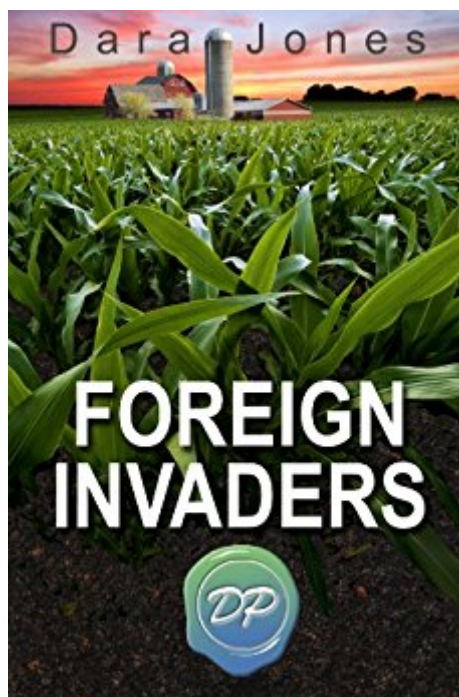




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# **Foreign Invaders: An Autoimmune Disease Journey Through Monsantoâ€™s World Of Genetically Modified (GM) Food**



## Synopsis

"A must-read for anyone dealing with health issues or wanting to learn more about eating cleaner, avoiding toxins, and improving diet!" Whether or not you have a chronic illness or you are caught up in the autoimmune epidemic, genetically modified foods are a health risk. After being diagnosed with autoimmune disease and being disappointed by doctor after doctor, Dara Jones set off on a mission to recover her health with real food. In the footsteps of Robyn O'Brien, author of *The Unhealthy Truth*, Dara takes you on her journey through Monsanto's world of GMO foods. After reading it, you'll be empowered to take the reins of your own health and will never look at your grocery store shelves the same way. In this personal account of her ongoing health recovery from autoimmune thyroid and Lyme disease, *Foreign Invaders* takes a practical look at the role of genetically modified organisms (GMOs) in the healing process. How does a veteran of the business world and scientific layperson sort through the controversy and hysteria surrounding genetically modified foods? Are they helpful or harmful when trying to bring the immune system back into balance? Do they add or subtract from the body's toxic burden? Are GMOs friend or foe to the chronically ill? Foreign invader or familiar and recognizable? The stakes are high. There are currently 100 different autoimmune diseases identified including type-1 diabetes, multiple sclerosis, rheumatoid arthritis, Crohn's disease, Graves disease, Hashimoto's and lupus. 50 million Americans, or 1 in 5, have one of these diseases and 75 percent are women. Autoimmune disease is now one of the top 10 leading causes of death of women under the age of 65. It is responsible for more than \$100 billion in direct health care costs annually in the US. In this engaging, honest and informative work, the determined and pragmatic author presents her experience navigating the healthcare system, research into what constitutes a healing diet and conclusions about consuming genetically modified foods. Topics covered include autoimmune disease, inflammation, food intolerance and food allergies, the health risks and food safety issues of GMOs, the process of creating genetically engineered food, the impact of pesticides on the immune system and a brief discussion of sustainability, environmental and social justice issues. If you've been diagnosed with a chronic illness, autoimmune disorder or Lyme Disease, grab a copy of this book today.

## Book Information

File Size: 2229 KB

Print Length: 75 pages

Publisher: The Difference Press (December 30, 2013)

Publication Date: December 30, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00H1QQJQA

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #852,191 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #40

inÂ Books > Health, Fitness & Dieting > Nutrition > Genetically Engineered Food #219 inÂ Kindle

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## Customer Reviews

This book is a great read for anyone navigating their own journey back to health from autoimmune disorders and for all of us who ponder the effects GMO's could be having in our lives. The list of autoimmune disorders alone was staggering as was the list of commonly used foods that contain GMO's. So many of our own good intentions toward healthier food choices end up falling short of the goal often through no fault of our own. What we are told is healthier turns out not to be the case. I love the idea of recovering health using the power of food. I always say we ate our way into this problem and we can eat our way out. This book will give people hope and a direction to consider investigating to improve their own health.

