



DR. ROBYN BENSON + SELF CARE REVOLUTION PRESENTS
HEALTHY TRAVELER'S GLOBAL SUMMIT
SPEAKER TRANSCRIPT

Dr. Robyn Benson: Hello, everyone. Welcome to the Healthy Traveler's Global Summit. My name is Robyn Benson. I'm a Doctor of Oriental Medicine. I'm also the founder of Santa Fe Soul Center for Optimal Health. And I'm happy to say that we are celebrating our 10th year. We've built this from the ground up. And we want to welcome you all.

I mean, literally we have people from all over the globe that are joining us in this Healthy Traveler's Global Summit. But we want to invite you to Santa Fe and to come to our center. And to enjoy the wealth of modalities that we have from massage to acupuncture.

We have Kevin, who I'm going to introduce shortly, who is an incredible Intuitive Counselor. We have Lymphatic Massage, just to mention a few. But anyway, we're just really thrilled to have you all here. And I am joined with my fabulous co-host.

Kevin Snow: Kevin Snow, Intuitive Counselor at Santa Fe Soul Center for Optimal Health. And my – what I do there at Santa Fe Soul is I help people create clarity in their lives.

And we are definitely against some good clarity on what a GMO is, and what to do, and how to live GMO-free. Because I really think it is a powerful message that Jeffrey has to share with us. And I'm just really looking forward to it.

Dr. Robyn Benson: And Kevin, for all the people that are joining us for the very first time, could you share with everyone the Self-Care Revolution. Because we know we have a lot of our members that are listening here live today.

Kevin Snow: This is definitely where we originally connected with Jeffrey Smith. And the Self-Care Revolution has been over two years now and probably around 200 speakers pretty close to that. So it's been an incredible journey. Really going in-depth with each one of these speakers on their gift and what they're sharing with the world. And how we can live a healthier self-care lifestyle and how really critically important that is, taking it into this Healthy Traveler's Global Summit is how implementing that self-care lifestyle helps us to travel healthily and helps us to be more in alignment with ourselves in our own journey.

Dr. Robyn Benson: Exactly. So you all have access to that two years of amazing speakers. So I'm going to introduce our friend, Jeffrey Smith. He's the leading

consumer advocate promoting healthier non-GMO choices. Jeffrey Smith's meticulous research documents how biotech companies continue to mislead legislators and safety officials to put the health of society at risk and the environment in peril. His work expertly summarizes why the safety assessments conducted by the FDA and regulators worldwide teeter on a foundation of outdated science and false assumptions, and why genetically engineered foods must urgently become our nation's top food safety priority.

Mr. Smith's feature long documentary "Genetic Roulette: The Gamble of Our Lives" was awarded the 2012th Movie of the Year and the Transformational Film of the Year. Described as a "life-changer" and seen by millions worldwide, the film links genetically engineered food to toxic, and allergic reactions, infertility, digestive disorders, and numerous problems that have been on the rise in U.S. population since genetically modified organisms, GMOs, were introduced.

His books includes "Seeds of Deception: Exposing Industry and Government Lies about the Safety of the Genetically Engineered Foods You're Eating," which is the world's bestseller on GMOs. And "Genetic Roulette," again, "The Documented Health Risks of Genetically Engineered Foods," which is the authoritative work on GMO health dangers.

So welcome, Jeffrey.

Jeffrey Smith: Thank you, Robyn. Great to be here.

Kevin Snow: We love having you here all the way from Florida. We're kind of feeling little jealous about that because we're here on the desert, where there are lots of pollens. And you're right a block away from the ocean.

Jeffrey Smith: That's right. But I'll leave in a couple of days and who knows where I'll be weeks from now when I'm - I travel a lot. In fact, I travel nine months last year. And I'm wondering if there's a competition among your speakers as to who travels the most and how I fair in that competition.

Dr. Robyn Benson: That's a great question. We're going to have to find that out. Gregg Braden, 30 weeks a year.

Jeffrey Smith: I beat him.

Dr. Robyn Benson: You beat him?

Jeffrey Smith: Yes.

Dr. Robyn Benson: Jeffrey, you might – we might have a little award from one of our – the traveler will tell you. We got a lot of great gifts. The travel industry actually is so behind this message of healthy travel. So why don't you just begin

by sharing your background. Jeffrey. How did you get into this line of work?

