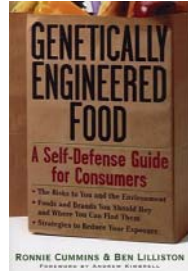


“Genetically Engineered Food: A Self-Defense Guide for Consumers”



Author: Ronnie Cummins & Ben Lilliston
ISBN: 1569246351
Format: Paperback 208 pages
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Synopsis:

With the mapping of the DNA double helix by Drs. Watson and Crick in the 1950's, science has been obsessed with the proteins that define our genetic makeup. From the cloning of 'Dolly' the sheep in England to talks of cloning human organs for transplantation, genetics is a veritable hotbed of discussion. The fight is now on to save our own food source.

In this shocking discourse on man's attempt to "design" better food, authors Ronnie Cummings and Ben Lilliston lay it all out there for us to see: that genetically engineered food (GE) is ruining our food supply, our agriculture, our biological diversity, and putting thousands of farmers out work, not to mention increasing allergies and antibiotic resistance.

Strengths:

1. The authors successfully refute 4 Myths perpetrated by the GE industry concerning the "benefits" of GE food (p. 24-28).
2. This book gives shocking revelations about:
 - Horrific experiments with GE foods (p. 31), showing them to be toxic to lab animals yet deemed safe for consumption by the U.S. government.
 - A hormone injected into cows to produce 25% more milk elevates a hormone known to increase breast, prostate and colon cancer in humans (p. 39).
 - GE foods are causing even more antibiotic resistance in humans (p. 42).
 - A new type of pollution called *genetic drift* threatens to ruin our food supply (p. 49)
 - How GE's manipulation of the only natural pesticide organic farmers can use may eventually make it impossible for organic farmers to protect their crops (p. 51)
 - How GE microbes continue to destroy our soil, making it useless (p. 57)
 - The rest of the world's condemnation of GE foods, and the U.S. government's acceptance of it (Chapter 5, p. 83)
 - The authors, in Chapters 7-9, give tips on avoiding GE foods and how you become an active part of helping ban GE foods altogether.

Weaknesses:

1. When a book like this serves no other purpose than to inform and protect the public, there's no way to find fault with it.

Overall Impression:

A book that will forever change how you think about the food you're eating.