



*Organically + Locally Grown Produce*

**48 Day**  
Transformation

With Dr. Michele Menzel, ND

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*Support Our Local Farmers*



- Purchase a whole, half, or quarter of a cow! The price per pound is more affordable than when buying individual cuts
- Purchasing an extra freezer for the garage to store extra meat

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2

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**Eat Organic Food Grown in Your Region**

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**The freshest organic food is grown closest to you!!!**

*The benefits of selecting pure, whole food outweigh the adjustments it might take. The extra time is minimal compared to the devastating effects on your health from eating convenience food. Buying local will help individual families and support the nationwide effort to become sustainable.*

- By purchasing in-season local foods, you also eliminate the environmental damage caused by long distance shipping
- Your food dollar goes directly to the farmers supporting your area
- You and your family will enjoy the health benefits of eating fresh, unprocessed fruits and vegetables
- Buying seasonal produce provides an exciting opportunity to try new foods and experiment with seasonal recipes.

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4

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**How to Source Organic, Local, Pure and Whole Foods**

1. Find a local Weston A. Price Foundation chapter leader
2. Find local, raw milk.
3. Find local meat. Eatwild.com
4. Plant your own garden
5. Shop local farmers' markets.
6. Join a community-supported agriculture (CSA) program
7. Visit pick-your-own farms.
8. Join a local food co-op.
9. Shop local grocery and health-food stores when markets and farms are not an option.
10. Read food labels and know the origin.
11. Buy fair trade.
12. Research your restaurants.
13. Buy in bulk.

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5

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**Asap Product Availability**

**Get Local**

**Seasonal Produce Guide - what's in season when?**

**Spring**

- Asparagus
- Corn
- Cauliflower
- Celery
- Cucumbers
- Garlic
- Green Beans
- Leeks
- Peas
- Spinach
- Spring Potatoes
- Winter Squash
- Winter Greens
- Winter Beans
- Winter Carrots

**Summer**

- Asparagus
- Beans
- Broccoli
- Cauliflower
- Corn
- Cucumbers
- Green Beans
- Leeks
- Peas
- Spinach
- Spring Potatoes
- Winter Squash
- Winter Greens
- Winter Beans
- Winter Carrots

**Autumn**

- Asparagus
- Beans
- Broccoli
- Cauliflower
- Corn
- Cucumbers
- Green Beans
- Leeks
- Peas
- Spinach
- Spring Potatoes
- Winter Squash
- Winter Greens
- Winter Beans
- Winter Carrots

**Winter**

- Asparagus
- Beans
- Broccoli
- Cauliflower
- Corn
- Cucumbers
- Green Beans
- Leeks
- Peas
- Spinach
- Spring Potatoes
- Winter Squash
- Winter Greens
- Winter Beans
- Winter Carrots

6

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### Why No GMOs



Genetically modified (GMO) or engineered (GE) food is not a natural design.

*Genetically modified organisms have had specific changes introduced directly into their DNA.*



7

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### Why No GMOs

American Academy of Environmental Medicine studies concluded that lab animals fed GMOs suffered from the symptoms:

- Premature aging
- Reproductive disorders
- Gastrointestinal problems
- Organ damage
- Insulin & cholesterol disorders
- Immune imbalance & allergies

**Two types of GM crops:**  
**herbicide-tolerant variety-** designed to survive high doses of toxic weed killers

**Plants that produce their own insecticide-**  
It is produced in every cell throughout the plant to be resistant to pests

**The BT-toxin from genetically modified corn was found in the blood of 93 percent of pregnant women and 80 percent of their unborn fetuses.**

- GMOs lead to a massive increase in human exposure both to the Roundup herbicide, and to the BT-toxin that has been genetically engineered into corn and other plants

8

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### Medical organizations Like the AAEM Are Telling Us to Stop Eating GMOs for These Reasons:



• *Genetically modified foods are new, and have not been in use long enough for the risks to be known.*

• *Genetically modified foods have not been subject to thorough research and testing.*

• *Foods that are genetically altered can involve risks of unknown toxins and allergens never before seen in humans*



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"In my opinion, GE food is ten times more harmful than food grown conventionally"  
 -Dr. Menzel




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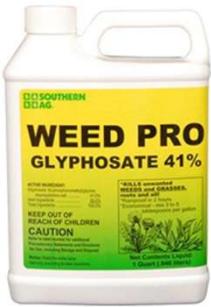
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- systematically disrupts the life and function of our gut bacteria
- Monsanto (the Roundup chemical company and owner of most GMO seeds) claims that Roundup is harmless to animals and humans
- The disruption of the gut bacteria can cause a host of gastrointestinal conditions such as bloating, gas, irritable bowel syndrome (IBS), inflammatory bowel disease, chronic diarrhea, colitis, leaky gut, and Crohn's disease
- The consumption of glyphosate-contaminated GE foods causes other pathway disruptions to key components of the body.

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11



It is of vital importance that we are aware of GMOs in our food supply!!

**This especially applies to our children.**

- The rate of autism has risen quickly
- 1 in 50 children in the U.S. fall within the autism spectrum, with a 5:1 boy to girl ratio.
  - In 2012, the reported rate was 1 in 88.