Jeffrey Smith: Well, I've been working on the GMO issue for 19 years. And I went to a lecture biogenetic engineer who was uphold but they were about to release products of this instant and dangerous science into the food supply and outdoors. And I realized that his scientific concerns were not being translated and distributed properly. It needed to be translated into English, so that layman's terms so people can understand. And it needed to be conveyed to either large numbers of people or key opinion leaders, neither of which was happening.

So with the background in education, communications, strategy, I decided to help out here and there. Ended up working at a GMO detection laboratory, as the VP of communications for a couple of years. And then I wrote the book "Seeds of Deception" in 2003. And it's been the world's best-selling book that whole time until today and that is – that sort of got me involved in a global discussion. And I've been making books, and movies, and articles, and traveling to 41 countries ever since.

Kevin Snow: So let's just start with, again, the definition of genetically modified and maybe that list of nine foods that we really need to pay attention to as far as our food supply, and what we are and are not eating that has GMO.

Jeffrey Smith: All right. I'm going to mix these two together. I'm going to try answering questions in ways that I haven't answered yet because that's my prerogative. And I speak for 19 years and I get to play.

All right. Soy, corn, cottonseed oil, canola oil, sugar from sugar beets, and alfalfa; those are the six main GMOs. Soy, corn, cotton, canola, sugar beets, and alfalfa, all of them have varieties that have been inserted with genes from bacteria and pieces of a virus that allow those plants not to die when sprayed with herbicide, most notably roundup herbicides. You have roundup ready varieties of these six seeds. And so the farmers buy them. They grow them. They spray the entire field with roundup. It doesn't kill the GMO. It kills all the other plant biodiversity. The roundup gets absorbed into the plant which we eat.

Now in addition to those six, all as herbicide tolerant genetically engineered food with inserted genes, we also have cotton and corn varieties that have a different gene inserted into their DNA from soil bacteria. And it is called bacillus thuringiensis bacteria, Bt, because it creates the Bt toxin and the toxin kills insects. It breaks open the holes of the insect's stomach to kill them. And it turns out we eat that insecticide. And guess what, in a laboratory study it was found that it can poke holes in human cells as well.

Now there's also papaya from Hawaii or China, some zucchini and some yellow squash, and they're engineered not to be affected by a certain

plant viruses. But what they use can be very, very dangerous for humans that are... and it's not being evaluated for those dangers.

So those nine crops are currently on the market and they're commercialized. There has been a tomato introduced that was taken off the market in '97. There was a potato introduced, taken off the market in 2001. And the government just approved potatoes and apples as non-browning. Non-browning, this is essential that we all have non-browning apples where you can slice them and they won't turn brown for 15 to 18 days. Or potato will not turn brown at all, they'll just dry up. Those were approved and they may be on the market within a couple of years. And there's a lot of dangers around that. So those are the nine GMO food crops and what they do.

Dr. Robyn Benson: That's amazing. That makes me think of a time that I bought corn, non-GMO. Not – that I actually had in the refrigerator that stayed yellow for like three months. It never changed. That's pretty weird.

Jeffrey Smith: Well, in terms of preserving the look they did that with tomatoes and they're doing with the apples and potatoes. But it isn't necessarily a trait of the other GMOs. The corn turns out it doesn't breakdown by– this is completely accidental, we don't know why and the biotech industry doesn't discuss it. But farmers discuss that for some reason the corn doesn't decompose in the field and it can look like fresh corn a year or two later. And I know of one student that did a science fair experiment that there was no – that the number of bacterial colonies was basically far less in the genetically engineered corn. But that's not the real problems that we've identified.

If you look at what GMOs might do, you can look at those two main poisons that we talked about; the Bt toxin. The toxin is known to cause allergic reactions and it's known to poke holes in human cells. And if it pokes holes in human cells and we're eating it. And the walls of the intestines are one cell thick and it might create holes in those. It might go through the walls in the intestine along with other things from the stomach into – or the intestines into the blood supply before it's broken down. And that's what's basically been discovered in Canada, that 93% of the pregnant women tested had Bt toxin in their blood and it was also 80% of their unborn fetuses. The holes and the guts are linked to all sorts of diseases like cancer, and autism, and autoimmune disease, and food allergies, and inflammation, and Alzheimer's, and Parkinson's, and others. And then, if you have a hole poking toxin in the blood of the unborn fetus, it might get in the brain to the undeveloped blood brain barrier and that can wreak havoc, because Bt toxins been found can be toxic to red blood cells which might link it to leukemia.

