2025 Addendum for Altered Food

Section I

In the next few paragraphs, I want to update a few things published in Section I of my book in 2017 to bring them up-to-date as of 2025. You can find supporting information and references on the website, AngiesOptionGRM.org. Click on the Blog or the Wellness Support Group Webinar headings.

GMO SuperFish. The genetically engineered salmon was developed by AquaBounty and approved for human consumption by the FDA in 2015. Fortunately, it closed its doors in late October 2024. It was a commercial failure and a biotech boondoggle. Just four years after its first harvest of genetically modified (GM) Atlantic salmon in Canada, the US-based company sold its GM fish factory. Federal and provincial governments had invested (and ultimately wasted) over $8 million in the company through grants and loans.

Genetically modified corn. Mexico issued a presidential decree in February 2023 that banned GM corn in tortillas and dough. The Mexican government intended to gradually replace GM corn in all animal and human foods. Mexico has kept GM corn from being grown within its borders for 25 years to protect ancient strains of maize and to ensure the health of their citizens. Corn is a staple crop eaten in 89% of Mexican meals. Their effort has triggered a trade dispute between the US, Canada, and Mexico. The key question is whether GM corn poses a threat to human health. US and Canadian trade representatives argue it does not and want to force GM corn into Mexico. Given that GM seed is used in 90% of US crops, the dispute will have long-lasting effects on whoever loses.

GM corn is tightly married to glyphosate. Glyphosate is the main ingredient in *Roundup*. Monsanto, the developers of *Roundup*, is now owned by Bayer (a German firm) and calls the corn that is resistant to glyphosate, *Roundup Ready*. Roundup can be sprayed on the fields growing Roundup Ready corn and it won't damage the corn while it kills most of the weeds. Mexico's court-fight referenced 74 studies documenting the risk of glyphosate and the amount of residue found on GM corn (a problem given the amount of corn Mexicans eat in their meals). A **2014 study** published in the *Journal of Organic Systems* looked at 2 decades of information showing rising rates of chronic diseases with glyphosate usage. The study found significant correlations between glyphosate and hypertension, stroke, diabetes, obesity, Alzheimer's, autism, multiple sclerosis, **several types of cancer**, and inflammatory bowel disease. The International Agency for Research on Cancer (IARC) **classified glyphosate** in 2015 as "probably carcinogenic to humans" and **courts in California** have awarded significant damages for **cancer injury** to plaintiffs who have sued Monsanto.

Lawsuits Against Glyphosate and Monsanto. The first Roundup-related lawsuit was filed in 2016, alleging that Monsanto knew about the cancer risks associated with glyphosate and failed to warn consumers. Thousands of lawsuits soon followed. In August 2018, the first major trial resulted in a historic victory for plaintiff Dewayne Johnson, a school groundskeeper who alleged that his cancer (non-Hodgkin lymphoma) was caused by Roundup. The jury awarded him $289 million, later reduced to $78 million. That same year (2018), the German pharmaceutical giant Bayer AG acquired Monsanto. It was the single worst decision Bayer ever made because they misread the litigation risks. Facing mounting legal challenges, Bayer was forced to negotiate settlements to thousands of pending cases. In June 2020, Bayer announced a $10.9 billion settlement agreement to resolve about 75% of the 125,000 Roundup cases. However, the settlement did not resolve all cases, and Bayer continues to face legal challenges, including new trials.

Artificial Sweeteners, food additives, and dyes. The chemical sweetener aspartame has been widely used since 1980 in various food and beverage products like diet drinks, chewing gum, gelatin, ice cream, dairy products such as yogurt, breakfast cereal, toothpaste, and medications like cough drops and chewable vitamins. In July 2023, the *World Health Organization* (WHO) recognized its link to cancer and officially declared *aspartame* as "**possibly carcinogenic to humans**.

Aspartame is just one of the many synthetic chemicals in processed food. There are thousands of additives like artificial and 'natural' colors, flavors, flavor enhancers, emulsifiers, artificial sweeteners, thickeners, humectants, stabilizers, acidity regulators, preservatives, antioxidants, foaming agents, anti-foaming agents, bulking agents, carbonating agents, gelling agents, glazing agents, chelating agents, bleaching agents, leavening agents, clarifying agents, etc.

