



GMOs in your Food?: Essays & Recipes

Chef Alain Braux

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What a wonderful resource, Chef Alain Braux has created for us! In his 5th book on food and health, Alain Braux explores the dark sides of genetically modified organisms (GMOs) in our environment. He reviews how GMOs came to be and then became a major force in our current agricultural and industrial environment and, most importantly, how GMOs are beginning to adversely affect our health. Chef Alain explores the negative effects of GMOs on our immune systems, increasing the risk of developing food allergies, leading to the development of autoimmune diseases. The book also includes a comprehensive list of genetically engineered ingredients hidden in our food supply. What most of us do not realize is that GMOs are also used in the manufacturing of many vitamins and nutritional supplements! Chef Alain has given us the ultimate reference guide to keeping GMOs out of your life! As a practicing physician, a clinical researcher and a champion of using “Food As Medicine”, I highly recommend this book. If you care about your health, your family’s health, and the future of humanity this book is for you.

– Dr. Terry Wahls. Clinical professor of Medicine, University of Iowa, Iowa City, Iowa, U. S. A. Author, The Wahls Protocol. How I Beat Progressive MS Using Paleo Principles and Functional Medicine at TerryWahls.com

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