



As seen on KOB-TV

GMO Mystery Exposed, Linked to Gluten Sensitivity!

By Louise Swartswalter, ND, CBS, CNHP



JOIN US FOR TWO GREAT EVENTS: *Moving Forward to a Bright Beautiful You Group* beginning January 15, 6:30pm in our office & *GMO Mystery Explained: Healing Leaky Gut*, at Vitamin Cottage on Wyoming & Montgomery on February 15, 10am. Learn how you can improve your digestion, energy and life! See events and our website: www.abqnaturalhealthcenter.com.

As we start the New Year, many people set New Year's Resolutions to eat healthier. Eating healthier today may be harder than you think. GMOs or genetically modified foods are everywhere. Even buying organic food doesn't guarantee that it is free from GMOs. *GMOs are having a profound effect on overall health for people worldwide causing tumors, leaky gut, intestinal damage, gluten sensitivity and even cancer.*



Genetically modified foods are grown with DNA from bacteria to give the food new properties—specifically the ability to resist pests. Right now there are nine crops being grown GMO: corn, soy, cotton, canola, alfalfa, sugar beets, US papaya, zucchini and yellow squash. The chemical composition of the food is altered starting with the seeds, creating two problems. The seeds contain insecticides and the farmers have to use more pesticides on their fields.

According to Jeffrey M. Smith, executive director for the Institute for Responsible Technology, most GM crops were produced to tolerate Round-Up and its active ingredient glyphosate. In turn, these crops accumulate glyphosate which stays in the food and makes it to your dinner table. Glyphosate is agriculture's largest selling herbicide and has been linked to non-Hodgkin's lymphoma, miscarriages and attention deficit disorder.

Two crops, corn and cotton, are modified to create their own insecticide, Bt-toxin, which is produced in every cell. Any corn product that is GM can contain these toxins,

including corn chips, tortillas, corn oil products, corn starch and anything sweetened with high fructose corn syrup—most processed snacks, cookies, sweeteners and condiments.

I have treated many folks for the allergy to pesticides and herbicides. Coupled with diet changes, their health improves and leaky gut is repaired. I work with clients on the emotional cause of digestive issues as well and this unique combination approach gets results!

To find out more about GMO foods and healing digestion, join me for an informative and inspiring workshop, *GMO Mystery Explained: Healing Leaky Gut*, at Vitamin Cottage on Wyoming and Montgomery on February 15, 10am. Learn how you can improve your digestion, energy and life!

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Dr. Louise is a Naturopathic Doctor, Biofeedback Specialist, Certified Natural Health Professional and health educator. Our team offers Biofeedback, naturopathy, hypnotherapy, Geotran integrations, naturopathy, life coaching, trauma release work, homeopathy, herbs, kinesiology and ionic cleanse footbaths. We work with YOU to accomplish your health goals and correct imbalances in the least number of sessions possible. Call today for your appointment: 505-797-0540 or visit us at www.abqnaturalhealthcenter.com.