Then you have the roundup which is sprayed on the roundup variety crops. Roundup has been recently characterized as a probable carcinogen. It's also an endocrine disruptor. It's also linked to birth

defects. It's linked to interfering with the production of serotonin, melatonin, and dopamine, and interfering with the livers ability to detox. It's linked to suppressing digestive enzymes, damaging mitochondria, causing gut bacteria overgrowth, leaky gut, so many things. And if you take those together, you end up with a long list of diseases and disorders that might be created simply based on the characteristics of those two toxins. But if you look at the animal feeding studies and see what the GMOs are actually doing in the studies, they are in fact creating gastrointestinal disorders, reproductive disorders, immune system problems, organ damage, early death, multiple massive tumors, et cetera, et cetera. Just as what we predict from these toxins.

And if you ask people what they feel or what they experience when they get rid of GMOs or their physicians who just – who prescribe non-GMO diets to them, they get better from these same categories of diseases and disorders as do livestock when they're taken off of GMOs. And these same diseases and disorders are on the rise in the U.S. population. So there's a lot of compelling evidence; animal feeding studies, human experience, livestock experience, pet experience, and correlational evidence all pointing to GMOs as one of the greatest health problems we're facing now in this century.

Dr. Robyn Benson: So what is the – can you talk about like what the current state of GMOs is in the United States?

Jeffrey Smith: Well, the policy of the FDA in 1992 is that no scientific safety testing is necessary, no labeling is necessary. Companies like Monsanto who told us that Agent Orange PCBs and DDTs were safe, can put their GMOs on the market without any require studies, whatsoever. It turns out that the person who is in charge of that policy used to work with Monsanto as their attorney Michael Taylor. He then was brought into the FDA, after the FDA was mandated to promote GMOs, and put in charge in FDA policy. Taylor then worked at the U.S. D. A. on GMOs issues then became Monsanto's Vice-President. And now he's back at the FDA as the U.S. food's czar.

So we can't trust the FDA's position because it's the fox guarding the henhouse. The GMO giant Monsanto is basically in charge of policy. And the policy is a complete abdication of responsibility. Similarly the U.S. D.A. and the E.P.A. have little responsibility over GMOs that they treat very, very lightly. And we end up with GMOs on the market, these nine food crops. And because soy, and corn, and sugar, and these oils are part of the main GMO crops, it's in, let's say, 90% of processed foods often in a very tiny amount but nonetheless there. So it's pervasive. It's not being adapted to such level in other countries. Sixty-four other countries require labeling but not in the U.S. but we also see a tipping point of consumer rejection on the horizon, where using GM ingredients is becoming more and more a marketing liability for companies. And we expect that to kick GMOs out of the market soon.

Kevin Snow: And I think that – I mean, in relationship to our travel summits, you clearly have stated that you were someone who travels extensively. You are able to bring food with you and eat in restaurants and really are – and they have been quite effective at not getting GMOs in your meal. So can you share a little bit about how you do that first?

Jeffrey Smith: Yes. This is exciting because it's a – I have become rather expert at avoiding GMOs on the road, both in the United States and other countries. So when you're going to restaurants there's visible GMOs and there's invisible GMOs. Well, since you're not cooking it yourself, we are to mostly pay attention to the invisible ones. You can by virtue of the menu, typically avoid corn products; corn on the cob, polenta, tortillas, et cetera. And you can avoid zucchini and yellow squash. Not all zucchini and yellow squash is genetically engineered. And it's not genetically engineered in Europe. So it's kind of like the Clint Eastwood, "Are you feeling lucky?" question with respect to eating a particular piece of zucchini or yellow squash. But what you can't see is the vegetable oil or cooking oil that they use. And if it's from soy, corn cobbler, canola then you end up eating GMOs in every bite because it's cooked in the genetic modified oils. We know there was studies on the soybean oil, for example, show high levels of roundup residues and roundup has all those problems. So avoiding soybean oil is particularly important to avoid roundup, as probably corn and cottonseed and canola.

