



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

Dara Jones

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"A must-read for anyone dealing with health issues or wanting to learn more about eating cleaner, avoiding toxins, and improving diet!"

Whether or not you have a chronic illness or you are caught up in the autoimmune epidemic, genetically modified foods are a health risk. After being diagnosed with autoimmune disease and being disappointed by doctor after doctor, Dara Jones set off on a mission to recover her health with real food. In the footsteps of Robyn O'Brien, author of *The Unhealthy Truth*, Dara takes you on her journey through Monsanto's world of GMO foods. After reading it, you'll be empowered to take the reins of your own health and will never look at your grocery store shelves the same way.

In this personal account of her ongoing health recovery from autoimmune thyroid and Lyme disease, *Foreign Invaders* takes a practical look at the role of genetically modified organisms (GMOs) in the healing process. How does a veteran of the business world and scientific layperson sort through the controversy and hysteria surrounding genetically modified foods? Are they helpful or harmful when trying to bring the immune system back into balance? Do they add or subtract from the body's toxic burden? Are GMOs friend or foe to the chronically ill? Foreign invader or familiar and recognizable?

The stakes are high. There are currently 100 different autoimmune diseases identified including type-1 diabetes, multiple sclerosis, rheumatoid arthritis, Crohn's disease, Graves disease, Hashimoto's and lupus. 50 million Americans, or 1 in 5, have one of these diseases and 75 percent are women. Autoimmune disease is now one of the top 10 leading causes of death of women under the age of 65. It is responsible for more than \$100 billion in direct health care costs annually in the US.

In this engaging, honest and informative work, the determined and pragmatic author presents her experience navigating the healthcare system, research into what constitutes a healing diet and conclusions about consuming genetically modified foods. Topics covered include autoimmune disease, inflammation, food intolerance and food allergies, the health risks and food safety issues of GMOs, the process of creating genetically engineered food, the impact of pesticides on the immune system and a brief discussion of sustainability, environmental and social justice issues.

If you've been diagnosed with a chronic illness, autoimmune disorder or Lyme Disease, grab a copy of this book today.

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Paul Williams:

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