

Green Mission News

December 2013 Green Mission News

What's in the News...

Authentic Leadership for Radical Transformation

by [Giles Hutchins](#)

...Radical transformation is heart work; transforming how we perceive, attend to and engage with our inner and outer worlds – the ever-changing context we find ourselves in whether it be personal, family, organisational, community, societal...

'The salvation of this human world lies nowhere else than in the human heart' Vaclav Havel
(see [blog article](#))



External Article Links:

- The Case for Zero Waste

www.zerowaste.org/case.htm

- Wendell Berry on His Hopes for Humanity (40 min., video)

billmoyers.com/segment/wendell-berry-on-his-hopes-for-humanity/

- Flying the Coop: Antibiotic Resistance Spreads to Birds, Other Wildlife

www.environmentalhealthnews.org/ehs/news/2013/wildlife-antibiotic-resistance

- It's Time to Replace More with Better

<http://storyofstuff.org/blog/its-time-to-replace-more-with-better->

- GMO Myths & Truths (John Fagan, et al)

commonground.ca/2013/12/gmo-myths-truths/

Full Report:

earthopensource.org/files/pdfs/GMO_Myths_and_Truths/GMO_Myths_and_Truths_1.3b.pdf

- China sets up association to promote circular economy

www.globalpost.com/dispatch/news/xinhua-news-agency/131130/china-sets-association-promote-circular-economy

- Monsanto May Have Won the Battle for I-522, yet the Future of Food Is Not Lost
As final results come in for Initiative 522, advocates of GMO labeling are saying “we need to change the system, not just the supermarket.”

www.yesmagazine.org/planet/monsanto-may-have-won-the-battle-i-522-but-the-future-of-food-is-not-lost

- Big Food Crushes Consumer Rights in Washington State

Corporate foes of a genetic labeling measure outspent grassroots supporters by a 3-1 margin.

otherwords.org/big-food-crushes-consumer-rights-washington-state/

- What Really Happened to GMO Labeling in Washington by [Ocean Robbins](#)

www.commondreams.org/view/2013/11/06-7

- In the FDA’s actions on trans fats, are there lessons for GMO labeling?

grist.org/food/in-the-fdas-actions-on-trans-fats-are-there-lessons-for-gmo-labeling/

- The Year the Monarch Didn’t Appear

www.nytimes.com/2013/11/24/sunday-review/the-year-the-monarch-didnt-appear.html?_r=1&

- Frances Moore Lappé: Delicious Food Is Not an Indulgence—

It’s a Way to Solve Our Ecological Crises

Since I first published “Diet for a Small Planet” in 1971, the movement for food that is good for our bodies and our planet has blossomed beyond what I ever imagined. Here’s how.

www.yesmagazine.org/issues/how-to-eat-like-our-lives-depend-on-it/choosing-deliciousness

- Too Poor for Organic? Raise the Minimum Wage

by [Eric Holt-Gimenez](#)

<http://www.commondreams.org/view/2013/11/06-2>

- Purified ingredients derived from GM crops are not pure

www.examiner.com/article/purified-ingredients-derived-from-gm-crops-are-not-pure

In fact, the refined oils have a higher concentration of glyphosate than the crude ... (active ingredient in Roundup) in refined sugars and oils derived from GMOs.

- How economic growth has become anti-life

An obsession with material growth has eclipsed our concern for sustainability, justice and human dignity. But people are not disposable – the value of life lies outside economic development

www.theguardian.com/commentisfree/2013/nov/01/how-economic-growth-has-become-anti-life

- Children to plant bulbs in effort to save honey bees

www.champnews.com/newsstory.aspx?story=3045039

- The Four System Conditions of a Sustainable Society

www.naturalstep.org/the-system-conditions

- Linear “Take, Make, Waste” Paradigm Giving Way to Circular “Make, Use, Return” Scenario

www.industrytap.com/linear-take-make-waste-paradigm-giving-way-to-circular-make-use-return-scenario/8831

- Authentic Leadership for Radical Transformation

thenatureofbusiness.org/2013/11/19/authentic-leadership-for-radical-transformation/

- This Thanksgiving, Let's Celebrate AgriCULTURE, Not AgriBUSINESS

www.creators.com/opinion/jim-hightower/this-thanksgiving-lets-celebrate-agriculture-not-agribusiness.html

- Forget the Food Industry: Rediscover the Pleasure of Buying, Cooking, and Eating Real Food

Junk food may have captured the American palate, but a few simple ingredients and techniques can win it back.

www.yesmagazine.org/issues/how-to-eat-like-our-lives-depend-on-it/reclaiming-the-joy-of-real-food-1