So I call restaurants in advance and say, "What kind of oil do you cook with?" And if they say vegetable oil, they may think that it comes from vegetables but it comes from soybeans. And so I'll ask, "Do you have any olive oil that you can cook my food in?" Sometime they'll say they use olive oil and the next question as always, "Is it pure olive oil or is it a blend?" Because so many restaurants today blend olive oil with canola oil because it's cheaper and they can fry with it at higher temperatures. So I'll ask what type of oil they use. And when I order, if I order a salad, it's the same thing with the salad dressing. And if they have pure olive oil and vinegar I can do that, rather than risking a combination here of canola or soy that's in their prepared salad dressings. Soy sauce could be genetically engineered. Sugar is added to things because sugar – most of sugar is genetically engineered from beet sugar.

And if there's any processed foods in your food, like bread for example, often has soy flour or a genetically modified oil. A lot of restaurants cook from scratch but not the fast food restaurants or the chains that send prepackaged frozen or concentrated things. To avoid GMOs in those it's very, very difficult in fast food and in those type of chains. And so what I do is I favor restaurants that cook from scratch and because I'm going for the oil that I need if – I find generally that Chinese food, Mexican food, sometimes Japanese is very, very difficult.

And with Chinese and Mexican, it's often that everything is cooked with oil. Japanese, you can get sushi that doesn't have any oil. If you go to a

Mediterranean restaurants, then they typically use olive oil. And some people are very proud that they use a 100% olive oil and are proud that it's not a blend. Others will sheepishly admit that it's a blend. And this is one of the ways that I avoid GMOs. And I generally call in advance to the restaurant to make sure there's something that I can eat, rather than creating a scene when I get there and having to leave the restaurant with friends if there's nothing that I can eat. I find with Indian food, I can generally find things to eat about 30% of the time. Because sometimes they'll cook their sauces at the beginning of the day with a GMO oil and they won't do any customized cooking for me. But 30% of the time they use the right oil or they can do custom cooking. I find that with Thai food, they usually use genetically engineered oil but the curries often don't use any oil whatsoever. They just cook in coconut milk. So these are some of the tricks that I've found for purchasing GMO meals in the United States and Canada. It's different in other countries.

Dr. Robyn Benson: So, Jeffrey, what are some of the latest scientific evidence showing that GMOs are harmful? Because I know that Dr. Silver and other speakers about this issues and I've read book where people are saying we can't feed this growing world population without it. So I just would like to – how – where is the best place to have our listeners, who want to learn more about GMOs, where are they going to find the science?

Jeffrey Smith: Well, our responsibletechnology.org website has the science there, plenty of research there, and you can also watch the movie "Genetic Roulette: The Gamble of Our Lives." Some of the research that's come on since then have shown that roundup as I've said has been declared by the World Health Organization as a probably carcinogen. The same week that came out, an Australian study came out showing that levels of roundup that are considered safe in drinking water it was causing endocrine disruption in human cells and toxicity. Another study showed that roundup promotes antibiotic resistant bacterial disease strains. There's evidence now of– lots of evidence linking it to birth defects. So roundup now has considerable evidence of dangers. And I'm confident that anyone just reviewing the literature with an open mind or going to our site and looking at the compilations that we've created will see plenty of evidence on roundup.

There was a study that was published that took a standard study that Monsanto did on roundup free corn, and they only test for 90 days but extended the study for two years. And in the 90 days the scientist had found in Monsanto's rat data signs of toxicity in the liver and kidneys. When they extended it to two years those signs of toxicity turned into absolute kidney damage and liver damage as well as pituitary problems. But they also found that starting in the month after Monsanto would traditionally stop its speeding study, the rats started developing tumors. And by the time the two-year study was over, the group that was eating the roundup ready corn or roundup alone or the roundup ready corn sprayed with roundup, all of them had multiple massive tumors that came

on much earlier and more often than the control group. They had the organ damage compared to the control group and they also died earlier and in larger numbers. And so, multiple massive tumors, early death, and organ damage are among some of the more recent research done on GMOs. We've also seen stomach inflammation in pigs and we've seen a number of things. But you asked for the more recent and those are the more recent.

Kevin Snow: And we mentioned earlier the labeling, so that we at least we know what's in there and that also connects to an app that you have that can give us a really nice good shopping list of things that you can buy that are GMO-free.

