

D a r a J o n e s

FOREIGN INVADERS



Dara Jones

Foreign Invaders: An Autoimmune Disease Journey through Monsanto's World of Genetically Modified (GM) Food



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"A must-read for anybody dealing with health issues or wanting to find out more about eating cleaner, avoiding poisons, and improving diet!"ve been diagnosed with a chronic illness, autoimmune disorder or Lyme Disease, grab a copy of this reserve today. Are GMOs friend or foe to the chronically ill? In this personal accounts of her ongoing health recovery from autoimmune thyroid and Lyme disease, Foreign Invaders takes a practical look at the part of genetically modified organisms (GMOs) in the healing process. Brien, writer of The Unhealthy Truth, Dara takes you on her trip through Monsanto's globe of GMO foods. After reading it, you' Topics covered consist of autoimmune disease, inflammation, meals intolerance and food allergies, medical risks and food protection problems of GMOs, the process of creating genetically engineered meals, the influence of pesticides on the immune system and a brief discussion of sustainability, environmental and cultural justice issues. In the footsteps of Robyn O' 50 million Americans, or 1 in 5, have one of these diseases and 75 percent are females. Are they useful or dangerous when trying to provide the immune system back into balance? Do they add or subtract from the body's toxic burden? After being identified as having autoimmune disease and being disappointed by doctor after doctor, Dara Jones tripped on a objective to recover her health with actual meals. Foreign invader or familiar and recognizable? You can find currently 100 different autoimmune illnesses recognized including type-1 diabetes, multiple sclerosis, rheumatoid arthritis, Crohn's disease, Graves disease, Hashitomos and lupus. The stakes are high. How does a veteran of the business world and scientific layperson sort through the controversy and hysteria surrounding genetically altered foods? Autoimmune disease is currently one of the top 10 leading factors behind death of women beneath the age of 65. It is responsible for more than \$100 billion in direct healthcare costs annually in america. In this engaging, honest and beneficial work, the identified and pragmatic writer presents her knowledge navigating the healthcare program, research into what takes its healing diet and conclusions about eating genetically altered foods. ll end up being empowered to take the reins of your own health and will never look at your supermarket shelves the same manner. If you'Whether you have a chronic illness or you are swept up in the autoimmune epidemic, genetically modified foods certainly are a health risk.



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Read This Before You Get Sick Dara Jones is just a darn great researcher and article writer. GMOs are extremely manipulated plant gene mixtures using very sophisticated techniques, that do seem questionable. Dara took her health challenges (there have been many) and stood up to traditional medicine, which really let her down. Dara's publication and the information in it offered me a renewed feeling of hope and empowerment. She did all the hard work and we reach come along behind her and reap the benefits of her results. Wow, I had no idea what's actually behind GMO. Is it a coincidence or not really? A very important factor I particularly like about this book is definitely that she will not preach to the reader. This book is an excellent read for anyone navigating their very own journey back again to health from autoimmune disorders and for all those who ponder the effects GMO's could possibly be having inside our lives. Good info that'll make you mad! It's as if she assumes we are intelligent, interested visitors who like to know the facts then make up our own brain.. I hate that people have to do that but that's our actuality. What's for dinner? I always state we ate our method into this issue and we can eat our way to avoid it. You will not need to wade through passionate advocacy for meals, patient or universal rights that may cause you to uncomfortable. The list of autoimmune disorders only was staggering as was the set of typically used foods which contain GMO's.. What we have been told is healthier works out not to become the case. I really like the thought of recovering health utilizing the power of food. Foreign Invaders provides a large amount of food for thought! This reserve will give people hope and a direction to consider investigating to boost their own wellness. She uncovers details and then provides it in a way to let us make up our own brain if we agree or don't buy into the findings. This is a fantastic book for anyone suffering from inexplicable ailments, sudden autoimmune syndromes or anyone who has been bounced around from doctor to doctor without ever addressing the root of their problem. The writer makes a good case against the organization manipulation of crops by Monsanto, the impact on our culture and the potential danger of so much power getting concentrated in the hands of such few. It also raises issues about the state of health care in the US, the lack of nutritional education inside our medical academic institutions, and the prevalence of pharmaceuticals as a first line of defense against anything and everything. However, the book is brief and only scratches the surface of the very current topics therefore I'd welcome a 2nd edition with much more information. A refreshing perspective on a devastating issue This book is a quick, informative and eye-opening read for those who have autoimmune disease or anyone who values their immune system. It gives you an inside view of what having a autoimmune disease is like (hint - you NEVER need to get one!! Extremely thought-provoking. And then I read about the potential link to thyroid disease, which I've battled for 40+ years. There are dozens of references for those who want to have a deeper dive in to the research and technology behind GMO's influence on your health. Excellent Resource! Excellent review of GMOs and other issues surrounding our food supply. Moreover, how that is affecting our health and changing our anatomies, rather than for the better. Go through it and decide what will you become having for dinner? An essential read. I came across it to be an easy and quick read regardless of the depth of the topic.. For the past 2 yrs, Lyme, subsequent autoimmune conditions born of it, and their remedies have made a shambles of my very own life. This female has opened my eye to the prrvallence of GMO products in every our commercial foods and exactly what GMOs are. Dara shares, through her own experiences and subsequent knowledge, just how many points including genetically-altered foods can catastrophically--and occasionally subtly--affect an immune system. Her journey finding a road to health acts as a genuine Seeing Stone for anyone wanting to consider logical charge of her/his own health. Highly recommended. Normal is usually a distant memory.