Dara Jones is just a darn good researcher and writer. If you have any doubts about buying an ebook and wondering about the quality of the writer, rest assured this is a high quality ebook. Dara took her health challenges (there were many) and stood up to traditional medicine, which really let her down. She is a tenacious researcher whose passion about finding a better response to her health challenges paved the way for many of the rest of us. She did all the hard work and we get to come along behind her and reap the benefits of her findings. Wow, I had no idea what's really behind GMO. I knew it is a highly debated subject but her research is of great benefit to me and my own health. One thing I particularly like about this book is that she does not preach to the reader.

You will not have to wade through passionate advocacy for food, patient or universal rights that may make you uncomfortable. She uncovers information and then provides it in a way to let us make up our own mind if we agree or don't agree with the findings. It's as if she assumes we are intelligent, interested readers who like to know the facts then make up our own mind. Dara is a model for what most of us must follow and that is to be our own patient advocate for our own health and health care. I hate that we have to do that but that's our reality. I look forward to reading her next book and hopefully to hear more about her much improved health!

With my own wife suffering from an autoimmune disorder, I was obviously interested in the subject. Having worked as an agricultural laborer in my teens for Dekalb Genetics, now owned by Monsanto, I had a vague understanding of what a GMO is and why it could be bad, but the studies and information outlined in this book about how GMOs can mess with our immune system really opened my eyes. While this book wasn't exactly comprehensive, it had enough information to make a good case for leaving GMOs behind. I will definitely be taking action to change our eating habits and do more research into the subject. Thank you for making this book available.

I rarely do anything before my morning coffee. But at 4:30am on December 13, I took a few minutes and read just the preface to Dara Jones, *Foreign Invaders*. I was riveted. Dara's personal style of writing and her message has definitely caught my attention. I'm a man in my 50's with a deep appreciation of food as medicine. A couple of years ago, I was diagnosed with an autoimmune disorder. As I read, images of two prominent environmental activists filled my mind. One was the role Julia Roberts played in the movie *Erin Brockovich*, based on a true story. The other was my first introduction to the world of genetically modified organisms (GMOs). I heard Dr. Vandana Shiva speak at a conference, already a recipient in 1993 of the Right Livelihood Award. Dr. Shiva spoke convincingly about the implications of genetic engineering and Monsanto. As Dara states at the end of her preface, "My hope is that this personal account of transitioning to real food supports you in making the best decisions for your health." I think medical doctors would especially benefit from this book. Their offices are flooded with staggering numbers of individuals suffering from the consequences of autoimmune disorders.

Dara Jones shares with clarity her experience of overcoming autoimmune disease. Walk in her footsteps as she winds her way through the maze of research that informs her decision to go the natural route. Through the lens of a business, marketing, and finance background, she employs a

“Follow-the-money” approach to piece together an ominous picture of how an unhealthy brand of capitalism has created an unhealthy population. Bringing to bear her analytical mind, she crosses inter-disciplinary boundaries to express a deep understanding of her subject. From government and politics to disease and health; from agriculture to GMOs to medicine; from pharmaceuticals to environmental toxins; from the media to the food industry to universities; no institution escapes her investigative flashlight. The light of truth illuminated a path back to wellness for Dara, and she offers her story to help you to forge your own. If you or anyone you know suffers from an autoimmune disorder, there is hope within the pages of "Foreign Invaders", and in the webpages of her blog, “Like a Normal Person”. Go there. Now.

I've struggled with health issues for years that doctors couldn't explain, and I wish I had had this easy, simple to read book on GMOs and autoimmune disease when I was first starting out. If you're new to these topics, you'll find this book an invaluable resource to help you understand what GMOs are, what foods contain them, and why you should consider avoiding them. And if you're already familiar with these topics, like me (a person suffering from autoimmune problems who's decently educated on GMOs and autoimmunity), you're likely to learn some important new things from this book, as it's surprisingly well-researched. I particularly like how the information is presented: tons of easy-to-understand (and yet not "dumbed down") information is woven throughout the story of the author's personal health challenges. Above all, this book inspired me to keep going in my personal quest for freedom from autoimmune disease and health-destroying foods, which was perhaps its greatest gift to me.

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