Jeffrey Smith: So go to nongmoshoppingguide.com, we have 27,000 products that are non-GMO verified there. And in fact, it's going up every day, so the number is already obsolete when I say it. We have an app which was temporarily taken down but it'll be put back up. So when you go to that site, sign up for the newsletter and you'll be informed when the app becomes available. It's going to be expanded and improved making it easier for people to have non-GMO food and recipes and advice, et cetera.

Now you mentioned labeling. There's no mandatory labeling in the United States or Canada. There is a third-party verified system for labeling called the non-GMO Project. And that's what we recommend as the standard. You'll also see some self-verified labels like Cheerios described itself as non-GMO. But just puts it on the side of the package without explaining what they mean by that and they won't tell us. I called them and they said, "Well, we're going to keep that information private." Whereas, Grape-Nuts has on the front of the package a Non-GMO Project verified seal, and now we know what they make. Trader Joe's has said that their brand name products are non-GMO but don't tell us what they mean by non-GMO. So that though they don't know if they have a certain allowable contamination level, whether they even test for GMOs or not or simply declared it as a requirement and then ignore it once they've told their vendors.

So it's kind of – it used to be a complete wild west for labeling. People would put non-GMO. We wouldn't know what they meant. Now that the non-GMO Project is there, we know. You can also buy organic. And organic is not allowed to use GMOs. And as an addition to that, roundup is not just sprayed on roundup uprooted crops. It's also sprayed as a ripening agent on wheat, barley, rye, lentils, many fruits and vegetables, and grains, and beans and they've allowed over a 100 varieties of these crops that have high levels of roundup residue. And so, it's not just important to buy non-GMO in the United States and Canada but in particular to buy organic to avoid the roundup residues as well.

Now when traveling to Europe, they have the strictest required labeling. And so, anything that contains GMOs intentionally has to be labeled as containing GMOs. And if anything accidentally has more than 0.9% of contamination of any ingredient, they also have to label it as containing GMOs. And you'll find that you almost never see a label in Europe because the companies back in 1999 committed to not use GM ingredients when the European citizens were informed about the dangers through an open press. However, we didn't get that same kind of coverage in the United States and so the same companies that took GMOs out of Europe continued to feed us unknowing Americans here. But in Europe the animal feed can be GMO as well. Some companies will have already committed to not use GM animal feed in their – either their poultry or their beef or whatever. And you can go to Greenpeace society and you have to find out which ones of those – or Friends of the Earth. But they're not labeled, so the meat, milk, and eggs from animals that have been fed GMOs are not labeled as such. So unless you find a vendors name that it committed to not use GM feed or unless it's organic, then you're probably eating animals or dairy or eggs from animals that have been fed GMOs and that does carry unique risks. Even the FDA scientists who had repeatedly warned that GMOs were dangerous and should be tested were ignored entirely by the policy. One of their warnings was that the milk and meat of animals fed GMOs carries unique risks and needs to be evaluated.

Now other countries may have labeling laws that are very loose. Japan has a 5% allowable contamination level before something needs to be tested. And they don't require things like oil to be labeled at all, whereas, Brazil does require oil to be labeled. So it's good to check with a website in the area, in the country you're going to. As I've said Greenpeace is one that often has information, Friends of the Earth. And you just enter non-GMO or GMO and activism or organization or whatever, or non-GMO eating guide or something like that to find the organization.

Now another tip for travelers is to find out the organic restaurants. It'll be good as you're traveling around the world to support the organic industry. And you'll find that there is a real friendly community awaiting you. When you do, if you go to the organic restaurants, you can even contact an organic certifying organization or an organic organization that promotes organic eating and ask them about which restaurants sell organic and farmed the table. And they may even invite you to come and – to their offices and be excited that you're coming and trying specifically wanting to not only eat organic but to spend your dollars in the country you're visiting to support that organic – growing organic industry. And of course you're going to eat better. Sometimes when people – it's interesting when people travel, sometimes they eat terribly and this is a way to eat better. But sometimes when people travel from the U.S. to Europe because there's far less GMOs there, they can eat things that they can't eat in the United States. So they may not be able to – I hear this all the time, "We can't eat corn in the U.S. but we can eat corn in Europe. We can eat soy in the U.S. but we can eat soy in Europe." So that may be the GMO

component that's causing that issue, so that you can – you're reacting to the stuff in the U.S. but not to the stuff in Europe.

