
The Brave New World of Genetic Chaos

Dennis Willmont

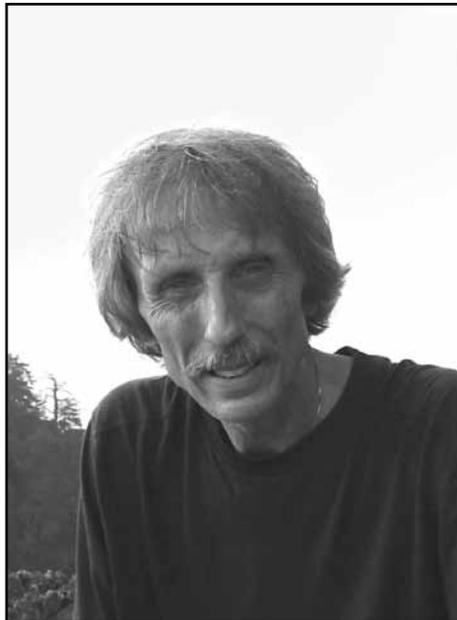
GMOs (genetically modified organisms) are a bigger pest than the pesticides they are trying to eradicate. They are destroying our genetic heritage. They are squelching genetic integrity. They are changing the food, the animals, and the human mind. In fact, the potentially destructive nature of the whole industry is one of chaos—chaos followed by more chaos.

Sixty to seventy percent of all packaged food now in the U.S. is genetically modified.¹ In two to three years, it could be up to ninety percent. The genetic engineering industry says they are safe. They aren't. They say they are safe for the environment, healthy for human consumption, and will help save food shortages predicted for the future. Don't believe it!

One spokesperson, when interviewed on the Charlie Rose show on PBS recently, said he eats organic food himself. If he won't eat GMOs, why should we? Why should we believe their propaganda?

TELLING IT LIKE IT ISN'T

Genetically modified food is not required to be labeled. Why?—because if labels identified GMOs, no-



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body would buy the products. Companies know this and the FDA knows it too. Genetically modified food is part of what is called the Green Revolution, an Orwellian double-speak term used by chemical pesticide companies to disguise the toxicity of their products. George Orwell wrote his infamous book *Nineteen-Eighty Four*, which describes how the government planned to manipulate, control, and

enslave the population by a certain date in the future—1984. In the book, he describes double-speak as a term used by government and industry to make the population think one thing is happening when the reality is the opposite.²

While pesticide companies like Monsanto are spewing toxic pesticides, herbicides, and fertilizers all over the world and especially in third world countries, they disguise what they are really doing by saying they are making the world “green.” One example of how green the world has become after only three years of these practices is that 30,000 varieties of brown rice have become extinct in India.³

Pesticide companies buy all the seed companies so only their hybridized or genetically modified seeds are available. The natural seeds that took thousands of years to perfect become extinct. Monsanto states that one of its main goals is to have one hundred percent control of the world's seed bank.⁴ This means that when and if they reach this goal, natural seeds will no longer exist. Everyone will be dependent upon genetically modified ones. We will have no choice but to eat their unnatural foods.

Two hundred and fifty thousand Indian farmers committed suicide recently after they were bullied into growing Monsanto seeds. Due to financial pressure, these farmers had no choice but to use them. Then, after being stuck with the Monsanto seeds, the farmers needed more water than they were accustomed to using. They couldn't afford to water them. The seeds never reached harvest. Even more troubling is that Monsanto seeds are genetically modified to self-destruct each week that they are not given their toxic dose of Roundup, a pesticide that gets stronger and more toxic each year it is used. The Indian farmers couldn't afford to buy the Roundup either. Even worse, their agricultural communities became so saturated with these chemical toxins that the cancer rate went up. This problem worsens each year these artificial seeds are grown.⁵ We're next.

WHAT IS FOOD ANYWAY?

The reason we would even consider eating GMOs comes from industrial propaganda about what food is. During World Wars I and II, industrial food companies began to emerge. They refined food to give it a longer shelf life so they could ship food overseas to the military without the food going bad. They removed the parts of the food that spoiled more easily, specifically, the fatty acids, vitamins, and minerals. The result was that many people started coming down with diseases never before seen—diseases that are now called vitamin and mineral deficiencies.