*If the numbers continue to grow at the same rate, in five years 1 in 2 children will be dealing with autism.*

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12

**Many Foods Sold in the U.S. Have Been Genetically Modified**

These include:

- 86% of corn (oil)
- 93% of soy (oil)
- 93% of canola (oil)
- 93% of cottonseed (oil)
- 95% of sugar beets
- Sugarcane
- 80% of Hawaiian papaya
- 13% of zucchini and yellow crookneck squash
- Sweet peppers (small quantities grown in China)
- Tomatoes (small quantities grown in china)
- rice

13

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**Just Label It!!**



It is time to label GMOs. Once thought to be an answer to poverty and hunger, they are turning out to be a consolidation of power by big agri-chemical companies—with profound and disturbing implications for our soil, our health, and our farmers.

A poll taken identified:

- 93% of Americans want labeling of GMO foods
- 53% of Americans say they wouldn't eat GMOs if they were labeled.

Refer to our local resource guide for a list of companies that sell GMO foods that aren't labeled honestly in both grocery stores and health-food stores.

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14

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**How You Can Stay Away From GMOs**

Since it is difficult to know which foods have GMOs, consider the following:

- Know the main crops that are GM, and avoid buying foods if you are uncertain as to whether or not they contain genetically modified ingredients.
- Any other type of food can contain ingredients that you may not want in your diet. Download the True Food Shoppers Guide to Avoiding GMOs at [www.truefoodnow.org](http://www.truefoodnow.org).
- Buy foods labeled 100% organic.
- Make your own homemade foods from non-GMO ingredients.
- Buy foods labeled non-GMO.
- Follow the recommended foods and supplements in this book.
- Buy local, and get to know your growers. You can ask them what they grow, or even visit their farm.
- Growing your own food definitely assures that it is GMO-free, as long as you are certain to purchase non-GMO seeds or plants.

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15

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### When Eating Out

- Good questions to ask are: "What oil do you cook with?"
- Since most processed foods contain GM derivatives ask what foods the chef prepares fresh, and choose from those items.
- Avoid processed foods with the oils mentioned above, or with soy and corn derivatives, including soy flour, soy protein, soy lecithin, textured vegetable protein, corn meal, corn syrup, dextrose, maltodextrin, fructose, citric acid, and lactic acid.
- Other potential sources of GM foods at restaurants include salad dressings, bread, mayonnaise, and sugar from GM sugar beets.
- Genetically modified food additives, enzymes, flavorings, and processing agents, including rennet used to make hard cheeses are harder to avoid. It is also difficult to avoid meat, eggs, and dairy products from animals that have eaten GM feed, unless the restaurant uses organic, 100% grass-fed meat, and wild-caught fish.
- In restaurants, you will likely have to avoid items with dairy, unless the restaurant uses organic dairy.
- Avoid all tabletop sweeteners but especially aspartame (NutraSweet® or Equal®), AminoSweet®).
- If you plan ahead, you can call or email the restaurant you plan to visit and ask for a list of ingredients.



16

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### When Shopping at the Grocery Store



#### Some foods that may contain GM Ingredients:

*Infant formula, salad dressing, bread, cereal, hamburgers and hotdogs, margarine, mayonnaise, cereals, crackers, cookies, chocolate, candy, fried food, chips, veggie burgers, meat substitutes, ice cream, frozen yogurt, tofu, tamari, soy sauce, soy cheese, tomato sauce, protein powder, baking powder, alcohol, vanilla, powdered sugar, peanut butter, enriched flour, and pasta. Honey and bee pollen may have GM sources of pollen.*

**The Grocery Manufacturers of America estimated that 75 percent of all processed foods in the U.S. contained a GM ingredient. Currently, the USDA does not require that GMOs be labeled.**



17

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### When Shopping at the Grocery Store



**Bottom line:** The only way that you can eliminate your exposure to genetically modified organisms is to buy only 100% organic foods and those that are specifically labeled as non-GMO.



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**Try to Always Buy Organic**  
 Use a Vegetable Wash to Clean  
 Foods with the Lowest Pesticide Load

**94011**  
**Vs 4011**

Foods with the Lowest Pesticide Load:  
 • Asparagus • Avocado • Banana • Broccoli • Cabbage • Cantaloupe  
 • Eggplant • Grapefruit • Kiwi • Mango • Mushrooms • Pineapple • Onion •  
 Sweet Peas • Sweet Potatoes • Watermelon

Foods with the Highest Pesticide Load  
 • Apples • Blueberries • Celery • Cherries • Cucumbers • Grapes • Lettuce  
 • Nectarines • Pears • Peaches • Potatoes • Spinach • Strawberries • Sweet  
 Bell Peppers



19

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**Top 3 Reasons to GO ORGANIC!**

1. It's better for the environment
2. Organic foods are cleaner and healthier for you
3. Eating organic provides more vitamins and minerals



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**Bottom line:**

Here are some reasons why you might buy organic:

- Hormone-free • Antibiotic-free
- Pesticide & herbicide free • Non-GMO
- Higher nutrient levels • Prenatal benefits • Better for the planet • Higher levels of antioxidants • Support your local economy

*Once you start eating organically, you will realize that organic food tastes better!*



21

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