Dr. Robyn Benson: So it'd be good to take your own oil with you, a little bit of your own oil. One of our other speakers does that always. She always has her own olive oil whenever she travels.

Jeffrey Smith: Well, here's the thing. If you bring your own olive oil as you travel that's okay for salads. But if you want the company or the restaurants to cook with it, if you bring them an open bottle of oil, they probably won't. Some – if you bring a little tiny bottle that's been sealed some will take it and cook in that. But if you bring an open bottle – and if you have a restaurant that you go to regularly in your area, and I know several people that do this, they actually give them a bottle of olive oil, or bring it because they know them, and they'll cook their food in that olive oil. And I know some of them just has a bottle of olive oil – actually the restaurant bought it for them and anytime they're coming. She calls in advance or she makes the order and then they always cook in her olive oil. And it's interesting you end up eating better.

I mean, when I mentioned my dietary restrictions I have chefs just falling over themselves to make sure that I can eat healthy. Even in Disney. In Epcot Center I had the chef sit down with me and said, "Look. I'll prepare something special for you. Just tell the waiter I've taken care of you." I had someone else running to another area to bring in the olive oil to make sure I didn't have to eat their canola oil. And it's like everyone else at the table looking and saying, "How come he's getting the best special treatment? How come he's getting the good food?" So if I let them know in advance, sometimes we get the whole table eating the healthier food. And it's really amazing – it's an amazing opportunity in so many places.

One time I said to a waitress, I say it differently at different times, I said, "I have a dietary restriction." And she said, "What is that?" and I said, "I don't eat GMOs. Can you talk to the chef? And here is what to look for." The chef came out and said, "That was the best dietary restriction I have ever heard." And we spoke for 10 minutes and by the time we were done, he was ready to hold anti-GMO activist meetings in his restaurant.

Dr. Robyn Benson: That's fantastic.

Jeffrey Smith: I know. I went to another restaurant in my hometown and I said, "You know, some of us don't eat GMOs. Can you cook without them?" He says, "Come back in the kitchen. Tell me what to do," what was a few things that he needed to do. He made the change. I wrote an article for the local weekly paper. His food traffic increased dramatically. Five other restaurants downtown immediately switched to non-GMO oils and they advertised that on signs because they didn't want to be outcompeted. And I never had to mention the health dangers of GMOs once. I just said, "We prefer non-GMO," and they change. So when you ask the

restaurants to be non-GMO, you are also educating them about the need for them to become non-GMO.

And I'll tell you what, if I can get around to it by the time this airs, we'll put something on our website that you can bring and hand to the restaurant to make it easier for you to convey what's non-GMO. And you can even check off what's important because you may not care that your milk and meat have or from animals that are fed GMOs. You may care very much. So you will be able to customize that note to your – to these restaurants. And that'll also help them as they start getting these more and more from people to realize there is a very big market for healthy non-GMO eaters.

Dr. Robyn Benson: That's great. I know. One of the things that I always take when I travel is coconut oil. Not so much that I'm bringing it to have people cook food in it but it's my lotion. I put it in my coffee. We had a great session with Dave Asprey from Bulletproof. I love it, if I have a low blood sugar moment. It's just great to have that. So I'm glad you're talking about oils because it's really, really critical for all of you who are listening to this. It's oil. Our cells are 50% lipid, so we really need healthy oils to nourish our body, to nourish our brain for that matter. So I'm really glad you mentioned it. Because if we put the bad oils in, we don't feel good and it's just aging us. And God only knows what else it's causing. Did that then...

Jeffrey Smith: And need to – there's one thing I want to say about papaya.

Dr. Robyn Benson: Okay.

Jeffrey Smith: Papaya is genetically engineered but only if it's grown in Hawaii or China.

Dr. Robyn Benson: Okay.

Jeffrey Smith: So if you get papaya growing in Mexico or Puerto Rico, it's not GMO. If you go to Hawaii or to China, then you're kind of out of luck on papaya. The organic really needs to be tested. So if something is organic, you want to make sure that whoever is selling it to you is legitimate and even in Hawaii. Because if you grow organic papaya in a tree and it becomes cross pollinated with GM papaya, the seeds inside the organic papaya – even though the organic papaya has non-GMO fruit flesh, the seeds can be GMO. Sometimes organic growers will take those seeds and plant them because it's a delicious papaya that they'd just ate, and now they're growing an entire plantation of GMO papaya. And unless they test for it, you may be eating supposedly organic but actually GMO papaya.