The very food industries that started the problem then created a team of investigators to solve the problem. These investigators became the nutritionists. The nutritionists analyzed the industrialized food, discovered that it was vitamin and mineral deficient, and rather than returning to whole foods, they added back some of what they took out. Cereals fortified with vitamins and minerals appeared in

stores. These profitable but fake foods still litter shelves today.

The leftover nutrients (ones not used to fortify foods) were made into pills. Thus, the supplement industry was born, and at a great profit to the companies. People accepted the fake foods and supplements and the diseases they produced, and forgot about whole foods. Today, genetically modified foods confront us with even more dangerous problems.

WHAT REALLY HAPPENS?

What really happens to people who eat genetically modified foods? Do these toxically produced foods

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cause cancer? Thanks to the tobacco industry, this is a question no one will be able to prove. The tobacco lawyers may have temporarily lost the battle with cigarette smoking, but they readily apply what they have learned to protect toxins in the food supply.⁶ The legal proof is now so cumbersome it is impossible to fulfill. Are these foods really as healthy as the companies that produce and promote them claim them to be?

The answer depends on what people think food is or should be. Modern food production is startling and shocking. The documentary *Food Inc.* shows the condition of industrially produced cows commonly eaten in the U.S. They are so sick and weak that they can't walk and have to be fork

lifted to their own slaughter.⁷ Even Paleolithic man would have enough intelligence not to eat these animals! But, even these horrid conditions are nowhere near the abominable state of genetically modified food.

The average American thinks that genetically modified food is just like the normal hybridization of food. We believe that scientists take the genes from wheat that grows in colder or warmer climates, that grow wider or fatter, that have more protein, or that have other desirable qualities and combine them together to make super wheat. This is not true! Unlike hybrids that use the same species, GMOs are created from genes from insects, reptiles, bacteria, fish, and mammals—creatures that would never, and could never, combine in the wild. These new products are more like Franken-Creatures than food. And, like Frankenstein, are subject to the vested interest of those who make them.

FRANKEN-FOODS AND BEYOND

One of the vested interests is that these Franken-Creatures tolerate a heavily toxic chemical environment. The Bulletin for the Union of Concerned Scientists documented another vested interest. They reported that sixty percent of the food grown in the Midwest at that time was genetically modified, not to create Franken-Foods, but to produce pharmaceutical medicines—Big Pharma. Imagine tomatoes carrying Prozac as a by-product and string beans generating Lipitor. We now have drugs prescribed by Monsanto forced into our food supply whether we want them or not.⁸

What these companies care most about is their profits. They want to insure that their genetically modified foods can't be grown by anyone else without their license. They patent the seeds and no one else can use them without paying the cost. If farmers do, or even if the seeds spread acciden-

tally (or intentionally) into a neighboring field, the owners of that field can be sued for stealing Monsanto's patent.⁹

Companies try to hide their despicable actions with unjust laws and doublespeak language. They tell us from one side of the mouth that genetically modified food is beneficial to all and basically just like any other food so they don't have to label it. From the other side of their mouth they say that genetically modified food is radically different from every other kind of food. That's why they patent it.¹⁰ Where is the justice in laws like this?

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THE SYSTEMATIC EXTINCTION OF WHOLE GRAIN

Our ancestors, even fairly recently, ate whole cereal grains. In most traditional societies, whole cereal grain was eaten as a principle food, meaning that it was eaten with each meal in a substantial proportion. Breakfast consisted of wheat, barley, corn, or oats that was cracked or ground fresh and then cooked into porridge with water and salt. This type of whole grain provides the most nutritious breakfast with the least amount of work at the cheapest price. However, once refined, it could be poured into a bowl with a little milk and eaten without cooking. The time to prepare it was much less; the price paid was a

loss of nutrition. As a nation, we have lost around seventy-five years from this debacle. We are three generations weaker than our ancestors who didn't have the heart disease, cancer, diabetes, and obesity of today.

We also lost the inclusion of whole grain in the rest of our meals. Perhaps more important, the traditional concept of whole food and whole grains has vanished. Ever go to a supermarket or restaurant and ask for whole grains? Chances are slim that you would ever find them.

