardening or hiking, then you are at risk for contracting Lyme Disease. If bitten by a tick while outside, don't worry. Our Lyme Disease Remedy Report will guide you through each stage:

1. Learn what exactly is Lyme Disease and the certain affects it has on the body.
2. Identify and recognize the warning signs.
3. Includes a 52 symptoms chart to measure yourself against Lyme Disease.
4. Lists the 4 items you'll need from the grocery store to treat the disease.
5. Relief begins with the 72-hour rapid release remedy.
6. Provides 10 proven homeopathic remedies for symptoms of Lyme Disease.
7. Suggests herbal supplements to help manage the damage.
8. Bonus: Will help even if you think your pet has Lyme Disease!

Download your complimentary copy of the Lyme Disease Remedy Report [HERE](http://www.homecuresthatwork.com/members/access/free-reports/lymedisease.pdf).

<http://www.homecuresthatwork.com/members/access/free-reports/lymedisease.pdf>