



Vandana Shiva is a renowned activist in the forefront of protecting traditional farming practices and tirelessly shining the light on human and environmental health abuses by agribusinesses companies in her native India. Beginning in the late 1990s, she turned her attention toward thousands of Indian farmers who had literally been driven to suicide by the ruthless business practices of American biotech companies. Her efforts have brought worldwide attention to the plight of farmers who are forced to buy expensive biotech products and forbidden to save their own seed.

Jerry O'Brien is a family farmer whose livestock experienced catastrophic reproductive problems that were traced back to the GMO corn they were being fed. The biotechnology and seed companies repeatedly attacked him for his dedication to reveal the truth. Jerry Rosman stood his ground and continues to stand in his integrity and now devotes his energies to promoting safer food production systems for consumers and producers.



Robyn O'Brien wanted to do something to help the millions of children who were facing the same fate as her own, so she launched AllergyKids, a website and organization dedicated to helping children cope with allergies, and to finding the root causes of food allergies, autism, ADHD or asthma that now affect 1 in 3 American children. Her research has led her to a potential connection between these diseases and genetically modified organisms into our food supply.



## About BioVISION2020

BioVISION2020 is a vision of humanity's highest potential to learn from and interact with the deep, interwoven, joyful creative connections between soil, land, food, and all living beings.

BioVISION2020 sees a world in which science serves the integrity, health and well-being of an interconnected web of life across the whole planet. We envision a world where DNA is researched only as much as it is respected as the repository of the innate scientific wisdom and creative, regenerative expression of nature.

BioVISION2020 strives to serve all those who wish to live in a world of healthy, diverse, nutrient dense, good tasting food... cultivated and celebrated abundantly in families and in communities worldwide.

[www.BioVision2020.org](http://www.BioVision2020.org)



Vandana Shiva



Jerry Rosman



Robyn O'Brien

**Meet the Heroes Who  
Have Taken a Stand  
to Protect Our Food.**

**Then Learn How You  
Can Be a Food Hero, Too.**



Your Picture Here

# You can be a food hero, too. Here is a list of ways to encourage safe and healthy foods.

## Start by educating yourself

- Learn all you can about GMOs and Bovine Growth Hormones. The internet is full of references to valid information.
- Your dollar is pure power. Embedded in our power to choose lies the future of your community and your health. The more information you have the more consciously you can wield your "green power." What you put on the table for yourself and your family, creates the reality for you and for the rest of the world.
- Eat organic, biodynamic, and/or locally produced food. The USDA organic rules forbid the use of genetically modified ingredients in any foods that are labelled as organic.
- Be cautious when you buy the following non-organic foods. Unless they are labeled "GMO Free," or "rBGH Free" in the case of dairy products, they probably contain biotech ingredients.
  - ~Dairy: milk, cheese, ice cream, sour cream, butter; and also milk powder, whey, casein, and other milk-derived ingredients
  - ~Corn: corn oil, corn syrup, high fructose corn syrup, corn starch, corn meal
  - ~Soy: soy protein, soy lecithin, soy oil, soy sauce, soy isolates
  - ~Canola: canola oil
  - ~Cotton: cottonseed oil
  - ~Meat: most cows, pigs and chickens are fed a diet consisting largely of genetically engineered corn and soybeans. Studies show that modified DNA can cross the gut wall and enter spleen, liver and white blood cells.
- In general, avoid highly processed foods. If something has a list of ingredients as long as your arm, chances are that some of them are genetically altered. And even if they're not, it's good to avoid foods with lots of chemicals.

## Now begin educating others

- Go to your local schools: Grammar, high schools and colleges. Talk to the heads of the kitchens and cafeterias. Bring with you plenty of important studies and research. Take time to explain the situation and the urgency of getting wholesome foods into our lunch rooms and cafeterias.
- Talk to your supermarket manager and explain the same thing. Demand s/he order less and less products with genetically altered seeds and synthetic milk hormones. Request that these products are replaced with organic items.
- Make a list of your friends and associates. Begin the job of educating them whenever you are able. Show them the list at the left and encourage them to start avoiding these products.

Here are some good talking points:

- We know very little about biotech foods. Most testing is done in secret and the results are not shared with the public. The few independent studies that have surfaced, suggest that GMOs could cause serious health risks.
- The biotech industry have spent huge amounts of effort and money to crush any dissent. Farmers and producers are forced to sign draconian documents that sign all their right away to the biotech companies. Scientists and academics have lost their jobs and funding for speaking the truth about GMOs.
- Despite polls showing that more than 87% of Americans believe that GMOs should be labeled as such, the biotech industry has successfully lobbied and intimidated the government into preventing labelling efforts.
- Biotech crops have the potential to inflict widespread environmental damage. Again, all studies by the industry have been conducted in secret, if at all, and any independent studies have been attacked by heavily financed PR.

## Be a hero. Take action!

- Join a good group of people who are already working on the issue like those of us at BioVision 2020. If you can't find a group, advertise for a group of similar thinkers and organize yourselves into a new group.
- Go to your state legislators armed with the facts: help them understand the importance of labels and education. Remember, they have families who eat food too!
- Write letters to the media. And when you see some story supporting these novel technologies, respond, call and write back. Let the editors and TV producers know the biotech industry's policies are unsupportable. Give them the facts.
- Write to the directors of airline companies and large hotel chains. Demand foods that are free of GM ingredients and derivatives.

## Here are more resources

All of these organizations can help you directly by providing more contacts and connections for you, scientific studies, legislative help and advice.

[www.biovision2020.org](http://www.biovision2020.org)

[www.navdanya.org](http://www.navdanya.org) (Vandana Shiva)

[www.allergykids.com](http://www.allergykids.com) (Robyn O'Brien)

[www.truefoodnow.org](http://www.truefoodnow.org)

[www.organicconsumers.org](http://www.organicconsumers.org)

[www.thecampaign.org](http://www.thecampaign.org) (The Campaign to Label Genetically Engineered Food)

[www.centerforfoodsafety.org](http://www.centerforfoodsafety.org)

[www.ucsus.org](http://www.ucsus.org) (Union of Concerned Scientists)

[www.gene-watch.org](http://www.gene-watch.org) (Council for Responsible Genetics)