Today, the food industry staffs the FDA, which passes laws and regulations favorable to them. The FDA says that labels can state that a food is whole grain as long as it contains at least sixty-five percent whole grain. Even health food stores carry such foods. I recently went to the local health food store to buy one hundred percent whole wheat bread and couldn't find a single loaf. Any grain or grain product not listed explicitly as "whole" is refined by default.

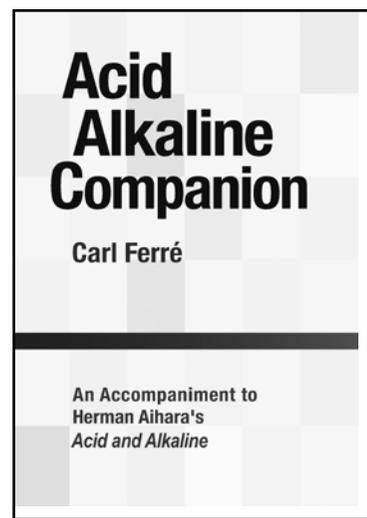
In addition, the definition of breakfast cereal has changed from whole grain to the fake, artificially-produced, nutritionally-poor boxed cereals that line the shelves of supermarkets today. People don't know what a whole grain cereal is. I tell people that whole grains can be planted in the garden and will actually grow something. Wheaties can't do that.

Another nutritional lie is that any chemical nutrient is the same as any other. The chemists, doctors, and nutritionists say that carbohydrates are the same no matter what their source. However, sugar, potatoes, and whole wheat aren't the same at all. The carbohydrate contained within them may be chemically the same, but the foods are radically different. I never see carbohydrates for sale at the grocery store. I see potatoes, white rice, and fake wheat bread. Potatoes are a tuber that grows under the ground while whole wheat is a seed on a plant that rises above ground. How could these

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be the same? Even if we look at these two foods strictly from the chemical perspective and, just for the sake of argument, say that these two foods contain the same vitamins and minerals, (which they don't); the relationship between them is still very different.

Whole wheat is small in size, several thousand times smaller than a potato. The percentage of carbohydrate (the white stuff in the middle of the potato or the inside kernel of wheat) to the vitamins and minerals (the skins of the potatoes and the hulls of the whole wheat) is vastly different. The potato is carbohydrate rich and vitamin and mineral poor in comparison to the whole wheat. This extra carbohydrate in the potato feeds the lower part of the body, especially the abdomen, and serves to create quick energy needed for physical work and also added weight. The potato originated in the Andes of South America where it is still eaten in combination with very tiny whole grains like quinoa and amaranth to give people more vitamins and minerals and bring a better balance. The extra vitamins and minerals in whole wheat as well as other whole cereal grain feed the upper part of the body, especially the brain.

The whole grain, being a combination of fruit and seed, gives us the capacity to understand whole cycles in nature—for example, how things begin and end. The seed is the beginning of a plant while the fruit is the end. Most seeds, like nuts, have a very hard and inedible fruit—the shell of a walnut, for example. Most fruits, like apples or plums have very hard, slightly toxic, and inedible seeds. Therefore, we don't eat the fruit part of nuts or the seed part of fruits. We throw them away.

Only whole grains combine the seed and fruit. This amazing combination serves to nourish the brain and help us see how our present actions will turn out in the future. This type of thinking is what gives us Judgment.

It enables us to create a sustainable world—one that we can be responsible for. Without whole grains as the principle food, we will not be able to understand what it takes to have this sustainability.

GENETIC CHAOS

Without whole grains, we can't really think for ourselves. The result is catastrophic. Nowhere is this disaster as great as in the threat of genetically modified food. Think of genes of all sorts forced together into the same food. Each of these genes was once a part of an organism that had different evolutionary goals. Now

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these genes struggle for dominance with each other within a life form that was originally designed by nature for a different purpose—a chaotic situation indeed!

