

Testimony of Elizabeth Beisel, R.D. LLC  
Before the Connecticut General Assembly's Committee on Children  
March 3, 2016

Senator Bartolomeo, Representative Urban, and honorable members of the Committee on Children,

Thank you for the opportunity to submit testimony supporting HB 5300, AN ACT CONCERNING THE USE OF GENETICALLY MODIFIED ORGANISMS IN CHILDREN'S FOOD.

I am a clinical dietitian in private practice, and have been since 1988. For the past 4-5 years, I have volunteered most of my time to help lead a campaign called GMO free CT, which passed the first GMO labeling law in the country. How proud we all were, legislators, health professionals, and activists alike, when that happened. Unfortunately, the *need* to know, (and I have clients who do have this need) has not been met. **And now, CT's law – the law we ALL fought for - is in jeopardy of being preempted by the Federal Government.** Please do everything you can to prevent this from happening.

We can't know if GMOs are safe and harmless without labeling. Long term, independent, peer reviewed studies must be conducted to prove it. Although choosing "organic" is an option, not all of our citizens can afford to buy strictly organic food.

Glyphosate – a profound reason to avoid GMOs

- ❖ 90% of GMOs are engineered to be glyphosate tolerant.
- ❖ Originally patented in 1964 as a commercial pipe and boiler cleaner, glyphosate binds with Sulfur, Copper, Zinc, Calcium, Magnesium, Cobalt, Selenium, Manganese, and other minerals necessary for good nutritional health. Many Americans today are deficient in these minerals and it is affecting our health and well being.
- ❖ Glyphosate is a broad spectrum and powerful herbicide, and patented as such. It binds to minerals and makes them unavailable to plants, and interrupts a critical pathway so that proteins can't be synthesized; the plants (weeds) die of starvation. The genetically modified, herbicide tolerant plants like corn, soy, canola, and sugar beets thrive however, and get

consumed (glyphosate and all) by people and the animals that people consume. Of particular concern is the consumption of this toxin by infants. Glyphosate may be present in breast milk, based on ELISA testing. It may also be present in formula made with gmo ingredients.

- ❖ The FDA allowed GMOs GRAS status (generally recognized as safe) by stating they are “nutritionally equivalent.” (Yet they are patented, because they have uniquely different attributes.) Furthermore, the USDA has redefined the weight of a bushel of corn from 56 to 54 pounds. (A bushel of corn had always been 56 pounds.) The reason is because GMO corn weighs less. *It is missing 2 pounds of minerals per bushel.* (The chelation process, caused by glyphosate, prevents the corn from absorbing important minerals.) ( -Dr. Thierry Vrain) <https://www.youtube.com/watch?v=yiU3Ndi6itk&app=desktop>
- ❖ The World Health Organization, which is made up of scientists from all over the world, recently stated that Glyphosate is a probable carcinogen in humans.
- ❖ And finally, as I have mentioned to many of you in previous testimonies, glyphosate has been a patented antibiotic since 2010. (US Patent 7,771,736) It is a broad spectrum anti-bacterial, which destroys good bacteria that make up our microbiome including bacillus, enterococcus, bifidobacterium, lactobacillus, camphylobacter, and pseudomonas. It also seems to spare harmful bacteria such as clostridium difficile, (C-Diff) which may be why we are seeing an epidemic of C-diff infections. I have seen this increase in my own practice over the last 28 years. Our microbiome is our immune system – it contains 100 trillion bacteria which work with each other to protect us from disease. These bacteria account for 3-5 pounds of our body weight and weigh a little more than the brain! If we are constantly exposing our microbiome to glyphosate, an antibiotic, from the food we eat, the water we drink, and even the air we breath, are we destroying it? Perhaps this is why there has been a significant increase in chronic disease in the last twenty years.

Most of the GE Food in America, not used as animal feed, is used to make processed food resulting in an obesity epidemic unlike anything we’ve ever seen before. Readily available and inexpensive foods like, chips, cookies, fried food, and soda, are making us FAT and SICK. The presence of glyphosate has been documented using LC/MS/MS testing in popular processed foods such as Sun Chips, Fruit Loops, and a Kashi cereal at levels high enough to kill the good gut bacteria of chickens. (Imagine what it is doing to our guts. There have been no human health trials because it is unethical.)

<http://www.gmofreeusa.org/food-testing/kelloggs/kelloggs-froot-loops/>

<http://www.gmofreeusa.org/food-testing/kelloggs/kashi-golean-original/>

<http://www.gmofreeusa.org/food-testing/frito-lay-sunchips/>

I support HB 5300, because my clients and many of Connecticut's citizens *need* to know how their food is produced.

We cannot continue to “maintain the illusion that one lives in a comfortable and rational world where new chemicals and technologies always mean progress, (where) experts are always objective and thorough, (where) corporations are honest, and (where) authorities can be trusted. That human actions, rather than genetics, might be responsible for compromising the health of a significant proportion of a whole generation is ...unthinkable.” – Martha Herbert, M.D., PhD, Pediatric Neurologist, Harvard Medical School.

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