

TESTIMONY

In support of Raised Bill No. 5117

AN ACT CONCERNING GENETICALLY-ENGINEERED FOODS

Environment Committee

February 22, 2012

My name is Gary Camillo. I am a life-long resident of the State of Connecticut. The same is true of my parents and my grandparents. I have raised four children in this State, and I now have four grandchildren. My profession and business is in the health and fitness industry. I am a certified personal trainer as well as a strength coach. I have memberships in: The United States Weightlifting Association, The National Strength and Conditioning Association, and the American College of Sports Medicine. As a graduate of the Institute of Integrative Nutrition in New York City, I am trained to be a holistic health counselor. I am also a member of the American Association of Drugless Practitioners.

For over 25 years, I have worked with clients ranging in age from 11 years old to 75 years old. One of my major objectives has been to help my clients understand their personal responsibility to stay in good shape for their entire lifetime. As a health counselor, I try to help people understand the importance of what they eat. Food is everything. What you put in your mouth – you become. Eating healthy food is the key to building strong bones and muscles.

One of the ways that I teach people what to eat is by simply reading labels. I consistently encourage clients to know what is in the food they intend to purchase. A person who reads a label that says “red dye # 12” or “yellow dye #5” can make a clear choice of whether or not to put that food in his/her mouth. Knowing that an apple is sprayed or not sprayed gives a person another opportunity to make a responsible choice of whether or not to eat it.

As for GMOs (Genetically Modified Organisms), no such labeling currently exists in our country. As a result, it is very difficult to explain to clients how to avoid GMOs. We know that 80% of processed food contain GMOs. As clients become better informed about the life changing benefits of healthy food choices, they look for clear cut ways to distinguish foods with GMOs. The answer is simple – label the products that contain GMOs.

I believe that every person has a right to know the exact contents of food products so that they can make informed decisions about what to eat. Today I ask you to support this right for the citizens of Connecticut by becoming the first State to pass this bill.

Best regards,

Gary Camillo

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