Two independent plant genetic modification experts from UC Berkeley found evidence of this chaos on the physiological level. Their studies showed, “stunted growth, impaired immune systems...increased death rates and higher offspring mortality.” Russian scientists found that hamsters fed genetically modified soybeans were sterile after three generations and had fur growing on their tongues.¹¹

In the past, food co-evolved with humans. Food strengthened, nourished, and empowered people. With

the current use of genetically modified food, genetic internal chaos will manifest in the external world on the emotional, social, economical, and political levels. These realms will manifest this chaos because the body/mind/spirit is one whole unity. The inherent conflict contained within genetically modified food will create upheaval causing these parts to disconnect. We are what we eat. The nature of genetically modified food will prevent humanity from achieving its higher purpose and rapidly create its downfall. If a person eats food that is genetically modified to self-destruct if it doesn't receive regular doses of toxic materials, then what happens to the person who eats it?

We may think we can protect ourselves biologically by eating whole food even while the culture degenerates into this madness. But, where will our seeds come from? Even worse, how can a person maintain any form of stability if the genetic chaos in the general population pervades the entire culture? What will happen to the banks when the people who run them no longer can think straight? What will keep the nation afloat? When the nation becomes genetically chaotic, problems will get much worse.

If seventy percent of the population is eating genetically modified food now and Monsanto has been spending over a trillion dollars a year on genetic modification for over two decades, then by next year more than ninety percent could be eating genetically modified food. Most of the population will then have very different values (and diseases) than we can hope to understand.

One thing is for certain; these values will express the chaos of the genes. This expression can only result in struggle—a struggle that will grow to dominate every factor of life. The worst part of this scenario is that once all the natural seeds are gone, the damage to human life and society will be irreparable. People talk about the upcoming catastrophes of 2012. Even

if the axis shifts, volcanoes erupt, or water floods the land, we will have the ability to pick up and start over again, but only if the natural genetic foundation is preserved. If the genetic integrity is lost, we will have nothing to build from but chaos.

This situation is serious. However, don't underestimate personal effort. If we want to stop this madness, we must act as if our lives and our children's lives depend on it. Here are suggestions for things we can do now.

1. Take political actions—For example, Senate bill S.510 passed last November. Many people called their state senators and told them to add the Tester Amendment, which makes small and medium size farms

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exempt from having to comply with the food safety laws created to protect us against the excesses of Industrial Agriculture. Otherwise the law would have been so stringent that only industrial farmers would have been able to afford it and we would have lost access to real organic food altogether.

2. Eat organic food, preferably purchased locally. Current regulations forbid GMO foods to be labeled organic.¹²

3. Buy heirloom varieties. If you garden, use heirloom seeds.¹³ Do your part to keep more varieties of seeds in use.

4. Read labels of all packaged products, even in health food stores. Look for the words, “whole” before grains, and “certified organic” for products that contain soybeans. Some

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manufacturers voluntarily place “non-GMO” labels on items.¹⁴

5. Purchase organic oils. Many oils are extracted from GMOs, specifically corn oil, canola oil, and soybean oil. If label doesn't say certified organic, assume a high likelihood of genetically modified foods.

6. Corn and soybeans are among the foods most suspect to genetic modification. They are in countless products such as high fructose corn syrup, lecithin, and soybean oil. Almost all (non-organic) soybean products come from Monsanto Roundup Ready soybeans.

7. Assume animals are fed genetically modified foods unless they come from a reputable source—one that will supply information about the type of feed used. Farm raised fish are no exception.

8. Assume restaurants use soybean oil for deep-frying, as it is cheap. Unless you are certain of the integrity of the management, assume restaurants don't use organic or non-GMO ingredients.

9. Stay informed. Watch the documentaries listed in the endnotes and further resources.

10. Kindly tell your friends and loved ones and encourage them to be informed too.

ENDNOTES

1. Organic Consumers Association, <http://www.organicconsumers.org/monlink.cfm>. This site quotes

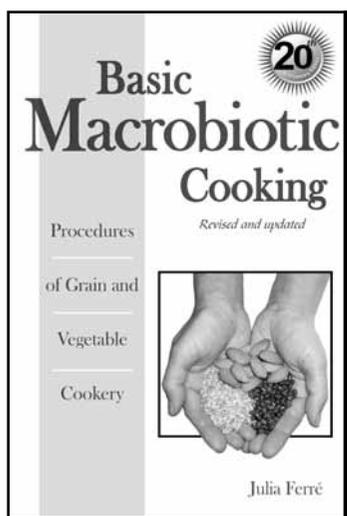
Kellogg's report that “sixty to seventy percent of packaged foods in the U.S. include biotechnology crops.”