- Center for Food Safety Tells FDA GE is Not Natural

foodpoisoningbulletin.com/2013/center-for-food-safety-tells-fda-ge-is-not-natural/

- GMOs aren't the problem. Our industrial food system is

Food activists should move on from genetically modified foods, and focus on Monsanto and 'Big Ag's' other destructive practices

www.theguardian.com/commentisfree/2013/nov/06/genetically-modified-food-safe-monsanto

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Full Length Article Below:

- Bad Food, Bad Policy, Bad Gut Reaction
- New Study: GMO Sweet Corn Rare in U.S. Supermarkets

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Published on Sunday, November 10, 2013 by [Common Dreams](#)

Bad Food, Bad Policy, Bad Gut Reaction

by [Karen Johnston](#)

That the macrocosm is in the microcosm is not conjecture, but the reality of good digestion. What we eat becomes our flesh and bone built directly from air breathed, water drunk, and soil nourishing a plant. Clean air, water, and soil have long been the concerns of the environmental movement, but as a food advocate, I've gone beyond the farm and farmer to conclude that optimal functioning of the human microbiome, known as our "gut flora", is a reflection of good health – within our selves, our culture, and the environment.

With the epidemic of obesity and other digestive disorders, the collective gut is telling us that the food system and supporting environment is flat out broken.

There is growing evidence that compromised, imbalanced gut flora, resulting from a combination of environmental toxins, genetically modified food, overuse of antibiotics, and chronic stress has a strong link to increasing incidence of disorders like autism, Alzheimers, and multiple sclerosis.

In a recent study, researchers using high-tech DNA analysis found significantly fewer kinds of intestinal bacteria in children with autism. Implications of this and other research "has triggered support of the National Institute of Health for a human microbiome mapping project similar to the human genome project" notes Autism Speaks senior director of environmental and clinical sciences, Alycia Halladay. The project will pave the way to understanding a complex, symbiotic relationship with a population of cells within us, but not us.

Called the "forgotten digestive organ" in a 2006 medical study by the National University of Ireland, gut flora consists of a population of 100 billion bacteria from 2,000 different species inhabiting the mucosal lining of the digestive tract. It is essential for human function. Some scientists refer to this world within a world as an "extended self", detoxifying, providing immunity, and enabling digestion of nutrients essential to life.

Antibiotics, a large threat to the human microbiome, are found in everything from medicine to food-lot meat, soaps and clothing. Prolonged exposure compromises digestion. Oral pro-biotics were developed to help rebalance the gut, but some commercially popular preparations, promoting “regularity”, exacerbate imbalance by containing additional fiber that feeds more harmful bacteria. Fecal transplant has been adopted to repopulate the intestinal tract as a response to extreme cases of microbiome die off.

Pesticides and herbicides – residual in soil, produce, and groundwater – are deadly to gut micro fauna and flora. They upset the balance of the microbiome environment, allowing some microbes to flourish to excess, resulting in toxicity, cell death, and consequences of inflammation and impaired immune function. Pesticide amounts regulated to be safe for human consumption by the Environmental Protection Agency and U.S. Department of Agriculture (USDA) are more than enough to create die off of delicate intestinal flora.

Some gut flora imbalance consequences are neurological. In 2011, researchers at the Max Planck Institute of Neurobiology in Germany found evidence that suggests multiple sclerosis (MS) may be triggered by natural intestinal flora activating immune T-cells, then B-cells, resulting in an attack on the myelin layer in the brain. Factors contributing to the inflammatory response in the gut’s mucosal lining include environmental toxins and heavy metals (especially mercury) found in food. Other research shows that curbing over-proliferation of a common stomach bacterium improves cognitive function in Alzheimer’s patients.

GMOs present more alarming prospects to the endangered microbiome. Assurances that Monsanto’s RoundUp is biodegradable have already proven false, so this dangerous compound is not merely residual, but an actual part of living food – a bio-bomb impacting your essential gut microbes.

GMO Bt may be worse. It incorporates a DNA strand for a protein that causes leaky gut and death in caterpillars. Monsanto assured the USDA that mammalian DNA would not be affected. They were right. It wasn’t. A study done on mice fed with Bt-potatoes showed something far worse. Bacteria in the gut of the subject mice showed sequencing of the protein from the GMO Bt – creating an essentially new version of gut bacteria with the potential of replicating the same gut-leaking protein. No one knows Bt’s long-term effect on human gut flora.

