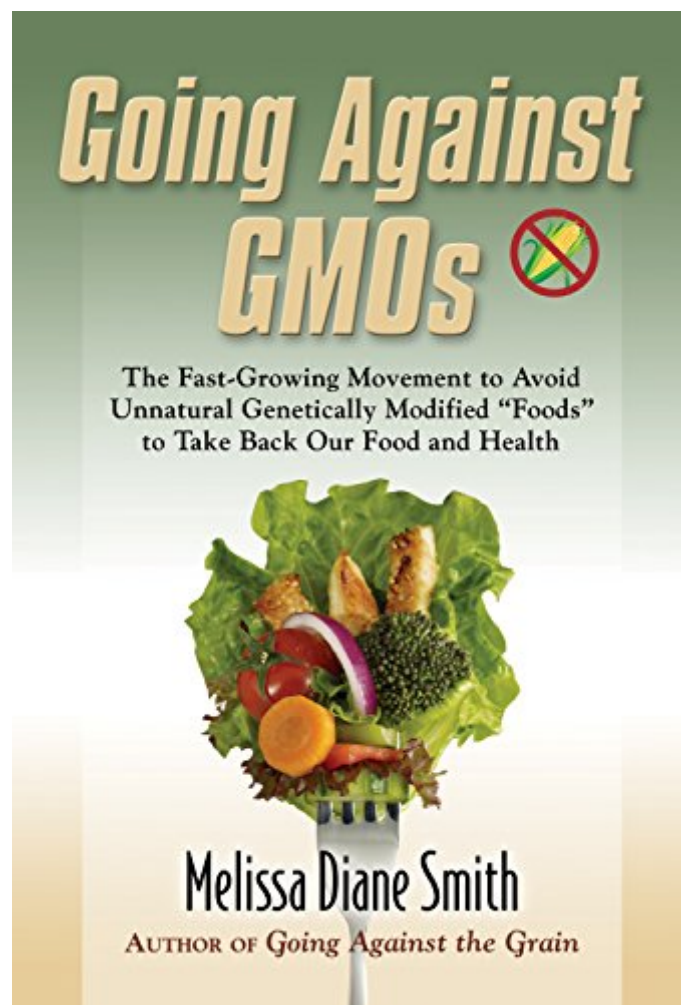




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# Going Against GMOs: The Fast-Growing Movement To Avoid Unnatural Genetically Modified Foods To Take Back Our Food And Health





## Synopsis

The movement of consumers avoiding unnatural genetically modified organisms (GMOs) hidden in foods is growing so swiftly and with such force, it's becoming a revolution. Yet Americans and Canadians have been kept in the dark for so long about genetically modified foods that many people still don't know about them. *Going Against GMOs* is the ultimate consumer's guide to understanding genetically modified foods, the food issue of our time, from the unique perspective of an experienced nutritionist. In this book, you'll find:

- The top 10 reasons consumers are avoiding GMOs
- The Eat GMO-Free Challenge, a series of tips to follow for 31 days
- Non-GMO guidelines for optimal health
- Detailed instructions for avoiding GMOs when shopping and eating out
- More than 45 easy-to-make, non-GMO recipes

## Book Information

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## Customer Reviews

This is a MUST read book suitable for all ages! Excellent and well researched. An Eye-Opener Book! It should be on the BEST seller list of books in 2015!

