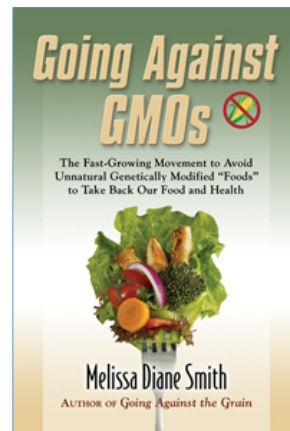


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A Nutritionist's Take on the Fast-Growing Non-GMO Food Movement

Tucson, AZ, January 4, 2015 – The movement of consumers opposing genetically modified organisms (GMOs) in foods is growing so swiftly and with such force, it's becoming a revolution. In recent years, citizens have waged protests, campaigns, and boycotts against companies that produce GMOs or use them in foods. They've launched initiatives to label GMOs. And they've led a handful of counties in the United States to ban the use of GMOs in their local agriculture. Yet, even with this anti-GMO activity in the news, many Americans still have no idea what GMOs are.

"GMOs are laboratory created, food impostors, and they're the food issue of our time," says nutritionist Melissa Diane Smith, author of the new book *Going Against GMOs*. "Genetically modified foods look like standard food, but most are engineered to withstand repeated applications of chemical herbicide or to produce their own insecticide. The growing number of people who insist on eating non-GMO food simply means they want to eat nature-provided real food, the way food was 20 years ago."

In her easy-to-read consumer's guide on the topic, Smith explains compelling reasons why a growing number of shoppers are avoiding GMOs, then offers practical tips on how to eat, shop, and cook against GMOs, no matter what type of diet people eat. She provides basic non-GMO guidelines along with strategies to eat for optimal health based on information from her earlier books *Syndrome X* and *Going Against the Grain*.

Going Against GMOs, published in September 2014, is available on Amazon.com and BarnesandNoble.com and it can be special-ordered at bookstores across the nation. Learn more at GoingAgainstGMOs.com.

About the Author

Melissa Diane Smith is an internationally known journalist and holistic nutritionist who counsels clients across the country and specializes in using food as medicine. She is the cutting-edge author of *Going Against the Grain* and *Gluten Free Throughout the Year* and coauthor of *Syndrome X: The Complete Nutritional Program to Prevent and Reverse Insulin Resistance*. Visit MelissaDianeSmith.com and Melissa's blog at AgainstTheGrainNutrition.com/newsandnotes.

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