What, me worry? Here in Vermont, grass that fed the stew beef bubbling on a late fall stove is the same grass which was contaminated with mercury particulate drifting eastward from coal-burning plants in Ohio. That same calf was treated with USDA-approved antibiotics and overwintered on GMO corn –so microbiome death is inherent in my stew or a McDonalds hamburger. You can mitigate the damage. Avoid processed foods and GMO. Buy Organic. Go Vegan. It helps some, but the greater damage to and in the environment requires a larger movement.

The dots aren’t difficult to connect: good air, water, and soil equal healthy, nutritious food. The regulation of the environment is not for the satisfaction of long-haired tree huggers, or some elitist academic in a classroom babbling about sustainability – it’s the

foundation of our food.

Clean food is something everyone understands, which is why the revolution begins in your gut.

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FOR IMMEDIATE RELEASE

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New Study: GMO Sweet Corn Rare in U.S. Supermarkets

WASHINGTON - November 14 - A first-of-its-kind [investigation to look for genetically modified sweet corn](#) in the United States has yielded surprising results: Monsanto's (NYSE: MON) first direct-to-consumer product, a genetically engineered sweet corn, appears to be a flop in the U.S. market.

In 2011, Monsanto began selling seeds for Seminis® Performance Series™ sweet corn, a “stacked trait” product genetically engineered to contain an insecticide and withstand herbicides. Friends of the Earth set out to investigate how far the corn had penetrated the market by 2013.

“We wanted to know if the sweet corn we were feeding our families this summer was the same corn on the cob we’ve always eaten, or if it was Monsanto’s new GMO corn that has never been in the food supply before. Since GMOs aren’t required to be labeled, the only way to find out was to test it,” said Lisa Archer, Food and Technology Program director at Friends of the Earth.

Over a four month period, Friends of the Earth tested 71 samples of fresh, frozen and canned sweet corn from eight areas in a nationwide sample, using a highly sensitive strip-testing method designed to detect the presence of proteins expressed in genetically modified corn plant tissue. Positive samples were confirmed at an accredited independent lab. The analysis found:

Only two corn samples out of 71 (2.4 percent) tested positive as genetically engineered. Both were confirmed to be Monsanto Seminis® Performance Series™ sweet corn.

Monsanto's GMO sweet corn was purchased at City Market in Breckenridge, Colorado, and Stop & Shop in Everett, Massachusetts. The corn from Everett was grown in Ontario, Canada, while the Breckenridge corn was of unknown origin.

No GMO sweet corn was found in samples purchased in Washington State, California, Illinois, Vermont, Washington, D.C. or Oregon, or in other stores in Colorado or Massachusetts. Samples purchased at Walmart stores in Seattle and Denver tested negative, despite the store's stated intention to sell GMO sweet corn.

"Monsanto's genetically engineered sweet corn appears to be a big flop in the United States. Food companies here are starting to reject genetically engineered foods, and rightly so. They know their customers, particularly parents, are leery of unlabeled, poorly studied GMOs," Archer said.

General Mills, Whole Foods and Trader Joe's have said they will not sell or use genetically engineered sweet corn. Last week, [McDonald's and Gerber](#) said they don't plan to use a new GMO apple, currently pending approval, that is genetically engineered to resist browning. A new GMO salmon engineered with the genes of an ocean pout to grow faster has been rejected by [numerous major supermarket chains](#) in the U.S., including Target, Trader Joe's and Aldi, representing nearly 5,000 stores nationwide.

Amid increasing rejection of GMOs in the U.S., there are signs that Monsanto may be focusing its new genetically engineered sweet corn on the Canadian market.

[A recent sweet corn study](#) by the Canadian Biotechnology Action Network, conducted using similar methods as the U.S. study, found that 15 of 43 sweet corn samples (35 percent) tested positive as genetically engineered. The GMO corn was found at the major Canadian grocery chain Loblaw as well as some smaller grocery stores, farmers markets, and roadside stands.

"Our testing clearly shows that genetically engineered sweet corn is present across Canada, from all types of vendors," said Lucy Sharratt, coordinator of the Canadian Biotechnology Action Network. "We were alarmed to find a significant amount of GM sweet corn in Canada, and are shocked that Canada could actually be a source of genetically engineered sweet corn to U.S. consumers."

Lisa Archer noted that Friends of the Earth spent about \$2,000 on the U.S. corn-testing project. "Obviously most shoppers can't send their food to a lab to figure out what they're eating," she said. "We have a right to know if the corn we're feeding our kids has been genetically engineered to contain an insecticide. We need mandatory GMO labels now."

Unlike most industrialized countries of the world, the United States and Canada do not require labels on genetically engineered foods.

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