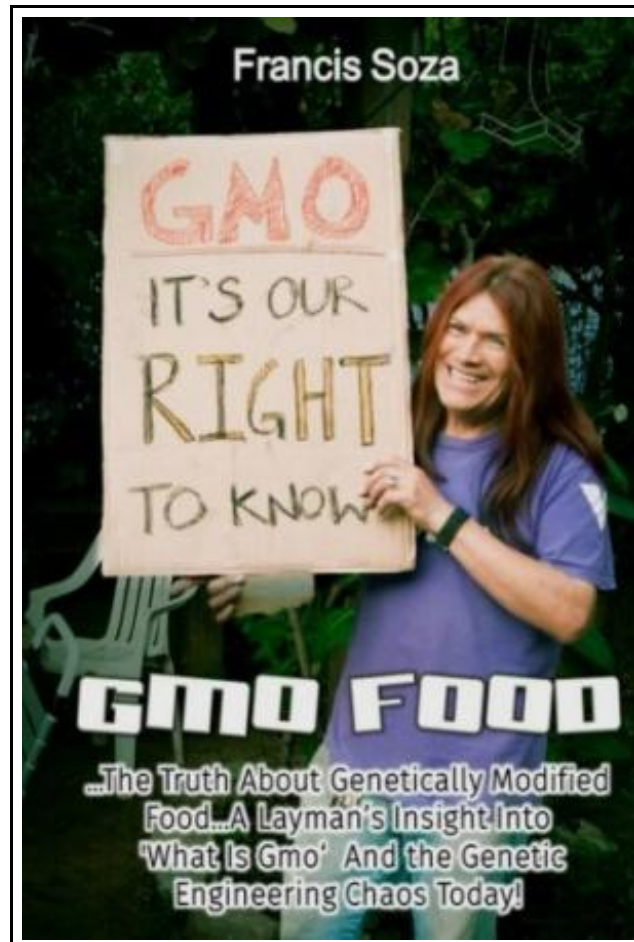


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(Hunter Witting)


GMO FOODS: THE TRUTH ABOUT GENETICALLY MODIFIED FOOD. A LAYMAN S INSIGHT INTO (PAPERBACK)



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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 more about what is vegan. Vegan is a step ahead of being a vegetarian. They not only avoid eating meat, but they also avoid eating or using anything from the animal kingdom. They do not even consume milk, eggs or any dairy products. They look into all the details of the ingredients before buying a product. Bread, marshmallows, chewing gums, salad dressing, mayonnaise all of which contain some animal products that are not consumed by vegans. They are very strict about their diet. Their doctrine is saying No cruelty to animals. Many of the processed foods, sauces, ketchup, salad dressings,...

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