GMO Corn Linked to Liver, Kidney, Heart Damage

Research Shows Monsanto GMO Causes Organ Damage in Rats

Jan 14, 2010 Victoria Anisman-Reiner

New research suggests that varieties of Monsanto genetically engineered corn cause organ toxicity, raising concerns anew about the safety of genetically modified foods.

Genetically modified or GMO foods have been hotly debated for years, and a new study published in the *International Journal of Biological Science* reveals that there may be good reason for outcry. Three varieties of corn genetically engineered by the controversial giant Monsanto have been linked to heart, liver and kidney damage.

**New Study on Genetically Modified Corn**

The natural health community has been concerned about the potential health impact of eating genetically modified foods for years – and it now appears that there may be reason for such worries.

Three different varieties of Monsanto GM corn (NK 603, MON 810 and MON 863) were fed to rats over a 90-day period, alongside a control non-GMO variety. At the end of the study, the GMO-fed rats were found to have extensive organ damage, including "...adverse impacts on kidneys and liver, the dietary detoxifying organs, as well as different levels of damages to heart, adrenal glands, spleen and haematopoietic system."

The study's short time frame forces the authors to conclude that "the statistically significant effects observed here for all three GM maize varieties investigated are signs of toxicity rather than proofs of toxicity." It seems clear that more research is needed before the safety – or the hazards – of GMO
foods can be determined with any certainty.

**The Dangers of Genetically Modified Foods**

The biggest problem with genetically modified crops is the lack of investigation. There has been hardly any research to date on the safety of these foods (outside of Monsanto's labs) because GMO seeds are patented, making it difficult for anyone outside Monsanto – the company that owns roughly 90% of the world's genetically modified crops – to legitimately acquire the seeds or plants for study.

Despite the lack of research into their safety, however, hundreds of these foods have been approved by the FDA and other authorities. The three varieties of genetically modified corn studied here can all be found throughout the food supply in the United States and Europe – in popcorn, tortillas, corn on the cob, and as high fructose corn syrup used to sweeten thousands of everyday food products.

**How to Avoid GMO Food Products**

It can be difficult to avoid genetically modified foods at the grocery store – especially GMO corn, which is extremely common.

GMO foods do not have to be labeled, although most companies that use only non-GMO ingredients make a point of saying so explicitly on their packaging

Organic ingredients have not been sprayed and do not include genetically modified foods

Ingredients will sometimes be listed as non-GMO where they are unmodified, but not organic

It can be a chore, but with a little effort and persistence it is possible to avoid GM foods in favor of tried and true crops that are guaranteed to be safe to eat.

**References:**


Scott, Cameron, "Is Monsanto's Corn Destroying Your Internal
Organs?" Food.Change.org, 8 January 2010.

Read more at Suite101: GMO Corn Linked to Liver, Kidney, Heart Damage: Research Shows Monsanto GMO Causes Organ Damage in Rats
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