This book is a gem in and of itself. It is choke full of so much information. Some of the stuff I was aware of and some of it I wasn't. For example, I knew that companies that are both here in the states and overseas use GMOs here but not in other countries. This is because other countries have bans or limited allowance on GMOs. Hmm....disturbing. However, I didn't know that GMOs have been around as long as they have, basically my whole life. Nor was I aware that the FDA's own scientist warned against using GMOs. Obviously they were ignored. I'm not making this up y'all! Neither is Melissa! Her book is well researched and documented. In other words, there's plenty of proof in the pudding! Melissa's book is an easy, eye opening read. She offers lots of information to help you better understand GMOs, the dangers associated with these unnatural foods, how to go GMO free, shopping advice, traveling advice, and even eating out advice! She lists 10 outstanding reasons as to why you should go non-GMO and as stated, just a minute ago, she helps you not only with tips and advice but also with her Eat GMO free challenge. Melissa also, kindly, provides over 45 easy, mouth watering, GMO free recipes! At the back of the book, Melissa has kindly provided numerous appendixes with a bundle of resources from books, documentaries, and websites that will aid you in going GMO free to quizzes and a word search. The word search is geared at both kids and adults because, as Melissa says (paraphrasing), family is the center of fighting against corrupt foods. If GMOs can even be called food. The only issue I disagree with her on is milk and honey. Despite Melissa's opinion on these two she still includes information and recipes for those that use them. She has a mature attitude about her and can, basically, agree to disagree. At least that's the way I portray her through her writing. All and all I thoroughly enjoyed the book. I believe every homemaker that cares about her family's well being should pick up a copy and read it. I received a complimentary copy in exchange for an HONEST review.

Melissa Smith has done her homework, presenting very credible evidence to the reader on why to join the movement to avoid buying or consuming genetically modified foods. Her evidence is balanced and well researched and she offers the reader 31 practical tips on how to shift away from GMO foods and opt in favor of organic real foods once again. An assortment of recipe suggestions containing non-GMO ingredients, but this book is by no means a cookbook. This volume is well worth investing the time to read if you care anything about your health, your children's health, and paying attention to how your dietary choices affect every system in your body.

I learned so much from reading Melissa Diane Smith's *Going Against GMOs*! It's a fascinating look

at just how real and pervasive genetically modified foods are in American foods. It motivated me to start paying attention to everything I buy and eat, even the food I feed my cats! I had no idea that many brands of pet foods are full of GMOs. I love the author's "Go GMO-Free Challenge," meal plans, and dining out suggestions. Because Melissa Diane Smith is a holistically oriented nutritionist, I found her nutritional guidance extremely useful (not canned, like that many 'conventional' nutritionists). And Smith has been a trailblazing nutritionist in her field. She was the coauthor of Syndrome X and author of *Going Against the Grain* and *Gluten Free Throughout the Year* (another one of my favorites!) ... these books were ahead of their time. If you've read any of these other books, you will really love this one. One last thing: The recipes in *Going Against GMOs* are delicious! And I loved them even more because they are easy to prepare (nothing too technical). I want to feel my best, and after reading this book, I know now that removing GMOs from my diet is a big part of that.

A compelling case is presented in an easy to read format. Ms. Smith pulls information from well known scientists as well as local sources working in the food industry. Included are tips for avoiding GMOS while shopping for food, dining out, and traveling. She even includes some of her favorite recipes and a 30 day challenge to weed out some foods you may not know contain GMOS. I recommend *Going Against GMOS* for anyone seeking more information as well as those who may think they know all about them. Pass this book around or gift to those you care about.

"*Going Against GMOs*" is an excellent read for those just learning about GMOs as well as those versed in the damaging effects of GMOs and prevalence of pesticides being used. Very educational and motivational! Ms. Smith has pulled together well researched scientific studies to help us understand what GMOs are and the damages which may result from not only their consumption but their effects on the environment. She has included ways to help everyone learn to detect GMOs to eliminate them from their diet as well as many delicious recipes. By the time you finish the book, you will definitely be checking all your foods and labels to know how to stay healthy in an unhealthy world. A must read for everyone!

As a concerned consumer who avoids GMOs, I was delighted to read a book on GMOs by a nutritionist and to discover how well she covered a very complex and multi-faceted issue. Folks new to the issue will find it easy to understand and follow. More knowledgeable readers will undoubtedly discover new and valuable information, i.e. the nongmo recipes.

Melissa's easy to digest writing makes this an exceptional tool for both the novice, as well as even more advanced "foodies". Anyone can use her recipes with confidence and assurance that they are acting responsibly, with either new or previously acquired knowledge and choices.

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