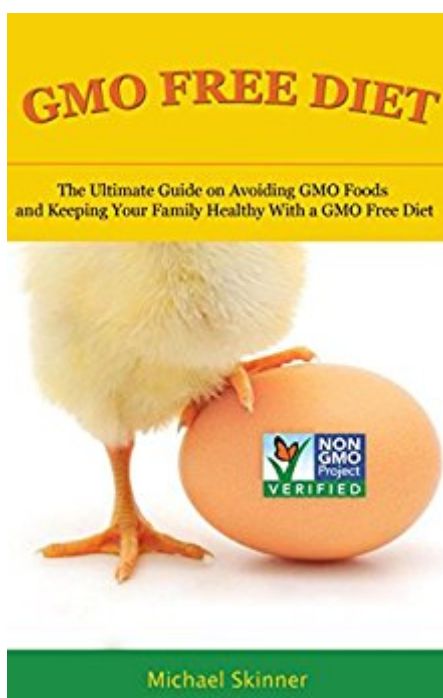


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# GMO Free Diet: The Ultimate Guide On Avoiding GMO Foods And Keeping Your Family Healthy With A GMO Free Diet (GMO, Non GMO Diet, Non GMO Foods, Genetically Engineered Foods, Monsanto)



## Synopsis

Can you live a GMO Free Live? Today only, get this Kindle book for just \$2.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Did you know that an enzyme needed to make cheese called chymosin is genetically engineered and 90% of cheese produced uses it? You are about to learn how GMOs (Genetically Modified Organisms) have taken over our food industry and how they are affecting our health on a daily basis by consuming them unknowingly. At least twenty-six countries, including Switzerland, Australia, Austria, China, India, France, Germany, Hungary, Luxembourg, Greece, Bulgaria, Poland, Italy, Mexico and Russia have totally or partially banned GMOs, with the United States standing on the sidelines. This book will educate you on how to recognize and avoid GMO foods in your supermarket and how to enjoy a healthy diet, free from dangerous GMOs. No matter what your diet preference is (Vegan, Paleo, Raw etc), after reading this book you will be able to make an educated selection when shopping for your meal ingredients. Here Is A Preview Of What You'll Learn... What are GMO foods Top 10 GMO foods and manufacturers How to avoid GMO foods Why chose a GMO Free Diet How to find GMO Free food Much, much more! Download your copy today! Take action today and learn how you can avoid dangerous GMO foods and ensure a healthy life for you and your family by downloading this book for only \$2.99! Tags: GMO, Non GMO, Monsanto, GMO Foods, GMO, GMO Diet, GMO Books

## Book Information

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## Customer Reviews

This GMO Free Guide is loaded with practical truths to help you first understand the consequences to your health eating GMO and then how to take action. Really enjoyed the myths and truths section and there are plenty of tips to help you understand and avoid these dangerous modified organisms. Lots for you to learn with this one and I recommend you read and learn today! Bravo!

It is almost unthinkable what we (especially Americans) are being served in our restaurants and supermarkets. While there are some minor protests here and there, most people don't seem to care about the dangers we and our children are exposed to. Please read this book and learn about GMOs and how you can avoid them.

I honestly did not know that much about GMO's. I have a friend that frequently mentions it so I decided to educate myself with this book and I can not believe that I waited so long to research it. I highly recommend reading this book so that you have a better idea of how to eat better.

This book is an excellent source of information on a growing problem. My granddaughter was recently diagnosed with a corn allergy. Trying to find GMO free food that a two year old will eat is difficult! I hope we soon can have these toxins removed from our foods.

This little pamphlet is not at all like I was expecting. I was looking for more specific information for which foods to avoid, or how to know which produce varieties are GMO. I just came away with a vague feeling not to eat zucchini, or anything processed because they contain soy and sugar. Hmm. I don't feel like this little essay (around 30 pages mind you) has enough information to qualify as a book, and there is certainly not enough info to base one's entire "diet" off of. I wish I had just done an Internet search on GMO and skipped this "book," I probably would have learned more and saved my \$10.

This was a very interesting read. I downloaded the book because I had no clue what GMO was and I'm definitely glad that I did. This book was jam-packed full of information I never even knew. They're really selling Genetically altered food in the supermarkets for our consumption? Yikes! The

more I read, the more I want to grow my own food. Who wants all this man-made stuff in their body? Not me! The author did an excellent job researching the subject and writing it where even the layman can understand what he's talking about. Kudos to you Mr. Skinner for doing an excellent job writing this book!

I am currently researching the GMO-free foods and this book has been a great help. Easy to understand, written in plain English and full of information on why GMO foods are so harmful and how to avoid them. GMO foods are actually banned in most countries in Europe, where I live. To be honest, prior to reading this book I didn't even realize how serious the situation is on the other side of the globe (referring to the US). Educating people is the best way to go- if you want to stay healthy and protect your family, this helpful little book might be a place to start.

Gmo I always knew that they are harmful to our health but I learned a lot of new things about them, such as what foods contain them. Which foods to absolutely avoid and how to identify non gmo foods.

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