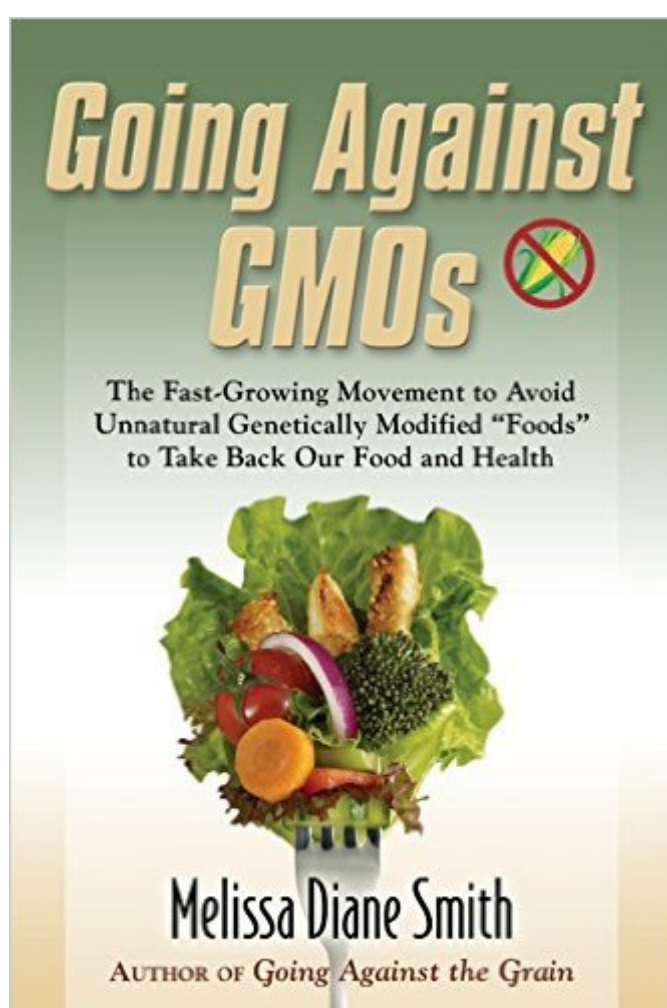


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# Going Against Gmos: The Fast-Growing Movement To Avoid Unnatural Genetically Modified "Foods" To Take Back Our Food And Health



## 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 definitive consumer's guide to understanding genetically modified foods, the food issue of our time, from the unique perspective of a trailblazing nutritionist. In this book, you'll find: the top 10 reasons to stay away from GMOs; why you have to go against the status quo to avoid GMOs; the Eat GMO-Free Challenge & non-GMO optimal health guidelines; detailed instructions for avoiding GMOs when shopping & eating out; and more than 45 easy-to-make, non-GMO (and gluten-free) recipes.

## Book Information

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (8 customer reviews)

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## Customer Reviews

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 didnt 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.

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