



by Emma Loewe, Editorial Intern July 15, 2015 5:08 AM

## It Turns Out That GMOs May Pose Some Pretty Serious Health Risks



Genetically modified organisms are becoming a bigger and bigger part of our lives, whether we like it or not. Altering a plant's genetic structure can increase production yields by making crops more disease-resistant and weather-tolerant, translating into big paydays for major agrobusinesses. As a result, more than [75% of processed foods](#) on American shelves contain genetically modified ingredients.



54

These companies have said for years that GM seeds are nearly identical to non-GM ones, thus making them safe for human consumption. But strict patent laws protect modified seeds, making it nearly impossible for scientists to back up these industry claims.

A new [study in Agricultural Sciences](#) may be challenging those claims, finding that genetic modification significantly disrupts a plant's ability to handle stress. The study, led by Dr. Shiva Ayyadurai, found GM soybeans to have higher formaldehyde levels than their non-GM counterparts. Formaldehyde is a known carcinogen, so this is potentially dangerous news for the food industry.

Scientists behind the study are now calling for increased transparency in the GM industry and a more regulated system for testing our food.

"This is not a pro- or anti-GMO question," [says Ayyadurai](#). "But, are we following the scientific method to ensure the safety of our food supply? Right now, the answer is no."

Food for thought.

Photo Credit: [Shutterstock](#)

[#food](#) [#gmo](#) [#news](#)

### Emma Loewe



Emma Loewe is the editorial intern at mindbodygreen. She recently graduated from Duke University where she studied Environmental Science and English. She loves photography, cooking (aka eating) and all things outdoors.

[Read more](#)



### Recommended



### 5 Signs Your Life Needs A Major Makeover



by Ruby Fremon