

## Genetically Engineered Food: Irradiated? *You Bet!*

Carol R. Keppler

The miracles of science have reached your supermarket. How long they have been there we can only guess. You decide to get healthy by eating "natural" or perhaps even "vegetarian." Now the question is, are the foods in your supermarket the *real thing* or are they "**non-foods**"? There was a time when you could shop for food without concern; food was "food". If you couldn't grow it yourself, at least if you "prepared it from scratch," it was nutritious.

We used to only have to worry about **freshness, mineral depleted soils** and **harmful chemical residues**. Now we can add "fake" or **non-foods** like synthetic cheese and eggs to our list of concerns. And we also have the modern technology that gives us **genetically engineered produce** and **foods irradiated to preserve freshness** – good for the grower! Instead of rotting on the counter they can stay fresh-looking for a week and sometimes even longer. Bad for us! All these foods not only have *low nutritional value*, but they also can have a *negative effect* on the body because they lack enzymes for digestibility and the high vibrations necessary for cellular repair.

**REAL FOODS** – Organic crops, (grown without chemicals in mineral rich soil); "fresh crops", even if not strictly organic, contain vitamins, minerals and enzymes that balance, cleanse, rebuild and strengthen the body. Eating 30% to 50% raw whole foods does miraculous things for your health. Frozen foods are the last choice because although they retain vitamins, enzymes and minerals, they do contain preservatives.

**NON-FOODS** – Include almost everything *boxed or canned* with long lists of unpronounceable ingredients; animal products loaded with hormones (Bovine Growth Hormones used to force cows to produce more milk); chemicals to retain color and keep meat from decomposing before it is eaten; produce gassed and/or held in cold storage for long periods of time. Non-foods have low or no frequencies that will support life.

**GENETICALLY ENGINEERED FOODS** – Genetically altered fruit and vegetables, like Flavr Savr™ tomatoes, have had their genes spliced to retard spoilage. Those beautiful tomatoes may have been in storage for as long as three months and at the supermarket for a week or more. Hybrids can be put in this category, with seeds that can't reproduce. And of course, anything "seedless" must be genetically altered and therefore a fake-food with low or even no frequencies needed to support life.

*Red Delicious or Winesap apples, tomatoes (except some roma and cherry tomatoes), oranges, pink grapefruit, tangelos, nectarines, large avocados (small okay), broccoflower, anything seedless (grapes, watermelon), white corn, orange, yellow and purple peppers, red cabbage, red onions, white rose potatoes, Iceberg, Boston/Butter and Romaine lettuce.*<sup>1</sup>

**IRRADIATED FOODS** – Irradiated to retard spoilage, reduce sprouting and control bacteria, insects, etc. This process destroys the nutritional value of real food because it reduces digestibility, affects metabolic rate, reduces resistance to infectious diseases, damages organs, increases malignancies and alters genes. Irradiation destroys Vitamin E and amino acids and who knows what else?

*Strawberries and other fresh berries, some potatoes, spices.* Now we've seen added to the list *most tomatoes, melons, most apples, sweet potatoes, broccoli.*<sup>2</sup>

The biggest complaint is lack of *credible research* about the safety of all the above. Dr. Walter Herbst, Radiology Institute, University of Freeburg states, "These free radical mediated chemical by-products

have neither been adequately characterized "nor tested for the long term latent toxicity" and, we add, nor whether they will maintain life.

The truth is that we were promised by government years ago that all irradiated foods would be labeled. *Ask your grocer why they have not been labeled.* And now government is apparently trying to take that law off the books!

Extremely low frequencies can not support health and *negative frequencies may actually pull down the high vibrational state of healthy cells.* But there is hope; the negative/toxic effect of genetically engineered foods can be neutralized with energy medicine specifically designed for that purpose. That leaves us with the job of rebuilding the nutrition to once again support the life of the body.

Now you know. If you learn how to use your intuitive sense, you will always know the truth... *"and the truth will make you free"* to choose non-altered foods if you so desire.

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<sup>1</sup> Carol R. Keppler, B.S., Ed., Intuited research

<sup>2</sup> Carol R. Keppler, B.S., Ed., *ibid.*