

## TRANSCRIPT

# GMO: AN IMPORTANT HEALTH THREAT

Hi everyone. Dr. David Perlmutter here. You know it's almost trendy now to talk about GMO foods and avoiding GMO foods. Oftentimes, when I lecture and ask the question as to why GMOs are a danger, I don't really get much of an answer. So in today's presentation I'd like to focus on actually why it is that GMO food really represents a threat to your health. So let's talk about what exactly this is all about.

What is the real danger of GMO, and again is this just to be considered trendy? What is going on when we are consuming GMO foods?

What we've learned is that GMO means that the seeds of the corn and soy, for example, have been modified so that the farmers can spray these crops with herbicides to kill weeds and the herbicide that is used is what you find in Roundup, it's called Glyphosate and it turns out that glyphosate is now being used globally to the tune of 1.35 million metric tons and that we are now seeing what are called glyphosate-ready genetically modified crops.

So one of the main reasons that GMO seeds exist is to allow farmers to spray the very food that we then eat with a powerful herbicide called glyphosate, the active ingredient in Roundup. Now many of you will recall I recently interviewed Dr. Stephanie Seneff, from MIT, who's doing an amazing amount of work looking at the dangers of glyphosate. This is actually one from one of her reports and what she has demonstrated is that exposure to glyphosate that is found on many of these GMO crops changes the human microbiome.

It also has an effect on vitamin D. It keeps us from binding and absorbing via iron Cobalt molybdenum copper and has an effect on amino acids like tryptophan and tyrosine which are the precursors for serotonin and dopamine respectively. Mainly though my concern is the changes in the microbiome the gut bacteria that happen when we are exposed to glyphosate how interesting it is that in this recent report appearing in the very highly respected journal The Lancet in March of 2015 that the World Health Organization indicated that yes glyphosate is a broad spectrum herbicide that's used in more than 750 different products used in agriculture, forestry, urban and even around the home.

That's what people are spraying on the sidewalks to keep the weeds from growing but that this glyphosate according to this working group of the World Health Organization is probably cancer causing to humans. Well you're probably wondering how can this be. How does glyphosate work? Let's explore how life works. We've already talked about the fact that glyphosate the active ingredient in Roundup is in fact damaging to the human microbiome. It does so because glyphosate is an antibiotic and as a matter of fact. Here is the patent. The original patent for glyphosate as an antibiotic. Happened way back in about August of 2003 but ultimately was published in 2010. It is an antibiotic. Well the question would then be how does this relate to the World Health Organization calling glyphosate a probable human carcinogen? Could an antibiotic or antibiotics in general be related to cancer risk.

Well for the answer to that question we turn back to the Journal of the American Medical Association way back in the year 2004. When they talked about the increased risk of breast cancer in women who had been exposed to antibiotics a fairly large study over 2000 women in Denmark compared to close to 8000 random controls. And in Denmark they keep really very strict records about who's taking what and what illnesses people develop. And they were able to determine that over a 7.5 year period of time that there was a significant correlation of breast cancer risk depending on how many days a woman took an antibiotic. Now this study indicated that there was a significant relationship between the number of days that a woman took antibiotics and risk for breast cancer. And as they state here all classes of antibiotics were associated with increased risk. Again why does this happen? Their conclusion was that antibiotics have effects on the intestinal micro Flora and on immune and inflammatory responses which I will indicate are governed by our intestinal bacteria and our intestinal microflora. So this really changes the playing field a little bit in terms of why we should vote with our wallets and avoid genetically modified foods.

So again, what we've learned about GMO foods is that they pave the way for our food to be treated with a powerful herbicide called glyphosate and glyphosate as you've now seen is really a significant threat to our health. Probably through the changes that it imparts on our microbiome- on our gut bacteria. This is why we want to vote with our wallets and really opt for choices that are non-GMO we want to look for that Certified non GMO label and those are

the foods that we should be eating.

Thanks for joining me. I'm Dr. David Perlmutter.

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