

May newsletter from: "Trust in the Process"

<http://www.trustintheprocess.com/>

May's Health Facts:

Was That Apple you're Eating Genetically Modified?

Well, reading the stickers on your fruit and veggies will tell you.

Did you know that the stickers on your fruit actually tell you how the fruits have been grown? By knowing how to read these labels, you can tell if your fruit was organically grown, conventionally grown using herbicides and pesticides, or if it has been genetically modified. The number holds the secret.

Organically grown fruit has five digits on their label and the first number is always 9. Conventionally grown fruit is a four digit number usually starting with a four but never starting with a 9. While genetically modified fruit always starts with an 8.

So the next time you are shopping be sure to check out the label. If the sticker number is **99222**, **it's organic** and safe to eat. If its label number is **4567** **it was grown with herbicides and harmful fertilizers** and if the number is **86622**, **drop it**, turn around and run. It was genetically modified and who knows what you are really eating.

We are what we eat and the store owner will order in more of what you buy. You can change the world with your purchasing power. Go out and vote with your dollars for a better world.

When Diet Changes, Everything Changes

Suzanne Frenette Holistic Nutrition Consultant, Digestive and Colon Therapy and

Thai Yoga Massage <http://www.trustintheprocess.com/about.html>

www.colonicsoflondon.com