And so, there's different tricks. Like I traveled all the continents and each continent is different. And I usually contact my host to find out what the state of the GMOs are in that area. So rather than going through the 41 countries that I have been through, just check with local organizations that are involved with fighting the GMO fight. And they often have a shopping guide and information online. But it may not be in English or the

language that you can read, so I would call them up. And then find out the state and the situation if there's any way you want to help that would be awesome and so it's fine.

Kevin Snow: And is there a connection between what we've been talking about salmon. And we have also had a really powerful interview about quality salmon and how we can get that and bring it on our trips. Is there a connection between farm-raised and somehow genetically modified? Is that something we also need to be careful?

Jeffrey Smith: There's two connections between farm-raised. They feed farm-raised fish genetically engineered soy for protein. They also are involved in the process of evaluating/approving a genetically engineered salmon. Not yet approved but any day it could be by the FDA. And they will be shipping the salmon from Panama to unsuspecting U.S. salmon eaters. And so, once that's out, and we'll announce that on our newsletters. So people can sign up for our newsletters responsibletechnology.org and be updated. Then you'll be in a situation where you're going to want to absolutely insist, absolutely insist, that you're salmon is wild caught and not farm-raised.

And be sure of that because if it's farm-raised – you see. They're not planning to release that genetically engineered salmon into the open netted areas, into the farm – the normal fish farms. They're going to – they say they're going to raise it in tanks but they're still going to call that farm-raised and not wild caught. And it might escape. If it escapes, it might crossbreed with a natural salmon. And it might actually ruin our ability to get wild salmon that's non-GMO completely. So hopefully that'll never happen.

Dr. Robyn Benson: So what else can we do, Jeffrey, to get the GMOs out of our food system?

Jeffrey Smith: All right. This is a good way to wrap up, because it's like there's a lot of work and there's a lot of intense information about all the problems with health. So it's good to end on positive news. And I tell you the positive news is greater now than it has ever been.

Dr. Robyn Benson: That's great.

Jeffrey Smith: The – I have been working on this, as I've said, since 1996. And I've never been so optimistic that we are on the verge of a tipping point. And in fact, our Institute for Responsible Technology has a five-year plan now based on our success to eliminate GMOs in the food and feed supply of most countries. We're raising money for that now. And once that's in place, I can see easily within three years the tipping point for direct food within five years for animal feed.

The reason why I'm so confident is that the same tipping point mechanism that kicked GMOs out of Europe is in play in the United States. In Europe, 1999, the food company said, "No more GMOs," because consumers were educated about it. We had a tipping point against genetically engineered bovine growth hormone, the cow drug, in 2006 and '07. We had a tipping point against all GMOs in the natural products industry in 2013. And now we have these mainstream products which I said Cheerios, and Grape-Nuts, et cetera, in conventional supermarkets declaring non-GMO on their package label.

If they increase in market share, then we have one. Because the rest of the food industry will realize they can't afford to lose market share when their chief competitors go non-GMO before them. And we'll have the avalanche of all the food companies racing to be non-GMO before their competitor. So we are on the verge of that. And we are preparing materials for moms, and pet owners, and chronically ill people, and healthcare professionals, and certain religious groups, and the food companies themselves to educate people and companies about the need to be non-GMO. So there's opportunities for people to participate in our education programs, obviously avoiding eating GMOs is one thing that everyone should be doing in my opinion.

And we can help people with the nongmoshoppingguide.com but also at our main website at responsibletechnology.org. You can join others in North America to the Tipping Point Network, where there's over a 100 groups actively educating people in their community about GMOs. You can become a speaker on GMOs. We've trained over 1,200 people. We have an online speaker training program. You can become a click and send non-GMO revolutionary by sharing our information that we send out.

And we invite people based on their skills, their resources, and who they know to participate in unique and interesting ways in this absolutely essential effort. Right now, the biotech industry's plan is to replace nature, to eliminate the products and the billions of years of evolution and replace virtually the entire food supply, and trees, and grass, and algae, and bacteria, et cetera with designer patented genes for their greater profit and control. The other side of nature, the other opportunity that we have is to protect nature. If we allow them to replace nature, it's irreversible. The gene pool stays contaminated for as long as the gene pool sticks around.