There is a stark difference between food quality in Europe compared to the United States. In May 2021, European food safety regulators labeled the additive 'titanium dioxide' as "no longer safe for human consumption," due to its potential toxicity. Petroleum-based food dyes (Yellow #5, #6, and Red #40) have been shown to induce behavioral challenges and hyperactivity in children. The European Union requires a warning label for all foods containing added color. The major difference between the US and Europe is the FDA's Generally Recognized as Safe (GRAS) program. Food additives that were grandfathered into GRAS were never tested for toxicity. Manufacturers are free to use GRAS approved additives without notifying the FDA. In Europe, there is no GRAS loophole. Every food additive must be assessed by the European Food Safety Authority and authorized by the European Commission before it is used. Many additives have not been addressed by the FDA for decades despite new scientific evidence suggesting harm. So, compared to the US, the EU system does a much better job ensuring the current safety of food produced in Europe or imported for sale there. Regulators, not the food industry, are the

final decision-makers and that makes all the difference in European food safety. However, U.S. Health Secretary Robert F. Kennedy, Jr announced on March 18, 2025 that he has directed the FDA to eliminate the GRAS option for food manufacturers. He has also directed that the agency review all previously approved additives grandfathered by that program. America is now on the right track to eliminate the ability of food manufacturers to solely determine whether chemicals added in the processing of our food are toxic. Hopefully, the FDA will now begin to address a major component responsible for chronic disease in our country!

Bioengineered. The term Genetically Modified Organism (GMO) was **officially changed** on January 1, 2022 to Bioengineered (BE) in the United States. This represents an effort by the biotech industry to shift the focus from a term that was extremely negative in the view of Europeans and the American public. Putting lipstick on this pig still means its GMO, but it sure sounds a lot friendlier to the public.

Bioengineered Imposter Meat

While the biotech industry calls their meat alternative 'plant-based' burgers, *Impossible Burger* and *Beyond Burger* are actually an ultra-processed conglomeration of chemicals, concocted by pulling protein from soybeans and several other concentrates. The primary ingredients in the burgers are pea protein, canola oil and rice protein. Industrial seed oil (genetically engineered canola oil) is loaded with linoleic acid which is a metabolic poison that can stay in the cells for up to 7 years seriously damaging health. It is strongly implicated in the current chronic disease epidemic.

After the manufacturers mimic the look and texture of meat, they give consumers the taste and color of blood using a compound produced by genetically engineered yeast cells. The compound is called *soy leghemoglobin* and comes from the roots of the soybean plant. In nature, it takes one full acre of soybeans to produce 1 kilo of leghemoglobin. The bioengineered (BE) yeast produces the soy leghemoglobin, in addition to 45 other by-product proteins consumed with the soy leghemoglobin. During toxicity testing, *Impossible Burger* scientists fed the soy leghemoglobin to rats for 28 days. The rats exhibited alterations in blood chemistry which the company did not investigate further. Of course, short tests check the evaluation box, but they are terminated before there is any chance of revealing long-term health concerns. The *Food and Drug Administration (FDA)* does not do any independent testing and relies solely on manufacturers' tests and their reported results. Actual long-term toxicity is left to show up in the real human guinea pigs who decide to eat these BE meats. The FDA classifies these BE meats as *generally recognized as safe (GRAS),* which means there will never be any additional testing required. It is important to note that 94% of U.S. soybean is already genetically engineered to begin with, so there are lots of opportunities for hidden side effects to show up later.

Ultra Processed Food (UPF). What is UPF? If it's wrapped in plastic or packaged and has at least one ingredient that you wouldn't find in your kitchen, it's UPF. If it has natural or artificial flavoring, it is UPF and I call it fake food. The natural or artificial emulsifiers, solvents and preservatives in flavor mixtures are called "incidental additives." That means the manufacturer does not have to disclose their presence on food labels. Food manufacturers can use a natural solvent such as ethanol in their flavors, but the FDA also permits them to use synthetic solvents such as propylene glycol. Flavor extracts and food ingredients that have been derived from genetically engineered crops may also be labeled "natural" because the FDA has not fully defined what the term "natural" means. The bottom line is that instead of eating real, natural food, we are being served synthetic versions of proteins, fats, and carbohydrates enhanced with artificial flavorings and additives to make them more palatable. UPF has led to an epidemic of chronic disease.

From the book, *Ultra-Processed People*, by Chris Van Tulleken, the author states, "Food provides the energy to power life within our body, but over the past 150 years food has become … not food. These products are specifically engineered to behave as addictive substances, driving excess consumption. Calories increasingly come from modified starches, from invert sugars, hydrolyzed protein isolates, and seed oils that have been refined, bleached, deodorized, hydrogenated—and inter-esterified."

"And these calories have been assembled into concoctions using other molecules that our senses have never been exposed to either: synthetic emulsifiers, low-calorie sweeteners, stabilizing gums, humectants, flavor compounds, dyes, color stabilizers, carbonating agents, firming agents and bulking or anti-bulking agents."

