

Viewing Draft [676] - (Wellness Tips Ezine) 3 Reasons we don't know what we are actually eating

[view all drafts](#) [view all templates](#)[Preview your draft below](#)**Subject:** (Wellness Tips Ezine) 3 Reasons we don't know what we are actually eating**Body:**[wellness tips by Vreni Gurd](#)[\(view all archives\)](#)  

3 reasons we don't know what we are actually eating

[f Share](#) 0

Do we actually know what we are eating? Seems like a no brainer, right? What we put in our mouth is our choice. We have complete control over what passes through our lips. Well, I am about to argue that that premise is false, and this is why.

1) Fraudulent labels. The label says one thing, but the food is something else all together.

This is far more common than one would expect. There is the obvious example that [made the news a couple of years ago](#). People in Europe coming home from the grocery store with steaks labeled "beef", only to find out later that what they were eating was horse meat. Horse meat is not dangerous, but I'm sure consumers felt more than a little deceived.

Then there is the ongoing issue of fish in the package not actually being the type of fish on the label. [Pay for snapper and get something else](#).

Over 50 percent of olive oil sold [is not pure olive oil](#). Often it is mixed with another seed oil and sold to us as extra virgin olive oil. Much cheaper for manufacturers, and they charge consumers as if it were actually pure.

You can check the quality of your olive oil by putting it in the fridge. It should turn sludgy. If it remains a liquid, it is not pure olive oil.

2) Ingredients in food that are not listed on the label

Most serious in my opinion, is the [lack of labeling of genetically modified food](#) in North America. More than 75 percent of the food in grocery stores is genetically modified. Are you aware you are eating GMO food when, for example, you eat breakfast cereals made by General Mills or Kellogg's?

There is science that suggests that GMO food is cancer-causing and completely alters our gut bacteria. It does not seem to leave our bodies, which is in my opinion, rather scary. BT toxins from GMO corn has been found in the blood of 93% of pregnant women and 80% of umbilical cord blood. The prudent person would probably [choose to avoid GMO food](#), but currently we are eating a ton of it completely unawares, because there is no labeling.

Most foods are genetically modified to either withstand Round-Up pesticide, or they are modified to contain a toxic pesticide within each cell of the plant itself (BT corn), so that when an insect eats the corn for example, the pesticide within each the corn plant's cells will kill the insect. Of course, perfectly safe for humans to eat, they say.

I personally think it would be useful too if all pesticides, herbicides, fungicides etc. sprayed on produce were labelled. Each pesticide might be safe alone, but strawberries for example, are sprayed with about 19 different pesticides.

We have no idea how the chemical cocktail of pesticides sprayed on produce affect our biochemistry, but our poor livers are put into overdrive trying detoxify us!

Pesticides are not only sprayed on the plants but also on the soil they grow in, so the plants also take up the pesticides within their tissues. Therefore one cannot really wash pesticides off, not matter how long we soak or how hard we scrub.

Pesticides are usually sprayed by plane, or by farmers dressed in clothing that protects

WHY THE FOOD GUIDES ARE WRONG!

Learn to eat healthier by finding out how obvious good nutrition really is, and in two hours you will understand what to do.

You can implement the changes you need to make at your own pace.

No magic pills, no fad diets, no calorie-counting. Just eat properly and as you become healthier the weight will slowly come off.

Learn some easy rules that you can apply right away to know whether or not a particular food is healthy to eat.

Here are what people are saying that took the course:

"Hi, Vreni. I loved the course and would not change it one bit. I found it very easy to follow and I learned a lot!!! I found the price just right. You covered a lot in a short time."
Neyleen K.

"I was going to email you to tell you how much I enjoyed the course, but you're just too fast for me. You've done a great job of making the information clear yet concise and easy to follow. And I'm so glad you're telling people one size does not fit all. I like that you've included the rules as a separate document."
Rebecca V.

"Why the Food Guides are Wrong: How to find health and lose weight" is

their body, face, nose and eyes so they won't breathe in the toxic substances or get any on their skin.

Usually fields (and lawns) that have been sprayed have signs on them warning that they are toxic and dangerous. So ... it is unsafe to walk in the fields but it is safe to eat the produce from these fields?

Would you be more likely to choose organic strawberries if you noticed a list of 19 different pesticides on the conventional ones?

3) Food labels that say something that isn't true

If a product label says "0 transfat", is that true? Probably not. When the transfat in the product is less than 0.5 grams per serving, it can be labeled as 0 transfat on the label according to the FDA. This transfat can add up if one eats more than one serving.

In Canada, whole wheat bread is not whole wheat. The wheat germ has been removed. Two small examples, but I better stop here or this post will never be done!

For these reasons, the grocery store and restaurants is the primary source of our food, we actually have very little control over the ingredients in our food. Bottom line is there is no reason to trust a food label.

How we can gain control over what we feed our families

Choosing organic can make a huge difference, but the best way to actually have control over what you feed yourself and your family is to opt out of the commercial food system.

Go barcode-free. Do not buy any packaged food, and know the source of your whole food.

Grow what you can. Even if you only have a windowsill, you can grow fresh herbs or salad greens.

Join a [Community Supported Agriculture \(CSA\) farm](#), and get fresh food direct from the farm. Or join organizations like [SPUD](#), who will deliver fresh food to your doorstep.

Farmers' Markets provide another option. Get to know the farmers, and you will find out if the chickens truly are pastured or if they are in a huge barn running around on the concrete.

It can be cheaper to get together with friends and [purchase a side of grass-fed, hormone and antibiotic-free beef](#) directly from the farmer.

I look forward to your comments on my [blog](#). If you want to share this article, scroll to the very bottom of the blog post and click the "share" icon to post on Facebook, Twitter etc. If you want to subscribe or search for other posts by title or by topic, go to www.wellnesstips.ca.

Related tips

[Our toxic body burden](#)

[Processed food is taking over our supermarkets](#)

[Deceptive food labels](#)

[GMO - crossing the species barrier](#)

Henley, John [How to tell if your olive oil is the real thing](#) The Guardian, Wednesday 4 January 2012

Aris A, Leblanc S. [Maternal and fetal exposure to pesticides associated to genetically modified foods in Eastern Townships of Quebec, Canada](#). Reprod Toxicol. 2011 May;31(4):528-33. doi: 10.1016/j.reprotox.2011.02.004. Epub 2011 Feb 18.

Poulter, Sean [GM food toxins found in the blood of 93% of unborn babies](#) Mail Online, May 20, 2011.

Smith, Jeffrey [Dangerous Toxins From Genetically Modified Corn Found in Blood of Women and Fetuses](#) Mercola.com Oct. 2011

Find GMO-free products here: [The NON-GMO project](#)

Copyright 2013 Vreni Gurd

To subscribe go to www.wellnesstips.ca
www.wellnesstips.ca

available for the price of \$49 USD, after you create an account.

You have up to a year from the date purchased to review the course material.

Recently visited: [compose draft](#) [schedule send](#) [member dashboard](#) [ezezine - ezine/newsletter publishers](#) [ezezine archives > wellness tips](#) [ezezine - ezine/newsletter publishers](#)

About EZezine.com

[Company](#)
[Branded/Large Sender Solutions](#)
[Terms of Service](#)
[Privacy Policy](#)
[Contact](#)

“ Thank you for your quick and helpful response. You folks are amazing! ”

~ Sundquist Coaching

© 2002 - 2015 [EZezine](#) all rights reserved

