

## **GMO Soybeans Being Force-Fed To Captive Americans-- Is This Cruel and Unusual Punishment?**

*by Will Winter, DVM*

Even as recently as ten years ago many American prisoners raised their own food. Historically, incarcerated citizens have worked on prison farms, milking cows, gathering eggs, and slopping hogs. Vast gardens, meticulously tended, contributed to a sustainable, inexpensive and nutrient-dense food for the entire prison population and staff. Some prison farms even produced extra food that could be sold to local markets, money that helps pay for the cost of incarceration and rehabilitation. It was good and wholesome food, the kind that can heal minds, heal bodies. Work habits and skills were developed that can give alternatives to merely revisiting a life of crime once released. This elegant concept could in essence enable individuals to transform themselves from a burden on society into healthy and sound workers. This concept enables not all, but many folks to go on to find redemption as well as a new and useful life back in the general population. There once was a time when the majority of offenders, especially non-violent offenders, paid their debt to society and then became reformed and good citizens. Perhaps it's true, as Frost's poem intones, that nothing gold can stay.

In the past few years, giant industrial corporations have spotted these captive groups of people in our culture, people who have little choice in what they eat. In this case, they have aimed their marketing structure towards those who make the laws. These corporations are using their political contributions to get paybacks from "bottom-line", no-new-taxes governors, congresspersons, and political leaders to take a cheap nutritional shortcut. What they offer to replace the healthy dairy and garden foods are cheap, synthetic, genetically-modified, pesticide-ridden, pre-fabricated, and microwavable junk.

### **STELLAR POLITICIANS**

In the most glaring and recent example, Illinois ex-governor ROD BLAGOJEVICH, the now-troubled and potentially soon-to-be-incarcerated-himself character was elected to office in 2002 and immediately changed the prison diets from nutritious meat and cheese to meat by-products mixed with 60-70% soy protein, fake cheese and baked goods made with soy flour or soy protein. Part of the rationale was to cut the cost of running the Illinois Department of Corrections, but many suspect it was a sweet campaign contribution payback to ARCHER DANIELS MIDLAND, the main supplier of soy products to Illinois prisons.

As if this weren't bad enough, this sickening modern trend is expanding to other "captive populations" such as our school children, hospitals, and nursing homes. Think about that.

### **LET THEM EAT SOYBEANS**

Perhaps the most insidious damage now comes from the massive quantities of GMO soybeans that are being slipped into the diet of captive populations of Americans. NO population in history has ever been fed such a diet, one that is known to exceed the maximum recommended allowance of 25 grams of soy per person per day (about two tablespoons). Currently the amount of processed GMO soy protein now exceeds a staggering 100 grams per day.

Recent testimony has shown that a certain percentage of the people being fed this diet, loaded with fake cheese, textured soy “meat”, and soy-laced baked goods (almost all bread now contains soy) are beginning to get sick, chronically sick. These symptoms include passing out, heart palpitations, rashes, acne, insomnia, panic attacks, depression, fatigue, frequent infections, chronic constipation, bouts of diarrhea, sharp stomach pain after eating, enlargement of the thyroid gland, brain fog, weight gain and feminization including breast development. Since soy contains anti-fertility compounds many young prisoners may be unable to father children after their release. The symptoms are much worse in vulnerable populations such as children, the elderly, immune-compromised individuals and those with pre-existing thyroid disease. There are virtually no scientific experiments that examine the chronic effects of a high GMO soy diet, but we do know that every single one of these symptoms match well-known syndromes following excessive consumption of soy. Prisoners who complain, many of whom have had portions of their intestines surgically removed, have been made aware of their soy allergy and have requested to have a soy-free diet. They have been told by prison wardens and medical staffers “If you don’t like the food, don’t eat it”.