"60% of the "food" consumed in the UK and USA is UPF."

Hidden viruses. Chris Van Tulleken, who holds a PhD in molecular virology shared, "Almost half of the DNA in every cell of your body is made of ancient dead virus genes. Known for a long time as 'junk' DNA, a paper published in *Nature* in October 2014, made the case that these old, dead viruses found throughout the human genome aren't dead at all. They have functioning genes, ready to make more viruses."

"Every cell in the human body is a potential virus factory, but something keeps these viral genes quiet. It turns out that they're suppressed by other genes in the cell. In essence, one part of our genome is constantly at war with another part."

"Because the human genome is in an internal arms race, with one piece of DNA at war with another, this means that it must inexorably be driven towards ever greater complexity. Over thousands of generations, as those old 'dead' viruses evolve, so the rest of the genome must evolve to keep them quiet."

“The major difference between the human genome and that of chimpanzees is not in the parts that code for proteins (which are about 96 percent similar), but in the parts that seem to come from the old, dead viruses”

“You’re covered in microbes that keep you alive—they’re part of you as much as your liver is—but those same microbes can kill you if they get into the wrong area of the body. Our bodies are much more like societies than like mechanical entities, comprising billions of bacteria, viruses, and other microbial life forms, but just one primate. They’re full of odd, negotiated compromises and imperfections.”

Earlier in the Altered Food section, I mentioned how a latent virus in the genetically engineered bacteria used to create L-tryptophan caused a disease called *eosinophilia-myalgia syndrome* (EMS). The toxic chemical produced by forcing the bacteria to run nonstop resulted in a toxic chemical being produced by the hidden, stressed-out virus. It was a horribly painful disease that sickened nearly 10,000 people, permanently disabled 1,500 and killed over 80. A similar, latent-virus situation occurred in 1961 with the development of the polio vaccine. The polio vaccine was grown in monkey kidney tissue. Unbeknownst to early developers, viruses in the kidneys of the monkeys hitched a ride with the polio vaccine. The viruses did no harm to the monkeys, but one of them would prove catastrophic for humans. Dr. Eddy (a research scientist at the National Institutes of Health, NIH) found that the 40th monkey virus discovered, called *Simian Virus (SV-40)*, was extremely carcinogenic. When she injected SV-40 into newborn hamsters, the rodents sprouted tumors. Embarrassed by Dr. Eddy's work, NIH officials banned her from further polio research and assigned her to non-polio duties. The NIH buried the alarming information and continued using the vaccines. Millions of unsuspecting Americans received carcinogenic polio vaccines between 1961 and 1963. The Public Health Service *concealed the secret* for forty years.

In total, 98 million Americans received shots containing the cancer-producing virus which is now part of the human genome. In 1996, government researchers identified SV-40 in 23% of the blood specimens and 45% of sperm specimens collected from healthy adults. Six percent of children born between 1980 and 1995 are infected. This means that SV-40 can pass from the infected mother to the uninfected baby. Public health officials gave millions of people the vaccine for years after they knew it was contaminated. They feared the news would seriously injure the reputation of the vaccine program and lead to vaccine hesitancy. **They infected humanity with a monkey virus that was dormant in the monkey, but active in humans and refused to admit what they had done.** They continue trying to cover it up, but if you want an excellent treatise on the subject, read *The Virus and the Vaccine* by Debbie Bookchin and Jim Schumacher.

Robert F. Kennedy, Jr., in the forward to Dr. Judy Mikovits' book titled, *Plague of Corruption*, states that today SV-40 is used in research laboratories throughout the world because it is so reliably

carcinogenic. Researchers use it to produce a wide variety of bone and soft-tissue cancers including mesothelioma and brain tumors in animals. These cancers have exploded during the baby boomer generation which received the Salk and Sabin polio vaccines between 1955 and 1963. Skin cancers are up by 70%, lymphoma and prostate by 66%, and brain cancer by 34%. Prior to 1950, mesothelioma and non-Hodgkin's lymphoma were virtually non-existent in humans. Today, doctors diagnose nearly 3,000 Americans with mesothelioma every year; 60% of the tumors tested contained SV-40. Today, scientists find SV-40 in a wide range of deadly tumors involving close to 90% of brain tumors including glioblastoma, 50% of bone tumors, and 100% *ependymomas* (tumors of the central nervous system). Dr. Bernice Eddy is an unsung hero who did her best to raise a warning voice, but was maligned, mistreated, and punished by the American medical system for trying to tell the truth to the American public.