In other words, it's either continuous contamination or extinction. So we are in a point now where it's absolutely necessary to protect the integrity of nature and it turns out it's not that difficult. The key is to avoid eating GMOs yourself, share that information with others. The most powerful tool for helping educate others is the movie Genetic Roulette: The Gamble of Our Lives, which is the quickest conversion tool we found to get people to avoid GMOs. And when I shared with doctors, as I did this week, they were ready to not only change their own diet but to prescribe non-GMO

diets to all their patients. So it's really taking off. In 2007, about 15% of American said they were avoiding or reducing GMOs. Last year, 2014, it was 40%. And the vast majority of Americans are concerned about GMOs mostly because of health dangers.

So we are on a roll. We can get rid of GMOs in the marketplace. We don't have to ask for a political bailout. We're not going to get one because the Obama Administration like the administrations previously have a marching lockstep with the biotech industry, but we don't need them to help. We can do it at the marketplace with healthy reading.

Dr. Robyn Benson: That's fantastic. We need to be watching Genetic Roulette on airplanes, don't you think?

Jeffrey Smith: Oh I'd love to. It's already been played on PBS Station, 380 times I'm told.

Dr. Robyn Benson: That's fantastic. I mean, we showed your film twice here at our center. Amazing, I just want to encourage all of you. If you've not seen it, you can definitely get that on Netflix and you watch it as soon as possible. My children, I have two teenagers, it was really important for them to see it. It's really changed their thinking about how they eat, which is...

Jeffrey Smith: And one thing that we do it is for your breakthrough program, I came and I gave a talk to people who had already seen the movie. We videotaped that. That will be posted soon on our website. And that's basically an update since Generic Roulette and asking questions of people who have seen it. So you have a copy on your – and we have a copy and that's something we'll also [inaudible 00:00:41:35].

Dr. Robyn Benson: We do. I'd actually like to make that available to our listeners too. So we'll see how – about that because it was a great discussion. Like 90 minutes opportunity to really ask you all kinds of questions. Every question you've ever wanted to know about our food supply and GMOs, we got to hear it from you, Jeffrey. So thank you. Thank you so much for the great work you do.

I know, Kevin, you want to end with one question that we're asking all of our speakers.

Kevin Snow: Do you think – when do you think it's possible to see a non-GMO option on the airplane as far as you can able to request that?

Dr. Robyn Benson: In the airport.

Jeffrey Smith: I think it's already there. There's a company called "Luvo" and I know they're – like they're selling it, I think, through Delta. I'm not sure if it's still there. I heard about it a year ago. If you know how to shop, you can often get that non-GMO stuff. What I always do is I not only take stuff with me

on the airplane, but I now know which restaurants and which airplane – which airports I go to have non-GMO options for me. So like if I go to a Mexican restaurant in one airport recently and order just guacamole and I have my own non-GMO chips, so then I brought them on the plane and had a nice meal or a nice snack. So I've figured that out. It's a little too detailed to go into in this interview.

But I would say, what's going to happen is this. We're going to create a non-GMO food supply through the Tipping Point that will automatically translate it into non-GMO restaurants, into automatically translate it into non-GMO items on airplanes. So it really depends on funding. We have a program that's about five million dollars per year for five years. Sounds like a lot but protecting all living being for our future generations not a bad return on the investment. We're looking to raise that money now. Once that's implemented, I'd say let's give airport airplanes three years.

Kevin Snow: Excellent.

Dr. Robyn Benson: We're going to support it in Healthy Traveler's Global Summit. Thank you so much, Jeffrey, for your time today. We really appreciate it. You being quite the world traveler, that's amazing. Yes, I think you do win an award. we'll going to figure that out. We'll have something special for you.

Jeffrey Smith: Oh Great. That's what I want to hear.

Dr. Robyn Benson: We have something special for you next time you come to Santa Fe Soul Center for Optimal Health.

Jeffrey Smith: Okay, all right. I look forward to that.

Dr. Robyn Benson: Alright now. You all have a great day. Stay tuned. I'm telling you these speakers are amazing and each one will bring some jewel, some bit of knowledge that you might not have ever known before. Take care. Bye-bye.

Jeffrey Smith: Bye-bye.