JEFFERY SMITH, an advocate of organic food, and outspoken critic of genetically-modified foods states that 91% of all commercial soybeans are now GMO. He also warns about studies done with laboratory rats showing that a high GMO soy food diet causes over half of the baby rats to die after only three weeks. Not only is there a drop in average birth weights but before long, conception itself becomes impossible. When the testicles of soy-fed rats are examined under the microscope, the normally pink tissue takes on a sickly bluish color with a very different-looking cell structure. Microscopic cell patterns of the livers of these soybean-fed rats look like a map of Paris streets made by a drunk, and the liver enzymes (we need those!) drop by 77%. The livers look exactly like those that have been polluted by toxic waste. If the liver enzymes are missing, digestion is poor, vitamins and other essential nutrients can’t be absorbed, and far fewer allergy particles and toxins can be removed from the body. Additional studies on high soy diets show immune problems, GI problems, organ function difficulties, dysfunctional thyroids and accelerated aging.

Just in the past few years GM soy allergies in the UK have risen over 50%. The trypsin inhibitor, a digestive enzyme blocker and which is in all soybeans and cannot be destroyed by heating, is seven times more active in GM soybeans. The Round-Up Ready protein in GM soybeans, a gene gun-injected particle, enables the RR-GMO soybean plants to live on after being drenched in the weed-killer Roundup. This protein has never been in the human diet before. One shocking scientific discovery is that this mutant protein is “read” by the body as being identical to the dust mite super-allergen

which affects so many people. As if that weren't bad enough, the RR gene also gets sucked right into our human gut bacterial DNA to the extent that they become Roundup resistant themselves. No one knows where this vast "medical experiment" will end. We also now know that soy lectin, an anti-nutrient in all soy, was found to be twice as high in GMO soy. When Monsanto did the experiments that uncovered this unnatural doubling they conveniently omitted this data in their reports to the international food industry.

Are you scared yet? Ahh, don't worry, the US Food Safety Czar of the FDA, MICHAEL TAYOR is on the case....whoops! Wait a minute, he's actually a former Monsanto executive. He says in a very reassuring way that he sees no political corruption, no industrial manipulation, he doesn't even see any hidden scientific studies.

### SOMEONE IS AWAKE

This is not a tale of woe, it's a story about hope and, perhaps, true justice. In response to an increasing number of prison hunger strikers some attention has been raised. Advocates against GMO and against this "Tuskegee-like" medical experiment with high soy diets have taken note. Several articulate prisoners who believe they have been severely damaged by these oppressive and non-voluntary dietary regimes have been heard. As a result, the Weston A. Price Foundation, under the direction of founder SALLY FALLON has hired lead counsel of the Farm to Consumer Legal Defense Fund GARY COX to file a lawsuit in behalf of the injured prisoners.

Several subpoenas have been served and the formal lawsuit will be filed on behalf of 8 ill prisoners. Although many states, particularly New York, Pennsylvania, Florida and California, have problems, the first action will take place in the state of Illinois against the IDOC. The action is against a wide group of individuals including prison wardens, nurses, physicians, and guards, as well as the industrial food purveyor Wexford, Inc. and several of their upper echelon executives.

This landmark lawsuit claims that "force-feeding" diets laced with high levels of GMO soy violates our 8th Amendment rights as it constitutes cruel and unusual punishment. Except for minor settlements for a few of the most severely damaged plaintiffs, there are no damages being sought, merely an injunction to stop the current nutrition policy.

### NIP IT IN THE BUD

There are many ways for concerned people to help. After all, it is estimated that over one third of all prisoners are innocent, and another third are serving an excessive sentence. Prisoners who got caught after making a bad error of judgement, prisoners who are there because of a drug problem (over half), and many, many wayward youth are redeemable humans, but only so if we work to save them. We need to try to prevent them from sinking into hopelessness, bad health and new levels of criminal pathology. . America has more people in prison than any other country in the world. Something is wrong with that. What can you do to help?

Contact the Weston A. Price Foundation for details and updates. The Soy Alert and more information about what can be done right now may be found at [www.westonaprice.org](http://www.westonaprice.org).

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