

Youth at Risk

Sustainable Living – Jeffrey M. Smith
Pathways #42, page 68



Talking Points

Jeffrey Smith makes a strong case in this excerpt from his critically acclaimed work *Genetic Roulette: The Documented Health Risks of Genetically Engineered Foods* that children are at increased risk GMO food, food additives and toxins that are in our food and water supply. Smaller doses of toxins can have greater effect in children than in adults.

- ❖ “Changes in nutrition have a greater impact on the structure and functioning of young, fast-growing bodies. More of young people’s food is converted to build organs and tissues, whereas adults convert more to energy and store this as fat.” (68)
- ❖ Children are more prone to food allergies, especially under the age of 2. Their immature gut (as other authors have explained in this issue also means their immature immune system), is more likely to allow a “higher degree of macromolecular transport and access to the immune system than the intact barrier of a normal mature gut.” (68)
- ❖ Children have a high exposure to GMOs, because “they eat a higher percentage of corn in their diet compared to adults.” (68) They might also have extended soy intake if they are reared on soy infant formula.
- ❖ They also consume a disproportionately large amount of milk, which can be treated with hormones and antibiotics and “an altered nutritional content.” (68)
- ❖ Smith quotes Samuel Epstein, chairman of the Cancer prevention coalition and an expert on the health effects of rbGH, saying that the risks of high exposure of IGF-1 are “of particular concern...to infants and children in view of their high susceptibility to cancer-causing products and chemicals. (68)

- ❖ An additional concern is that safety assessments ignore children. “In fact, industry-funded studies often use mature animals instead of the more sensitive young ones, in order to mask results.”
- ❖ Biologist David Schubert warns, “Since children are the most likely to be adversely affected by toxins and other dietary problems, if the GM food is given to them without proper testing, they will be the experimental animals. If there are problems, we will probably never know because the cause will not be traceable and many diseases take a very long time to develop.” (69)

Jeffery M. Smith is a leading spokesperson on the health dangers of GMOs. You can find out more about Jeffery Smith’s campaign to rid our food supply of GMOs at responsibletechnology.org/

Share these online videos of Jeffery Smith discussing various topics on GMOs - responsibletechnology.org/posts/category/video/

Use this Non GMO Shopping Guide (there is also an app!)— nongmoshoppingguide.com/

Watch Gigi Lee Chang, CEO of Healthy Child Healthy World, explain the health risks of GMOs for children - www.youtube.com/watch?v=64ouem15Ago

If you’re interested in the what a GMO food is (and how it’s different from the long history of agriculture and plant breeding), check out this educational video - www.youtube.com/watch?v=vUzVm-zpyR8

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>