She actually is a tenacious researcher whose passion about getting a better response to her health challenges paved the way for many of ordinary people. An essential read for anyone curious about their food and health I've been interested in my food sources for a long period because of my Lyme diagnosis a decade ago. Like many, I vaguely comprehended that GMOs are probably bad for me. But, I've honestly been overwhelmed by the idea of truly switching from the mainstream meals supply. Without judgment, this book reduces why the food industry has gotten so corrupt, and helps clarify the annals behind GMOs. We're not just merging genes of two vegetation with two good characteristics to produce a better plant. Right now I feel like I can make real changes in my diet and start feeling a lot better. This shirt reserve is a life-changer!

Five Stars Amazing read That is a well researched book -- it opened my eyes I bought this because of the conversation of autoimmune disease from tick bites. A true Seeing Stone The book is chock filled with vital information. Then, the author does the difficult: she gives a reasonable method for cutting back on the offending meals. In case you have any doubts about buying an e-book and thinking about the grade of the writer, be confident this is a high quality ebook. Since some of the combinstions are made so farmers can use roundup for better yields, at an unidentified price to those whose bodies cannot endure the jiggered genes, it can seem to be a genuine problem for many. One quarter of this reserve is footnoes from highly reliable sources. This brief book is worth reading so that you can more fully understand this issue. Book is crucial read! We have felt for a long period that too many chemical substances and modified foods were not good to take. My hat is certainly off to the author for what she endured and how she was able to overcome the medical establishment and mainstream meals supply. I knew this is a extremely debated subject but her research is of great benefit to me and my own health. A very important read. Thanks Dara for posting your .. So quite a few own good intentions toward healthier food choices find yourself falling short of the goal frequently through no fault of our very own. This is an excellent read if you're looking for the information you need to make a decision about GMOs, or simply looking to understand the issue. She also exposes the unsettling inadequacy of the medical system to correctly diagnose and deal with what is apparently ever increasing amounts of autoimmune disease situations.), and the amount of responsibility that individuals have to take for their own health...Dara is a model for what many of us have to follow and that is to be our own individual advocate for our very own health and healthcare. She includes many facets of the GMO/meals supply issues, including readable breakdowns of global problems, and the political and economic factors that influence our food options. I anticipate reading her next publication and hopefully to listen to more about her much improved health! In Foreign Invaders: An Immune Disease Journey Through Monsanto's World of Genetically Modified Food, author Dara Jones reads the riot act on Monsanto's GMO function in the global food chain. Thanks a lot Dara for posting your story. Looking into her book caused me to sit up at the dining room table and assess even more carefully what I choose for my plate. We loved this author's in depth overview that included details along with her personal story. Informative Understanding GMO's is imperative for everybody. Dara's well researched reserve takes us on a walk to describe why. Read and Take Your Health back! A great personal account of how food, especially, modified f.ood, includes a direct effect on our health and wellness and wholeness. A must read for just about any one!



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