2. Nineteen-Eighty Four, George Orwell, 1949, New York: Penguin Group.
3. Imagine a World Without Monarch Butterflies, by Alex Jack, 2009, Amberwaves. This book describes the extinction of 30,000 varieties of brown rice in India because of the “green” revolution.
4. The World According to Monsanto, a film by Marie-Monique Robin available on Amazon. Details the dangers of Monsanto.
5. Monsanto Indian Farmer Suicide: <http://www.youtube.com/watch?v=Av6dx9yNiCA>
6. The Secret History of the War on Cancer by Devra Davis, 2007. New York: Basic Books. This book describes the connection between industrial toxins and cancer and how the tobacco lawyers have learned to keep these substances alive and well at our expense. It also describes the absurdity of the War on Cancer because it is spending a ridiculous amount of time and money trying to cure something they could easily prevent.
7. Food Inc. movie, <http://www.foodincmovie.com>: Reveals stark and unforgettable images of the insanity of the modern food industry. Suggests Wal-Mart as the solution, which is extremely shortsighted. Wal-Mart would buy their organic

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food from China where it has no regulation. This could only lead to another cover-up with new double-speak language.

8. Union of Concerned Scientists, <http://www.ucsusa.org>. For a thorough discussion on Big Pharma, please see their A Growing Concern: Protecting the Food Supply in an Era of Pharmaceutical and Industrial Crops.
9. Percy Schmeiser, www.percyschmeiser.com. Percy is one of the organic farmers whose land was stolen by Monsanto's lawyers because they found genetically modified plants growing on his property.
10. Fresh, Ana Sofia Joanes, <http://www.freshthemovie.com>: Great images of the tragedy of the modern food industry but offers realistic solutions in terms of sustainable, local, and organic food production. Fresh makes the link between not having to label genetically modified food because it is the same as everything else and getting to patent it because it is so radically different.
11. When Man Manipulates Creation: <http://euro-med.dk/?p=15570>
12. Tips for finding non-GMO foods may be found by searching the Internet for “non-gmo shopping guide.”
13. One source is Sourcepoint Seeds, Anpetu Oihankesni; 26422 Moss Rock Road, Hotchkiss, CO 81419, 970-872-4941. Further companies may be found by searching the Internet for “non-gmo seeds.”
14. According to the first issue of Seeds of Change, an heirloom quality seed company, 750,000 edible plants have already become extinct in North America since Columbus discovered it.

FURTHER RESOURCES

1. The Future of Food, Deborah Koons Garcia, 1999, Lily Films, <http://thefutureoffood.com>. Documents the impact of genetically engineered

food on farmers and society.

2. King Corn, Ian Cheeny and Curt Ellis, <http://www.kingcorn.net>: Shows how the government subsidization of corn as one example leads to many of the diseases ravaging our society and makes organic food so expensive in comparison.
3. The Biotech Century, Jeremy Rifkin, 1998, New York: Putnam. This book tells the story and absurdities of genetic modification as a movement, including the amount spent per year as well as where all the modified genes come from and how they are shot with guns into the host organism.
4. NaturalNews Insider Alert (www.NaturalNews.com) email newsletter. Provides almost daily news and commentaries on many natural health issues, including genetic modification.

Dennis Willmont has been practicing macrobiotics, acupuncture, Taijiquan, and Daoist meditation for over thirty years. He studied with Herman and Cornelia Aihara and Noboru Muramoto in California at Miramichi and San Francisco and with Michio and Aveline Kushi in Boston. In the early 1980s he created and directed the first 500-hour professional program of Shiatsu and Acupressure Therapy in North America and taught classes on shiatsu at both the East West Foundation and the Kushi Institute. His unique blend of scholarship and intuition has led to the formation of a multi-volume series on the energetics and Body/Mind/Spirit connection in ancient acupuncture and also his new book on fats and oils—Fat Chance: Surviving the Cholesterol Controversy and Beyond. Dennis uses natural foods, Way of Life Counseling, Essential Oils, and Chinese herbs in his acupuncture practice in Marshfield, Massachusetts. You may contact Dennis or order his books securely online at www.willmountain.com, or call 781-837-3455.